Spinach will be a rare commodity in coming weeks with the latest outbreak of E. coli on the green leafy vegetable causing producers to pull it off the shelves.

In the 20th outbreak since E. coli was linked to lettuce and spinach in 1995, fresh spinach is nowhere to be found. School cafeterias, produce shelves and restaurants have cleaned out their supplies. The FDA has been warning consumers not to eat any spinach until the source of the bacteria that has sickened 146 as of Thursday and killed one is determined and contained. The pathogen cannot simply be washed off of fresh greens but may be killed if thorough cooking is done.

State and federal officials have traced the outbreak to a California based company’s spinach but say that it is not guaranteed to be limited to only that company. There is no indication that this has been a situation caused by tampering with the product, which leaves the source of the bacteria open to a broad range of possibilities.

One suggestion has been contaminated irrigation water that has been a problem in the past in California’s Salinas Valley, where much of the U.S. spinach crop is produced. Other suggestions include floodwaters from nearby creeks and manure used as a natural fertilizer for organically grown spinach.

Of the 19 other outbreaks in the last 10 years, which caused over 400 cases of sickness and two deaths, at least eight have been traced to the Salinas Valley. U.S. health officials have repeatedly warned producers in California to improve safety techniques, with the last warning coming nearly a year ago in November 2005.

Natural Selection, the produce company under fire, has recalled their products as well. Other companies it supplies with spinach for salad mixes, such as River Ranch Fresh Foods, have recalled their products as well.

At least 23 states have reported E. coli cases during the last outbreak, with most of the cases and the single death occurring in Wisconsin.

On Thursday, health officials announced that they were one step closer to finding the source after an opened bag of Dole spinach was found in a sick patient’s refrigerator in New Mexico. This has narrowed the source of the incident down to the Salinas Valley’s Monterey, San Benito or Santa Clara counties.

Officials are pleased with the breakthrough in the case but caution against premature excitement. Dr. David Acheson of the FDA stated in a press release on Thursday that there will probably be more cases discovered and that there will definitely be more testing and investigating coming up to ensure the health and safety of the public.

As for greens eaters in the cafeteria, be patient, warns Tanya Chapin, Sodexho assistant manager. According to Sodexho personnel, they are part of another food safety group, the Hazard Analysis Critical Control Points (HACCP). The HACCP has even stricter rules than state food laws, so even after the FDA ban on spinach is lifted, it may be awhile before the leafy green is back on the salad bar in the cafeteria.

Gas prices are now at the lowest they have been since last April. In October of 2005, gas prices hit an all-time high, with a national average of $3.00 per gallon. Now the average price of gas in the Midwest alone is $2.32 per gallon, thought it can get as low as $2.13 or $2.09 in Minneapolis or Chicago, respectively.

Most students are very happy with the recent change in petroleum. “I absolutely love it,” said Danielle Breen, a freshman. “I live 500 miles away and now it only costs me $25.00 to fill up my tank.”

Other students have professed to be unhappy with gas prices in general, while still others are ignoring the market completely.

“I didn’t notice [the prices], I don’t drive,” said Katie Gard, a junior.

According to the Energy Information Administration, gas prices should level off soon, with even a possible increase in prices later this year. So, as much as everyone might miss the good old days when a gallon of gas was only $1.75, conserving gas and hunting for low prices still sounds like part of our future.
God doesn’t fit in our little boxes

So many times, even in a Christian community, we make the mistake of putting God in a box.

We fail to realize that God is so much larger than we can imagine. He is Adonai–Lord of the universe, Creator of it all.

It stands to reason that if he created emotions, he is big enough to understand them and feel them with us. That means that it’s ok to feel sad and depressed—God understands. That doesn’t mean we should wallow in sadness and depression, because the Bible calls for us to rejoice in the book of Philippians, but it’s ok to feel that way sometimes. It’s ok to be really happy and hyper—in fact, that’s great!

It stands to reason that God is big enough to create us with a free will and yet still be in control of the universe and the intricate workings of our lives. Each big enough to know the future and yet not be the dictator of our every thought and move. It’s just something that as humans we have to accept—our brains are not infinite enough to grasp the concept.

All this makes me think of the song “My Jesus” by Todd Agnew. The song talks about how we view him with our narrow Caucasian tunnel vision. “Pretty blue eyes and curly brown hair and a clear complexion/ Is how you see him as he dies for your sins…Cause my Jesus would never be accepted in my church/The blood and dirt on His feet would stain the carpet…”

We do the same thing with the Father. We forget that he is so much bigger and more amazing than we can imagine. We forget that creating the universe isn’t as simple as making mud pies. We forget that even though he is our Friend, he is not confined to the limitations of humanity that we are.

We forget just how strong God is. I was reminded of this in a conversation I heard about on Wednesday night. When asked how things were going, a student answered that it was not going to well. However, he rejected the sympathy offered with a reminder from 2 Corinthians 12:9-10. “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that the power of Christ may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

Is that what kind of God you have? Big enough that his grace is sufficient in everything?

My God is too big to fit in any box of any size or shape. What about yours? Take the time to put away the boxes of your mind and allow yourself to fully realize the miraculous power and enormous majesty of the God we serve.

This campus is in need of some serious oral hygiene

BY RENEE NYHOF

I’ve got a mouth problem, you do too. In fact, so does this whole campus. Every one of us has encountered bad breath, cavities, stains and sores. However, these on-the-surface mouth problems are deeper problems than students realize.

