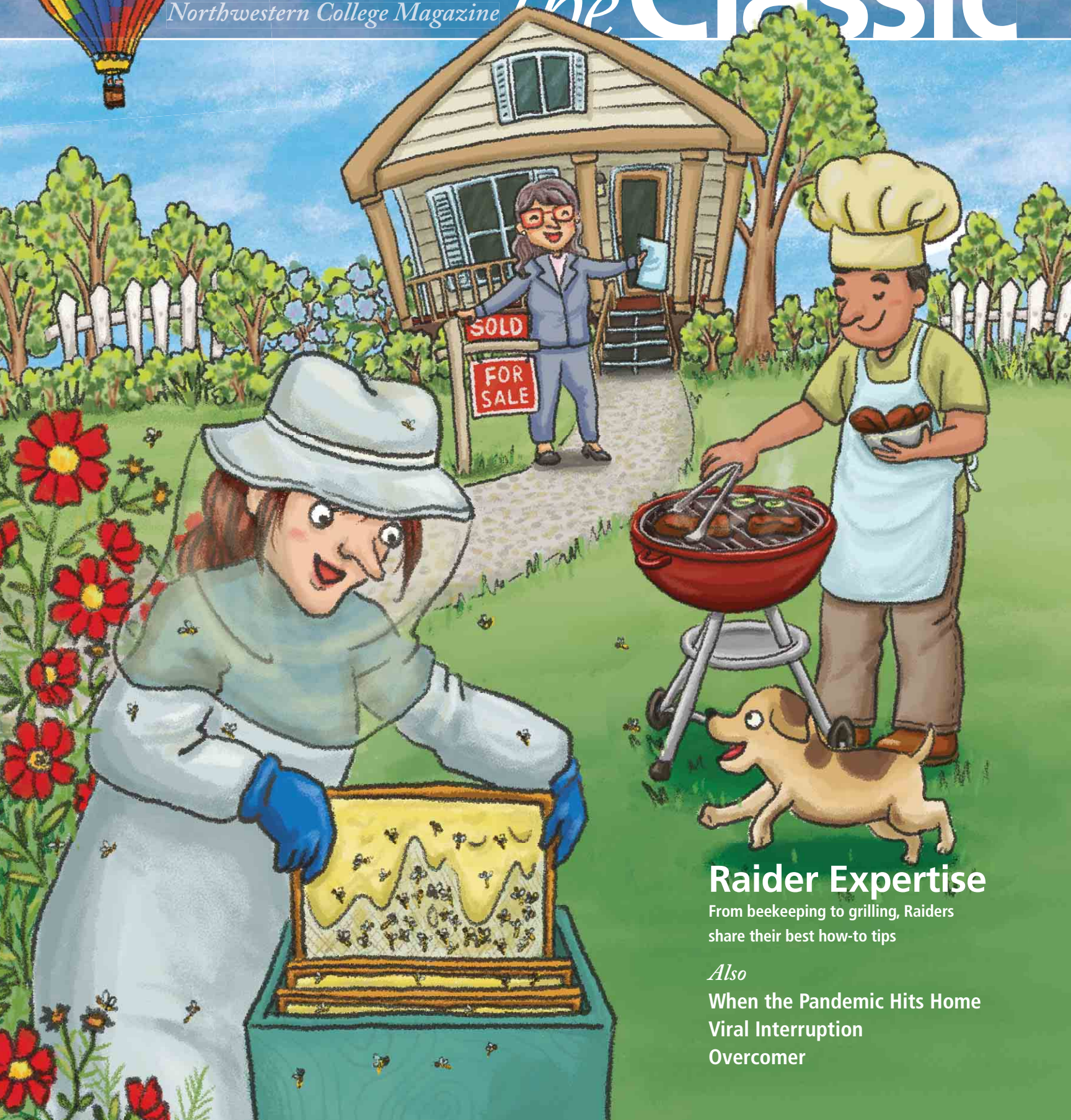




Northwestern College Magazine

SUMMER 2020

the Classic



Raider Expertise

From beekeeping to grilling, Raiders share their best how-to tips

Also

When the Pandemic Hits Home
Viral Interruption
Overcomer



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While the pandemic swept across the country, Raiders sewed masks, learned new games, picked up paintbrushes—and found picturesque spots to study for online classes.

Contents

Classic People

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The *Classic* is published twice a year for alumni and friends of Northwestern College. So named because it served what was then known as the Northwestern Classical Academy, the *Classic* was the school's first student newspaper, begun in 1891. It has been an alumni publication since 1930.

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On the Cover:

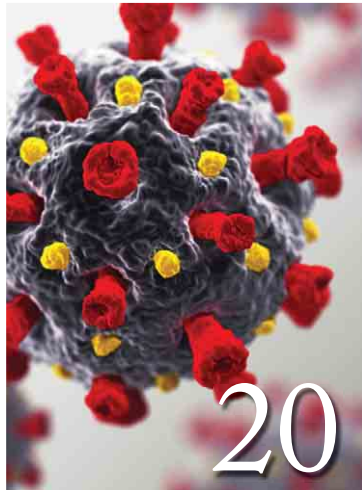
Beekeeping, grilling, selling a home and flying a hot air balloon are just some of the how-to articles contained in this issue's Raider Expertise cover story.

ILLUSTRATION BY DUHA LEE KAO, wife of business professor Dr. Han-Yen Kao

Online-Only Option

To opt out of the printed magazine and be notified by email when each issue is online, please contact the editor at classic@nwciowa.edu.

 **CCC**
AN INSTITUTION OF THE COUNCIL FOR
CHRISTIAN COLLEGES & UNIVERSITIES



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March was the start of uncertainty and upset as the novel coronavirus shut down campus and forced students and professors into Zoom classrooms.

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Soccer alumnus Matt Dowie faces multiple sclerosis with an athlete's grit and endurance—and faith in Jesus' promise that he has overcome the world.

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Everyone is an expert in something. We found alumni, faculty, staff—and a student—willing to share their how-to advice. Check out their stories to benefit from their hobbies, occupations and interests.

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In 1918–19 and again in 1930, Northwestern's campus was closed for several days due to public health emergencies.



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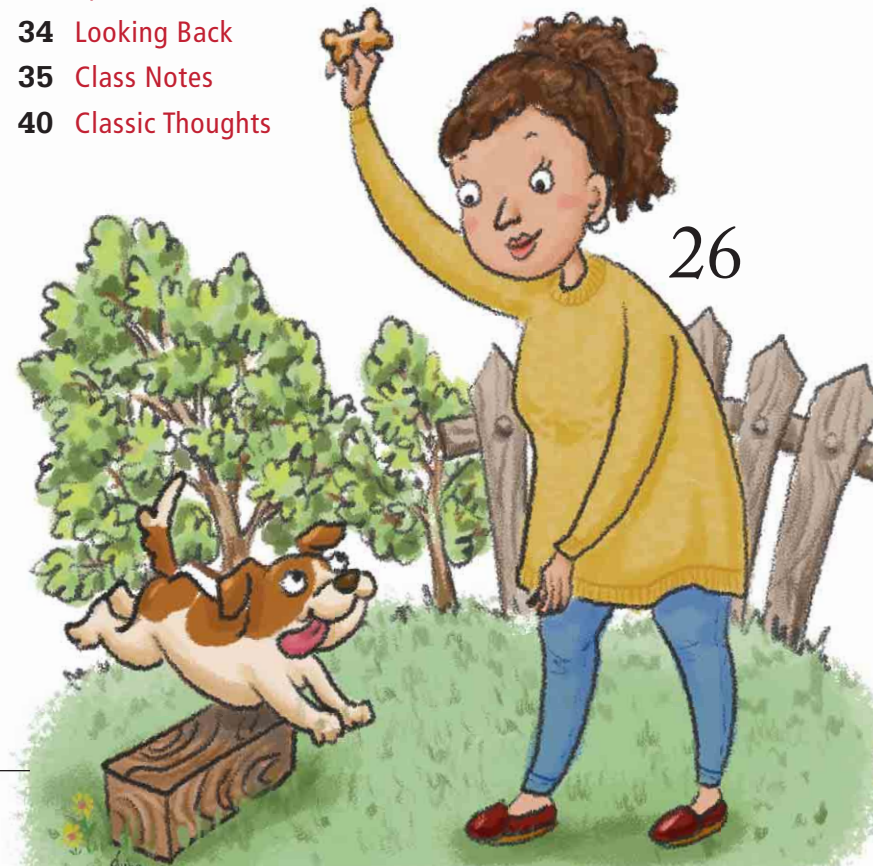
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On the Web

Your Turn

Read more how-to stories and share comments about any article in this issue.

visit classic.nwciowa.edu



Zwemer View



Making the Case for Federal Investment in Higher Education

An educated citizenry is one of the hallmarks that has made the United States the greatest country in the world, and our federal government has long played an important role in helping make a college education affordable.

It began with the GI Bill, which was created to help veterans of World War II. From 1944 to 1949, nearly 9 million veterans received close to \$4 billion to further their education. Recognizing the need to help others in addition to military veterans, Congress created the Pell Grant, named after Sen. Claiborne Pell of Rhode Island, in 1965. During 2020–21, qualifying students can receive as much as \$6,345 in the form of a Pell Grant.

Each January I go to Washington, D.C., for the Council for Christian Colleges & Universities presidents' conference. One day is set aside to visit senators and representatives. I always visit with members of our Iowa delegation, asking them for their continued support of the Pell Grant and federal loan programs. This year I also saw South Dakota Sen. John Thune and Massachusetts Rep. Jim McGovern, two friends from my 12 years at Dakota Wesleyan University. In politics, as in all areas of life, relationships are key. I did not know then that our country would face a global pandemic this spring, and we would need their help more than ever.

By March 13 it became evident that to keep our students safe from COVID-19, we needed to send them home. In the weeks that followed, as the economy was drastically impacted, Congress had to act. Because of relationships we have with members of Congress on both sides of the aisle, we were able to make a case for colleges and universities to be included in the CARES Act. We are grateful to have received \$400,000 to help students and families who incurred unusual expenses due to the abrupt end to the semester, and another \$400,000 to help NWC offset \$1.6 million in lost revenue due to spring room and board refunds.

Colleges and universities like ours play an important economic role at the local, state and national level—in addition to our primary purpose of educating students for Christ-centered work that serves the common good. The investment the federal government makes in supporting students and families through programs like the GI Bill, Pell Grants, low-interest loans and special allocations help make a college education affordable for countless students. I'm grateful to be surviving the pandemic in a country that values and invests in higher education and its citizens' futures.

A handwritten signature in black ink, appearing to read 'Greg Christy'.

Greg Christy
President

 @NWC_PGC

around the Green

New Research Opportunity

Northwestern has been accepted into the second cohort of colleges and universities participating in the SEA-GENES project, a program offered by the Howard Hughes Medical Institute's Science Education Alliance that enables students to discover previously unknown functions of genes. Just eight insti-

tutions are part of this cohort.

SEA-GENES is a sequel to SEA-PHAGES, a program NWC joined in 2016. Northwestern is one of just two Iowa institutions and only 40 baccalaureate colleges worldwide involved in SEA-PHAGES, which gives students the opportunity to contribute to a

global effort to discover phages, the term for viruses that infect bacteria.

SEA-PHAGES is integrated into two Northwestern science courses. Students begin by discovering, purifying, characterizing and naming a phage. Once the DNA of a phage has been sequenced, they learn how to annotate the sequenced phage genomes. More than 40 NWC undergraduates have peer-reviewed publications as a result of their phage research and discoveries.

"Research and publishing opportunities for undergraduates make our science programs stand out and give our students a decided advantage as they pursue graduate school or a career," says Dr. Nathan Phinney, vice president for academic affairs. "Perhaps more importantly, the SEA-PHAGES and SEA-GENES programs provide opportunities for students to learn

about God's world and understand their future careers as callings from God."

Dr. Sara Sybesma Tolsma '84, professor of biology, is excited about the science involved in the SEA-GENES program. "When students are annotating a gene with an unknown function, they're curious about what it does," she says. "This project will start to uncover the functions of millions of protein-encoding genes."

Starting this fall, students will take a two-credit SEA-PHAGES lab, a four-credit genetics and genomics course, and finish with the two-credit SEA-GENES lab.

In addition to the involvement of the majority of Northwestern's biology professors in the SEA-GENES program, Northwestern's application also highlighted the advantages of its new science center.

"We purposely built a building that has space for student-faculty collaborative research," Tolsma says. "Some of the equipment we bought made us perfectly poised to launch this program."

Northwestern students will have the opportunity to discover previously unknown functions of genes through the college's involvement in the SEA-GENES program.



LEW MAURER

Online Experts Help Teachers Adapt

In an effort to assist teachers responding to the upheaval caused by the pandemic, Northwestern's Master of Education faculty improvised a weeklong course in April on blended learning tools for K-12 educators. The free course offered license renewal credit, and Dr. Rebecca Hoey, dean of the graduate school and adult learning, says she and her team were hoping for at least 50 participants.

Within four days, 500 educators had signed up for the course. So Hoey and her team offered a second session, enrolling nearly 500 participants again.

The course introduced teachers to apps and software for online learning,

provided teachers with an opportunity to collaboratively test the tools, and offered recommendations about student privacy and safety.

It also introduced 1,000 stressed educators to Northwestern's standout instruction. Evaluating the course, one participant wrote, "Your hospitality and clear organization gives me an absolutely positive taste of Northwestern. I should look into more classes for myself as an educator. And I have two more kids to graduate high school and will definitely look into Northwestern with them too."

Servant Leader to be Honored

Arlene Schuiteman, a missionary nurse who served for more than 30 years in Africa and whose story has been told through books and plays written by Northwestern theatre professor Jeff Barker, will receive an honorary doctorate during commencement July 18.

"She is exemplary in her service to the church as well as humankind in general," says Barker, who wrote the books *Sioux Center Sudan* and *Iowa Ethiopia* based on Schuiteman's daily journals. "Her goal in life has been to honor God and celebrate his work in the world. She followed God's call to obedience even in the face of great personal sacrifice."

After eight years as an Iowa country school teacher, Schuiteman earned a nursing degree and served in South Sudan from 1955 until 1963, when she was thrown out of the country at the start of a civil war. She traveled next to Ethiopia, where she taught wound care and other medical skills to health



SUBMITTED PHOTO

care workers. She concluded her African ministry as a national medical leader in Zambia in the 1970s and '80s.

"When she wasn't in front of a class, working at the clinic or standing at a physician's elbow in surgery, she might be found folding hospital laundry," says Barker. "There was never a task that was beneath her. At the same time, she

was known to be calculating how to reorganize and reinvent so a task might be made safer and more efficient."

Northwestern students have performed Barker's plays about Schuiteman throughout North America and in Ethiopia and Japan.

Library of the Year

Northwestern's DeWitt Library has been named the Library of the Year by Iowa's National History Day organizers for helping area middle school and high school students prepare for the event.

Approximately 160 students from five schools used the library to conduct research. Northwestern's librarians showed them how to access the facility's resources and allowed instructors to check out materials.

"We give students the opportunity to engage in authentic research in an environment that wows them," says Greta Grond, library director. "They love being in our instruction lab, exploring our extensive collection, getting a treat at our coffee bar, and having a college-like experience."

