

2-1-2019

## The Beacon, February 1, 2019

Beacon Staff

# Handshake offers many opportunities

NEW PROGRAM DESIGNED TO AID STUDENTS' FUTURES

**RACHEL KOERTNER**  
PUBLIC RELATIONS

As the new semester begins, the Career Development Center (CDC) is introducing a few big opportunities to help students with their future. One of these opportunities is a program called Handshake.

Handshake is a career management profile that allows employers to connect with colleges and become accessible to students. Currently, Northwestern is connected to 3,616 employers from around the world. Employers include Fortune 500, nonprofits, schools, churches and more.

This is the first academic year that the CDC has utilized Handshake, and Director of Career Development Bill Minnick is pleased with how successful it has been so far. He has seen the percentage of students who have made a profile on Handshake and says it is the CDC's goal to have those increase as the year goes on.

"As students become more familiar with Handshake, they will realize the rewards it can offer," Minnick said. Many local and regional employers have set up free accounts with Handshake to take advantage of posting jobs and internships for students. However, each employer and each posting has to be approved by a CDC staff member before it is accessible to students.

According to Minnick, even though the program is about finding jobs, it is not something to wait until after college to think about.



PHOTO BY: MATTHEW SHUKA

The Career Development Center encourages all students on campus, not just seniors, to utilize the new program Handshake.

"Handshake is not just for seniors," Minnick said. "Students of all academic years need to take advantage of Handshake in order to increase chances of connecting with the perfect employer for you. As a freshman,

you can begin your Handshake profile, and just like any social media platform, it will grow with you. Use it to manage your activities, skills and résumé."

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# Show features new method for organizing

KONMARI METHOD FASCINATES NATION

**VANESSA STOKES**  
WRITING AND RHETORIC

This year, everyone's New Year's resolution of organizing just got a whole lot easier. As of Jan. 1, 2019, Netflix released an eight-episode series called *Tidying Up with Marie Kondo*.

In the show, Marie Kondo visits American families and helps them deal with their possessions. She then sorts, removes and positions them in a way that streamlines their environment and life. "Kondo acts as a tiny garbage fairy for messy people," according to CNN. Though this may sound like "Hoarders," the show's focus is not on shame, but improvement.

The show stems from a craze that hit the United States after Kondo's book was released in 2014. It has sold over 8 million copies worldwide in over 30 countries. Celebrities like UK life coach Helen Sanderson, freelance journalist Sophie Bau-

er and American actress Jamie Lee Curtis all endorse the method due to its positivity.

"What I love most about her method is the respect she suggests we show our soon-to-be-departed possessions. If they don't 'spark joy' in our hearts, then we should pause to acknowledge our memories together and let them spark joy for someone else," Curtis said.

Apparently, others believe in the process because Kondo's Instagram follower count was at 710,000 on Dec. 31 but is now at a height of 1.4 million.

So, how does the KonMari Method work? First, everything is done in order: clothes, books, paper, Komono (meaning knickknacks) and sentimental items. There is no separation of rooms, but items are done in whole. "Just one rule reigns in the KonMari Method: Keep items that 'spark joy' and discard those that don't after thanking them for their service. That, plus a specific technique for folding clothing," as stated by ELLE magazine writer Estelle Tang.