“Shh!” Is it when we’re angry, frustrated, confused, or even excited, rancid words come from our mouths? Is there really a need for these words? In the Bible, Jesus said that we should let our yes be yes, and our no be no. Nothing other than that comes from the evil one. No wonder our breath smells terrible. We don’t just get it from onions at lunch, but our true mouths come from Satan too.

“I cleaned private offices this summer.” Doesn’t that sound better than “I spent my summer cleaning bathrooms?” It’s a slight truth, depending on what you classify as an office. Why is it that we’re willing to let liars wash over our tongues just because it sounds better than the truth? This is choosing the sweeter item. However, the results create cavities within us, and we will continue to grow unless we take initiative to cap them.

“What I heard?” As this phrase rolls off our tongues, are we thinking about the reliability of the informant? Do others really need to know? Sending out false ideas about others because of gossip is worse than any coffee, tea or pop stain effects. Gossip can stain another’s reputation and leave a nasty blotch on your relationship with that person.

“Blah, blah, blah,” is the mind’s translation of sentences which come from overly used mouths. Endless talk with no point doesn’t keep very many people listening to you.

The easiest way to avoid living is to just sit back and watch

BY STEVE MAHR

If I asked what your opinion is of the Iranian nuclear program, would you know what I am talking about? If I asked if you thought Israel’s response to Hizbollah’s attacks were appropriate, would you have an opinion? Most people say they don’t have time to be informed about the world. In the last month, I have been invited to join a handful of Facebook groups that expressed frustration with the new “Mini-Feed.”

No time? No time for learning how the world around us is erupting but plenty of time to complain about that feature on an internet addiction?

How many times do you sit down and check your e-mail, work out your friendships on Facebook, have a DTR on Messenger or play tetris at addictinggames.com? But what if, just for a few minutes a day, we checked the news? Maybe we could do something. On Wednesday, there were some students calling for prayer for the people in the Darfur region. Do most people even know where Darfur is? Do we know what is happening to the people there? Being aware, staying informed is an act of love. Heemstra’s theme verse for the year is, “For Christ’s love compels us…” (1 Cor. 5:14a) I would like to challenge all of us, to allow the love of Christ to compel us to stay informed about what is happening all around us; to compel us to pray, to compel us to engage in real relationships that come from living and loving within a community and coming together

The endless quest for contentment continues on campus

BY JAMES BIERLY

Many people are desperate to find someone of the opposite sex to marry. In that relationship, they intend to find fulfillment and meaning in raising a family. Until they find it, they are restless and sad.

Others are desperate to discover a divinely ordained vocation, a job that will be so clearly and obviously what God is calling them to do that all uncertainty and boredom fades away.

Some people are looking for a leader—some author or thinker or church or organization whose ideology can become their own, who they can fall in step behind and lose all the struggle and uncertainty of thinking for themselves.

A lot of them hope to “find themselves,” to experience a moment of profound self-knowledge that will make everything that comes after matter in a way it hadn’t before.

You know people who think if only they could lose ten pounds, or get a better tan, or buy an i-pad or a good car; then they would be happy.

Others desperately seek a kind of mystic intimacy with God that always seems to elude them. They look at the “spiritual” people around them and hope to find through legalistic procedures the feeling of the “Presence” that comes so easily to their friends. If only they too could experience this emotional touch of the divine, their lives could be meaningful, too.

Constantly moving lips cause trouble, especially if you can’t remember what you’ve said. All you’ll end up with is a sore, dry mouth from being a jabber-box with no friends to lend you water.

We’re sinners, and that’s why we have mouth problems. The dentist can help us with minor, on-the-surface mouth problems, but what about the deeper ones? God is the answer. However, some of us are too stubborn to go to the physical dentist, let alone going to one we can’t even see.

However, by feeding on God’s infallible word, we begin to cleanse and heal our mouths from the trouble that comes from them.

This, in turn, helps to minimize the mouth problems on campus. It’s your choice now. We all have mouth problems. Will you call the dentist?

QUOTE OF THE WEEK

“‘The best way to waste your life is by taking notes. The easiest way to avoid living is to just watch. Look for the details. Report. Don’t participate.”

-Chuck Palahniuk
3

525,600 minutes later…

and it is still affecting our daily lives

BY JEAN PUNT
ENTERTAINMENT EDITOR

Everyone has an opinion about everything. Food is good, sickness is bad and sleep is wanted. These are a few examples of things on which people would normally agree. But, some other things can really drive us apart, creating disagreements and varying points of view. This is not a bad thing because it makes us all who we are as individuals. One thing that I have found to be controversial is performance art. There are people that stand on both extreme sides and in the middle of this discussion. The biggest question is: is performance art beneficial or unnecessary? Many people on campus feel that it is either good or bad.

The movie “Rent” has been fairly dominant lately in the movie world as being performance art. For those who have not seen it, it deals with topics including homosexuality and AIDS. Granted, there is much more to this movie than just those two issues, but they seem to be the ones most referred to in this movie.

Because of the nature of this movie, some individuals have spoken against it and what it presents. Junior Raean Taylor said, “I liked some parts, but there were some inappropriate homosexual actions.” On the other hand, sophomore Brady Punt said, “I wasn’t bothered by the stuff in ‘Rent’; it’s stuff that’s around.” In addition to that, sophomore Rebekah Achenbach said, “Even though it’s risky because of some themes, it still opens us up to other things.”

