

## French Canadians share story and song



PHOTO COURTESY OF LE VENT DU NORD

BY IAN CARD

Walking into The Fruited Plain cafe on a typical Monday night reveals a scarcely populated coffee shop. A few patrons, mostly in groups of two or three, spread themselves throughout the room. The room is quiet, save the muffled sound of conversations occasionally interrupted by the howl of an espresso machine steaming milk.

But entering The Fruited Plain this past Monday, Nov. 11 was like stepping into an entirely different world. The usual din and bustle of the cafe were painfully absent, and despite the room being so full, there was hardly space to think. The only thing that could be heard was the haunting echo of four perfectly harmonized voices cutting through the silence with a somber tone.

It didn't matter that the voices weren't singing in English; the music transcended the boundaries of language and formed an emotional dialect all its own.

There are four men on the stage. Each is playing strange

a instrument, singing in French and speaking with heavy accents. Meet Le Vent du Nord.

The band hails from Quebec, Canada, and has won several Juno Awards (the Canadian version of the Grammy) in addition to the North American Folk Alliance's Artist of the Year award. Le Vent du Nord has been in Orange City since Monday and has been performing throughout the week.

Le Vent du Nord performs traditional folk tunes from their homeland. Drawing influence from its "francophone" roots, its musical genre is rich with history. Some songs date back almost 400 years. The band has performed all over the world. The members note locations like New Zealand and Glasgow, Scotland as a couple favorite stops.

Their music takes traditional instruments, stories and songs from their culture and incorporates personal style and creativity. Each of the four members brings an amazing level of skill and creative elements to the table.

See "Le Vent du Nord" on Page 2

## West moves east

BY BEACON STAFF

Next fall, a familiar building on campus will be no more. West Hall was deemed no longer safe enough to live in, and after a decision made by the Board of Trustees, the building will be torn down following the 2013-14 school year.

The residents of the current West Hall will be moved to the east side of campus into Hospers Hall. The women of Hospers will be moved to either Fern-Smith Hall or Stegenga Hall because of a decline in female enrollment.

West Hall was constructed in 1981 due to a rapidly increasing student population and at the time was never seen as anything more than temporary housing.

Although the building itself might not be seen as up-to-code, many of the dorm's residents appreciate some of its features that the other residence halls on campus don't have.

"I like how easy it is to be close to everyone in the layout of the building with the stairwell and seeing everyone in the lobby and hangout lounges on each floor," said West Hall resident Josh Kester. "With Hospers, there will only be one lobby."

"The building does have common water fountains, lounges with everyone facing inward, and it is very inter-connected as opposed to long hallways or suite style," said West Hall resident Chris McLaughlin.

See "Communities" on Page 4

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# Arts & Culture | 2

## Le Vent du Nord to perform

FROM PAGE 1

"The tradition is not usually in a quartet," said Nicolas Boulerice, Le Vent du Nord's piano, vocal and hurdygurdy extraordinaire. "I arrange the songs so they fit, and add some personal flavors. For me, I was at University, in jazz piano ... and I said, 'It's weird because I dig that tradition, but I should learn more about my own.' I started to play more folk and incorporate progressive rock and jazz colors."

After being together for 12 years and producing seven albums (with an eighth in the works), the group has truly developed their craft.

This leads to incredibly powerful and moving live performances.

Their four-piece acoustic ensemble produces folk beats that stomp and clap their way across an entire room. Playful mandolin and hurdygurdy dance over the top of rich, resonant bass.

The energetic, driving percussion is entirely produced with only their hands, feet and mouths. In addition, the vocals of the group offer a rhythmic cadence; their voices jump around and over one another with synchronized precision.

Le Vent du Nord does more than perform incredible music, they sing and speak with passion about the history and politics affecting their homeland of Quebec. The background of many of their stories and music is steeped in oppression and political unrest. This adds an additional dimension of complexity and emotion to their music.

Their last performance in town is at 7:30 p.m. on Saturday, Nov. 16 at the Unity Christian Knight Center. Tickets are \$7, but students can purchase them from the Northwestern Music Office for just \$4.



PHOTO COURTESY OF TWITTER

Le Vent du Nord's latest album, *Tromper le temps*, was released in 2012. The group's final performance during their visit to Orange City will be this Saturday night at the Unity Christian Knight Center. Tickets are available at a reduced rate for students.

### Five Star Guide

Classic: ★★★★★

Excellent: ★★★★★

Good: ★★★

Fair: ★★

Poor: ★

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RealD 3D Shows Fri-Weds 9:30 only

LAST VEGAS PG13  
Fri-Weds 7:30 9:45, Thurs 7:30 only  
Sat & Sun Matinees (1:30 4:30)

ENDER'S GAME PG13  
Nightly 7:00 9:45 Ends Wednesday  
Sat & Sun Matinees (1:00 4:00)

FREE BIRDS PG  
Nightly 6:50  
Sat & Sun Matinees (1:15 4:15)

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Fri-Weds 7:20 9:55, Thurs 7:20  
Sat & Sun Matinees (1:20 4:20)

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## 'Ghosts' is a direct hit

GAME REVIEW



PHOTO COURTESY OF DIGITALTRENDS.COM

BY ANDREW FEISTNER

With the next generation of consoles being released, it was due time for Infinity Ward, developer of the "Call of Duty" series,

to finally update their graphics and release the best product they could on the sunset of this generation. "Call of Duty: Ghosts" is just that release.