Better Than the Rest

Northwestern achieved high marks from students in a national survey that measures what matters to them in their college experience and how satisfied they are.

In a Student Satisfaction Inventory survey conducted in January, Northwestern received better scores from its students than the mean scores for both the national comparison group and a select group of Christian colleges that includes Dordt, Bethel and Taylor universities.

Compared to other institutions, NWC was rated higher by students on its commitment to academic excellence and its good reputation within the community. Northwestern's score was also higher than the average of other institutions when students considered whether their academic adviser is approachable and concerned about their success, as well as whether their residence hall staff is concerned about them.

Students at Northwestern likewise rated NWC higher than the national average and select Christian college scores when agreeing that intercollegiate athletic programs contribute to a strong sense of school spirit. And finally, Northwestern ranked higher when students were asked about availability of tutoring services.



GEOFF JOHNSON

Diversity Efforts Highlighted

Northwestern's commitment to diversity was highlighted in a presentation at a Council for Christian Colleges & Universities conference in San Diego in February.

Julie Vermeer Elliott '97, vice president for student life, and Rahn Franklin, director of multicultural student development, spoke on "Diversity and the Power of Story." Elliott and Franklin encouraged participants to ground their institution's diversity initiatives in its history and mission. They shared how Northwestern leveraged narrative links—tied to the college's history and mission as well as to Scripture—in the development of the Vision for Diversity (nwciowa.edu/vision4diversity), in recent strategic goals related to diversity, and in training of faculty and staff.

PA Program Aims to Meet Rural Healthcare Need

Among the vulnerabilities exposed by this spring's pandemic is the need for more health care professionals. So the June 1 start of Northwestern's new master's in physician assistant studies program seemed providential.

The 24-member first cohort includes students who lived in Pakistan, Russia and Zimbabwe. The others are from seven Midwestern states and Maryland, North Carolina and Texas. Two are Northwestern College alumni.

Northwestern's accredited program is explicitly faith-based and aimed at recruiting from and sending graduates to rural communities. "The faith integration is proving to be our biggest selling point," says Dr. Christina Hanson, director of the program. Also important is its intentional emphasis on rural care.

"The need for PAs is even greater in rural communities," she

says, noting that Iowa currently ranks 46th in the nation for the number of physicians per 100,000 patients. "The PA profession is key to improving patient access to care, and research has shown that growing up in a rural community is a key determinant—and is consistently associated with—choosing rural medical practice."

Summer term classes began online to comply with COVID-19 social distancing guidelines but transitioned in July to in-person instruction in Van Peurse Hall's newly renovated PA labs and classrooms.

Northwestern's PA program is just the fifth one in Iowa; the other four are in Davenport, Des Moines, Dubuque and Iowa City. Priority applications for the next class, which begins in June 2021, are due Aug. 1.

PHYSICIAN ASSISTANTS HAVE A HEALTHY CAREER OUTLOOK

118,800

of PA jobs, 2018

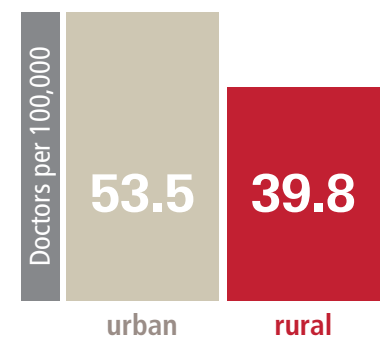
31%

Predicted job growth, 2018–28

\$112,260

PA salary (median, 2019)

Access to primary-care physicians



Statistics from the Bureau of Labor Statistics and National Rural Health Association

Campus Life

Digital Discipleship



Isaiah Lee led a Discipleship Group on Zoom from his home in Sioux Falls. Members shared Scripture God had placed on their hearts and agreed on small, doable challenges each week, such as praying for someone new or watching a sunrise.

In March, as classes transitioned online because of COVID-19, members of Northwestern's campus ministry staff brainstormed how to continue nurturing students' spiritual growth. In addition to livestreaming chapel on Tuesdays and Fridays, they also pivoted to offering Discipleship Groups digitally.

Under normal circumstances, approximately 230 Northwestern students are involved in D-Groups, which meet weekly in every residence hall and apartment building. Led by trained student leaders, they usually meet late at night to pray, study Scripture, and talk about what their faith has to do with what they're learning and how they act and make decisions.

After the campus closed, more than 90 students signed up for 16 online D-Groups. Most were students who had been participating in an on-campus group, but some were newcomers. Associate Dean of Christian Formation Barb Dewald guided student leaders in choosing content focused on connection. Jamie Stoscher, who joined a D-Group from his home in Albania, says it was a mission accomplished: "It was so meaningful that we not only studied the Bible but also encouraged and listened to one another's stories."

Abigail Moody's D-Group spent the last weeks of the semester doing a Bible study on friendship, a theme that felt especially poignant during a pandemic requiring social distance. Emma Van Meeteren, who participated in Moody's group, says, "As a senior, leaving NWC early was difficult. With the sudden transition, I knew more than ever that I needed to be challenged and encouraged by women I could trust and confide in."

Jason Van Dyke participated in an online D-Group with his Hospers Hall "brothers." He says, "The online experience of D-Groups still provided the Christian fellowship Northwestern prides itself on. That being said, I still prefer meeting in person on campus."

Camila Wede's D-Group is continuing online throughout the summer. "It's a real encouragement that reminds me God is still at work in the world, even if I'm stuck at home."

Commencement Delayed

Northwestern will honor the 314 graduates of the class of 2020 at a July 18 commencement after the May event had to be postponed due to COVID-19. Officials chose the July date following a survey of graduating students, who overwhelmingly voiced their desire to have an in-person ceremony.

The class includes 224 students receiving bachelor's degrees and 90 receiving Master of Education degrees.

Meet some of our standout graduates at nwciowa.edu/class-of-2020.

Numbers Up

Northwestern set a spring enrollment record with 1,406 students. This year's number was up from 1,261 last spring.

One of the factors in the total enrollment record was an all-time high for online and graduate student enrollment. This spring 461 students were enrolled in Northwestern's online Master of Education and degree-completion programs in early childhood and nursing, up from 429 last fall.

Northwestern also had 24 new transfer students on campus this spring, the largest contingent in many years.

Grads in Demand

A survey of members of Northwestern's class of 2019 reveals that 99.5% found employment or entered graduate school within six months of graduation.

"Today's students want to know that exciting professional opportunities and meaningful work await them as college graduates," says Dr. Elizabeth Pitts, Northwestern's director of career and calling. "This outcomes report highlights how Northwestern is fulfilling its vision of preparing graduates for Christ-centered work for the common good. In the many careers and graduate programs they've entered, these 2019 graduates are standing out, and we're so very proud of them."

Google, Disney, the Principal Financial Group, Eide Bailly, Sanford Health and Interstates are just a few of the more than 140 companies and organizations



Kessandra Kuyper's strength and conditioning internship with the Ultimate Fighting Championship Performance Institute played a role in her acceptance into the University of Iowa's Doctor of Physical Therapy program.

that hired Northwestern's 2019 graduates.

"Northwestern graduates are well prepared for their work," says Catherine (Vermeer '97) Bloom, Interstates' chief marketing and strategy officer.

"They're dependable and looking to establish relationships built on values that are important to us, like trust, integrity and doing high-quality work. We've seen Northwestern grads be servant leaders who are willing to dig in

and serve those around them."

Among the roles the class of 2019 now holds are those of a software engineer, accountant, nurse, math teacher, research engineer, athletic trainer, police officer, domestic violence advocate, and director of children's ministry.

The average reported salary for class of 2019 graduates who are employed full time was \$41,160. The maximum salary reported was \$74,000.

Slightly more than 17 percent of the class of 2019 are continuing their education in graduate programs ranging from medicine to the arts at schools that include Baylor University, Ohio University, the University of Iowa and the University of Nebraska Medical Center.

For more information about the success of the class of 2019, visit nwcioa.edu/2019-outcomes.

#RaidersStandOut

Join the movement:

Faculty Research

Seven science, theology and business professors are spending their summer involved in research and scholarship with funding from the Northwestern Scholarship Grants program. Awards range from \$2,100 to \$5,000.

Dr. Dave Arnett, chemistry, and Dr. Todd Tracy, biology, are working with student research assistants. Arnett is exploring whether fluorescence correlation spectroscopy can enable him to measure and better understand the growth and activity of heat-shock proteins and their building blocks. Tracy is continuing his research into the impact the invasive eastern red cedar has on local forests and grassland ecosystems.

Dr. Byron Noordewier, biology, is seeking to determine how many types of bacteriophages are present in a single soil sample from a single location—and whether there are related viruses in nearby locations. Dr. Sara Sybesma Tolsma '84 is preparing Northwestern to participate in SEA-GENES, a national program that teaches students how to discover previously unknown functions of genes.

In the biblical and theological studies department, Dr. Jason Lief '96 is exploring how social entrepreneurship can be incorporated into youth ministry work. Dr. John Vonder Bruegge is collaborating with retired theatre professor Jeff Barker on a book to help churches present

Dr. Todd Tracy, biology, is one of seven professors awarded Northwestern Scholarship Grants for summer research.



oral performances of Jesus' parables. Vonder Bruegge is preparing new translations of 25 parables, while Barker is providing performance notes.

And Dr. Jiyong (Jenny) Song, business and economics, is studying how servant leadership can contribute to strengthening the role of business as an agent of world benefit.

Marketing Projects Stand Out

Six projects produced by Northwestern's marketing and communications office won awards in the 2019 Council for Advancement and Support of Education (CASE) District Six awards competition.

Northwestern's "Stand Out" branding campaign won the gold award for institution-wide branding. Tamara Fynaardt, the new vice president for enrollment and marketing, led the team that developed the brand promise and coordinated the development of creative materials that included a video developed by Lem Maurer,

Northwestern's multimedia producer, and publications designed by Roy Trevino of Williamsburg, Iowa, and Greg Elliott of Orange City.

Northwestern's "win-win" campaign won the gold award for advertising. The campaign included videos produced by Maurer; postcards and ads designed by Trevino; and a website created by Dan Robinson '01, associate director of computing services.

A gold was also awarded to NWC for its student recruitment publications package. Northwestern's publications

included a viewbook and postcard designed by Trevino and a college fair brochure designed by Elliott.

The viewbook also received a silver award in its individual category, as did the Raiders Stand Out video developed by Maurer.

A website highlighting the new DeWitt Family Science Center garnered a bronze

award. The site was created by Robinson and Anita Cirulis, associate director of marketing and communications.

Northwestern's marketing and communications office won six awards in a regional competition.



Face Value

Master's in Athletic Training Approved

The accrediting body for athletic training has given NWC official approval to offer a master's degree in that field.

"This decision is an affirmation of the high quality of Northwestern's athletic training program," says Dr. Nathan Phinney, vice president for academic affairs, of the announcement by the Commission on Accreditation of Athletic Training Education (CAATE). "We're pleased to continue offering our students this career option at the graduate level."

Northwestern first began offering a bachelor's degree in athletic training in 2001. CAATE, however, is transitioning to a requirement that all accredited professional athletic training programs be graduate-level and result in the granting of a master's degree.

Northwestern's faith-based program will take two years, or six semesters, to complete. The first cohort of 15 students will begin classes in the summer of 2021.



Valerie (Roman '93) Stokes

Justice Seeker

How does your personal faith commitment inform your career in social work?

My passion for justice stems from the outpouring of my faith commitments. Several Scripture verses guide my work. Isaiah 1:17 commands believers to seek justice, learn to do good, defend the vulnerable and fight oppression, which led me to social work as a profession. The message of Isaiah 61:4 to rebuild, restore and renew invigorates my work as a clinical social worker and therapist. It has been a blessing to be part of God's redeeming work in the world.

You played an important role in helping to develop Northwestern's Vision for Diversity. What impact has it had on the NWC community?

It guides us in living out God's vision more fully so we may respect and accept unique individual characteristics and the diversity of the human family. The Vision for Diversity gives us language to celebrate diversity, lament our human brokenness, learn ways to reconcile with one another, engage in the fight against inequity, and pursue human flourishing. This vision gives faculty and staff direction in programs of study and service.

Social work is a field that relies on human connection and interpersonal communication. How did you adapt your social work pedagogy to a distance learning format in response to COVID-19 precautionary measures?

At first, I was uncertain how to manage the loss of face-to-face human contact in the classroom. I decided right away to commit to connect every Monday morning with my students via group text. I wanted to let them know they were on my mind and provide guidance for the week. I loved when my students texted me throughout the week to let me know how they were doing at home. Learning online techniques fast led



Dr. Val Stokes teaches social work at Northwestern and operates New Leaf Therapy. The recipient of the college's Teaching Excellence Award in 2012, she previously directed a transitional housing agency and served as a therapist at Northwestern. Her passion for diversity and empowering women is represented by this art piece created by a microfinance worker in a Latin American country.

to asynchronous discussion text forums and synchronous weekly Zoom calls. So while we grieved not being in close physical proximity, we learned how to care and listen to each other well through new measures. I honestly think I felt just as connected with them during the COVID-19 pandemic because we desperately needed one another.

You have served as both a professor and a mental health counselor. How have your roles overlapped? What are the biggest differences?

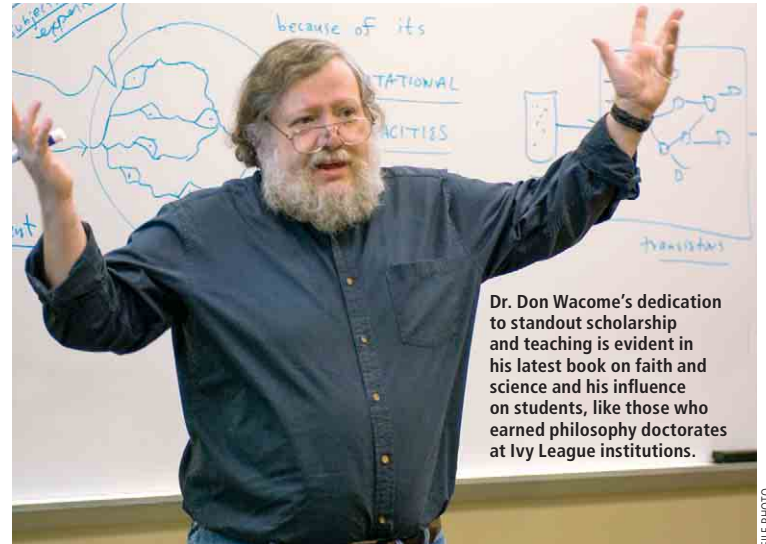
I love being both an educator and a practicing therapist. These roles inform each other. I am able to bring current practice examples to the classroom, and I am able to stay abreast of new research and theoretical orientations for my private practice. One of the ways the roles overlap is in mission. My mission, whether in the classroom or in my private practice office, is to provide a safe, authentic space to promote healing, restoration and relational connection for growth.

JOBS WELL



Mark Bloemendaal has retired after 39 years as an administrator and coach.

DOUG BURG



Dr. Don Wacome's dedication to standout scholarship and teaching is evident in his latest book on faith and science and his influence on students, like those who earned philosophy doctorates at Ivy League institutions.

FILE PHOTO

Consummate Team Player

In his first year as a Northwestern admissions counselor, Mark Bloemendaal '81 told his sister he'd probably move on to a different job after another year. Instead, he stayed at NWC 39 years, retiring this June.