Is there more that we can get out of performance art than just inappropriate behavior? By looking around in bigger cities, you could find opportunities to see “Rent” performed on theater stages. In the next month, it is being performed in both Ames, Iowa, and Lincoln, Neb. Although these are a bit farther than the movie theaters that showed “Rent” last year, many students are purchasing tickets and making plans to go see one of these shows. What is it about “Rent” that has kept it around so long? Is there something we can learn from this story?

Aspects of this movie can quickly be overlooked if you only focus on the negative or “inappropriate” actions shown in the movie. There is a dynamic in this theatrical movie that brings a sense of community to our lives. Community is one of the central themes in “Rent,” and it stays predominant throughout the entire movie. This group of artists in New York struggles to get through each and every day, but it can be seen that there is a sense of belonging among them that spreads beyond just a normal community. These individuals carry with them a message of love in all its forms, and they take care of each other as best they can. While discussing this movie with senior Mark Larson, he said, “As Christians we can learn a lot about the power of community and the power of love.” Most of you probably do not expect to learn lessons about love from a group of homosexual artists, but when you look deeper into their characters, there is more than what is seen on the outside. For example, the relationship between Collins and Angel in the movie can be seen as something people desire in life. “They are fully committed to each other. The needs of the other and the whole outweigh the needs of the self. That is something to strive for,” said Larson. In addition to this, they remain committed to each other even through the societal views are against them.

Not everything in “Rent” is meant to be taken as literally as it was portrayed. Although shown as a film, it retained many theatrical elements that are meant to be more figurative than literal. But there is still a sense of deep reality in the story that has drawn many audience members to feel connected to the characters.

By the end of the play, it is almost as if you know the characters personally and can connect with them at a very real level. This can stretch beyond the movie, though. By bringing this aspect of a caring community to the world we live in, we can demonstrate the love and strong sense of community as Christians wherever we go. This movie challenges us to commit to each other and love each other regardless of what societal views may say about us. There is a sense of belonging that can be drawn out of this movie and put into our lives. “Rent” is my ‘feel good’ movie. I watch it when I’m lonely, and it assures me that I’m not alone in the world,” said Larson.

There is something to learn from everything and everyone around you. Although this piece of performance art contains many things that Christians may not find appropriate, there is still much we can learn from the lives of the characters in “Rent.”

By KELSI JOHNSON
STAFF WRITER

In response to the “freshman 15,” our upperclassmen give 15 tips and snacks for staying healthy in college:

1. Stay Active. If you were involved in high school, find another activity to participate in while at college.
2. Beware of fast food. We received great deals from all of the fast food restaurants in town, but try not to be a ‘regular.’
3. Feed, not starve yourself. This is an important tip! Each of us should eat at least three meals a day. When we start skipping meals, we tend to overcompensate and eat more when we finally do eat. Plus our body assumes that it will be starved again, so it stores the food that is eaten as fat.
4. Take time to listen to your body. It seems simple, but eat when you are hungry and find something else to do when you’re not.
5. Free water! Sometimes we all need a little caffeine in order to make it through another study session, but try to lower your calorie drinks like Crystal Light and never forget water—it is calorie-free, fills you up and costs nothing.
6. Avoid eating when you are stressed. Pay attention to the reasons why you are eating.
7. Apples, bananas, oranges. Take an extra piece of fruit from the cafeteria for a snack later.
8. Get your sleep. Although it may seem difficult to fit in seven to eight hours of sleep as a college student, try to make it a priority. Getting enough sleep helps keep stress under control.
9. Munch on healthy snacks. Wal-Mart has great deals on healthy snacks such as pretzels and animal crackers (two huge favorites).
10. Don’t give up the foods you love. There is no reason to stop eating your favorite foods, but we tend to eat whatever we put on our plate. So, watch your portions. The cafeteria usually provides serving sizes and nutritional information for most of the food being served.
11. Get creative in the cafeteria. Remember ‘ants on a log’ (celery, peanut butter and raisins) for most of the food being served.
12. Pay attention to your weight. If you want to have a piece of triple chocolate, fudge cake— go for it! Deprivation never works because you will always be craving what you are missing.
13. Eat your colors. That doesn’t mean Skittles. Try to eat the recommended two to three servings of both fruit and vegetables each day. Not only are they nutritious, but they help reduce calorie intake.
14. Go slowly. Nobody will take away your food before you are finished, so enjoy your meal. If you slow down, you are less likely to overeat.
15. Most importantly, the “Freshman 15” is just a myth. Follow the advice of upperclassmen and you will stay on the right track. (see page 4 for more on the Freshman 15)
Where do you take your coffee? Part II

BY AMANDA KUEHN
FEATURES EDITOR

When asked, freshman Amanda Gramstad simply stated she gets her favorite drinks “at a coffee shop.” Orange City may be a small town, but it does offer several options to the coffee-drinker. The closing of the RSC snack bar, which formerly sold Starbucks’ coffee, has forced many students to journey off campus to get their coffee fix.

De Koffiehoek, Dutch for “coffee corner” and located off of Highway 10 near Quiznos and Blue Mountain, has been open since last spring and offers a spacious and relaxing atmosphere until 10 p.m. Monday through Saturday. They serve breakfast, lunch, desserts and a variety of snacks in addition to specialty coffee drinks. Their $0.85 coffee bar, consisting of a house blend, dark roast, decaf and flavored coffees, appeases many students. Hot tea ($1.25), steamers and hot chocolate ($1.75) are other ways to warm up dreary days. Those in the mood for something refreshing often turn to smoothies or Italian sodas ($2.25), while the coffee connoisseur can choose from an assortment of cappuccinos, mochas and lattes ($2-3). Hardcore coffee fans can purchase whole coffee beans as well.