Players open the campaign as Logan Walker, the son of famed captain Elias Walker. Logan, his father Elias and his brother David "Hesh"

are out on a walk near their home in San Diego when their home is attacked from space.

The game cuts to an astronaut at the ODIN weapons space station as it is taken over by the Federation — the fuel-rich, world superpower composed of all of South America. The Federation launches ODIN strikes upon American soil and cripples America.

The next 17 campaign missions take place 10 years after the strike. As the story progresses, it is revealed that one man is behind the attacks: Rorke, a former member of the Ghosts.

The story ending will not be spoiled here, but one thing can be said: it

will surprise you.

The saying, "the more things change the more they stay the same" rings true for the multiplayer portion of this latest "Call of Duty." The gameplay is advanced with the new feature of dynamic maps, which pale in comparison to Battlefield 4's Levelout feature. The new competitive modes of Cranked, Hunted and Blitz are welcome additions and are very fun to play with friends.

There is also a new level of customization in the form of Squads — the player gets one soldier (eventually this can be increased to 10) and each can have up to six loadouts and different appearances.

Another new feature is Extinction. Extinction is a four-player Survival mode where the players must destroy alien hives on their way to the Mother Hive where they must then set off a nuke and escape. It provides great fun with friends and plays like Left 4 Dead.

The multiplayer maps are bigger, but the matches are smaller. Although these minor flaws may cause "Ghosts" to take two steps back, it has taken at least three forward. The overall package of "Ghosts" is impressive. It meets and exceeds what most all players have come to expect from a "Call of Duty" game.

Rating: ★★★★★

## Holiday movie 'ho-ho-ho's and 'no-no-no's

MOVIE PREVIEW

BY JACKSON NICKOLAY

### "THE HOBBIT: THE DESOLATION OF SMAUG"

A year after every pointy-ear-wearing fan's dreams were fulfilled and the tale of Bilbo Baggins was brought to the big screen, audiences will be treated to the second installment in "The Hobbit" trilogy. On Dec. 13 "The Hobbit: The Desolation of Smaug" will hit theaters just in time for a post-finals celebration. The film promises to be enjoyable for almost any viewer. If your fancy isn't tickled by dragons, hobbits, elves and dwarves, then the film's all-star cast, including Ian McKellen and Benedict Cumberbatch, promises to turn in performances that will leave many counting down the days until the third installment comes to theaters next year.

### "HUNGER GAMES: CATCHING FIRE"

November 22 marks the return of the Katniss Everdeen — the girl on fire. This time, however, she will be facing a very different set of adversaries. "Catching Fire" picks up less than a year after the events of The 74th Annual Hunger Games in a world torn apart by a rebellion that Katniss played a part in starting. In an attempt to solve this problem, Gov. Snow decides the 75th Hunger Games will pit the winners of the previous Hunger Games against one another in the arena. Those who have read the book know that the result of this plan is a showdown viewers will not want to miss.

### "47 RONIN"

After the wrapping paper is discarded and the stockings are abandoned, what's a better way to spend Christmas afternoon than watching Keanu Reeves fight his way through hundreds of obstacles in an attempt to defeat an evil witch-dragon? Correct answer: Nothing. "47 Ronin" tells the story of an underdog swordsman (Reeves) who discovers he is the one person who is capable of leading an elite squad of dedicated samurai warriors who have sworn to subdue a terrible evil in the land. What the movie lacks in original plotlines it makes up for in physical actors. With a cast including Hiroyuki Sanada and Reeves, "47 Ronin" promises to be a martial arts experience worthy of your Christmas afternoon.

### "THE WOLF OF WALL STREET"

Also releasing on Christmas Day is the next of what seems to be a continuous stream of movies directed by Martin Scorsese and starring Leonardo DiCaprio. "The Wolf of Wall Street" follows the story of a young man whose revolutionary approach to stock trading leads his company to enormous fiscal success. Just as his world is reaching its climax, however, DiCaprio gets some unwanted attention from FBI agents who are questioning whether his rise to glory was managed in a strictly legal manner. Although this movie might contain content not appropriate for the children at family Christmas celebrations, it is safe to say that the performance of such great actors as DiCaprio, Jonah Hill and Matthew McConaughey will be worth the price of a ticket.

## Son Lux's 'Lanterns' is ablaze



PHOTO COURTESY OF ALARM-MAGAZINE.COM

BY LYRIC MORRIS

A&C EDITOR

This week saw the release of Son Lux's third full-length album, "Lanterns." "Lanterns" is not music to listen to while studying. It shouldn't be danced to or played as background music at a dinner party. It would never fit into the "easy-listening" genre. "Lanterns" is a piece of art that requires listening — the kind of listening that leads one to sit down, put on a pair of noise-cancelling headphones and interact with the music.

Ryan Lott, the mastermind behind the project, has created a complex musical environment that seamlessly toggles between sinister and celebratory. Upbeat synth-pop elements allude to Lott's previous work with experimental musicians such as Sufjan Stevens and beautifully contrast the choral melodies and technical string parts he picked up from his years of classical musical training.

"Lost it to Trying," a single that was pre-released this past September in anticipation of the full album, begins with simple riffs and builds layer-by-layer into a soaring anthem that lifts readers into the kind of magical place Lott must be writing from. The complexity of the instrumentation is contrasted by the simple repetition of lyrics: "What will we do now? We lost it to trying."

Lott's haunting vocals are showcased on the ethereal ballad "Easy." His notes are delivered with confidence yet waiver and seem to fall like sand between the fingers of listeners trying to hold onto consistency.