While Northwestern was his only full-time employer, Bloemendaal worked in a variety of roles. He rose from counselor to assistant director, associate director and director of admissions. He spent eight years as head coach of the baseball team and 10 as head men's golf coach. After five years as director of alumni and parent relations, Bloemendaal was named vice president for enrollment and marketing in 2015.

"Having the opportunity to work with a lot of people and do a variety of things was one of the highlights," he says.

Another highlight was seeing growth

in enrollment, programs and facilities while the college's mission as a Christian academic community remained steadfast.

"To see students choose Northwestern and then see what they became while on campus and what they've done after they left, that's been the most gratifying thing for sure."

Jackie Davis, who worked with Bloemendaal the last five years as dean of admissions, says his more than three decades of admissions experience was invaluable. "He's seen it all and done it all, so he was a great resource. But he was also open to new ideas and gave us freedom to experiment."

Bloemendaal continues to be open to new ideas. He's unsure how his time and skills might best be used in retirement, but he knows God's got a plan.

A Legacy, Philosophically Speaking

If a professor retires in the midst of a global pandemic and no one sees him leave, is he really gone?

Dr. Don Wacome retired after 29 years in Northwestern's philosophy department. His colleague, Dr. Randy Jensen, describes him as a scholar who "carefully and systematically worked through the important philosophical issues faced by intellectually serious Christians." Jensen predicts Wacome's forthcoming book, *The Material Image: Reconciling Modern Science and Christian Faith*, "is going to be an invaluable contribution to Christian scholarship."

"Dr. Wacome convinced me that science was not in any way a threat to my faith," says Dr. Daniel Berntson '06, who earned a Ph.D. at Princeton University and will pursue postdoctoral research on God's relationship to time at Rutgers University. "Sometimes science

tells us one thing about the world, where the Scriptures and church tradition seem to tell us something else. But these are ultimately just interesting puzzles to be solved, and thinking about them is one of the ways we grow closer to God."

Dr. Susan (Huitink '94) Papademetris—who was encouraged to pursue her Yale University doctorate by Wacome—says his readiness to grapple with questions of both faith and philosophy was an example for her.

She also has fond memories of his transition to the Midwest after moving from New York: "He once offered a thought experiment about 'Jane,' who had five 'corns.' The class looked at him in bewilderment until we finally ascertained that he meant 'ears of corn.'"

The point of the thought experiment escapes her now, Papademetris says.

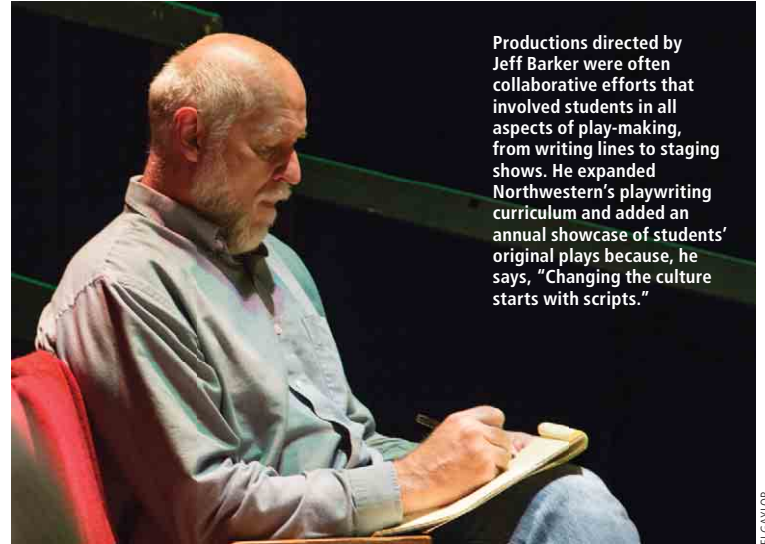
DONE

Seven faculty and staff
contribute 200 years to
Northwestern's mission



Professor Karen Bohm Barker regularly appeared in productions alongside her students, including in 2018, when she reprised a role she'd played in college: Amanda Wingfield in *The Glass Menagerie*. During that earlier production, she'd fallen in love with one of her co-stars, Jeff Barker.

DREW SCHMIDT '05



Productions directed by Jeff Barker were often collaborative efforts that involved students in all aspects of play-making, from writing lines to staging shows. He expanded Northwestern's playwriting curriculum and added an annual showcase of students' original plays because, he says, "Changing the culture starts with scripts."

FIGAYLOR

Dramatic Exit

Just before Christmas, Jeff and Karen Barker scripted a scene in which two characters they'd created and played before, 6-year-olds Will and Jentina, try to figure out what "retired" means. They performed it for students in the England Theatre. In video of the event posted on Facebook, their first-grade banter becomes background to a soundtrack of sniffing as it dawns on their audience: The Barkers are leaving.

Karen and Jeff came to NWC in 1988, sharing one full-time position for the first decade of their career while their children were small. Over the next 32 years, their family grew until it included all of Northwestern theatre—scores of students who were taught, directed, mentored and loved by two people who showed them how to perform every role, on stage and in life, with "To the King!" intent and effort.

Jeff says the Northwestern teaching award he and Karen won jointly in 1991 is really hers. "She taught me to teach," he says of the woman he met and married in college. Twenty-five years later, a former student, Drew Schmidt '05, was now her colleague in Northwestern's theatre department and was among those who nominated her for the 2016 Faculty Inspirational Service Award. He described "thousands of moments [when] I see her giving up her time to console, celebrate and mentor students. She will bend over backward to make this place better for those she loves, and she loves us all."

In addition to teaching acting classes and assuming responsibilities as dean of arts and humanities in 2017, Karen also acted alongside students in productions over the years. "Both Karen and Jeff guide by showing," says Corrie Hayes '20, who will soon be

performing at Taproot Theatre in Seattle, a company the Barkers helped found. "I have a tattoo of 'To the King' in Karen's handwriting on my ankle because of how much she has shown me what that phrase looks like as a Christian and an artist."

Dr. Matt Foss '01, who now teaches theatre and film at the University of Toledo, says, "If we truly want to impact the culture, then we must train culture-makers who have the skills and excellence to do just that. I didn't think that up. I heard it from Karen and Jeff."

For Jeff, training culture-makers starts with stories, and he often acted the part of storyteller himself. He wrote more than 50 plays, including two that explored former students' stories of sexual abuse and living with AIDS; an award winner about post-World War II eugenics; and one-acts, feature-length shows and musicals that brought Old Testament stories from Scripture to the stage. He published two books about a missionary nurse whose calling took her from Iowa to Africa and two about integrating storytelling with worship, including his new book with theologian Tom Boogaart, *Performing the Plays of the Bible*.

In 2006 Jeff was named Iowa's Professor of the Year, and in 2018 he received the college's first Faculty Excellence in Faith and Learning Award.

"Both Karen and Jeff have this beautiful ability to create something out of nothing—using the people around them to make art that is challenging and impactful," says Hayes. "Love is always in their work, making your heart move and your eyes well with tears."

Continued on page 12

Continued from page 11



Dr. Laura Heitritter taught and advised hundreds of future educators during her 28-year tenure at Northwestern.

FILE PHOTO

Teachers' Teacher

"Laura has been the linchpin," says Dr. Chris Nonhof in describing his colleague's role in Northwestern's standout education department.

Dr. Laura (Dykstra '84) Heitritter retired in May after 28 years of teaching at NWC. She taught a variety of courses for future educators at both the undergraduate and graduate levels. Many of Heitritter's courses focused on reading language arts—her self-described "wheelhouse."

Heitritter also served as chair of the education department, student teacher supervisor, licensure official and accreditation assistant during her tenure.

"Linchpin" seems accurate.

"I truly believe she knows every teacher within a 50-mile radius of Orange City," says Nonhof. "That helped her provide spot-on practicum and student teaching placements, which in turn provided extraordinary growth for our students and inevitable success for

the schools lucky enough to hire them."

While Northwestern education students excelled under Heitritter's guidance, their desire to serve kept her going.

"Northwestern education students want to change the world and do it in the name of Christ," Heitritter says. "To see them living out our department's motto of 'teacher as servant' after they graduate makes me the most proud."

Heitritter may be leaving Northwestern, but her impact will live on in classrooms around the world.

"I'm a better teacher because of her, and she has three decades of former students who would say the same thing," says Nonhof. "The exponential growth of what those former students are able to do now in teaching their own students gives you an idea of how formative Laura's leadership has been and will continue to be."



Dr. Ralph Davis, known for his enthusiasm, academic rigor and strong faith, retired in May after teaching in Northwestern's biology department for 20 years.

FILE PHOTO

Radiant Enthusiasm

It's no secret to any student or colleague of Dr. Ralph Davis that he's enthusiastic—enthusiastic about science, about teaching and about his faith.

"His enthusiasm is contagious," says Dr. Sara Sybesma Tolsma '84, biology.

Dr. Hannah (Dyvig '08) Moser agrees. "He sparks enthusiasm in his students because he's so enthusiastic," she says.

Davis, a leading expert on nematode neurobiology, retired in May after teaching in Northwestern's biology department for 20 years. Beyond his enthusiasm, Davis was known for academic rigor and his seamless integration of faith and learning.

"Northwestern alumni who are in graduate school often write letters to the biology department—naming Dr. Davis specifically—thanking the faculty for the depth of knowledge they attained at Northwestern, specifically in anatomy and neuroscience," says Randy Van

Peurseem '92, science support services professional.

Again, Moser agrees. "I felt like I entered graduate school ahead of the game because of what I'd learned from Dr. Davis," she says.

Davis' love for God was just as evident as his love for science.

"One of the greatest joys of learning with Dr. Davis was how clearly he saw the world as being part of God's creation," says Moser. "He'd emphasize that that's why we study it."

Moser has kept several emails of encouragement from Davis, including one in which he wrote: "As biologists, we serve the Lord to make the world a better place and alleviate suffering to the extent that the Lord enables us. We have a noble calling!"

It's no secret that Davis' enthusiasm will be missed.



Anne Mead spent 20 years helping students access and use the library's resources before retiring from Northwestern in February.

LEM MAURER

Turning the Page

Libraries are a common thread in Anne Mead's life.

As a college student, she loved the library of her alma mater, Belhaven University. After graduating with a degree in history, she secured a summer internship with the Mississippi Library Association, then immediately entered grad school and earned a master's degree in library science.

Mead met her husband, Jim, while she was a librarian at Reformed Theological Seminary, where he was studying to become a pastor. When he eventually accepted a teaching position in Northwestern's religion department, she joined the college's library staff as a cataloguer.

In February, after 20 years at NWC, Mead retired.

"While her titles changed, Anne was consistently focused on student success," says Greta Grond, library director. "She

excelled at providing Northwestern students with resources and the skills to access and use those resources."

Mead's career spanned a time of incredible changes in her profession, requiring her to learn new technologies to better meet library users' needs. She moved into the role of electronic resources and government documents librarian, spent one year as assistant interim library director, and since 2014, was Northwestern's senior reference and information literacy librarian.

The latter position had her teaching library research classes to First-Year Seminar students and helping students enrolled in Christian Story navigate Bible commentaries and dictionaries as they wrote their papers.

"The library is such a tremendous resource," Mead says. "My favorite thing was helping students discover that for themselves."

Military-Friendly

Northwestern's efforts to assist veterans and active military members were recognized when the college was ranked as a 2020–21 Top-10 Military-Friendly School in February. Northwestern was ranked fourth nationally in the category of colleges and universities that don't offer doctoral degrees.

The Military-Friendly list, available at militaryfriendly.com and published in the May issue of *G.I. Jobs* magazine, provides a comprehensive guide for veterans and their families.

Institutions earning the Military-Friendly School designation were evaluated on factors such as financial aid, job placement, student retention and graduation using both public data sources and responses from school surveys. More than 1,000 schools participated in this year's survey, with 625 schools earning the designation.

"We are pleased to be recognized as among the nation's best for providing a standout education and excellent services to veterans and their dependents," says Mark Bloemendaal '81, retiring vice president for enrollment and marketing. "We offer GI Bill benefits and are also designated as a Yellow Ribbon institution. In addition, Northwestern has its own significant scholarship fund available for veterans or active military members. We consider it an honor to help those who have served—or are currently serving—our country."



DOUG BURG

Michelle Lynch '17 says she "had nothing but good experiences as a military vet at Northwestern." NWC was named a Top-10 Military-Friendly School in February.

Endowed Professorships

Dr. Chris Nonhof, assistant professor of education and English, and Dr. John Vonder Bruegge, associate professor of biblical and theological studies, have been appointed by the Board of Trustees to endowed professorships.

The endowed chairs provide annual funds to support the recipients' scholarly work. Criteria for the appointments include a distinguished record as an outstanding teacher; recognition for scholarly and leadership contributions to their discipline; exemplary service to the department, NWC and the larger community; and a demonstrated commitment to the college's mission.

Nonhof has been appointed to the James and Margaret Blekkink Endowed Education Professorship. A member of the faculty since 2015, he has given presentations at conventions of the Iowa Council of Teachers of English and the International Community of Christian Teacher Educators. Nonhof taught high school English and theatre in Florida and Wisconsin for 16 years. He earned a doctorate from Cardinal Stritch University and a bachelor's degree from Dordt.

Vonder Bruegge has been appointed to the Marvin and Jerene DeWitt Endowed Biblical and Theological Studies Professorship. A Northwestern faculty member since 2004, he won the college's Teaching Excellence Award in 2009 and has served as co-director of the Honors

Program for 11 years. He was also recently appointed dean of arts and humanities. The author of *Mapping Galilee in Josephus, Luke, and John: Critical Geography and the Construction of an Ancient Space*, Vonder Bruegge earned a doctorate from Yale University, master's degrees from Harvard University and Covenant Theological Seminary, and a bachelor's degree from the University of Missouri.



Chris Nonhof



John Vonder Bruegge

Study Support

For years, Dr. Mike Kugler, professor of history, searched for readings to encourage his students to think Christianly about historical scholarship. Not finding anything suited to that audience, he decided to write that book himself.

To help fund the project, Kugler was awarded an \$8,550 Northwestern Endowed Research Fellowship for 2020–21. His book will combine biblical exegesis, theological reflection and a discussion of contemporary historical reflection. With the working title *At*

the Mercy of the Flesh: The Incarnation in Historical Contemplation, it will draw upon literature, art, philosophical theology and popular culture.

As part of his research, Kugler intends to discuss his manuscript with Dr. Keith Starkenburg '96, one of his former students who is now a Karl Barth scholar and theologian at Trinity Christian College in Chicago.

Another member of Northwestern's faculty, Dr. Chris Hausmann, will also

focus on professional development during the coming school year. The sociology professor was granted a fall semester sabbatical to support his pursuit of an online master's degree in criminal justice studies through Florida State University.

Northwestern added a criminal justice major to its academic programs in 2014, and Hausmann will assume a larger share of the teaching responsibilities for that major. Adding that master's degree to his doctorate in sociology will enable him to better recruit and advise students interested in criminal justice careers.

Hausmann began the program this summer, prioritizing courses that address criminology, the criminal justice system and policing—topics that align with his recently approved teaching rotation.

Dr. Mike Kugler, history, is the recipient of the Northwestern Endowed Research Fellowship for 2020–21, which will support his work on a book designed to encourage students to think Christianly about historical scholarship.