Many NW students enjoy the reclining chairs and cozy fireplace. The coffee house offers a quiet atmosphere, wireless Internet and a meeting room that can be reserved.

Sophomore Trevor Kuiper doesn’t drink coffee, but did comment, “If I were to drink coffee, I would go to De Koffiehoek because I like how the place is set up and how it looks.” Sophomore Matthew Stamslav prefers to get his caramel frappuccinos at De Koffiehoek as well.

De Koffie Boon, located in downtown Orange City, offers a late-night option for college students. Though not yet open for the year, this coffee shop typically serves between 9 p.m. and 3 a.m. Monday through Saturday.

Similar to De Koffiehoek, it offers a coffee bar ($1.50), hot chocolate ($2.50), Italian sodas ($2-00), special order lattes ($3.50), sodas and other drinks. De Koffie Boon has an eclectic artistic flair. It houses tables and chairs, a few leather couches and a variety of games. It offers WiFi for laptop owners, a TV and constant music. De Koffie Boon is the coffee shop of choice for junior Katie Van Etten and many other NW students.

The Coffee Mill, located on Albany next to the Dutch Mill Pharmacy, though less frequented by NW students, is a quaint shop that is conducive to breakfast, lunch, meetings and afternoon studying. Music mingles with the aroma of fresh baked sticky buns and hot coffee, creating a calm atmosphere. This shop also has a coffee bar ($1.30-$3.00), offering four options with flavors like Maple Pecan and French Vanilla. In addition to drinks, which range from hot tea ($1.00) to smoothies ($3.25), it offers a variety of pastries from cinnamon rolls to cream puffs as well as panini sandwiches and specialty salads.

The Dutch Mill is the one place in town that you can find Chai tea lattes. They also offer a variety of specialty drinks with names like Black Forest and Hazelnut Truffle. They are open Monday through Friday from 7 a.m. to 5:30 p.m. and Saturday 8 a.m. to 3 p.m. Thursday evenings are open until 10 p.m. if you’re looking to save some pennies, coupons can be found on the back of Jansen’s grocery store receipts. There are, of course, other options for coffee drinkers. Senior Katie Sells enjoys The Firehouse Underground in Sioux Falls. When she isn’t at De Koffie Boon, Van Etten frequents the Humble Bean in Dordt’s student center. While in Washington on an internship this summer, sophomore CJ Wurpts, “particularly liked Whidby Island Coffee Company.” In attempts to stay economical, sophomores Becky Swart and Camille Martin get cappuccinos from the school cafeteria. Freshman Jenna Noble also seeks out reasonable prices, finding coffee drinks at Kum and Go and Casey’s.

Freshman Hannah Watters has her spot narrowed down to the “Starbucks at the Super Target in Cedar Rapids, Iowa.” Fellow Starbucks fans include sophomores Rachel Posthuma, Jamie Lueck, Ross Hunter, Julie Johnson and LauraBeth VanderPloeg, and freshman Kiley Seligman along with a number of other NW students.

Students that don’t want to shell out money for gourmet coffee drinks often make their own cup of joe. Martin sometimes resorts to a cappuccino mix. In the college spirit of simplicity and frugality, sophomore Carl Erickson most often gets a cup “from coffee makers around the dorm.” Junior Kara McCregats gets her coffee “at home from my daddy,” whereas sophomore Rachel Kleinsasser procures her coffee drinks “at my friend’s house.” Regardless of where you go to find a cup of coffee, chances are it will be accompanied by the anticipated fragrance and fellowship.

Prevent the freshman fifteen

BY KELSI JOHNSON

One of my roommates recently made a pan of M&M cookie bars. When they came out of the oven the bars were golden, the M&Ms melted, and our entire apartment was suffused with the aroma of warm cookies. Sounds delicious doesn’t it? We thought so too and proceeded to eat the entire pan over the course of the night.

As college students, we make countless attempts to eat healthy and avoid the infamous phenomenon known as the “Freshman 15.”

There is some good news for those of us who fear the 15 pounds that the average student puts on in their freshman year: It’s a little exaggerated. According to the Journal of American College Health, only 59% of college students actually gain weight during their freshman year and the average weight was 4.6 pounds.

Many students who participated in sports and activities throughout high school suddenly find that they are less physically active in college and as a result, less toned. Junior Jamie Feldman who played volleyball and showed horses in high school said, “I didn’t gain any weight, but I lost all my muscle and got fat!” Her reaction is common among college students.

Junior Emily Meyerink suggested, “Find something that makes you get out and be active, whether that is intramurals or a good friend to walk with.”

Less physical activity is not the only contributor. Many people eat when they are under stress and freshman year can be a particularly stressful time. When college students stay up late studying for exams or doing homework they often munch on snacks. Unfortunately, eating between 8 p.m. and 4 a.m. is another cause for weight gain in college students.

Food is also used by most students to socialize. Pizza delivery, midnight runs to Perkins and other food-oriented activities often serve as a way to develop a sense of community among students. However, this type of social eating in addition to meals can add on pounds pretty quickly. And don’t forget the unlimited buffet that we have in the cafeteria!

We all love to indulge in soda, Doritos or the most coveted package of double-stuffed Oreos. The key is moderation. Instead of 3 cans of Mountain Dew a day, try to limit yourself to one.