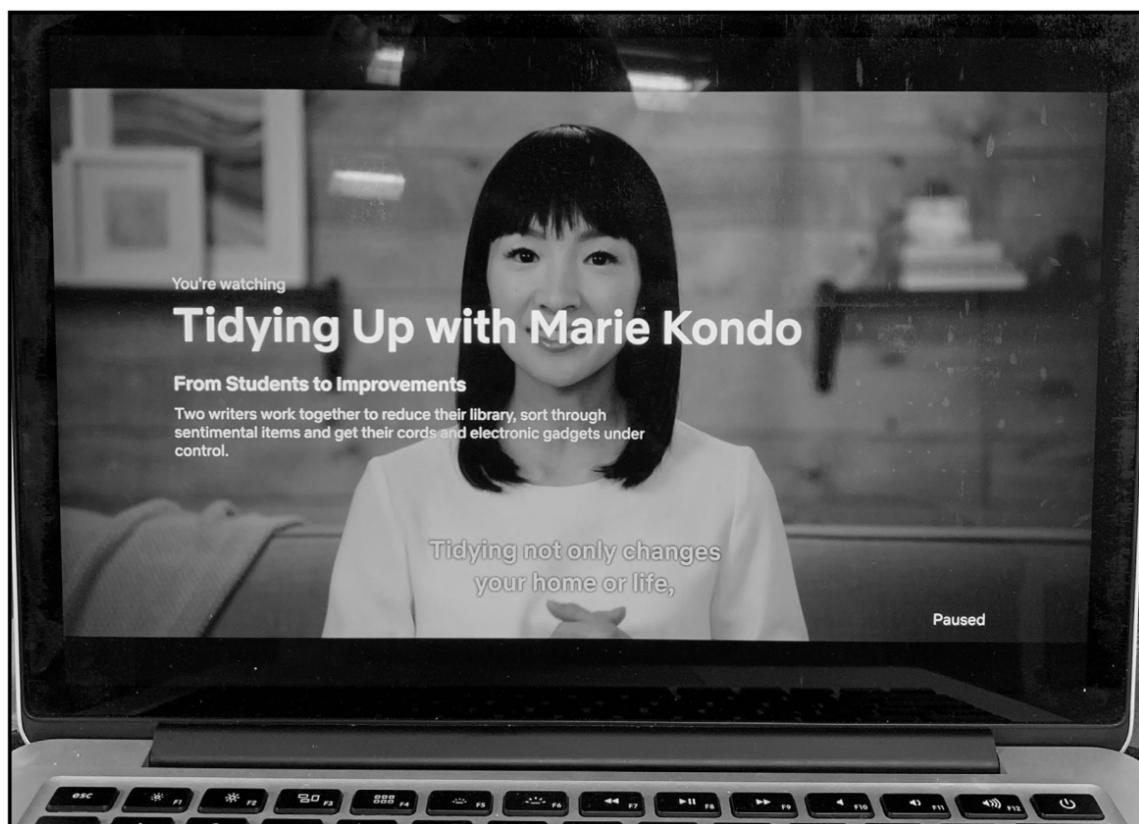


PHOTO BY: CHERISH SHUKA

Marie Kondo's new Netflix show has inspired many to reorganize their homes using her KonMari Method.

Throughout the season, Kondo comes into homes with a light, kind tone. She radiates a serene presence that pulls watchers of her show in and encourages a longing to tidy that is often described as "heart-warming".

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## Movie expresses human despair

MOVIE REVIEW

VISUALS BLEAK AND DESOLATE

**BRANT VERMEER**  
POLITICAL SCIENCE

“First Reformed” is the latest film written by Calvin graduate Paul Schrader. He is known for writing “Taxi Driver,” “Raging Bull” and two other films directed by Martin Scorsese. It is evident from Schrader’s filmography, especially his most recent film, that he is intimately familiar with the Reformed Church. His subject matter of past films has centered on the character of man and what man is capable of at his worst. It is ambiguous whether Schrader still claims his Christian faith, but his most recent film continues in his exploration of man’s ability for evil, hope and despair.

The film’s protagonist is a pastor at a small reformed church on the cusp of its 250th anniversary. The role is played by Ethan Hawke in what is arguably the best lead performance of the year. Hawke’s caliber as an actor shines through the difficult role of a pastor experiencing inner turmoil. Throughout the film, Hawke portrays the descent of a man that is eventually consumed by his inner demons and turmoil while attempting to appear calm to the outside world.

The visuals of the film are bleak

and desolate. The first of many juxtapositions throughout the film is black against white. Toller, the pastor of First Reformed, is always wearing black, but the church he preaches in is almost entirely white inside and out. The film takes place during a desolate New York winter which reinforces the contrast between Toller’s dark tones and the white around him.