PA Program Receives \$120,000

Northwestern received a \$120,000 grant from the Roy J. Carver Charitable Trust in February to purchase two virtual human dissector tables for the new physician assistant studies graduate program.

The virtual cadaver tables provide students with a life-sized interactive display that can toggle between detailed anatomical drawings, captioned illustrations, and radiologic images (CT and MRI). Students are able to conduct repeat virtual dissections and simulations before performing traditional dissections in the college's gross anatomy lab.

"We're thrilled to provide our PA students with this state-of-the-art technology," says Dr. Christina Hanson, director of the physician assistant program. "Growing

evidence suggests that using virtual cadavers in addition to traditional human cadavers results in improved student outcomes and, ultimately, better care for patients."

The tables are mobile, and the tabletop screen tilts 90 degrees to enable instructive demonstrations as well as hands-on virtual dissection by individuals or student teams. Hanson expects the tables will also be used by students in the athletic training master's degree program, as well as by undergraduates in the health sciences.

Jay Wielenga '82, Northwestern's vice president for advancement, says, "We're pleased that a respected Iowa institution like the Carver Trust has signaled its support for our graduate-level health sciences curriculum with an investment of this size."



A \$120,000 grant from the Carver Trust enabled Northwestern to purchase two virtual human dissection tables for use by students in the new physician assistant graduate program.

Physics Adds Majors

Biophysics and physics education are two new majors Northwestern will offer beginning this fall.

The interdisciplinary biophysics major will introduce students to a field in which physics and mathematics are used to describe the mechanisms of biological processes. Dr. Emily Grace, assistant professor of physics, designed the program after seeing that many students with an interest or natural ability in physics were pre-med majors.

"A biophysics major wouldn't be possible if we didn't already have incredible science programs in place," she says, noting that predicted job growth for the field through 2024 ranges from a low of 6% to as high as 19%.

The physics education major will provide students with everything they need to become high school physics teachers, a well-paying job in high demand.



FI GAYTOR

Beginning this fall, Northwestern students interested in physics will have the option of majoring in biophysics or physics education.

#RaidersAllN

More than 400 donors gave more than \$187,000 to the Northwestern Fund during AllNDay on Feb. 20. The event included matching gifts from the Board of Trustees, National Advisory Council and National Alumni Board.

AllNDay, Northwestern's third annual day of giving, garnered more than \$187,000 for the Northwestern Fund from alumni and friends.



LEM MAURER

New Leaders



Tamara Fynaardt has been sharing Northwestern's story for 25 years, and she'll continue doing so as the college's new vice president for enrollment and marketing.

LEM MAURER



An intercollegiate athletics leader with more than 27 years of experience, Dr. Micah Parker is Northwestern's new vice president for athletics.

LEM MAURER

Brand Champion

Ask Tamara Fynaardt what she's looking forward to in her new role at Northwestern, and she'll tell you she's eager to keep doing what she's been doing for 25 years.

"I'm excited to continue sharing Northwestern's story and promoting Raider Nation's standout brand," she says.

Northwestern's new vice president for enrollment and marketing, Fynaardt started her career at NWC as an adjunct English instructor before working in the marketing and communications office.

She now oversees Northwestern's admissions, financial aid, and marketing and communications offices. "I hope to be the type of leader I've always worked with at Northwestern—one who empowers, encourages and facilitates collaboration."

"Tamara is already looked to as an institutional leader by many," says President Greg Christy. "I've witnessed the respect her colleagues have for her, the expertise she brings to marketing and communications, and the strategic thinker she is."

Fynaardt's leadership was recently on display as she led Northwestern's rebranding campaign. "I'm proud of the development of our Stand Out brand, especially the way we've put into language what it means to be a Raider and to lead a life of significance."

The new VP sees her role as integral to helping ensure Northwestern delivers on the promises it makes to students and their families.

"Northwestern is exceptional, and I'm committed to doing all I can to make sure more people know that," she says.

Going for the Win

As a college runner, Dr. Micah Parker raced against Great Plains Athletic Conference (GPAC) athletes. As a basketball coach at Concordia University, he competed against Northwestern. "Earl Woudstra and I had some great matchups on the court," he says with a smile.

A former coach at Drake University, director of women's basketball operations at the University of Nebraska, and most recently the director of athletics at NCAA Division I California Baptist, Parker is Northwestern's new vice president for athletics.

"I've always had a great respect for Northwestern's Christian mission and the accomplishments the Raiders have enjoyed both in the GPAC and nationally," he says. "I believe Northwestern can remain a force, and my job is to help create an environment to make that happen."

Describing Parker as an "exceptional mission fit," President Greg Christy says, "Micah is a humble and highly accomplished leader who will continue to build upon the culture of excellence that makes Red Raider athletics stand out."

Parker, who earned a doctorate from the University of Nebraska, is also a sought-after Christian motivational speaker who has given more than 650 presentations nationally.

Under his leadership, Raider athletes and coaches will center on three priorities: a daily focus on improvement and development, having fun, and winning.

"But we're going to define winning," Parker explains. "We're going to win in the classroom, win on the scoreboard, and—through the power of the Holy Spirit—win souls for Christ."

Make a Will

It's the loving thing to do.

After putting it off for years, Cindy Vande Stouwe '78 prepared her will in 2015. "I read about what a pain it is for whoever is left behind if you don't have one," she says. Cindy worked with her lawyer to set up revocable trusts for her three favorite charities and will give Northwestern a set percentage of her estate.

Having a will is a great way to support the organizations you love. For more information, contact Northwestern's advancement office. And if you already have included the college in your estate plans, let us know.

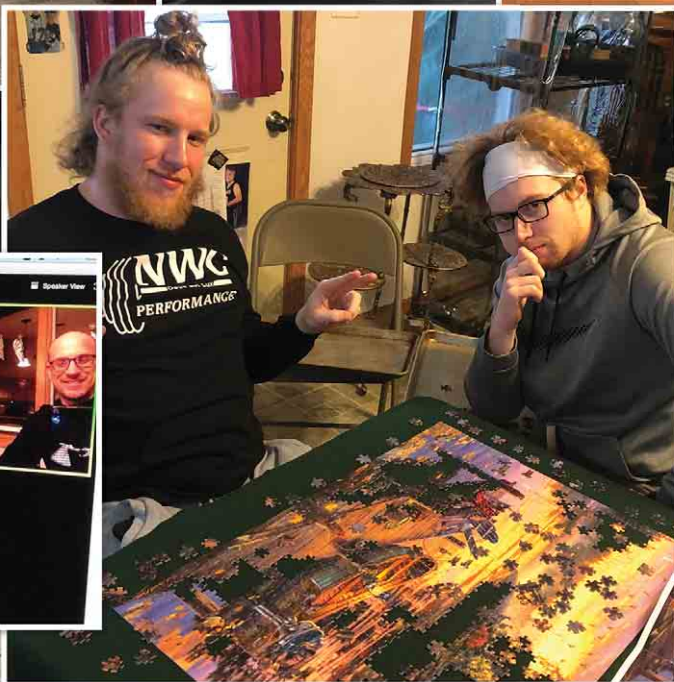


Cindy Vande Stouwe joined the FBI the year she graduated from Northwestern with a bachelor's degree in history. Now retired, she spent 40 years with the agency, most recently as a program manager in the Directorate of Intelligence after earning a master's in management information technology from George Washington University.

NORTHWESTERN
COLLEGE

Stand Out

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giving@nwciova.edu | 712-707-7106





Flattening the Curve



Raider Nation did its part to stop the spread of COVID-19. While social distancing, Northwestern fans found ways to stay entertained and support their communities. Game nights were a regular occurrence, themed dinners became tradition and living room workouts were the norm. Hammocks were go-to study spots and Instagram's #frontstepsproject was embraced. Raiders picked up paintbrushes, tried new recipes, threaded needles and rediscovered the art of handwritten notes.

#RaidersStandOut—even when they stay home.



Photos submitted

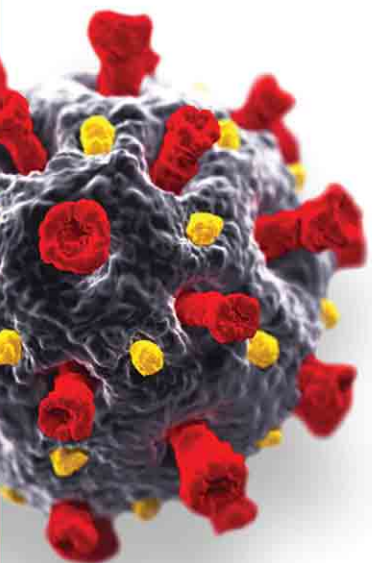




VIRAL INTERRUPTION

Coronavirus upends college life

BY TAMARA FYNAARDT



Sitting in the bleachers at the Raiders' first-round men's basketball national tournament game on Wednesday, March 11, Northwestern President Greg Christy kept an eye on his phone. Fifteen minutes into the game, he got an email saying that the remainder of the tournament would be played in front of family and essential staff only. An hour later, another email: All fans would be restricted from attending. By the following morning, the tournament was canceled. A different kind of March Madness was happening.

March 11 marked students' return to Northwestern's campus from spring break and the start of the last quarter of the school year. The frenzied, stressful, precious, too-short weeks are usually filled with final projects, a return to warm-weather studying and socializing on the campus green, and spring traditions like Colenbrander Hall's hog roast and

Hospers Hall's cardboard-armor battle. Eventually, as the tulips start blooming, students say goodbye and make a mostly orderly exit before summer commences.

Not this year. On March's Friday the 13th, with coronavirus cases surging in the U.S., Northwestern administrators made the decision to send students home.

As students packed up, their

professors became students in an accelerated course on plan-B pedagogy. Vice President for Academic Affairs Dr. Nate Phinney and the deans of each academic division had spent spring break preparing for what they feared was coming: a quick flip to online classes. They identified essential skills in Zoom videoconferencing and Blackboard online learning management and

DECEMBER

31

A cluster of pneumonia-like cases is reported in Wuhan, China—eventually it's identified as a novel (new) coronavirus and named COVID-19.

JANUARY

5

The World Health Organization (WHO) publishes its first Disease Outbreak News on the new virus.

22

WHO confirms human-to-human transmission of COVID-19. Chad Miller, Northwestern's director of environmental health, emails Drs. Michelle Van Wyhe (Northwestern's nurse practitioner) and Alan Laird '82 (PA program medical director), asking if the Orange City Area Health System has issued any guidance about the novel coronavirus.

30

With 9,800 cases reported worldwide, including six in the U.S., Northwestern's Core Emergency Response Team meets to review the college's Pandemic Response Plan and deploys the college's Pandemic Response Team.

assigned each faculty member to one of 12 “in-house experts”—professors already skilled at using teaching technologies.

Dr. Rebecca Hoey, dean of the graduate school and adult learning division, and members of her team—who regularly deliver their curriculum online—quickly designed a week of training to ensure faculty who were used to face-to-face teaching were ready

for recording and posting lectures online, leading digital discussions, and teaching in Brady-Bunch-looking Zoom classrooms.

“I’m so proud of our undergraduate faculty,” says Hoey. “I know for many of them, it felt like their first year of teaching all over again, but they were dedicated to learning as much as possible about teaching and learning online in a very short time period—and they

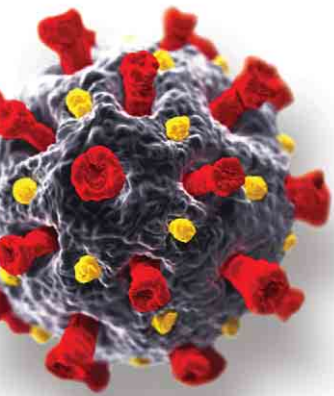
were determined to get it as right as possible.”

On Friday, March 20, the semester restarted with a convocation livestreamed from Christ Chapel.

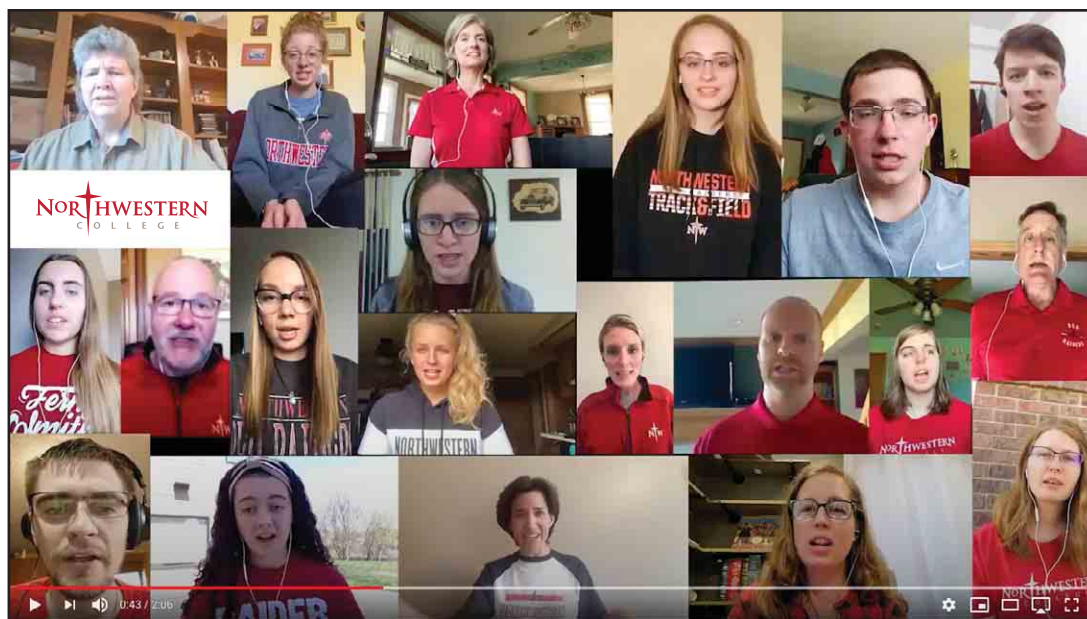
Over the next seven weeks, improvisation became routine. Psychology professor Dr. Jennifer Feenstra, sensing students’ need for soothing predictability, started each

recorded lecture for her Honors Program class on wellness by imitating Mister Rogers: removing her coat and putting on a cardigan and comfortable shoes before saying, invitingly, “Welcome, students.”

Disciplines with a hefty hands-on component had to get creative. “We gathered as a department—sitting 6 feet apart—and brainstormed,” says art professor Emily Stokes. “We knew we couldn’t



To close the semester, music professor Dr. Angela Holt (bottom center) orchestrated a digital performance of the *Doxology* that included students, faculty and staff. “The *Doxology* is such a special hymn tradition at Northwestern College,” she says, “and most importantly, it is a declaration of the glory of our heavenly Father.” To listen: tinyurl.com/NWDoxology



FEBRUARY

6

President Christy sends an email to all students, faculty and staff informing the campus of a coronavirus global health emergency. He assures students and employees the current threat is low but says pandemic planning has begun.

10–28

Northwestern’s Risk Assessment Team meets three times to evaluate the risks for students studying abroad as well as students preparing to travel internationally on Spring Service Partnerships mission trips. SSP trips to Mexico, Ireland and the Netherlands are allowed to proceed.