At times, the album becomes exhausting. Simpler melodies are carefully scattered throughout the album to provide listeners' ears and minds a break at opportune times. Yet finishing the album requires a deep exhale — both to calm yourself and to pause for a second to revel in the glory of what has just been heard.

Rating: ★★★★★  
Key Tracks: "Lost it to Trying,"  
"Alternate World," "Easy"

## PHOTO of the WEEK

northwestern college beacon



"The Patient Hunter"

Valerie Luppen snapped this photo in the hills of Onawa, Iowa on Sunday while bow hunting for deer.

## Campus Quotes

Submit your campus quote via our Twitter page, @NWC\_Beacon or through Facebook.

"I just love being subordinate to men. It's one of my favorite things."

-Senior Deborah Admire's sarcastic response to a conversation about gender in Creative Nonfiction class.

"I pictured myself as the hipster lovechild of J.Crew and Pottery Barn."

-Chapel Speaker Roger Nelson on his idealized idea of life in Chicago.

"You can come in sweats to mock them."

-Professor Jennifer Feenstra on supporting fellow seniors' thesis presentations. Submitted via Twitter by @amanda\_kirsch

"Did you see my tears? They were internal."

-Senior Isaiah Custer after his performance in Antigone.

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## From Rio de Janeiro to Orange City

BY TRAVIS SYTSMA

The majority of Northwestern's student population is from either Iowa or a surrounding state in the Midwest. However, there are students on campus who have ventured much farther to get to campus. Some have even come across an ocean, and each has his or her own story and path to Orange City.

Soccer is a sport with tremendous global appeal and that is no different at NW. The men's soccer team currently has nine international student-athletes on its roster. Gabriel Goncalves from Rio De Janeiro, Brazil, is one of them.

Goncalves started making an impact on the soccer team almost immediately after his plane landed in the Omaha, Neb., airport almost three years ago. Gabe, or Gabi, as many of his teammates call him, is a junior this year and has started three seasons for the Raiders. He was also named a team captain by coach Dan Swier last spring.

This season, Goncalves finished the season with eight assists, which was one shy of the single season school record. Goncalves also has 13 total assists in his career as a Raider, which ties him with '02 graduate David Rhodes, the school record holder.

For Goncalves, going from Brazil to Iowa was a long-awaited journey.

"Ever since I was a kid, I always loved America," Goncalves said. I didn't know much about it other than what I had seen on the TV and in movies. I had visited the United States once before I came to school here; my mom and I went on a trip to New York and Disneyland when I was 16 and I loved it, especially New

York. Now I always root for New York teams no matter what sport it is."

Goncalves expected Iowa to be just like the rest of what he thought the United States was like.

"I didn't know anything about Iowa. I just assumed it was like every other part of the country," Goncalves said. "I expected it to be safe and really well organized."

Most of Goncalves's expectations were fed through films, so he thought everyone in America would be happy and that the schools would be full of "pretty" people.

Goncalves said he had never heard of NW before Daniel Swier, the coach of the men's soccer team, contacted him. Goncalves said that he enrolled in a program that organized filmed tryouts in which the videos are sent to college coaches from across the country and that his tape happened to end up in Coach Swier's hands. Swier liked what he saw and began contacting Goncalves through email.

"Everyone in Brazil comes out of the womb loving soccer, and I wasn't any different," Goncalves said. As I grew older, I knew that I wanted to play soccer competitively. I talked to an older friend of mine who had gone to America to play college soccer, and he really liked it, and I decided that I wanted to do the same thing."

For Goncalves' parents, it was bittersweet to see their son leave the country.

"They were really surprised and kind of worried for me, especially my mother," Goncalves said. "But they knew that this was something I wanted to do, and they supported me in this chance to follow my dreams."



PHOTO BY DAVID LI

**Gabriel Goncalves, a captain on the soccer team, finished the 2013 season with eight assists and 13 total assists for his career.**

The transition of coming to NW hasn't been easy for Goncalves, but it is an experience he has enjoyed.

"It's been an ... adjustment, but it's been really good," Goncalves said. "The people here immediately accepted me and made this place home for me. I love it here."

After graduation, Goncalves said he plans on going back home to Brazil for at least a year to spend time with his family and help his sister raise his nephew Bernardo, or Baby B, as he likes to call him. He will look for a job in the business field, but if he is unable to find one, then he plans on returning

to the U.S. to attend graduate school and continue his education.

When asked what his favorite moment has been at NW, Goncalves answered that it was beating the undefeated Hastings team last year.

"Not because I scored the game winning goal in overtime," Goncalves said. It was because it made so many people happy. That moment was something not just for me. I will never forget the faces of the fans and teammates around me. They were so happy and that is why I love soccer. It brings joy to so many people. No matter what country you live in."

## Communities transcend buildings

FROM PAGE 1

While one group of residents will see its home torn down, another will move out of a home with the fear of seeing close bonds and sisterhoods disappear.

"There are so many things that I am concerned about — ranging from personal apprehensions to the worry I have for Brittany Caffey, our residence director, in losing her position and her home in Hospers," Allison Kuglin, resident assistant in Hospers, said. "However, I would say that the largest concern that has been on my mind lately is how the culture of our community will continue in the years ahead."

West Hall, like Hospers, is known for its close-knit community. This is highlighted in the popular annual medieval battle in which many residents have participated. Although the building itself is going to disappear, many of West's residents said that the community transcends beyond just the physical structure.

"My favorite part of West didn't have to do with the actual building, it was the community, and it will always be like that," McLaughlin said. "I hope the men can look at Hospers as a gift in the coming years and use their resources to stay close."