In the film, Schrader also offers a balanced meditation on the state of today’s church. He avoids outright condemning the church and Christianity but offers astute observations on where today’s church fails. The film juxtaposes First Reformed, a church with a congregation of less than 10 people, with Abundant Life, a mega-church.

Toller is accused of “always living in the garden,” a reference to when Jesus suffered in the garden of Gethsemane before dying on the cross. Throughout the film, Toller deprives himself of pleasure and relationships, instead choosing to focus on the shortcomings of himself and others. Opposing this view of Christianity is the prosperity gospel offered at Abundant Life. Overall, Schrader critiques both extremes with a level hand throughout the film.

Many films released today showcase the triumph of a main character over some sort of obsta-

cle. These films are meant to showcase the vitality of the human spirit and to show us that, with determination, anything can be accomplished. “First Reformed” is different. Toller is a fallen human being physically, emotionally and spiritually. His inner demons are symbolized through physical ailments that culminate in cancer. The film showcases a side of human nature that is not often explored in film: how a man can descend into despair. Rather than triumphing over his circumstances, Schrader shows us that the human spirit is capable of crumbling in the face of despair if not properly supported.

Without spoiling its ending, the film’s closing moments begin with a surreal pitting of hope against despair. It begins with images of hope that eventually are overtaken. This sets up one of the most thrilling sequences in any film of 2018. It is not loud, there is almost no action, but it will have audiences tense for the last 25 minutes of the film.

Overall, Paul Schrader’s “First Reformed” offers a bleak look at what man is capable of, a meditation on the church today and a potential for hope to the observant viewer.

★★★★★



PHOTO COURTESY OF GOOGLE IMAGES

## James Blake releases fourth album

MUSIC REVIEW

‘ASSUME FORM’ NOT BLAKE’S BEST

**ETHAN HUSBANDS**  
PSYCHOLOGY

James Blake, seasoned R&B artist and producer, attempts to show us a different side of him we have yet to see on his fourth studio album. Blake first garnered critical and commercial success off his first self-titled album that debuted in 2011 and has continued to put out albums and EPs as well as produce for the likes of Beyonce, Jay Z, Travis Scott and others.

With a soulfully distant voice, Blake continues with a mixture of R&B, electronic and art-pop on “Assume Form.” On this album however, somber and caliginous themes we are used to seeing have changed since Blake fell in love.

In “Assume Form,” we are lured in once again by the ominous falsetto and cascading keys we have come to know and expect. Although the title track is at times beautiful, it is awkwardly drawn out and gives the listener a sense that the album may be

the same way. Luckily, it takes a detour to two predictable featured songs with Travis Scott and Metro Boomin. Although these tracks are a nice change of pace, they are a bit out of place and do not use either artists’ best talents.

As we approach the middle, the album starts to take shape, and we see Blake at his best with songs like “Into the Red” and “Barefoot Into The Park.” It is also where we get to see the album’s greatest and most interesting production. With varying layers of synths and 808s on “Into The Red,” we are reminded of what made Blake rise to fame in the first part of the decade. Blake’s voice is pitched up and down like Travis Scott on his earlier projects and Frank Ocean on the opening track of his most recent album “Blonde.” The varying pitches are indicative of the changing landscape of his life now.

With his new love, the list of things that matter to him grow longer and longer. We get some more interesting features from ROSALÍA and Outkast member Andre 3000.

James explores the new

feelings of uncertainty and self-confidence that come along with new love. There are some brilliant and beautiful moments on this record like on the ending track “Lullaby for my Insomniac” and “Don’t Miss it,” where Blake describes his want to keep his partner company as she struggles to sleep and wanting to stay in the moment and enjoy it for what it is.

There are, however, some lackluster parts of this album, like the aforementioned title track and some of the production seems like Blake is playing it safe. Although this album leaves you with the feeling of wanting more, that isn’t always the best thing. On some of the tracks the production and vocals don’t seem like enough. This is contrasted by some of the brilliantly written songs that weave this album together.