MARCH

3

After the Centers for Disease Control and the Iowa Department of Public Health issue statements recommending that overseas student trips be curbed, NWC’s Risk Assessment Team recalls the Netherlands and Ireland SSP teams. Over the next week, students are also recalled from off-campus and overseas study programs and internships.

7

VPAA Phinney sends faculty members—who are on spring break—an email advising them to be prepared that an order to cancel classes could come suddenly and with little time for implementation.

assume students would have the same access to materials as they do in our campus studios, so we adapted, retooling printmaking assignments to drawing and asking them to create sculptures with food.”

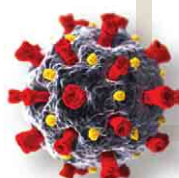
Last fall, when Dr. Sara Sybesma Tolsma '84 was planning her spring immunology course, she added *Spillover*, by David Quammen, to the syllabus. *Spillover*, which is also a PBS documentary, is about viruses that transmit from animals to humans, like Ebola and Zika—and COVID-19. So when classes went online and lessons in the lab were impossible, she changed course and led her students through study of a real-time viral crisis. They followed news of vaccine trials and used what they were learning to speculate about which had the best shot at succeeding.

Witnessing the impressive pivot from in-person to online classes, some higher education watchers are asking, as Jon Marcus did in an April 23 *New York Times* op-ed, “Will

the Coronavirus Forever Alter the College Experience?” So far the answer seems to be yes—in some ways. And in other ways—especially at a highly relational college like Northwestern—no.

“We’ll see our undergraduate faculty be better users of technology in face-to-face classes,” predicts Phinney, “and hybrid approaches like assigning recorded lectures as homework to save class time for discussions and hands-on learning might become more common.

“Our students are grateful for what their professors did for them,” he adds, referring to a survey he sent students at the end of the upended semester. “A small percentage felt like the online experience suited their learning styles, but for the vast majority—more than 90%—the experience of being a student online is not the one they want. They can’t wait to come back.” 🏠



Room and Bored

Feeling disoriented and displaced (even though they were heading home), most students had left campus by March 18. Around 70, though, remained in campus residence halls and apartments for reasons that included internships, travel restrictions and viral outbreaks back home. By the end of the semester just 26 students were left, including roommates Colin Kaemingk and Landon Van Berkum, who sheltered in place in their third-floor Hospers Hall room.

Best friends since high school, Kaemingk is from Lynden, Washington, and Van Berkum is from nearby Everson—just three counties over from the state’s coronavirus hotspot in Kirkland.

“It was pretty bizarre to walk across campus and not see any students or professors,” says Van Berkum, describing twice-daily treks to the Hub Raider Grille, where a pared-down food service staff provided two takeout meals a day.

The majority of Northwestern professors made their online instruction and assignments asynchronous, which meant Kaemingk and Van Berkum could attend class and do homework on their own time. Outside of “school,” they watched a lot of streamed TV and took solitary walks on Orange City’s Puddle Jumper Trail. They also played an occasional board game with an Orange City area friend who was part of their Hospers Hall “contamination circle”—a student who lived next door to them before March 18 and had been quarantining at home since then.

The roommates finally went home the first week in May, when the on-campus semester would normally have ended. Like everyone everywhere, they’re eager for things to get back to normal. Van Berkum says, “I’m really looking forward to when we can have, like, 10 people in a dorm room again, just hanging out.”

11

WHO classifies COVID-19 as a pandemic. Northwestern students return to campus from spring break, and classes resume.

13

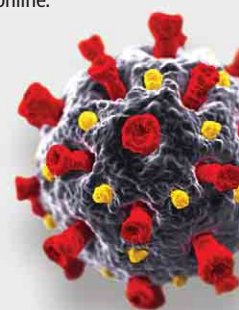
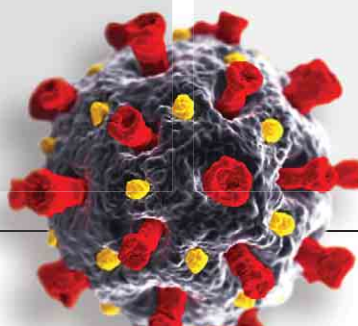
President Trump declares a national emergency. Northwestern’s Pandemic Response Team makes the decision to suspend classes and send students home.

20

Students, faculty and staff gather online for a convocation to mark the start of socially distant learning.

23

Classes resume, online.



Dowie faces MS with grit and endurance

BY AMY PHILLIPS

Be stronger than your strongest excuse.

A sign with this motto serves as motivation for the Ankeny CrossFit members who have risen before the sun to test their bodies' limits. Matt Dowie '14 joins them three or four mornings a week. He prefers the workouts that keep a steady pace; his endurance training as a center back for Northwestern's soccer team taught him how to go the distance.

Holding a barbell at shoulder level, Dowie controls the substantial load and descends into a squat. He then rises to stand and presses the weight above his head. It's a triumphant stance. The weight is heavy but does not crush him. He is strong enough to bear the burden.

He'll do it over and over again.



Overco

The summer after graduating from NWC, Dowie noticed his gait was off during his daily runs. Something didn't feel right, but eventually he was back to normal.

A few months later, while coaching a practice for Northwestern's men's soccer team, Dowie joined his players on the field and saw two balls instead of one, and twice as many teammates. An antibiotic seemed to correct Dowie's double vision, and he stopped worrying.

And then the day came when Dowie felt numb, as if he had been soaking in an ice bath from the waist down. As an athlete, Dowie is very attuned to his body. That awareness and an athlete's stamina explains how Dowie started for the Red Raiders all four years. And it's what would bring him answers after four years of symptoms—a much shorter timeline than most people with his diagnosis typically experience.

Multiple sclerosis (MS) is an autoimmune disease of the central

nervous system. The immune system attacks the protective sheath that covers nerve fibers in the brain and spinal cord, causing a range of debilitating symptoms. Inflammation periodically triggers a relapse, during which old symptoms are exacerbated or new ones occur.

By the time Dowie was diagnosed with MS in 2018, the day before his 26th birthday, he was expecting the bad news. An eye appointment had confirmed he had optic neuritis, a temporary loss of sight, which can be the first sign of MS. The other symptoms continued.

Everything he read seemed to emphasize the negative effects of MS—stress, flare-ups and having to rely on disability benefits instead of pursuing meaningful employment. People told his wife, Lauren, who was pregnant, to prepare for life without him. He wondered how long he'd be able to play catch with his son.

And then Dowie decided he could control the heavy load.

Taking up the extremely rigorous CrossFit workouts just after his diagnosis, Dowie became an advocate for exercise. He joined the

board of MS Moments, an Iowa nonprofit that provides people living with MS the opportunity to afford health and wellness services, such as joining a gym.

"I was determined when I was diagnosed that I was going to continue to do the things I want to do," Dowie says. "I wasn't going to be one of those people who wallow. I have a lot of life to live. I have young kids. My life isn't over."


In the summer of 2021, Dowie will ride for 32 days across three states with Bike the US for MS to raise funds and awareness. Cyclists will perform service projects along the way, such as building accessibility ramps, and they'll stop at clinics to present donation checks.

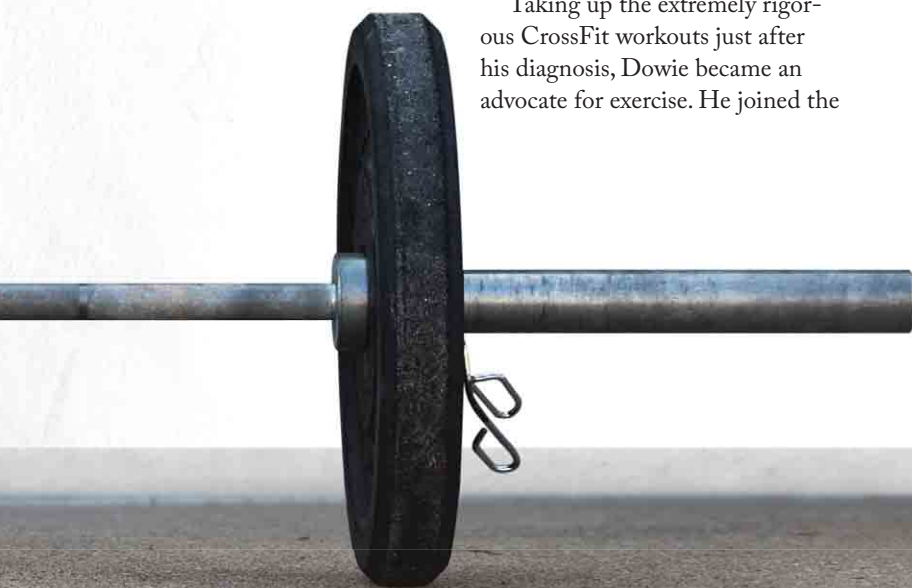
Adjusting the color schemes on his laptop provides more contrast between colors, which accommodates his vision changes and facilitates his work as a software engineer at Principal Financial Group. He's stiff in the morning,

and fatigue can often force him to retire soon after he and Lauren have put Hudson, 5, and Carter, 2, to bed. Once a month Dowie receives a treatment of an immunosuppressive drug; he's been relapse-free since his diagnosis.

A tattoo of John 16:33 down his spine follows the path that MS has claimed: *In this world you will have trouble. But take heart! I have overcome the world.*

Jesus' reminder to his disciples that life isn't going to be easy is Dowie's motto, he says.

"MS is a hard diagnosis to get. It's devastating for some people. For some reason, it hasn't been that way for me; I've had peace beyond understanding. One day, I won't have to deal with a body that's failing and broken and attacks itself. One day, I will be perfect." 



ommer

AS TOLD TO ANITA CIRULIS
ILLUSTRATIONS BY DUHA LEE KAO

Raider Expertise

A guide to things you may—or may not—need to know

Ever wonder what's involved in flying a hot air balloon?

Have a room that needs a new look? Maybe you want to train your dog, sell your home, minimize clutter or improve your video game play. If so, you're in luck. We found Raiders who can tell you how to do all that and more.



How to Fly a Hot Air Balloon

Doug De Zeeuw '92 is a hot air balloon pilot based in Orange City. He bought his first balloon 22 years ago, and three Northwestern alumni are part of his crew.

I've been around hot air ballooning since 1978. My wife and I enjoy sharing our hobby through some commercial rides, but we don't want it to be a business. We want to be able to fly our family, friends and crew.

- 1.** To start with, you'll need a balloon, which will cost about as much as a new car. As with a car, there's a range you can pay—anywhere from \$20,000 to \$100,000.
- 2.** You'll have to take ground-school classes and go through flight training, then pass written, oral and flight tests to get your private and commercial pilot license.
- 3.** You'll need a way to transport your balloon. We have a small trailer that holds the inflator fan, basket, riggings and "envelope"—the balloon itself.
- 4.** Plan to fly at sunrise or a few hours before sunset. When the sun is high and heating the ground, it creates thermals, or updrafts of warm air, which can cause turbulence.
- 5.** Before flying, call flight service to file your flight plan and get a weather report. The report will provide information on weather conditions on the ground and at various altitudes. (For takeoff and landing in northwest Iowa, ideally the wind should be 7 mph or less.)
- 6.** With the help of your crew, prep the balloon for flying. Lay out your balloon in the direction of the wind. Have one crew member run the inflator fan while two others hold open the mouth of the balloon. A fourth crew member should pull on the crown line attached to the top of the balloon to keep it from rolling as it fills.
- 7.** As your crew preps the balloon, run through your pilot's checklist to confirm all equipment—from ropes to the propane to your radio—is in working order.
- 8.** Once the balloon is three-quarters full of air, ignite the burner to heat the air inside the balloon. As the interior air is heated, the balloon will begin to rise, requiring one or more of your crew, depending on the wind, to hold it in place using lines attached to the basket.
- 9.** There's no way to steer a balloon, though you might get a different wind—speed and/or direction—at different altitudes. Any differences in direction, however, typically aren't more than 30 degrees in the evening.
- 10.** Once you've identified a potential landing spot, radio your crew so they are aware and can request the landowner's permission, if necessary. Depending on the conditions, the landing could be a calm one in a small area or a lively one, which requires a larger area. Your chase crew will help you disassemble and pack up the balloon.



How to Sell Your Home

Amy Wienands '93 owns Amy Wienands Real Estate in Waterloo, Iowa. A realtor for 25 years, she employs a team of 30 people, and her firm ranks 59th nationally in annual real estate transactions.

Even in the midst of this coronavirus pandemic, people still need to buy and sell homes. Our mobile devices play an ever-increasing role in our lives, and that's true in real estate as well. Social media platforms like Facebook and Instagram can help you get past people's narrow search criteria and find the perfect buyer for your property.

1. Go high tech. 66% of all buyers won't look at your home if it doesn't have a video attached to your listing. You have 2 to 3 seconds to capture someone's attention, and if your video isn't the right pace and length (no longer than a minute), you'll lose them.

2. Update your house. Almost 50% of our buyers are millennials—people under the age of 34. They don't want to spend time on renovations or deal with your wallpaper. They like gray and white, clean lines, upgraded appliances, quartz countertops and a great tiled shower.

3. Clear the clutter. What might look good in a walk-through isn't what looks good online. Remove everything from surfaces such as countertops, coffee tables, fireplace mantels and nightstands. This is especially important in the master bedroom and bathroom. And leave one corner of every room empty. People have to be able to look and see that there is space. Less is more.

4. Make a good first impression. Give your home curb appeal by freshening up the paint on shutters and giving your front door a pop of color. Trim hedges, add new mulch, update light fixtures, and edge the grass along walkways. And don't forget a welcoming pot of flowers on the stoop.

How to Faux Shiplap a Wall

In addition to serving as dean of Northwestern's Graduate School and Adult Learning, Dr. Rebecca Hoey is an avid do-it-yourselfer. She recently applied faux shiplap to the walls of a bedroom and tells how you can do the same.

I think Joanna Gaines on HGTV's *Fixer Upper* TV show got everybody started on shiplap. True shiplap boards have notches cut along their length in an alternating way that allows the boards to self-space and prevents water from getting behind them. Once commonly found on barns and sheds, shiplap is now often featured in new home construction.

An easier and less expensive way to try shiplap is to rip plywood sheets into 6-inch-wide strips. If you have a table saw, you can cut the boards yourself. Otherwise, have a lumberyard do it. Either way, you'll need some sandpaper to smooth the splinters off the edges of the wood. You'll also need a jigsaw to cut boards so they fit around doors, windows, light switches and outlets.

I was working with 8-foot-long strips of plywood. Start at the top of the wall, in one corner, and use a level to get the board straight. Attach the board to the wall with a finishing nail gun, one nail at the top of the board and one at the bottom, every 18 inches. If your walls are dark and you plan to paint the shiplap white, like I did, make sure you apply white paint on the wall where the spacing between the boards will be. Work your way across the wall until you have to cut your final board to fit. Using the leftover board to start the next row will result in naturally staggered vertical seams.

As you install the second row of boards, use a nickel to create spacing between the boards. I also used the nickel to create vertical spacing between the boards, but you may choose to place the boards close together so there are no vertical seams between them.

One final tip: If you have an old home, quarter round placed over the shiplap in the corners and between the wall and ceiling can help hide the gaps that result when things are no longer square.

How to Raise an Award-Winning Pig

Mason Post '21 is an agricultural business major who raises show pigs and had the Reserve Champion Yorkshire Boar at the 2018 Iowa State Fair.