We only have four years here—enjoy it! In the end, you won’t regret finishing a pan of M&M cookie bars if it means time spent with friends, just do it in moderation.
‘Tis the season for choosing a church home

BY BETHANY KROEZE
EDITOR

Reformed, Catholic, Christian Reformed, Evangelical Free, Lutheran, Presbyterian, Baptist. A plethora of churches exist in Orange City and the surrounding area. So how do new students find a church home away from home?

Many times, freshmen join upperclassmen on their wing during the initial few weeks of school. Some go with a roommate or friend from the area. Others simply “church hop” until they find a place they feel comfortable.

“My freshman year, I went to church with my roommate because her dad is a pastor in Middletown,” said sophomore Chelsea Harberts. Sometimes it is not quite that simple. In their search for “the perfect church,” many students seek a church exactly like their hosts’ lights—on-campus or off.

Junior Renae Katsma recalled a sermon she heard at New Hope last week. “The pastor said that the perfect ideal church doesn’t exist,” she said.

You want to find a church that’s like your home church, but it’s hard to do that because nothing is going to fit perfectly,” Katsma continued.

Some students choose to attend a few different churches, switching from week to week.

Often students who “church hop” have found specific qualities they desire in several different churches, which makes it difficult for them to just choose one.

During her sophomore year, Katsma and junior Amy Larson decided to go through the list of Orange City churches and attend a new church each week. “We made it to five or six different churches,” said Katsma.

She recalled it was a little difficult to find variety because Christian Reformed and Reformed churches comprise the majority in the area. However, the girls did attend the Baptist and Lutheran churches, which offered different styles that were familiar to them. Of her experience, Katsma replied, “It’s kind of interesting to just try new things.”

A dramatic change occurs between high school and college. Students experience more freedom and are able to make more decisions on their own. Instead of going to church with their parents each week, college students have the opportunity to select whichever church they wish to attend.

An advantage of being a college student is the ability to try new churches. After college, people tend to settle down in a community with a full-time job and then they choose to become a member of one particular church.

“In the first year, different opportunities can come up and draw students to try worshipping at a new church. ‘Halfway through my freshman year, a friend heard about a singles event at New Life Community Church.’ She started going there because it has a more youthful atmosphere.”

Atmosphere is an important factor in helping students decide where they will go to church. Asingle bad or unwelcoming experience could turn someone away from a specific church forever.

Sophomore Stephanie Powell regularly attends New Hope. “When I was a freshman, I switched between Dover and New Hope,” she said.

“But I felt more at home at New Hope,” Powell continued. “They were very welcoming and made an effort to stop and talk to us.”

At the beginning of another new school year, many students, new and old alike, will try to plant themselves in an area church.

Each person is different and will have a different selection process. The best advice is to simply find a church where you feel welcome and comfortable worshiping God each week.

Calling all stargazers

BY STEPHANIE HAGUE
STAFF WRITER

If you are from a big city, you may be surprised at the seeming lack of things to do in the small town of Orange City. There are some things you can do here, though, that simply cannot be done in the metropolis. Many Beacon articles have been dedicated to the ongoing battle of boredom.

One of the most amazing (and cheapest) ways to stay said boredom is stargazing.

You may be thinking, “Wow, looking at stars is so much better than watching ‘Anchorman’ for the 20th time,” but there are so many fantastic things about stargazing. For example, stars have prompted many fantastic things about stars. For example, stars have prompted many fantastic things about stars.

Tom Bartello said that he likes to stargaze. “I’m bored, and I want to escape from the hustle and bustle of college life. When stargazing, it’s easy to think about nothing else,” said senior Tim Sprigg.

Kinder Speelland, the golf course and the fields behind Fern and Hospers provide optimal spots to stargaze. Other favorites are picking a blanket and taking a drive out into the country, or having a bonfire with friends and roasting marshmallows under the open sky.

Stargazing is a great way to have deep and vulnerable conversations and to enjoy more of God’s creation. Some people look to constellations as a source of God’s sovereignty. Orion, the Big Dipper and Cassiopeia are the most popular constellations amongst students on campus. Through gazing at the stars, we are reminded that we are small specks on a tiny planet orbiting one small star in the middle of one of many galaxies. At the same time, we are also reminded how incredibly special and unique each of us is.

Implementing an invisible internship

BY MEREDITH KANE
STAFF WRITER

Northwestern juniors Kristin Lorey and Amy Barr share the same passion: a definite fervor about their involvement with Invisible Children, a campaign that focuses on eliminating the severe injustices and brutal treatment of children that is occurring in northern Uganda. This summer, they spent three weeks in San Diego together working in an office for this organization alongside thirty others who are also committed to this cause.

During their internship, Lorey and Barr helped to stuff, stamp, seal and label 45,000 letters to be sent across the country, in an attempt to increase consciousness of the great need in Africa. “We went out there not knowing exactly what we were going to do,” Barr recalled. “It wasn’t always the most glamorous work, but it was so fun!”

In addition to handling thousands of letters, the girls also assisted with database entry and sorted through the numerous e-mails Invisible Children receives. Most of the e-mails are testimonials from people who have been inspired to promote change and challenged to gain support for the organization in their own communities. “This was so cool,” Lorey remembered. “It was encouraging to hear their stories and the way they’ve been impacted by the film and are now searching for any way they can help.”