Although this is not Blake’s best project, there are certainly some noteworthy tracks that remind us what makes this artist so unique and captivating.

★★★



PHOTO COURTESY OF GOOGLE IMAGES

## Deep Song Reading: Chris Hoke

HOKE TO DISCUSS  
NEW BOOK

ANGELA WINTERING  
THEATRE

Northwestern's English Department is pleased to welcome and host Chris Hoke, a prison minister and gang pastor to this semester's Deep Song Reading. Hoke will be discussing his book "Wanted: A Spiritual Pursuit Through Jail, Among Outlaws, and Across Borders," at 7:30 p.m. on Tuesday, Feb. 5 in the Ramaker Fireside room.

Hoke will also be speaking in chapel that day as well as at the Ned Talk on Wednesday, Feb. 6. NW students and faculty alike are eager to hear Hoke's message on prison ministry.

Hoke didn't originally know he would end up in the prison ministry. However, one night, Hoke accompanied a chaplain to a prison Bible study and found a desire to come back to continue to minister. He is now involved with the organization Underground Ministries and

**"If you do it authentically, you also receive something from them."**

- Chris Hoke

Hoke speaks across the country in prisons, reaching out to those who've been incarcerated.

"If you do it authentically, you also receive something from them," Hoke said.

Hoke doesn't go to the incarcerated because he claims to be a Savior to them, but because he too needs them and they bring him to life in a way nothing else does.

"Jesus didn't make the church to stay safe," Samuel Martin, a NW English professor said, about Hoke's vocation. "Jesus made the church to enter into hell, ransack it and bring people out of it to help them find life again."

Additionally, within his book "Wanted," Hoke records how his vocation affects his relationship with God and his relationship with other people.

One thing he especially expounds on is the concept of how we, as Christians, make our faith a "camp" and hide God away inside our private tents.

"Sometimes we make Christianity a camp that we keep God in. But where is God actually moving? What is He actually doing?" Martin said. "He's among the camps set up by those of other religions, moving in the hearts of people there! So, let us go there as the church, not just stay within our fancy buildings and safe prayer groups."

In the book, Hoke also tracks his journey as he develops his theology to mean something deeper than the traditional definitions and pictures we see in modern evangelical churches.

"As Christians, we get very fixed on the idea of a metaphysical hell. However, we don't stop to remember that a prison can be a literal hell," Martin said. "Once we stop to realize that, we realize a deeper emphasis on the calling we've been given to go to the people in these depths and rescue them."