When selecting a show pig, health is the No. 1 consideration, because that will determine how efficiently the pig will grow and how long it will survive. Look at the pig's structure. You want a pig with a wide chest and butt. Check the angles of its legs by making

an L shape with your thumb and pointer finger and comparing that angle to the angle of the pig's legs. The ideal pig should be able to walk easily and have toes that are square—neither bowed out nor pigeon-toed. Avoid a pig that is flat-footed or has weak pasterns.

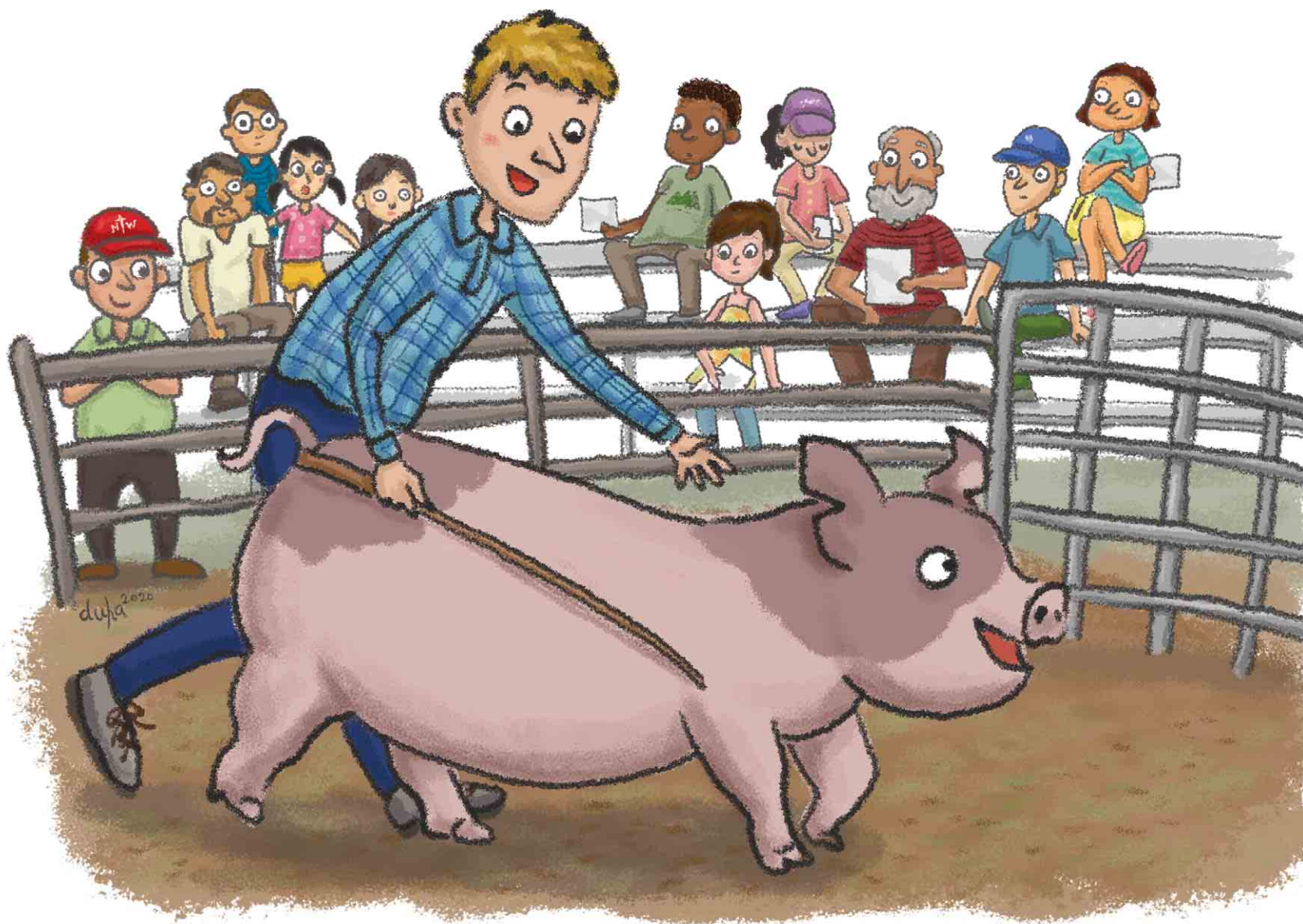
Once you've selected a show pig, provide it with the right diet. Because water determines the amount of nutrients a pig can absorb, have fresh, clean water available at all times. Feed your

pig a carefully balanced diet with the right proportions of carbohydrates, protein and lipids (oils and fats). The proportions should be adjusted based on the pig's breed, gender, size, and skeletal and muscular structure.

The final step in selecting and raising a show pig is the preparation before and at the fair. For a month prior to the show, practice walking your pig each day. Wash and brush it to give it a clean look, and shave the pig's hair to make

the pig look squarer and give it a show-ring presence that will catch the judge's eye.

Before entering the ring, brush off all bedding and spray your pig with water or another product to give it a shiny look. In the ring, drive your pig so the judge can see every angle of your hog, always keeping it between you and the judge.





How to Clicker Train Your Dog

Sydney Kolb '20 spent two years as a professional dog trainer with Canine Craze Performance Center in Urbandale, Iowa.

You'll need a clicker and treat pouch (available at most pet stores or online) fastened to your hip with a clip or belt. That way one hand can operate the clicker while the other dispenses treats. Begin by scattering some treats on the floor and pressing the clicker just before your dog gets one in his mouth. That will help your dog associate the clicking sound with the treat. Then start by practicing a behavior your dog already knows or is likely to do. Ask for the behavior, click when your dog does it, and immediately reward him with a treat.

Timing is everything. It's important to click—just once—right as your dog performs the desired behavior. If you are teaching your dog to sit, click the moment her

bottom hits the floor. If you're teaching her to stand, click as soon as her hips lock in an upright position.

Always be quick to present the treat, and always follow a click with a treat, even if the click was an accident. Also, only give the treat when your dog is in the position associated with your command. If you asked your dog to sit, click when he sits and feed him in a sitting position. If he stands up before you give him the treat, wait for him to go back into a sitting position.

Clicker training is very stimulating for dogs' brains. Keep your sessions short and end on a positive note with a behavior she does well. When working on a more challenging behavior, take breaks to practice easy commands to maintain your dog's confidence. Stick with it, and you'll have fun and see positive results.

How to Level Up as a Gamer

Cole Prescott '19 is the director of Northwestern's new coed esports program, which just completed its first year of intercollegiate competition.

Becoming a great gamer is not that different from perfecting any other skill. It takes some degree of natural ability, the right equipment, and lots and lots of practice.

1. Get your head in the game. While many people play video games to unplug and unwind, some aim for mastery. If you want to get better, you'll need to dial in on what you're doing. Improvement requires intentionality and focus.

2. Acquire the right gear. Whether you play on a PC or console, make sure your hardware fits your game. If you're a PC gamer, get a gaming mouse. If you play team games that rely on communication and coordination, buy a high-quality headset. A quick Google search will give you a good idea of where to start.

3. Do your research. Knowing more than your opponent gives you a competitive edge, while a lack of understanding will leave you confused and conquered. Soak up as much information as possible. Everything from basic game stats to complex YouTube demos will expand your mental arsenal.

4. Put in the reps. Pick one or two of your game's core skills and practice those concepts over and over before moving on to the next set of skills. How you practice will vary depending on the skill, but the idea is to focus on a subsection of your game.

5. Perform the reviews. The morning after a football game, my high school football team would gather to review game footage. The concepts and drills we practiced that following week were based on discoveries made during our weekend film sessions. Film review for video games is no different. Review your matches a day or two after you've played them and use what you discover to help guide your practice.

How to Start a Beehive

Dr. Laurie Furlong is an entomologist and Northwestern biology professor. She has been beekeeping for eight years.

For Christmas one year, my husband gave me *The Beekeeper's Bible*, a beekeeping course and a beehive. It's one of the most thoughtful gifts anyone has ever given me, but you don't have to be an insect-lover like me to keep bees.

1. Do your homework. In addition to *The Beekeeper's Bible*, there are all sorts of YouTube videos. Find other beekeepers who are more experienced and can give you advice. We belong to the Siouxland Beekeepers, an association of beekeepers in northwest Iowa.

2. Buy your supplies. A beehive will cost around \$200; a beekeeping suit with hat, veil, gloves and smoker, \$100; and a nucleus colony, or "nuc," with a queen and several thousand bees, \$150. Purchase bees in April or May. There are plenty of plants flowering at that time—maple and apple trees, dandelions, clover—so there's good forage for them. We get our bees from Minnesota. You don't want to purchase them from too far away, because bees are sensitive to the climate.

3. Set up your hive. If you live in town, you'll need to check your city ordinances regarding keeping bees. You might be able to have a hive if you live on the edge of town. We live in the country and have an acre planted with native prairie plants. Otherwise, find a farmer who will allow you to set up your beehives on his or her land.

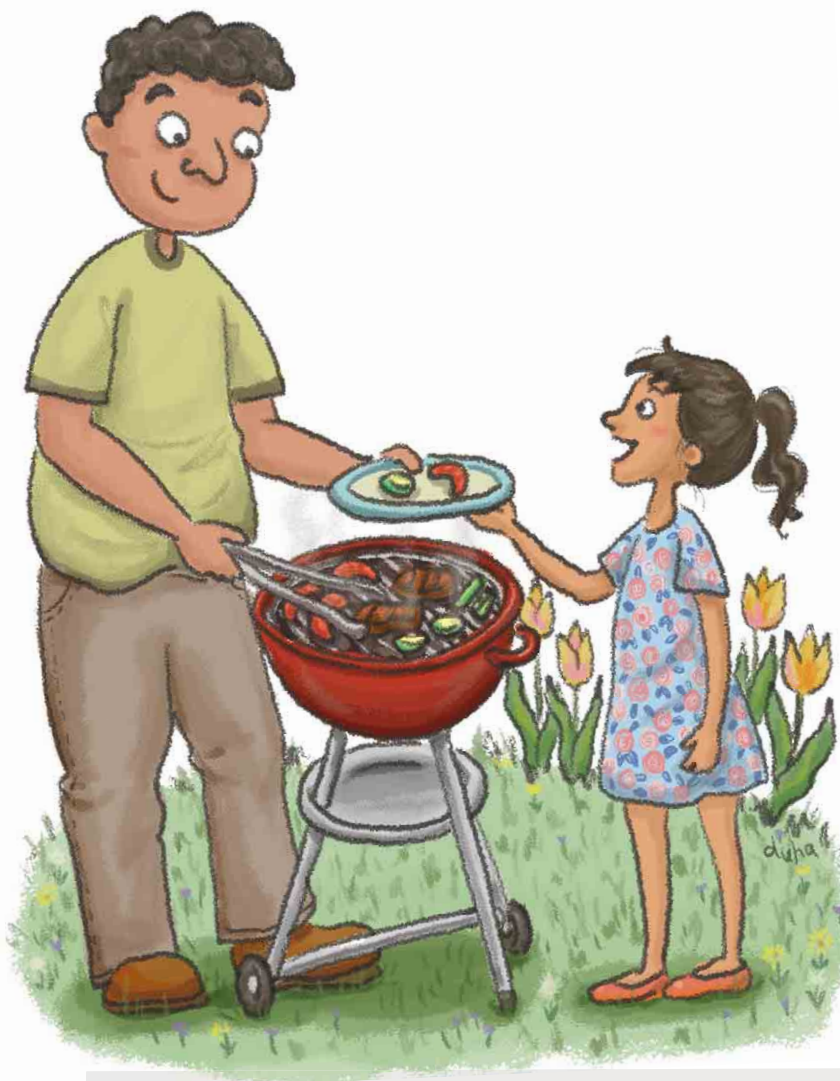
4. Register your beehive. This isn't required but protects your hive. When a beehive is registered, farmers aren't allowed to crop dust within a mile of your hive between the hours of 10 a.m. and 6 p.m. when bees are likely to be out foraging in the fields.

5. Monitor your hive. Bees are better off if you leave them alone, but you'll want to check your hive every three to four weeks. Early in the spring, before your bees collect a lot of nectar and start making honey, treat your colony for mites. Repeat in the fall after you've collected your honey. In February, you might need to feed them sugar water if they don't have enough honey to make it through the winter. If they swarm because the colony gets too crowded, make sure there's a new queen and add another hive box.

6. Collect your honey. Mid-August is the best time to do this—before the goldenrod is out—because when the bees are collecting pollen from that plant, the honey smells and tastes bad. Smoke the bees, take the combs, put them in a centrifuge and spin the honey out.

7. Enjoy! It's delicious, it's fun, and it's local. We're not doing it for profit. I love watching the bees go in and out, returning to the hive with their little pollen packs filled with different colors of pollen. There's joy in seeing the process. It makes me feel closer to creation and to my Creator.





How to Become a BBQ Expert

Al '84 and Cindy (Rus '84) De Vos are both Kansas City Barbeque Society (KCBS) Master Certified Barbeque Judges. As such, they've judged BBQ at the American Royal and the World Championship BBQ Contest. They also compete themselves under the team name of Big Al's Smokin' Good BBQ.

As judges, we've met stars of the *BBQ Pitmasters* TV series, including Myron Mixon and Big Moe Cason. What they're doing is not that much different from what people do at home. If you want to improve your BBQ skills, show up at a contest the night before, walk through the booths and talk to the contestants. They're not going to give you their secret spice rubs, but they'll talk to you and answer your questions.

Different regions of the country have different styles of BBQ. In Kansas City, you have a sweet, tomato-based sauce. In the Carolinas, vinegar- and mustard-based

saucers. Alabama is known for a white sauce that is mayonnaise-based. In Memphis, they use a dry rub instead of a sauce, while in Texas, their tomato-based sauce has more heat.

There are plenty of recipes online, and companies like Weber and Traeger also have recipes available on their websites. If you have a favorite store-bought sauce, check out its ingredients to get an idea of what you like and then search for recipes with those ingredients. You can even take a sauce you like and add to it. When you're making tweaks, however, write down what you did so you can replicate what you liked.

Finally, beware of using too much sauce. The sauce should complement the meat—provide a flavor layer or profile. You don't want so much sauce that you don't taste the meat.

How to Minimize Clutter

Jeannine (Loras '04) Bryant is a professional organizer and the owner of Changing Spaces SRS, a senior move management company in Lincoln, Nebraska.

Everyone is unique, but we're also very much the same. Common clutter areas people struggle with are books, paperwork, clothing and kitchen items. Here are some tips for adding order to your life.

1. Everything in your home should have a place where it lives. Not only will this help you find things, but it gives you a clear picture of what you own. If all of your office supplies are in one place, you'll know how many boxes of envelopes you have.

2. Utilize the power of counting. Actually count, for example, the number of books, coffee cups, bedsheets, pants and shoes you own. Going through the counting exercise is like stepping on a scale. Until you see the number, you don't really know.

3. Determine how much is enough. Enough is a decision, not an amount. Think about how much of a particular item you need. (When it comes to linens, for example, my recommendation is no more than two sets of sheets per bed.) The size of your closets or number of your bookcases will play a role in those decisions. Remember, you don't need more storage space; you need less stuff.