Having brought their dedication and conviction from California back to Iowa, Lorey and Barr are excited for what is in store for the campus this year. They plan on continuing to raise awareness among students and faculty by once again showing the video, “Invisible Children: Rough Cut,” on campus. This film was shown during Pence and Worship last February. There is talk of having a screening in the Proscenium Theatre this year.

Advertising for the Global Night Commute, planned for the spring, will begin earlier this year in hopes that the response may be even greater than that of last April.

As far as other goals for promoting Invisible Children are concerned, Barr commented, “It’s such a step-by-step thing. We just see what the reaction is from the students, and then we see where it takes us from there.”

Lorey and Barr are greatly looking forward to getting more community members involved with the organization. NW’s Prison Ministry team will be sharing the Invisible Children video with a group of prisoners in Sioux Falls this semester. Lorey expects this will “create good shock at first,” but that ultimately the prisoners will ask questions and dialogue will begin throughout the city.

Barr would like to encourage new students who may not be as familiar with Invisible Children to become involved and to make themselves more knowledgeable. “It’s important to realize that the kids in Uganda are no different than us,” Barr said. “They’re our age, and that breaks my heart. We need to do something about this, and we can.”

Lorey feels the same way about the reality in Africa and added, “It could have been any one of us that was born over there. We have a responsibility to help.”

Anyone who would like to help with the organization is welcome and encouraged to keep the main goal in sight. Lorey affirmed that “the Ugandans have great national pride” and that “they want their country to be their own.”

The people of Uganda wish to keep their own culture, and Invisible Children does its best to support them in this endeavor. “We need to take into account that Uganda is not America,” Lorey said. “We are simply trying to offer them a sense of security in themselves and help them to strengthen their confidence, believing that they can succeed without America’s help.”

Though they have been treated cruelly for many years, the children of Uganda continue to dream big, hoping to serve their country in a multitude of ways. Currently, Invisible Children has chosen to focus on not only building safe communities but also on developing the education program and constructing more schools in the area. Much can still be done in this nation. If Lorey and Barr have any say in it, the future of Uganda certainly looks bright.
Raider football defeats Doane 56-0 despite delay

BY LAURA JACOBSON  
SPORTS EDITOR

Rarely does a football game span two days, but that is exactly what happened to the Raiders last weekend. Northwestern shut out the Doane Tigers in a game that began at 7 p.m. Saturday night and finally ended around 1 a.m. Sunday morning. “It was a goofy game,” said Coach Ovr Otten. The Raiders were leading 21-0 near the end of the first quarter when the game was delayed due to inclement weather. Play resumed more than three hours later, with the final three quarters reduced from fifteen to ten minutes.

However, the long interruption and shortened game time did not keep the Raiders from running all over Doane on Doane’s home field. “It was kind of weird with a long break,” said senior captain Austin Jansen. “It’s not every game that we take a break and chat with friends and family for hours. But we still knew what our job was once we got out on the field.”

Keith Sietstra led the Raider offense with five rushing touchdowns, rushing for 127 yards on 19 carries. Sietstra’s efforts earned him GPAC Player-of-the-Week honors and second place in NW’s all-time records for rushing touchdowns. “That’s a pretty good day’s work,” said Otten of Sietstra’s performance.

Sophomore Kyle Ochsnr registered his first varsity touchdown on a seven-yard rush in the fourth quarter. Linebackers Blake Wollswinkel and Nathan Jansen also had their share in the scoring action, returning pass interceptions for 37 and 35 yards, respectively.

Quarterback Craig Hector recorded only eight pass attempts but was efficient with six completions. Otten also noted senior captain Iver Mettler’s contribution. “Iver comes in as back-up quarterback and is in the top 10 in the conference for pass efficiency rating,” said Otten. Mettler holds the eighth place in that ranking.

“It’s not every game we take a break and chat with friends and family for hours But we still knew our job once we got out on the field.”

- Austin Jansen

The Red Raider defense held Doane to only 147 total offensive yards and just six first downs. Junior Scott Stahl led a balanced NW defense with 6.5 tackles, followed by freshman Brad Payne with five and Janssen with four. The Raiders picked off three Doane passes, the two returned for touchdowns and another by sophomore Grantley Samuels, which was returned 18 yards. Otten attributed the win in part to an effective beginning. “The key was a very good start both offensively and defensively,” he said, “and the fact that we took any thought Doane might have had that they could play with us totally out of their heads.”

Janssen noted the balanced effort of the team. “Everyone dominated them from first team to third team,” he said. “We had a balanced attack of running and passing on offense and interceptions and fumbles caused on defense,” Janssen also praised the team’s endurance. “Our motto is ‘Here We Are,’” he said, “and playing the whole game like we do and not taking breaks allows us to pull ahead of teams.”

The Raiders continued to work towards improvements in hopes of an extensive post-season. “In order for us to get where we want to go, we just need to cut out some of the little mistakes,” said Otten. Janssen agreed. “We still need to improve on some special teams,” he said. “We would like to dominate all areas.”

This Saturday, NW faces undefeated Nebraska Wesleyan in a home game. The Prairie Wolves are ranked #20 in the nation. “They have a very balanced offense, both rushing and passing, and a very fast, aggressive defense,” Otten said of the opponent. “There will be a lot of similarities between the two teams.”

Otten once again encourages student attendance. “I’d love to see a great, enthusiastic student section in the stands for this game Saturday,” he said. “Get out and enjoy the weather, no matter what it is.”