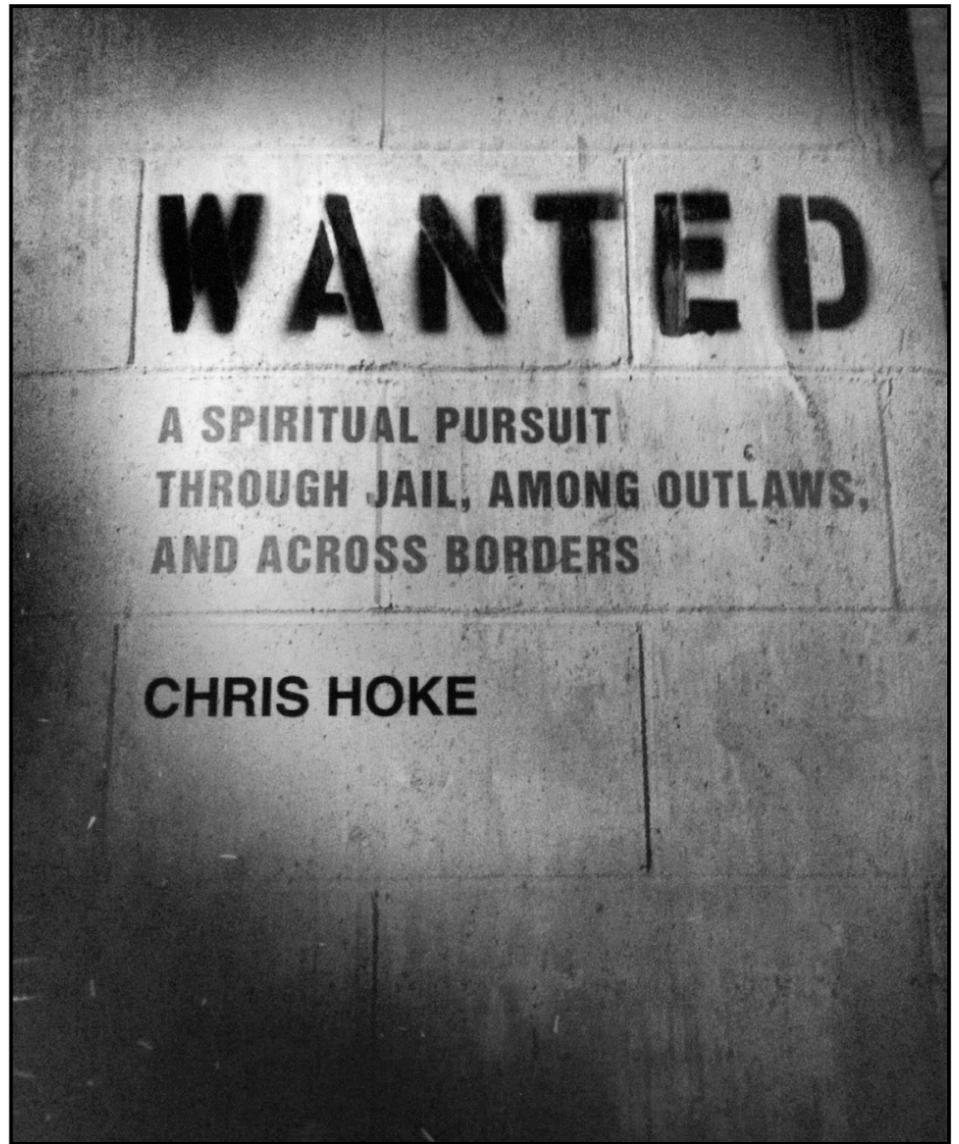


PHOTO COURTESY OF GOOGLE IMAGES

## OC public library to host craft night

EVENT OFFERS  
THREE CRAFTS

HANNAH ROSS  
WRITING AND RHETORIC

Is winter getting you down? Do you need to get your creative juices flowing again? The Orange City Public Library has the perfect cure for your cabin fever. They are hosting an hourlong college student and adult craft night at 6:30 p.m. on Thursday, Feb. 7.

The event is also free; however, there are only 20 seats available. Early registration is encouraged on the library website. It closes on Monday, Feb. 4 so the library has time to prepare the crafts for the attendees.

"The college student and adult craft night is part of our expanded 2019 Winter Reading Program," Parveen Karim, the assistant director of the library, said. Karim is also in charge of organizing the craft night.

The crafts for the night include creating a yarn-wrapped glass bottle vase, decorating a cork coaster and painting rocks. Participants can choose either to

**"In addition to being able to showcase their artistic talents, we hope that this event offers students an opportunity to visit the library."**

- Parveen Karim

make one craft or all three. The library will be providing all the materials necessary for making the crafts free of charge.

Additionally, the library cares about the community and hopes to do many things through this event by providing the community and college students with a fun night of crafts.

"In addition to being able to showcase their artistic talents, we hope that this event offers students an opportunity to visit our library, as well as become part of our programming demographic and to open the lines of communication so that we can offer more programs that they would

like to see," Karim said.

This event would be a great chance for Northwestern students to brighten their dorm rooms in the midst of a cold, dreary winter. The vase could be used to put flowers or even ornaments inside. The rocks could additionally be placed in the vase or arranged around the room to add color. Cork coasters can help keep desks and tables clean with a little creative flair.

"We at Orange City Public Library value our patrons and their interests greatly and we look forward to being able to provide students at Northwestern College another source of enrichment," Karim said.