4. Be a good steward. As Christians, our responsibility is to make sure our possessions are being used well. If they're not, then let's donate them so they are.

5. Take one room at a time. And if one room is too overwhelming, then do one closet or drawer. Rather than starting in your basement, begin with a room you use the most, because that will make the greatest difference in your life and help keep you motivated. One trick is to set a timer for 30 minutes. After 30 minutes you can quit or—if you've created some momentum—keep at it for another half-hour.

How to Find Relief from Migraines

Dr. Jono Taves '13 is a physical therapist and the owner of Novera Headache Center in Colorado Springs, Colorado.

Many migraine sufferers have an underlying neck injury that causes difficult-to-detect inflammation. When bad enough, the pain signal is confused by the brain as pain in the head or face, causing sensitivity to light and sound and leading to nausea, numbness and tingling. X-rays, MRIs and CT scans don't detect this type of injury, and most neurologists don't realize the importance of evaluating for loss of movement. For relief, try these three steps:

1. Find a good “manual therapist”—a physical therapist who specializes in hands-on treatment. It's imperative for subtle head and neck movements to be evaluated and treated appropriately.

2. Check your sleeping position. This is one of the first things I review with new patients. Don't sleep on your stomach. Side sleepers or back sleepers have healthier necks. People who think they are side sleepers often end up in a twisted pseudo stomach position. Try hugging a pillow to keep from rolling forward, and place a second pillow between your knees.

3. Move frequently. You may think resting will bring healing for a migraine, but you likely will benefit from changing positions and taking frequent walks.

How to Build a Treehouse

Doug Smit '89 held several construction jobs before getting his social work degree from Northwestern as a nontraditional student. He now serves as the director of mental health and family services at Hope Haven Inc. and lives in Ireton, Iowa. Anyone interested in building a treehouse, he says, can't be afraid of heights.

I promised my granddaughter I would build her a treehouse. I bought the lumber the weekend before the 4th of July and then sketched out a plan. That's how I operate, but there are a lot of websites with blueprints and step-by-step instructions. Our treehouse is 10 by 12 feet, with a 6-foot deck on the front.

First, I dug four holes for the corner posts, lined up so the treehouse is attached to the tree at one corner. After cementing them in the ground, I added a couple of additional posts for support and then framed up the floor. The floor joists are 2-by-12s, 16 feet long and heavy, so raising them 12 feet in the air was a feat. Once those were in place, a sheet of plywood provided the flooring.

I framed the walls on the treehouse's floor, installed windows and outside sheeting, then stood them up, braced them, and nailed them down. When I had both sides of the rafters in place for the roof, I asked my wife if she wanted a loft—because if so, now was the time to do it.

There's a series on Animal Planet called *Treehouse Masters*. My treehouse is nothing compared to what that guy builds, but the show provided a lot of inspiration. Our treehouse is like a small house. It's insulated and has electricity, heat and air conditioning. It's furnished with a love seat and chair, and there's a queen-sized mattress in the loft.

The grandkids love it, and it's a great place to go for a Sunday afternoon nap. Our treehouse was also the setting for the wedding of our neighbor's daughter in April. Because of COVID-19, they couldn't hold the ceremony in a church, so she was escorted down the steps of the treehouse and married while family and friends watched, spaced 6 feet apart in our yards. 🏠



On the Web *exclusive*

For how-tos on choosing a personal trainer, building the perfect playlist, protecting your home from a fire, growing your own food, and achieving a zero-waste lifestyle, visit classic.nwciowa.edu.



A woman wears a flu mask during the 1918 Spanish influenza pandemic.

GETTY IMAGES

Campus Quarantines

BY DUANE BEESON

When Northwestern sent students home in March because of the COVID-19 pandemic, it wasn't the first time the school year had been interrupted due to a public health emergency.

1918-19

Northwestern Classical Academy Principal Thomas Welmers reported to the board in the spring of 1919 that the school had been closed for 15 days because of what was known as the Spanish flu. Welmers reported no deaths but much sickness among students.

There was no *Beacon* at the time, and archival information is limited, but it's clear the Academy wasn't spared from the pandemic that eventually claimed 675,000 lives in the U.S. and 50 million worldwide.

The U.S. Public Health Service (PHS) described the influenza as a "very contagious kind of 'cold,' accompanied by fever, pains in the head, eyes, ears, back or other parts of the body, and a feeling of severe sickness." Symptoms often disappeared after a few days, but some patients developed pneumonia or meningitis that could become fatal.

Area newspapers reminded residents to "Cover up each cough and sneeze. If you don't, you'll spread disease." They also shared this advice from the PHS: "It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and keep the patient from scattering the disease. No one but the nurse should be allowed in the room."

The disease came in waves, with military camps often taking the worst hits. In one 12-hour period at Camp Dodge in Des Moines, 1,000 new cases were reported. Soldiers weren't allowed to leave and visitors were banned, but civilian laborers performing construction at the camp kept working—and used crowded streetcars to get there. Des Moines schools, churches and places of amusement were closed for 18 days in October, and residents were required to wear face masks.

In Omaha, a similar public health order was released, with the public urged to refrain from kissing and using common drinking cups. Eventually nearly 1,200 people died from the disease in Omaha and 6,000 in the state of Iowa.

1930

Northwestern was closed for eight days in March 1930 due to scarlet fever, a bacterial infection that can occur after strep throat and is often accompanied by a high fever, headaches and a rash. Seven students became ill, according to the March 21, 1930, *Beacon*, which reported that they had to be "locked up" for 28 days.

A few weeks later, the April 14 *Beacon* gave this optimistic exhortation: "Only seven weeks of school left and then examinations. We surely are glad we didn't need to close school again. We licked the scarlet fever—let's lick our studies so they'll be quarantined for three months."

class Notes

'51 **Norm Bastemeyer** and **Jim Fong '50** enjoyed reminiscing when Norm visited Honolulu in February. Jim treasures his Northwestern football jersey from the fall of 1948.



'67 **Dr. Brian Beltman's** book, *Dutch Transplanters on the Grasslands and the Fruits of Chain Migration*, has received a Benjamin Shambaugh Award honorable mention from the State Historical Society of Iowa.

'76 **The Rev. Alan Te Brink** retired last year after serving as pastor of the Allison (Colorado) Community Presbyterian Church for 16 years. He now serves as the school administrator/principal of Hope Community Christian Academy in Ignacio, Colorado, and as stated clerk for the Presbytery of Western Colorado.

'78 **The Rev. David Landegent** recently published a book, *Coming to Terms: Throwing Light on Words Used in the Church's Debate Over Same-Sex Behaviors*. He has also contributed to *The Sunday School Guide* as a weekly columnist since 1985, in addition to serving as the publication's editor since 2002. He serves as pastor of First Reformed Church in Volga, South Dakota.

'82 **Lynn (Patton) Schneider** was recently honored as the

recipient of the Heart Award from the Holyoke (Colorado) School District for demonstrating exceptional caring. A teacher in the district for 30 years, she serves as the reading interventionist for Holyoke Elementary School.

'83 **Jim Svoboda** was named the 2019 NCAA Division II Region 3 Coach of the Year by the American Football Coaches Association. The head coach at the University of Central Missouri in Warrensburg, he led the Mules as they went 11-2, qualified for their fourth NCAA postseason appearance, and set numerous season and single-game records.

'84 **Patti (Achterhoff) Kruger** is the principal at Rock Valley (Iowa) Elementary School. Prior to this role, she served as an elementary principal in Le Mars since 2016.

Jay Rozeboom, head football coach at West Lyon High School for 28 years, was named the Iowa Football Coaches Association's 2019 Coach of the Year for Class 1A. He also received the *Northwest Iowa Review's* Football Coach of the Year honor after leading the Wildcats to a 12-1 record and the state championship, their fifth title under his leadership.

The Rev. William Waterman is the pastor of Grace Lutheran Church in Bradford, Pennsylvania. He previously served a church in Kane, Pennsylvania, and three congregations in Nebraska.

'87 **Ken Jensen**, Proctor, Michigan, asks for prayers for healing from leiomyosarcoma, a rare soft tissue cancer.

'88 **Bill Francis**, head coach at Boyden-Hull High School, was named the 2020 *Northwest Iowa Review* Boys' Basketball Coach of the Year after leading the Comets to a 24-3 record and the Class 2A state championship.

Red Ties

KRISTIN (BREEMS '03) RUCKS

Director of the Alumni Network

Of all the things I love about my job, working with the volunteers who are part of the Northwestern Network is my favorite. Currently, the network includes around 1,000 alumni, parents, students and friends of NWC who love the college because of the significant influence it has had in their lives. Northwestern Networkers pray for the college, refer prospective students, and make connections with and among alumni in their communities. I love working with this group of people who are passionate about helping other Raiders.

Recently, my office moved from Zwemer Hall to the Ramaker Center so I, as a member of the college's advancement team, can network more closely with the staff in the Compass Center for Career & Calling. The Compass Center's career mentorship and services are available to our students even before they arrive as freshmen, and they're still available after students begin their jobs and graduate programs. That's why it makes sense for me, as the director of the alumni network, to work closely with the Compass Center team, serving as a liaison between our students who are seeking connections and our Northwestern Network members who have them.

As you've read in this issue of the *Classic*, Raider Nation alumni know how to do a lot of things. That knowledge—*your knowledge*—is valuable to our students and new graduates. You stand out, and the skills, know-how and connections you have could help less-experienced Raiders to stand out too.

Join us in the Northwestern Network. It's easy. Just register online at nwciova.edu/NWnetwork. Then you'll receive regular communication updating you about what's happening on campus and suggesting ways you can use what you know and who you know to connect with future generations of Raiders.





HALLIE SOSOLIK

For more than five years, Stephanie Hamby has been helping low- to moderate-income families in the San Angelo, Texas, area find affordable housing through the Galilee Community Development Corporation.

A Blueprint for Hope

Low-income families in West Texas have a place to call their own, thanks to a set of blueprints Stephanie (Hutchcraft '97) Hamby relies on.

The Lord's promises of hope and a future in Jeremiah 29:11 inspired Hamby, executive director of Galilee Community Development Corporation, to create the Jeremiah Plan Transitional Housing program for struggling families. Qualifying participants work with a coach to improve their current financial situation and create a realistic, long-term plan—all while living within the safety of stable housing.

"We take families who are on the verge of homelessness and help them get on their feet again," Hamby says. "It's become a launching point for them. They can make themselves successful much faster—and their kids can watch it happen too."

Galilee CDC provides other services for low- to moderate-income families in the Concho Valley, such as new home construction, affordable rentals, free repairs and accessibility remodeling.

Hamby served as director of client services for Galilee CDC for nearly five years before taking on additional responsibilities as executive director in November. She's seen grant applications rewarded with more money than she requested—proof, Hamby says, that God is blessing their work and honoring his promises.

BY AMY PHILLIPS

'89 **Dr. Doug Hochstetler** was named director of academic affairs at Penn State Lehigh Valley in December. He had served as the university's interim director of academic affairs for two years and professor of kinesiology for 17 years.

'91 **Marshall Lewis** is the new superintendent and elementary school principal for the Graettinger/Terril-Ruthven/Ayrshire (Iowa) School District. He previously served as superintendent for the Belmond-Klemme (Iowa) and Kimball (Nebraska) school districts.

'92 **Todd Siefker** was named the 2021 Teacher of the Year for the Sioux City Community School District in April. He teaches Spanish at West High School and the Career Academy.

'94 Last July, **Chad Brenneman** and his wife, Abbey, opened the St. Louis area's first Pizza Ranch & FunZone Arcade in Wentzville, Missouri.

Darrin Kimpson, Papillion, Nebraska, continues to serve as Youth for Christ's

Papillion-La Vista Campus Life director. His wife, **Pam (Brinks '97)**, is the children's ministries director at Calvary Christian Church. They have three children: Brooke (19), Maria (16) and Davis (11).

'97 **Lt. Derek Vande Slunt** is chaplain aboard the USS Wasp, a Navy multipurpose amphibious assault ship. He and his wife, **Tina (Jackson '97)**, and their three children live in Chesapeake, Virginia.

'99 **Heather (Finkelstein) Dalal** received the 2020 Distinguished Service Award from the New Jersey Library Association's College and University Section/Association of College and Research Libraries New Jersey chapter. She is associate professor-librarian at Rider University.

'01 **Kyle Hutchinson** is the principal at Iowa Falls-Alden High School, and his wife, **Amy (Wacker)**, is the school's student success coach.



Homecoming & Parents Weekend Sept. 18–19

Raider Nation Celebration

Ready for togetherness? Join us for Raider Nation Celebration's Morning on the Green, Raider football, tailgating, reunions and more!

nwciowa.edu/homecoming

'02 Jennifer (McAlpine) Austin is a mental health and substance abuse case manager at InterAct of Michigan and a therapist at Whole Life Counseling. She and her husband, Dan, and their three children live in Kalamazoo, Michigan.

Kyle Irvin is a senior trust counsel and trust officer at Security National Bank in Sioux City, where he provides legal oversight and guidance within the bank's wealth management division. He has practiced law for more than 15 years, specializing in estate planning, probate and trust administration, corporations, and real estate.

'05 Ryan Musil is an accident investigator in Harris County, Texas. His wife, **Ashley (DeBower '05)**, is a certified midwife and the owner of a birth center in Kingwood, Texas.

'06 Daniel Berntson completed a doctorate in philosophy at Princeton University in September and is a postdoctoral fellow at Rutgers University. His work is part of a project funded by the John Templeton Foundation titled "Science-Engaged Philosophical Theology: God, Time and Creation." He and his wife, Skye, and their daughter, Alice (2), live in New Brunswick, New Jersey.

'07 Brett Boote earned a doctorate in chemistry at Iowa State University last year and now serves as an associate scientist in the university's Chemical Instrumentation Facility.

'09 Sam Minor is an ag banker at First National Bank in Flandreau, South Dakota.

'10 The State Historical Society of Iowa has named **Andrew Klumpp** the new editor of the *Annals of Iowa*, a scholarly journal of the state's

history that was first published in 1863. A Ph.D. candidate in American religious history at Southern Methodist University, he previously served as treasurer for the Society for U.S. Intellectual History and on the Graduate Student Committee for the American Academy of Religion.

'11 The Rev. Rebecca Dix is the associate pastor for spiritual formation at First Presbyterian Church in Fort Dodge, Iowa. After graduating from Northwestern, she earned master's degrees in divinity and theology at Pittsburgh Theological Seminary.

Clint Gingerich is a middle school associate principal for the Oskaloosa (Iowa) Community School District. His wife, **Hillary (Hanno '11)**, is an elementary instructional coach in the district.

Kelsey Leonard is pursuing a master's degree in teaching with a special education endorsement at Seattle University. She plans to become a middle school special education teacher.

'14 Matt Huseman is the new PreK-12 principal for Anselmo-Merna Public Schools in Merna, Nebraska. He previously taught fifth grade and coached boys' basketball and track at elementary schools in Blair and Sargent, Nebraska.

'15 Tanner Nissen is the assistant director of the Drake Relays at Drake University in Des Moines. Previously, he served as the assistant director of sports and competition at Special Olympics Iowa.

'17 Kaleigh (Schildhouse) Van Middendorp has been promoted from client resource coordinator to executive director of Guiding Star, an Orange City nonprofit providing holistic, women-centric health care.