The women of Hospers will face the opposite end of the spectrum.

"The Hospers community is tightly knit, but new material may cause us to

unravel," said Sarah Odom, a Hosper's resident assistant. "We are a colorful bunch, but I worry that the community that we join won't appreciate our colors for what they are, causing tension among us."

A decision will be made later in the year to decide the future housing of the Hospers residents.



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## Northwestern students to lead SSPs

BY NAYELY BECERRA-BALBUENA

Every year Northwestern participates in spring service projects, during which many go out to serve and strengthen communities. This year there are 14 service projects and more than 20 student leaders who will be donating their time to lead them. Among those leaders are four individuals who wish to challenge the campus on what it means to not only transform other people's lives but also transform their own.

### Minneapolis, Minnesota

Jessica White will be leading a group to Urban Ventures in Minneapolis, Minnesota. Urban Ventures focuses on breaking the cycle of generational poverty.

"It's not just one aspect; it's several: financial, spiritual, educational and even physical poverty," White said. "It's one of the top organizations in the country."

This will be White's second time traveling on an SSP to Minneapolis. Last summer, she interned for Urban Ventures in the employment resource center. When asked why she is so excited about serving others, White said it's because she is passionate about experiencing life with other people.

White said she believes it is important for students to remember that they can serve others now.

### Cary, Mississippi

Carly Rozeboom will be leading a group to the Cary Christian Center in Cary, Miss.

"It's hard to see some of the things you see," Rozeboom said. "You want to ignore and reject it, but when you accept the reality (of them), it is really life changing."

For Rozeboom, it was difficult seeing racial discrimination and the wealthy and impoverished parts of the city merely divided by a river. Rozeboom, a junior,

has been traveling to Cary since her freshman year.

On this trip, Rozeboom will challenge her group to re-think charity.

"I read Toxic Charity," Rozeboom said. "It talks about how charity can be toxic for communities because they build reliance and don't empower people to rely on themselves."

Rozeboom will also challenge her group to discover what it means to serve.

"When I went (to Cary) I thought, *I'm going to help all these poor people; they really need me,*" Rozeboom said. "Not the case. I needed them. You don't go there to do work. You go there to learn from them. I keep going back because I feel at home there."

### Jonesboro, Arizona

Sam Nelson will be leading a group to City Youth Ministry in Jonesboro, Arizona.

Nelson will be leading a group to City Youth Ministry in Jonesboro, Arizona.



PHOTO BY NAYELY BECERRA-BALBUENA

Gretchen Sutherland will be leading an SSP trip to Haiti.

"I fell in love with the ministry last year," Nelson said. "The kids that we work with really humble you. They had a rough upbringing, but they still smile."

Nelson said the trip had some difficult challenges but encouraged anyone who has a love for children to apply for the Jonesboro trip. Nelson credited the trip with helping her faith grow.

"You become stronger in your faith," Nelson said. "You see the love of God. My life is better because of those kids."

### Haiti

For nursing student Gretchen Sutherland, the people she met and the meaningful conversations she had on her previous SSP to Haiti made her decide to lead the service project to Haiti this school year.

"Every interaction I had, (the Haitians) always turned it back to Christ, either praising God or thanking him," Sutherland said. "They somehow took every opportunity to witness in every conversation. They had faith as the forefront of their minds. That's what I'm striving for in my own faith journey."

Sutherland said that despite the many obstacles Haitians have faced after the devastating earthquake a few years ago, the people, especially the kids seem to be happy.

"The joy Haitian kids have is just so full," Sutherland said. "They enjoy every moment. Haiti made me realize how many blessings I have here. I learned how joy doesn't come from the things around us; it's with the people you are with. I wish everyone could go to Haiti and experience it. It's something that sticks with you. Something you won't forget."

## Professor Monsma published in journal

BY BAILEY VANDE WEERD

"How are we as humans shaped, influenced and constrained by the culture in which we live?" Scott Monsma, a sociology professor at Northwestern, expands on this question in an article he wrote titled, "Retelling the Fragmented Story of Michal." The article was published in the *Journal for Sociological Integration of Religion and Society* in October.

Monsma's interest was sparked after he read "Fragmented Women: Feminist (Sub)Versions of Biblical Narratives" by J. Cheryl Exum. This book discusses the stories of narratives and women in the Old Testament. The specific narrative in *Fragmented Women* that caught Monsma's attention was the story of David and his wife,

Michal.

"I like to read stuff that messes with your thinking and I found this book very fascinating," Monsma said. "I was especially interested in the story of Michal. I started going back through the Bible and stringing all the different pieces together of her story."

It's traditional for most Christians who are aware of the narrative's story line to view Michal as the offender and David as the victim because of how Michal critiques David's form of worship. However, Monsma took a different perspective toward the relationship between David and Michal.

"We first hear how Michal had no right to say to David to not worship in a certain way," Monsma said. "But, maybe if we

look at Michal's whole story we can see that we got the understanding wrong and that maybe Michal is actually the victim."

Although Monsma took a feminist approach to this biblical text, he does not argue that there is one specific way to read it. Rather, he believes Christians can learn from one another by being exposed to other interpretations.

"There is a certain strain to modern Christianity that leads us to think we have to be absolutely right about everything," Monsma said. It's not about being right but how we dialogue about the text that makes us shape our faith. The best way to understand faith is listening to people on the margins about how being

privileged shapes the way I read the bible."