The Red Raiders moved up to the fifth spot in NAIA polls after last week’s game. Kickoff tomorrow is at 1 p.m. at Korver Field.

Women’s golf finishes first, second in weekend invites

BY LAURA JACOBSON  
SPORTS EDITOR

The women’s golf team battled through the weather last weekend to finish first and second in back-to-back meets. “Because of rain and lightning, some teams did not show or left during delay,” said coach Harold Hoftyzer. “The Northwestern women wanted to compete. After three delays we were able to play on a very soggy course, and as the afternoon unfolded the sun came out and was pleasant. The wind, however, was quite strong.”

The Raiders were the champions of the Wayne State Invite on Sept. 15 with a team score of 379. Freshmen Kelsey Shiflett was the meet runner-up with her 89. She was followed by sophomore Rachel Koenigsburg and senior Alison Stutzman who shot 93 and 95, respectively. “All of these players played under difficult conditions, and I am very proud of them,” said Hoftyzer. The women finished just ahead of host Wayne State.

The Red Raiders next traveled to Crete, Neb., on Saturday, Sept. 16, for the Doane Invite. NW had enough golfers to compete as two teams. The “Red” team scored a 372 to end just behind GPAC opponent Midland Lutheran. The Warriors won with a team score of 367. Junior Melissa Hisel carded a 90 to earn third place. Teammates Shiflett, Stutzman and junior Paige Kleinwolterink all shot 94 to tie for ninth-place.

The JV “White” team with only four players tied for sixth, competing with varsity teams from the GPAC. Freshman Anne Eberline led this team with her score of 101 to tie for 14th place. “We had our chances to win this event,” said Hoftyzer. “This was a great chance to win back-to-back events. We are capable of competing, of doing a better job chipping and of being more aggressive with the putters, and we would have done it again.”

Hoftyzer looks to the remainder of the season with enthusiasm. “I’m excited for our continued improvement,” he said, “for the rest of the meets, our practice times and team meetings. This entire team has what it takes to be good students in the classroom, contributors to campus life and great teammates.”

The team’s next competition was to be Monday, Sept. 18, but was postponed due to weather. The women will compete again on Sept. 16 at the Waldorf Invitational in Forest City, Iowa.

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<td>Rachel Koenigsburg</td>
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Freshman Matt Gray goes to last against Mount Marty on Sept. 20. The Raiders defeated Mount Marty 16-13. NW currently sports a 5-0 record in the fall season.
Red Raiders dismantle Mount Marty

BY DAN CLIFF  STAFF WRITER

Eleven goals were scored on Tuesday, Sept. 19, during a GPAC match-up between Mount Marty College and the Northwestern women’s soccer team at the NW Soccer Complex. All of them were by the home team. NW routed the visiting Lancers with a goal explosion that almost doubled their goal total from their previous nine games. The Red Raiders had 54 shots in the game, with seven players scoring goals. Mount Marty went the whole game without a single shot on goal.

The Lady Raiders came out firing in the first half and scored a pair of goals. Junior outside midfielder Brittany Osborn banged home a cross from junior Macy Rozeboom to open the scoring in the 12th minute of play. The Raiders scored again just two minutes later on a breakaway by sophomore Sarah Bugler. Janis Retzlaff, a junior forward, was credited with the first of her two assists on the play.

Freshman forward Miranda Kelderman was the next player to notch a goal for the women. Rozeboom played a through ball to Kelderman who outran the Mount Marty defense and placed a shot neatly inside the back post, well out of the reach of the Lancer keeper. It was Kelderman’s first collegiate goal.

Rozeboom also scored a pair of goals, and sophomore Ashley Sales added her first of the game to finish that half with the score 6-0 in the Raiders favor.

The second half started with more of the same for the Raiders. Bugler scored her second goal of the game and third of the season, while sophomore defender Tara Blutt and Retzlaff both scored their first goals of the season, notching a pair of goals a piece in the half.

Senior Liz Reynen and sophomores Van Leerdam and Van Den Bosch added two apiece to give the Red Raiders a 10-0 win. The team moved to 3-1 overall and 1-0 in the GPAC.

The Northwestern men’s soccer team beat the Mount Marty College Lancers 2-0 in a Great Plains Athletic Conference match-up at the NW Soccer Complex on Tuesday, Sept. 19. The win, the first in a row for NW, is also their third of the season, upping their record to 3-4.

“It was a very dominating game by us,” coach T.J. Buchholz said. “Mount Marty played a bunker defense the whole game and never posed a threat on offense against us.”

The Lancers fired one shot in the game and were overly physical in the match, recording 18 fouls that produced six yellow cards and two red cards. However, regardless of the reckless play by the Lancers, NW was the better team and led a relentless attack against the Mount Marty goal that included 32 shots on frame. The Raiders also took 11 corner kicks, while Mount Marty had none.

Freshman forward Brad White put the Raiders on the scoreboard in the 36th minute of the first half by giving his team the lead for the rest of the match. White received a ball from center defender Andy Janssen and ran at the goal, nimbly dribbled by several Mount Marty defenders, and finished a low angle shot past the Lancer keeper.

“I thought Brad’s goal was one of our tougher chances to score, but he made a great play,” Buchholz said. The goal was White’s second on the season and put the Raiders up 1-0 at half.