JENNIFER (RHINEHART) NATHANIEL

In January, Sean Nathaniel became the first chief operating officer for CS Disco, a technology company that uses artificial intelligence and cloud computing to help lawyers improve outcomes for their clients.

Adaptable Alum

Sean Nathaniel '98 knows how to manage change.

One of the biggest changes of his life came when the native Sri Lankan followed his brother to Northwestern College. Nathaniel quickly became engaged in campus activities, participating in service projects and International Club, serving as a student ambassador, and playing soccer. He majored in business administration, met his future wife, Jennifer (Rhinehart '98), and even built the city of Orange City's very first website.

Upon graduation, Nathaniel worked at Wells Enterprises in Le Mars before joining a dot-com tech company in Omaha and then earning an MBA at the University of Nebraska. He moved to Austin, Texas, with his family and was chief technology officer at a public software company before starting 2020 with a career change. Nathaniel is now chief operating officer of CS Disco, a firm that makes cloud-based e-discovery software.

E-discovery—the process in which electronic data is sought, located, secured and searched for use as evidence in legal cases—has been around for a while. CS Disco's value proposition lies in the modern technology that provides massive scale to handle large cases and complex workflows.

"In the cloud and artificial intelligence era, we are able to provide solutions to handle bigger workloads at unprecedented speeds, resulting in a competitive differentiation for our customers," says Nathaniel.

BY JARED KALTWASSER



David Nystrom, who practices telemedicine in Carroll for the Veterans Affairs Central Iowa Health Care System, was named the 2019 Iowa Family Physician of the Year after being nominated by patients and staff.

Top Doc

In high school, Dr. David Nystrom '99 was mistaken for a beloved physician.

An elderly woman in the Sioux Center Walmart grasped his hands and thanked him for what he did for her husband. He thanked *her* for thinking he was his father.

"The impact my dad had in their lives was huge," Nystrom says. "Dad influenced me a lot. He's a remarkable man."

The resemblance runs more than skin deep. David was named the 2019 Family Physician of the Year by the Iowa Academy of Family Physicians. His father, Dale, won in 2007, making them the first father-and-son pair to receive the award.

"Medicine has this tenet of *do no harm*," says David, "but in my opinion, it's *do more good*. I treat people like they're family. If they need a hug, I hug them. If they need a kick in the pants, I do that too. I don't offer perfection, but I offer my best."

Nystrom was nominated by patients from his former practice at St. Anthony Regional Hospital's Coon Rapids clinic. His nurse, Amy Wiskus, says patients would travel a long distance to see him.

"David is very caring," Wiskus says. "Providers are often in and out, but he took time to get to know people and answer all their questions."

Nystrom now practices telemedicine at an outpatient clinic in Carroll for the Veterans Affairs Central Iowa Health Care System.

BY AMY PHILLIPS

'18 **Ginny Kjer** teaches physical education and Spanish and coaches soccer at Asunción Christian Academy in Paraguay. She earned a master's degree in exercise and sport psychology in December from Southern Illinois University Edwardsville.

Josh Vander Zwaag, Blue Springs, Missouri, sells agricultural technology and services for Deveron. He recently participated in a mission trip to Belize.

New Arrivals

Matt and **Hannah (Zasadny '04) Lokenvitz**, son, Thomas Jeffrey, joins Sydney (4) and Everett (2)

Ashley (DeBower '05) and Ryan Musil '05, daughter, Abigail (2), by adoption, joins Riley (13), Sophia (11), Evelyn (9), Avery (7) and Simon (4)

Daniel and **Heather (Bottin '06) Eischen**, son, Brady Scott

Eric and **Jennifer (Hoitink '06) Hahn**, daughter, Amaya Lucca, joins Deacon (4) and Vander (3)

Hannah (Vander Helm '06) and Michael Holm '06, daughter, Merrily Ann, joins Wesley (9), Stanley (8), Emily (6), Charley (5), Finley (3) and Bradley (2)

Mitch and **Kristen (Moss '08) Andringa**, son, Isaac George, joins Malachi (4) and John (2)

Trent and **Kimberly (Johnson '08) Powers**, son, Kyler John, joins Luuk (3)

Todd and **Heather (Nold '09) Dablemont**, son, Reed Wayne, joins Jenna (4)

Brent and **Robyn (Postma '09) McDowell**, son, Braden Roy, joins Evan (3)

Emily (Gaalswyk '10) and Brett Boote '07, son, Elias Matthew, joins John (6) and Maxwell (3)

Lisa (Olivier '11) and Ross Fernstrum '12, daughter, Johanna Marie, joins David (1)

Hillary (Hanno '11) and Clint Gingrich '11, daughter, Tierzah Mae, joins Jaysik (2)

Heidi (Hildebrandt '11) and Jeremy Sheppard '12, daughter, Kira Yvette, joins Anneka (4) and Elliana (2) Luke and **Kay (Heiberger '12) Pucket**, daughter, Natalie Jean, joins twins Micah and Riley (2)

Rachel (Van Gorp '13) and Tyler Zeutenhorst '13, son, Samuel John, joins Isaac (2)

Lexy (Maassen '14) and Nathan Van Ginkel '14, son, Waylon Alan

Alesha (Provost '15) and Brice Byker '14, son, Griffin Wes, joins Finley (1)

Bailey (McGuire '18) and Sam Van Ginkel '16, daughter, Ada Mae

Marriages

Tanya (Zwald '06) and Alex Schuh, Burnsville, Minnesota

Alyssa Daun '20 and Alexander Kaucher '19, Tucson, Arizona

The couples reside in the city listed.

In Memoriam

Arlene (Franken '51) Bensema of Canton, Illinois, died Jan. 26 at age 87. She taught in numerous schools, including in Winnebago, Nebraska; Rock Rapids and Storm Lake, Iowa; Bellflower, California; and Farmington and London Mills, Illinois. She shared in the ministry of her husband, Joel, at churches throughout the Midwest, including Hopkins, Michigan; Hammond, Indiana; Sioux City and Sioux Center. Among her survivors are four children.

The Rev. Marlin VanderWilt '55 of Holland, Michigan, died Jan. 25 at age 83. For more than 40 years, he served six churches within the Reformed Church in America, including Ontario (New York) Reformed Church; Central Reformed Church in Grand Rapids, Michigan; First Church in Albany, New York; Hope Church in Holland, Michigan; American Reformed Church in Orange City; and Church of the Cross in Sarasota, Florida. He also served

on the RCA General Program Council and Worship Commission. During his retirement, he served as a chaplain to retired RCA pastors and their spouses and as a hospice chaplain. He also worked at Dutch Village as a wooden shoe carver, Delft demonstrator and Sinterklaas. Survivors include his wife, **Judy**, a member of Northwestern's education faculty from 1984 to 1993, and four children.

Darrel Rensink '58, age 82, died March 10 in Ames, Iowa. He began his career as office manager for the city of Sioux Center and later served as the director of public works and community development before becoming city manager in 1973. While city manager, he also served as president of the Sioux Center Hospital, commissioner with the Iowa Economic Development Authority and the Iowa Department of Transportation, and board member of the Iowa Health System Agency and Iowa League of Municipalities. In 1988, Gov. Terry Branstad appointed him as director of the Iowa Department of Transportation. In 1999, he was awarded the George Bartlett Award, the nation's highest honor for transportation. In retirement he served as interim city administrator of Boone, Iowa; director of economic development for Boone; and president of the Central Iowa Expo Board. He is survived by his wife, Jo; five children, including **Darren '83** and **Beth Rich '84**; and two brothers, including **Carl '66**.

Alma (Reinsma '65) Van Vossen, 76, died Dec. 22 in Sioux City. She served for many years as an elementary teacher in the Sioux City School District. She was also a member of Peace Reformed Church and volunteered for many of the church's programs, including service at the Gospel Mission, Kids Hope USA and numerous elderly care facilities. She is survived by her husband, Thomas, and two sons.

Arlene (Schaafsma '68) Mellema of Aplington, Iowa, died March 21 at age 74. She served as a K-12 vocal music teacher, substitute teacher, piano

teacher and church secretary. She was also an active member of the Evangelical Presbyterian Church. She is survived by her husband, **Ervin '67**, two children and a brother.

Larry Alvey '70, Albert Lea, Minnesota, died Dec. 9 at age 71. He served in the Army and Army Reserves from 1970 to 1976 and taught high school in Iowa for six years. For the last 40 years, he was a tour guide. Among his survivors are two siblings, including **Christine '74**.

Sandra (Vlieger '70) Ritsema of Dumont, Iowa, died March 8 at age 72. She taught at schools in San Antonio, Texas; Clovis, New Mexico; and Ackley and Cedar Falls, Iowa. She was also active in the ministries served by her husband, Jack, a pastor and Air Force chaplain. She is survived by Jack, four children and two siblings, including **David '79**.

Danny Gray '74 of Logan, Iowa, died Jan. 27 at age 68. He taught science and physical education at Pisgah (Iowa) High School before beginning a 20-year career as a welder for the Union Pacific Railroad. Among his survivors are his wife, Janie, two daughters and two siblings.

Willard Punt '86, age 83, died March 20 in Sheldon, Iowa. He worked as a soil conservation technician and farmer in northwest Iowa before managing the Christian Retirement Home in Sheldon. He was a consistory member and Sunday school teacher, most recently attending Bethel Reformed Church in Sheldon. He is survived by his wife, Jackie; three daughters, including **Karmin Boote '86**; and four siblings, including **Roger '72**.

LET US KNOW: Email your news for the next *Classic* by Aug. 25 to classic@nwciowa.edu.



CELESTE RAPP

Award-winning environmental educator Kaley Poegel seeks to make learning—both in the classroom and at locations like Glacial Lakes State Park—fun and life-impacting.

Creating Fresh Learning Environments

Since her days as a Minnesota farmgirl climbing bales and building forts, Kaley (Fahl '04) Poegel has always thrived in the great outdoors—and now she inspires kids to love God's creation like she does.

Poegel is a science and social studies teacher at Glacial Hills Elementary School (GHES), an environmental charter school that opened in 2007 in Starbuck, Minnesota. She significantly shapes the school's learning goals as one of two environmental education coordinators, integrating environmental literacy in all she teaches, including outdoor instruction at least one hour each week.

The school has doubled in size since its inception, but Poegel's main goal is the same: to create an engaging environment for learning *about* the environment. Literally immersing students in their education, she provides several hands-on opportunities, including butterfly tagging, a daylong water festival, and an annual school-wide Glacial Lakes State Park Day, when experts teach students about topics from pollination to outdoor survival. Poegel's sixth graders have won first place at a regional environmental education competition the past two years.

In November Poegel became an award winner herself when she was named the 2019 recipient of the Minnesota Association of Soil and Water Conservation Districts Teacher Award. Deb Mathies, director of GHES, says Poegel is deserving. "She is very conscientious about providing innovative environmentally aware educational activities for her students."

BY BETH (NIKKEL '02) GAULKE

Classic Thoughts

When the Pandemic Hits Home

BY MARIA (SMITS '06) SIMMELINK



SUBMITTED PHOTO

Maria Simmelink and her father, Jim Smits, celebrated his recovery from COVID-19 this spring.

In mid-March, there were very few confirmed cases of COVID-19 in Iowa, and Sioux County had none. Attention was on people who had traveled internationally—particularly to China—so we felt our family was immune.

On a Saturday night, my dad had what he thought was the start of a cold. By Monday he was feeling more rundown, and he stayed home from work. By Tuesday he had a fever and started feeling extremely weak. He had the worst headache ever, but still no cough or shortness of breath. My stepmom, Judy, had been keeping me updated, but we all thought there was no way this was COVID-19 since he wasn't coughing and he hadn't traveled anywhere.

On Friday morning, after he hadn't really eaten for a couple of days, she asked me to pick up some bananas and sports drinks. I planned to drop them off, as we had just started social distancing that week, but Judy asked if I was willing to pop in to see what I thought. Dad was on the couch, practically unresponsive due to weakness. Knowing he didn't want Judy exposed, I asked if he wanted me to take him to the ER, and he weakly gave me a thumbs-up.

On the way, he said I needed to tell the doctors to get rid of his headache and figure out how to give him some strength. Everything felt like so much work because he was so weak. Even talking was too much, so I needed to be his voice. His symptoms didn't quite fit the symptoms they expected from the virus at that time, but thankfully, they decided to test him. They also did a chest X-ray and saw he had bilateral pneumonia, so he was admitted.

Dad's coronavirus test results came back positive the next day. We were extremely thankful for the doctors at Orange City Area Health System; they took good care of him and kept us informed. On Sunday he was moved to Sioux Falls, where a lung specialist wanted to keep an eye on him. He stayed there for nine days and received great care. He had some extremely tough days—and probably tougher nights—but finally turned a corner and was able to come home.

We had been advised to keep quiet about the diagnosis and stay off of social media. People might blame my dad for his infection, and it could get messy. However, we knew the community would be supportive, and we needed their prayers. We also felt we should put a face on this disease so people would take it more seriously and be vigilant about social distancing.

I posted on Facebook about the diagnosis the day after Dad tested positive. It quickly attracted more than 500 reactions and nearly 300 comments—all supportive.

I can't even begin to express our appreciation for the love and care we received. While my whole family and Judy were isolating, we were so well taken care of by friends and church family—even by people we don't know well. They dropped off groceries and meals, care packages with games and activities for the kids, and essentials like soap and toilet paper. Some kids in Judy's neighborhood decorated her backyard with posters and her sidewalks with chalk.

Knowing the community was praying for Dad's healing brought us so much peace. Judy had already lost a husband, and my siblings and I had gone through the loss of our mom. We'd been in this valley before, when it didn't turn out the way we wanted and prayers for healing weren't answered on this earth. That experience can make it hard to pray.

We know God is good. We believe in his love and power. But we also know that not every prayer will be answered according to our desires. Being wrapped in prayer was probably the biggest blessing we received. We are so grateful.

Maria Simmelink lives on an acreage near Orange City and teaches first grade at Hospers Elementary. In 2003, her parents, Jim and the late Sharon (Mol '79) Smits, were named Northwestern's Parents of the Year. All three of her sisters are also Northwestern alumni.

Raiders Stand Out

We're Raiders.
And Raiders stand out.

We're called to be different—
and to make a difference.
To matter—and succeed
in ways that matter.

Raiders lead. And serve.
We're smart. And strong.
Courageous. And faithful.
We achieve—not for ourselves
but because excellence
honors God and serves others.

We're equipped.
For our careers.
For God's call on our lives.
For success.
For significance.

Because we're Raiders.
And **#RaidersStandOut**.



Cardboard Warriors



DAN ROSS

A hush falls over the battlefield as warriors advance from the four corners of the campus green. Wearing cardboard armor and wielding duct-taped weapons and shields, they look like raiders of Ace Hardware. Resident Director Michael Simmelink '14 surveys

the scene while dressed in a papal-looking costume made of tape. At his signal, the fighting starts.

Among the spring traditions sidelined by COVID-19 was Hospers Hall's Cardboard-and-Duct-Tape Battle, which has taken place every April since

2008. Outfitted for combat in Hospers' four floor colors of purple, blue, red and black, the men engage in a series of staged skirmishes, culminating in a no-holds-barred free-for-all, which ends with a lone soldier left standing.

This year no fighter took the field.

But next April? The Raiders will be back, stronger than ever.

the Classic