Prior to writing his article, Monsma first spoke on the story of David and Michal in chapel during 2010. He also had the privilege to speak at the Association of Christians Teaching Sociology conference in 2011 on this topic. It was after these two events, that the opportunity to write the article presented itself.

"I found that the audience at the conference took the story quite well," Monsma said. "After that, through some connections I have with the Association of Christians Teaching Sociology, I heard that the *Journal for Sociological Integration of Religion and Society* was looking for articles to be submitted for their journal."

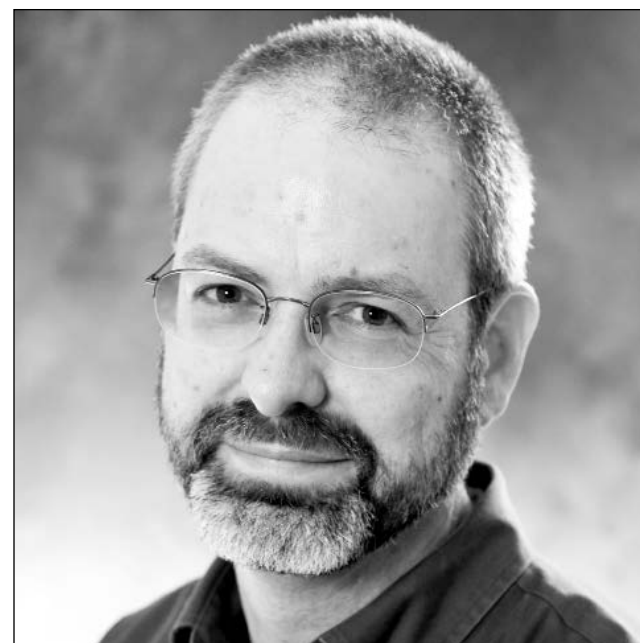


PHOTO SUBMITTED

Scott Monsma was recently published in the *Journal for Sociological Integration of Religion*.

The *Journal for Sociological Integration of Religion and Society* is a publication from Oxford Graduate School. The journal strives to provide a forum with the latest research that integrates Christianity and society.

## Beacon Abroad: Spain

### Taking a leap of faith



BY HOLLY HASSMAN

I stood looking over the edge. The ocean seemed so far away. I caught my breath and tried to squelch the nervousness rising in my throat.

“Three, two, one, JUMP!”

As much as I wanted to scream, “I’m not ready!” I instead took a deep breath, bent my legs and sprang up and away from the jagged rock. I yelled as I dropped through the air and tried desperately to remember what to do with my arms and legs. I managed to force all but my left arm into a straight line the instant before impact. I plunged into the water—down, down...

With all my strength, I thrashed until my head popped above the surface into the sunshine. I could breathe—I was alive. My left arm stung, and my heart was pounding triple-time, but I was laughing. I heard “Bien hecho!” from my guide. I looked up at the cliffs above me with my *compañeros* cheering. I looked toward the lonely beach far away. I tried to picture myself floating in

the vast ocean, a tiny dot in a postcard-perfect scene.

After surviving a hazardous swim over rocks at low tide, we arrived at the uninhabited beach and left our mark on the sand, “Portugal 2013.” With no camera to commemorate, the moment was somehow even more magical. We had preserved the secret of this natural wonder, and I added it to my list of European marvels that take my breath away, thanking God for being infinitely more creative than I could have imagined.

Cliff-jumping in Portugal has been one of the most incredible experiences of my semester abroad thus far and for me is also symbolic of the process of adjusting to a new culture. Just before leaving for Spain, I felt a rush of excitement and nervousness. I was physically and mentally prepared in theory, but in reality I had no idea what to expect once I stepped off the plane in Sevilla.

Ready or not, I had climbed on with strangers

from my program and flew into the unknown. Three, two, one, JUMP! At first it seemed like I was falling: getting lost two blocks from home, struggling to understand the most basic Spanish phrases in the Andalusian accent and being pegged as a foreigner from kilometers away. The impact stung as I realized how completely out of my comfort zone I really was. However, as I seek to learn and to adapt, I have “surfaced” above helplessness and can’t help but thank God in wonder as I now participate in the incredibly rich culture around me.

There’s something about the challenges and marvels of living in a foreign country that takes my breath away as if I’ve jumped off a cliff. Sometimes I’m not sure whether I’m choking or enjoying a postcard scene, but what I know above all is that this experience abroad—so scary and so exhilarating—is so totally worth the journey. I think everyone should jump off a cliff once in a while.

#### Editor’s Note

**The opinions published both in print and online are the opinions of the authors only. Beacon staff members do not necessarily support the opinions expressed in this section. Research and editing (other than formatting) of articles is the responsibility of the authors rather than the editors.**

Respectfully,  
the Beacon staff

## Make fitness a priority



BY MOLLIE FERGUSON

Mayo Clinic gives us 10 reasons to be physically active: activity keeps off extra weight, increases stamina, helps protect us from viral illnesses, reduces health risks, manages chronic conditions like high blood pressure, strengthens the heart, keeps arteries clear, improves mood, helps our well-being as we age and prolongs our lives. Sounds like 10 legitimate reasons to hit the new fitness area in the RSC.

I prefer to work out midafternoon before all the athletes hit the fitness area. Some like to get their workout over with in the morning, which means getting up between 6 and 8 a.m. Others like the late-night workouts from 9 to 11 p.m. when the facility maybe isn’t so busy.

What I have been wondering for the past week is, *When is the best or healthiest*

*time to work out, and why?* If it’s at 7 a.m., there better be a good reason because getting out of bed, especially when it gets snowy and icy out, is no easy task.