The second half started with a flurry: a player from Mount Marty was given a red card and ejected, and the Raiders scored their second goal of the match in the first 10 minutes. The goal was the first to occur, scored by Janssen, up from the defense for a corner kick. Sophomore Steven Grand played the corner kick into the penalty area where Janssen gained control of it at his feet and placed it past the Lancer keeper, making the score 2-0. The Raiders fired 22 shots in the second half, more than doubling their output of 10 in the first half and did not allow a single shot by Mount Marty.

A second Mount Marty player was ejected about 30 minutes into the second half. The Raiders will next visit the Concordia Bulldogs on Saturday, Sept. 23, before hosting the Dakota Wesleyan Tigers on Tuesday, Sept. 26, at 4 p.m. Both games are GPAC matches. The Bulldogs currently hold a 1-2 conference mark, while the Tigers are at 3-1.

Men’s soccer records third straight win

BY DAN CLIFF  STAFF WRITER

The Northwestern men’s soccer team came out firing in the first half and scored a pair of goals. Junior outside midfielder Brittany Osborn banged home a cross from junior Macy Rozeboom to open the scoring in the 12th minute of play. The Raiders scored again just two minutes later on a breakaway by sophomore Sarah Bugler. Janis Retzlaff, a junior forward, was credited with the first of her two assists on the play.

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It’s about life: blood drive comes to Northwestern College

BY KIM EASON
ASSISTANT NEWS EDITOR

On Sept. 12 and 13, 2006, the Siouxland Community Blood Bank (SCBB) held a blood drive in the Bultman Center.

Over the course of the two days, 149 registered donors came to donate, as well as 48 new donors. They collected 121 units of blood.

“We are pleased with the results of the blood drive,” said Karla Stewart, a recruiter for the SCBB.

The SCBB started a new system of signing up to donate blood, and Northwestern was the first to try it out. By going on to the SCBB website, you are able to sign up when you want to give blood. However, since it is still in process, there were a few complications. Many students found that even though they signed up for a time, they still had to wait in line and just as long as those who had not signed up.

“It’ll be better next time,” said Ev Otten, the school nurse.

NW is potentially a very significant source for blood drives. Most students haven’t been out of the country or been subject to various diseases that hinder your ability to give blood.

“[With] the number of people here, the opportunity is huge,” said Otten. “I wish everyone would give; it’s such a needed product.”

The SCBB wants to assure donors that there is no affiliation between its organization and the American Red Cross (ARC). According to a recent press release from the U.S. Food and Drug Administration, the ARC was recently fined $4.2 million for failure to comply with federal laws and FDA regulations concerning the collection of blood products.

The violations include a failure to ask appropriate donor screening questions and a failure to follow manufacturer test protocols.

“The safety of our donors and that of our patients is our utmost priority,” said Janette Twalt, CEO of the SCBB.

NW hosts the blood drive four times a year, with two days for each drive. The next drive will be Nov. 8 and 9, 2006.

“We encourage everyone to continue to give the gift of life,” said Stewart. “You never know when you may have to depend on the generosity of others to save you life or that of someone close to you.”

FedEx scammer strikes for the second time

BY ALLISON ROORDA
CONTRIBUTING WRITER

The printing office in Zwemer Hall has recently had to deal with what faculty members are labeling the “FedEx scammer.”

“It all came to light the day of registration,” said Pam Vlieger of the printing office.

Vlieger discovered that Northwestern was receiving bills from FedEx for shipments they never ordered.

It turned out to be a woman in Philadelphia, Penn., who had somehow found out NW’s FedEx account number.

The scammer was then using this account number to send checks to people, so the bills were charged to people. The scam apparently started in Nigeria with a fraudulent email. The e-mail is from an individual who states that he is having trouble accessing his American bank accounts and asks the recipient to write him a check for a certain amount of money, usually $5,000 or more. The e-mail then promises to reimburse the recipient plus a 10% bonus for helping with his accounts. Of course, he never does.

Because NW uses only one account number for all FedEx deliveries, Vlieger had to cancel the account and start up a new one. FedEx also reimbursed NW for all the fraudulent charges.

“It was a stressful day of registration,” said Vlieger on Wednesday. “Hopefully we’ve got everything straightened out, knock on wood.”

However, on Friday, Sept. 15, Vlieger learned that the FedEx scammer had discovered NW’s brand new account number and was still using the school’s account to pay for her own shipping expenses.

As a result, NW has cancelled all accounts with FedEx in favor of UPS and DHL until the matter is resolved.

SGA meetings have started

BY RACHEL RIETSEMA
STAFF WRITER

At the United Nations meeting, President Bush challenged leaders in the Middle East to build more democratic countries to help make peace. He is happy that many Middle Eastern countries have been progressing toward democracy.

The leaders of Thailand’s army, navy and air force met with King Bhumibol Adulyadei to instate a peaceful military coup. While the Prime Minister Thaksin Shinawatra had a U.N. meeting in New York, General Sonthi Boonyaratglin took power without bloodshed. The military and many citizens were unhappy with the undemocratic changes in the country under Thaksin’s rule.

Hungarian Prime Minister Ferenc Gyurcsany stated that ten or fifteen years ago the government told him a lie about the economy. Citizens misunderstood his statement and thought the lies had all occurred recently. As a result, protesters converged on a government building waving their flags, but Gyurcsany refused to resign.

Iranian President Mahmoud Ahmadinejad objects to the permanent inclusion of the U.S. on the U.N. Security Council, saying that it undermines the body’s effectiveness and credibility.

NEWS
September 22, 2006

AROUND THE WORLD

Compiled by Yuko Yamada

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