This event is being advertised as an adult-age program which means there will not be additional staff at this event for children who attend with parents. Registration can be completed on the library's website or by signing up at the library's front desk by Monday, Feb. 4. The library address is 112 Albany Ave. SE., right next to the fire station.



PHOTO COURTESY OF GOOGLE IMAGES

## North men savor doughnut tradition

NORTH SUITES  
TRADITION LIVES ON

**BEN HENKER**  
ELEMENTARY EDUCATION

People may not know the true origin of a doughnut. The records show, however, that the Dutch began making a treat that was known as olykoeks (oil cakes) in the mid-19th century.

It was in 1847 when on an American ship captain Hansen Gregory came up with a better solution for eating the uncooked center of a doughnut: by punching a hole through the center. This eliminates the uncooked center, leaving us with the round doughnut that we know and love today.

Though some of us may not have known the origin of the doughnut or where the doughnut hole came from, it is safe to say that a warm, freshly baked doughnut is a great treat anytime, anywhere.

Doughnuts can bring communities together. Doughnuts work perfectly with a cup of joe. The men of North Suites know the power of the doughnut and how it can bring everyone together each week.

Every Monday, a group of men goes to the Dutch Bakery in town for some day-old doughnuts that are

still in the display case. It all started in 2011, according to Kendall Stanislav, Assistant Director of Residence Life. The original North Suites midnight doughnut run was started by Jason Katsma, a 2014 graduate of Northwestern College and the RA of the first floor 2012-2013. This is the story of how it all began:

"In 2011, the Suites opened up, and that year a few guys would go and get doughnuts at random times during the week," Stanislav said. "Jason and the other RAs had been encouraged to consider starting a weekly event that guys would count on happening each week."

"Jason decided on getting midnight doughnuts since a bunch of the guys already liked going. It first started as a first floor thing, but within a few weeks, it became an all-hall event where 25-40 guys would take some form of transportation (most commonly longboards) to the bakery," Stanislav said.

This tradition stays true to this day. Attendance fluctuates by week, with the high for the year set at 40. With the opportunity to have 50 cent doughnuts, since they are day-olds, several guys buy two to three different doughnuts to have one

there and save some for the next day.

North Suites resident Ben DeBoer said he goes to Monday night doughnuts because, "who doesn't want a half-priced doughnut and hanging out with the bros?"

Marcus Tucker, an-

other student attendant of Monday night doughnuts, said, "it is a time full of laughs and fun and memories."

Doughnut night brings men from the first, second and third floor together at one table to talk

about things that may be going on in their life, what everyone's week will look like and to get away from homework.

The guys of North Suites enjoy the opportunity every week and are

grateful for the Dutch Bakery's willingness to let the guys of North come in and take discounted, day old doughnuts. They hope that the tradition continues for as long as North Suites stands.



PHOTO BY: CHERISH SHUKA

The Dutch Bakery opens specially for North Suites residents on Monday nights, offering them 50 cent day-old doughnuts.

## CDC encourages new opportunities

FROM PAGE 1

Minnick advocates for students taking advantage of Handshake as he believes it will give students an advantage over others. There are many helpful tools within the program.

"Students need to take advantage of this opportunity to give them an edge above the competition," Minnick said. "If students use Handshake and other resources offered through the Career Development Center, the search for professional opportunities will be so much easier."

However, Handshake is not the only new thing that Minnick and the rest of the CDC are excited about. NW has partnered with Sokanu to provide the world's most innovative discovery and career engagement platform.

This assessment will help students learn more about themselves with in-depth personality reports and 4-dimension fit, which consists of interests, personality, career fit and goals tests.

Career counselor Kirsten Brue is very excited about this new opportunity. "This comprehensive system allows students to do all of their career research right in the system and even look for jobs if they choose," Brue said. "The account is theirs forever. Students can come back to their account and reset any of the sections to

retake the inventories again at any time."