I wouldn’t suggest going to WebMD for any kind of self-diagnosis, but they have great information on this topic. No matter what time of the day you work out, you will roughly burn the same amount of calories, but the time of day can have an impact about how you feel as you work out.

According to WebMD, we should pick out a time we like to work out and stick with it, but there are more perks to a morning workout. Plus, we have this thing called a circadian rhythm that determines if we are night owls or early birds. This rhythm influences body functions, which in turn affects our readiness to exercise.

Just because you are a night owl doesn’t mean you should consider a midnight workout session. The body needs time to wind down and prepare for sleep, and exercise can sabotage your body’s readiness to sleep.

This is also why we hear, “Don’t eat past 9 p.m.” because eating raises our

heart rate and temperature, which isn’t conducive to a good night’s sleep.

In a recent study done at Appalachian State University, researchers found that those who worked out in the morning (7 a.m.) got a better night’s sleep and spent 75 percent more time in a deep sleep than those who worked out at 1 p.m. or 7 p.m. If that isn’t enough to consider getting up earlier, early birds have a 10 percent reduction in blood pressure during the day and 25 percent reduction during sleep.

However, if you’re a night owl, there is still hope. In a small study, results showed that those who did more complex movements like swimming, running or cycling had a higher power outputs. Therefore, if you do those types of workouts, it may be best to do it in the afternoon or early evening.

Before you go and ask your advisor to revamp your schedule for next semester, the important thing is that you’re working out and not being a couch potato. Whether in the morning, noon or night, find what works for you, and hit that new fitness center.

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## Number one no longer

BY BRANDON ZIMMERMAN

In its last home game of the season, No. 19 Northwestern's football team came up with a monumental 38-28 win to take down No. 1 Morningside on Saturday.

Led by an outstanding performance by senior running back and NAIA Offensive Player of the Week Theo Bartman, the Raiders improved their GPAC record to 6-2.

The scoring in the first quarter was even at one touchdown apiece. Bartman found the end zone on a nine-yard rushing touchdown.

In the second quarter, Morningside struggled to find an answer to the onslaught of scoring brought on by the Raiders. Coming off a 23-yard interception by sophomore Jake Zylstra, Bartman punched in another touchdown from seven yards out.

The defense came up big with another stop, NW drove the field and scored on a six-yard rushing touchdown by senior quarterback Davis Bloemendaal with 2:48 left in the half.

Thanks to another stop by the defense, and the Raiders got the ball back with 1:45 left. They marched down to the one-yard line, where Bartman found his way into the end zone with time expiring to give the Raiders a 28-7 lead at halftime.

The Mustangs started to make their way back into the game during the third quarter. Two unanswered touchdowns reduced NW's lead to 28-21.

At the start of the final quarter, the Raiders extended their lead to 31-21 with a 34-yard field goal by freshman Julian Dittmann.

With Morningside threatening to score on its next drive, senior Isaiah Twitty came up with a huge forced fumble. The Raiders recovered the ball and made their way back into Mustang territory. With the ball at the one-yard line, Bartman rushed in for his fourth touchdown of the day, which put the Raiders up 38-21 with 6:41 left in the game.

"It was a complete team effort," Bartman said. "The offensive line did a great job for us. The defense also



PHOTO BY DAVID LI

**Senior Theo Bartman sheds one Morningside tackler on Saturday. Bartman had four touchdowns to earn NAIA Player of the Week. He did great by forcing turnovers and giving us good field position."**

Morningside answered quickly with a 28-yard touchdown pass of its own in just more than a minute to bring them within 10 points.

With 5:38 left in the game, NW's defense continued to stay strong against the Mustang offense. Thanks to a forced fumble by junior Jermaine Ambrose and a recovery by the Raiders, NW sealed the victory.

Bartman had a career-high 37 touches for 191 total yards to go along with his career best four touchdowns. Twitty had 10 tackles, 2.5 of which were for loss.

"This game was huge, and it was a must win for us," Bartman said. With the win, NW moved into playoff contention.

NW will travel to Midland on Saturday for its final regular-season match-up.

## Men's soccer ends season at Hastings

BY ISAIAH TAYLOR

The Northwestern men's soccer team suffered a tough 2-0 loss to top seeded Hastings soccer on Saturday in the GPAC tournament semi-final game.

The Raiders were the aggressors early in the game and outshot their opponent 10-3. Three of their shot attempts were on target. On its one shot attempt of the half, Hastings scored in the 19th minute.

"Our goal as a team was to control the ball and maintain possession while being very aggressive," senior captain Matt Dowie said. "We needed our defense and offense to be on the same page at all times."

In the second half, both teams were very aggressive; the Raiders trailed the shooting match 11-9 in that half. The Raiders only had one shot on target in the half. Hastings scored again in the 79th minute to put the game away for good.

NW had 19 shot attempts in the game. Eight shots were off target, seven shots were blocked by the defense, and the four shots on target were saved by the goalie.

Junior Gabriel Goncalves had seven shot attempts — one on goal — to lead the Raiders. Sophomore Koray Karakas had three shot attempts with one on goal.

"We play a really tough nonconference schedule," head coach Dan Swier said. "Those games prepared us to succeed in GPAC. Finishing with 11-plus wins for the third-straight season is tremendous. With all of our impact seniors on the squad, we never lost the motivation to succeed."

*Soccer photo gallery and recaps of cross country and women's basketball online*

## Men's basketball squad suffers GPAC punch from Briar Cliff

BY JORDAN DYKSTRA  
FEATURES EDITOR

On Tuesday, the men's basketball team dropped its GPAC opener against Briar Cliff 91-77. The Raiders stand at a 3-3 overall record and 0-1 in the conference.

NW managed to shoot a respectable 44 percent from the floor and was led by senior guard Zack Leeper with 22 points. Sophomore guard T.J. Buyert added 11 points, which included 3-7 on three point attempts.

"My teammates set good screens and got effective penetration on their defense, which allowed for open shots to take place," Leeper said. "They also managed to get a lot of turnovers that allowed for easy transition layups."

The Raiders held an advantage on rebounding. NW outboarded the Chargers 39-31. The way was lead for NW by junior Gerasimos Mantalvanos with seven rebounds.

Freshman center Jordan Baker grabbed six rebounds.

After a close first half with both teams exchanging punches, Briar Cliff went on a 12-5 run to close the first half. In the second half, NW rallied but fell short after Briar Cliff embarked on a 16-2 run that closed any chance of victory for NW.

"We just allowed them to get too many open and rhythmic shots offensively and we didn't get too many

fast-break opportunities, so our offense was slowed down," Leeper said.

The Raiders will travel to Hastings on Saturday for a conference matchup with the Broncos. The game will begin at 4 p.m.

Last weekend, the Raiders hosted the Northwestern Classic at the Bultman Center. NW went 1-1 on the weekend with an 80-48 win on Friday night over Trinity Christian and an 88-82 loss to Davenport on Saturday.

In the win over Trinity Christian, NW managed to hit a season-high 10 three pointers on 48 percent shooting from beyond the arc.

Leeper and Baker both scored 13 points. Baker also pulled down 11 rebounds and got his second double-double of the season. Sophomore guard Keegan Mulder scored a career-high 10 points. Sophomore guard Joey Habtemariam dished out five assists.

Saturday's loss to Davenport was close from start to finish between two nationally ranked teams. The Raiders shot 44 percent from the field and 31 percent from three point. NW also managed to outrebound Davenport 40-31 and grabbed 18 offensive rebounds.

Leeper scored a game-high 24 points and also had eight rebounds. Habtemariam scored a career-best 20 points. Baker pumped in 15 points.

**No. 5 Raiders sweep Dordt, await No. 6 Midland**  
*Story continued online at [beacon.nwciowa.edu](http://beacon.nwciowa.edu)*

BY ISAIAH TAYLOR

The No. 5 Northwestern volleyball team beat Dordt in commanding fashion in the GPAC semi-final game on Wednesday, 3-0.

Individual scores were 25-15, 25-22 and 25-11. The women, who are 34-1 on the year, won in three games, and will now advance to the GPAC championship for the first time since 2010.

There was much

anticipation for this contest after a couple five-game thrillers from earlier this season, including a come-from-behind win at home.

NW set the tone early and won the first game 25-16.

"We have a really broad spectrum of players," junior Kaitlin Floerchinger said. "We have girls that we can put in at any position, and people that have a more specialized individual

position."

NW kept on the attack in the second game; however, Dordt retaliated. After starting with and maintaining a five-point advantage in the game, Dordt went on a run to bring the score to 23-22.

A block by sophomore Payton Samuelson and a kill from sophomore Karlie Schut ended that game 25-22 to give the Raiders a

2-0 lead.

In the third game, NW won convincingly 25-11 with 11 kills and no errors.

"We are really bonding and enjoying this ride together," Floerchinger said. "Everybody is playing for each other, and right now we have a really good team."

## Around Campus

### Le Vent du Nord

Northwestern's music department and the Orange City Arts Center present traditional French Canadian folk music ensemble Le Vent du Nord at 7:30 p.m. on Saturday, Nov. 16, at the Unity Christian High School Performing Arts Center.

### Concert

Northwestern's Jazz Band and Heritage Singers will present a concert at 7:30 on Friday, Nov. 15, in Christ Chapel. The event is free and open to the public.

### Theater

"Antigone" will be presented by Northwestern theatre at 7:30 p.m. on Friday, Nov. 15, and 2 and 7:30 p.m. on Saturday, Nov. 16, in the Proscenium Theatre.

### Prayer Time

There will be a missions prayer time from 11 p.m. until midnight on Thursday, Nov. 21, in the Red Room of the Franken Center.

### Volleyball

Northwestern's volleyball team will play Midland at 7:30 p.m. on Saturday, Nov. 16, in the Bultman Center gym.

### #NWCBeacon

Keep up with social media? So do we. If you have photos, comments, breaking news, story ideas or campus quotes, let us know! Follow us on Twitter @NWC\_Beacon, or like Northwestern College Beacon on Facebook.

## Chapel

### Monday

♦Chaplain Harlan VanOort

### Tuesday

♦Chapel Music Team

### Wednesday

♦Rev. Jeremy Wiersma, Archer  
♦Spanish Chapel

### Friday

♦TBD

# NW adds criminal justice major

BY LIZ KOTTICH

New majors are not added to Northwestern's curriculum very often. Proposals need to be written, and classes have to be created. Then, professors vote to approve the finished product. This process finished last spring when the criminal justice career concentration was upgraded to a major.

The idea for this major came from professors Scott Monsma and Chris Hausmann in the sociology department.

NW has had a criminal justice career concentration for more than 30 years, but with more and more schools having actual criminal justice majors, students pursuing criminal justice were no longer enrolling at NW.

"We had good courses for criminal justice, but they just were not attractive to prospective students," Monsma said. "With the actual major, the classes will be more attractive to students, and we project enrollment will grow at a steady pace."

With the new major, three new courses will be added to the catalog: Criminology, Restorative Justice and Policing and Law. These new classes, along with the other criminal justice classes, will be taught by a variety of professors and adjuncts who have knowledge in the field.

"These classes are essential for anyone looking to go into the criminal justice field, but students in other majors, such as social work or other helping professions, might find classes that fit with their intended career goals," Monsma said.

The goals of the NW criminal justice major are to teach students that criminal justice is not just about punishing the criminals but also about restoring them.

Various criminal justice career paths include joining the police force, working for the department of corrections, becoming a probation or parole officer, working in the juvenile system and even going to law school. Students might also choose to work with the Iowa State Patrol, at Boystown or Girlstown or in correctional facilities.

"I'm excited about the criminal justice major," Collin Ten Haken said. "My goal after I graduate is to become a police officer, hopefully having a K-9 unit someday or even being a sergeant. I did job-shadowing during high school at our police department and became greatly interested. So far I have been on two day rides and three night patrols with officers, and they have been a blast."

Currently, the criminal justice program has more than 10 students in it, with a few students actually majoring in criminal justice. Monsma predicted that they will have five to six majors enroll in the fall.

There are alumni of NW's criminal justice career concentration working in the Orange City police department, on the Iowa State Patrol and in various sheriff's offices. With a major in criminal justice, students will have even more options for job placement and advancement.

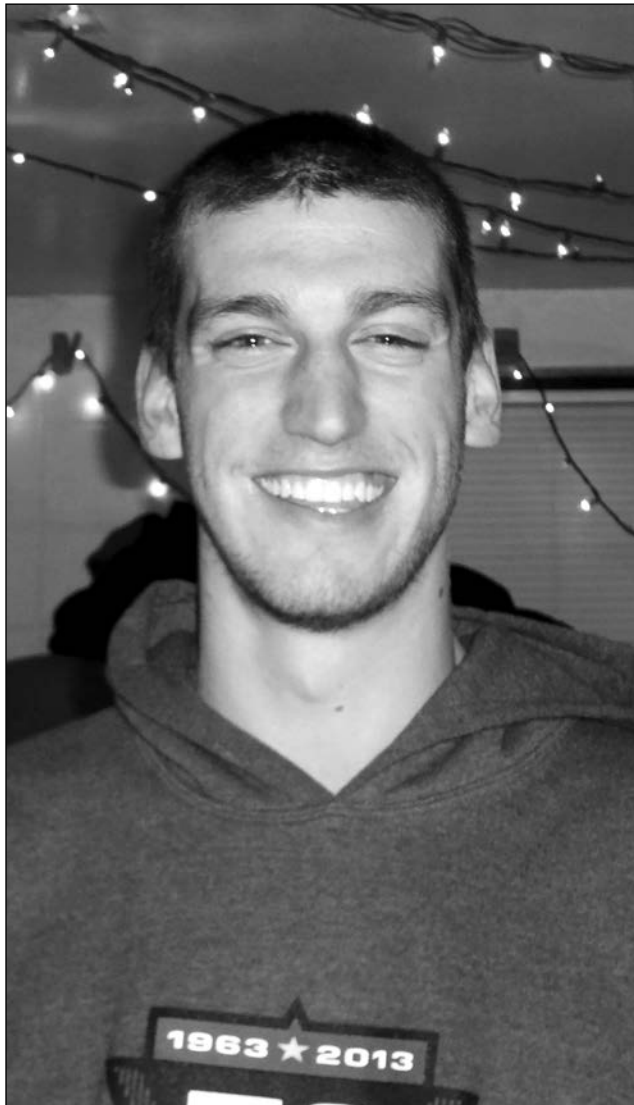


PHOTO BY JONATHAN DYKSTRA

Collin Ten Haken wants to be a police officer and is interested in NW's new criminal justice major.

## SAC to host karaoke

BY KERRI BOEKE

Karaoke Night has taken place on campus before, but it has not made an appearance in recent years. This year, the Student Activities Council decided to bring back this night of singing.

The idea was inspired by Cabaret Night, a musical event hosted in October by students from the theater department.

To begin reviving Karaoke Night, SAC attained new karaoke equipment, to replace the outdated technology previously used and updated its music selection. SAC members said they hope these improvements will encourage students to attend.

"I am most excited to see the participation," SAC member Alexis Graves said. "You don't have to be good. You just have to want to have a good time."

The two hosts of the evening will be Josh Potter and Dakota Jordan.

The database of music has thousands of songs available, including '50s doo-wop and today's Top 40. A list of song choices will be available at the event; however, students are not necessarily limited to the list. Requests will be taken, but options with profanity or negative messages can be denied by SAC members.

No prior sign up is necessary, but SAC members are searching for between two and five students who would be willing to kick off the night and asked that volunteers would post their name and what song they would like to perform on the SAC Facebook page. Those who attend karaoke night, whether to watch and support or to participate, will receive \$1 off drinks.

Karaoke Night will be held from 7 until 10 p.m. on Saturday, Nov. 16, in the Hub.

**KARAOKE NIGHT**  
**NOVEMBER 16**  
**7-10 PM**  
**IN THE HUB**  
**\$1 OFF DRINKS**  
**EMCEES FOR THE NIGHT**  
**JOSH POTTER**  
**DAKOTAH JORDAN**

GRAPHIC BY EMILEE BERRY

Inspired by the recent Cabaret Night, Student Activities Council decided to bring karaoke back to NW.