One important thing to be careful of, Brue points out, is to access Sokanu through the NW website because it is not free if accessed through the Sokanu website. Sokanu involves three different tests that one can take. According to Brue, a student must do some research after finding out their results in order to get the most benefits from it.

"Career development stems from students own self-awareness about their interests, personality, environment fit, etc.," Brue said. "The more a student knows about themselves, the more informed decisions they can make about job shadowing, researching and other career exploration endeavors. If the student doesn't actually read through their results, then they have gained nothing from completing the inventory."

The third new opportunity from the CDC is the Career Fair on Feb. 14 from 10:30 a.m. to 12:30 p.m. They are partnering with the Business Department to hold this event, which will be held in the DeWitt Leaning Commons' Vogel Room.

Currently, there are 13 employers lined up for the event, including Hope Haven, Diamond Vogel Paints, Orange City Area Health System, Volunteer Iowa and more.



PHOTO COURTESY OF: NWC MARCOMM

Bill Minnick, director of the Career Development Center, encourages students to download Handshake, which offers job and internship opportunities to students.

## Japanese students explore campus

STUDENTS SPEND THREE WEEKS AT NW

**KAITLYN ASMUS**  
WRITING & RHETORIC

Nine years ago, a Northwestern alumni, Nori Michi Odate, sat down with Kevin McMahan, the Associate Dean for Intercultural Development, to explore more integration opportunities for NW. At the time, Odate worked

in Japan as an English teacher at the Eijigakuin Higashimurayama high school and was looking for more chances for their students to expand their knowledge of the English language.

With the high school students in Japan having exams in December but college not starting until April, there was an interim where the students didn't know what to do

with themselves. Odate and McMahan saw this as an opportunity for the students to explore a small American college campus. The students have limited opportunities in Japan to converse in English, so studying on an American campus would not only develop their English and grammar, but they could learn more about American culture firsthand.

Nine years later, the

program has consistently been a success as Japanese students spend three weeks of the winter at NW experiencing American college life. While it can be a huge challenge for the students as they participate in a different language and culture, it also gives them opportunities for conversing in ways they couldn't in Japan in order to further their understanding of the English language.

This year, 17 Japanese students are living on NW's campus (four boys and 13 girls), the largest group so far. Their days consist of morning classes, Oral English and American Culture and ESL tutor sessions in the afternoon. With two teachers and six ESL tutors working with them throughout the day, they experience many opportunities to expand their knowledge of the English language.

Through visiting some classes during the day and having meals in the caf, the Japanese students are encouraged to interact with students on campus in order to further their practice of English.

The students also are given time to explore the community as they take weekend field trips including places like the Sioux City Lewis and Clark Interpretative Center and the Sioux City Public Museum. They will also tour Diamond Vogel here in town, visit a farm to experience true country life in Iowa and help at Kids Connection by sharing their culture and different songs with the kids.

While on campus, they're staying in Fern Smith Hall and Hospers

Hall. Back home, many Japanese students commute to their schools, so dorm-style living is a different concept to them. They're used to having around a 90-minute commute to their school (usually including two to three transfers) rather than living nearby or even on their school's grounds.

Through dorm living, the students experience community and are able to build relationships with those around them. Some of our students volunteered to be dorm hosts to show the Japanese students around and help them get acquainted. The students also take advantage of the Rowenhorst Student Center by playing basketball, volleyball and ping pong frequently.

The Japanese students will be participating in the Cultural Fair on Feb. 2 by performing a dance number and song for the audience. Some of them will also do a judo demonstration since they were part of a judo club at their high school. Around Feb. 18, the students will have a closing banquet which, in past years, has included many hard goodbyes because of the impactful experiences they've had on campus.



PHOTO SUBMITTED BY HAYLEY CARLSON

Thirteen Japanese students experience life on an American college campus, taking classes and enjoying activities.

## Marie Kondo sparks new trend in minimalism

FROM PAGE 1

Marie Kondo started her tidying empire with the help of her husband Takumi Kawahara. Upon the take-off of her book, her husband left his job as a businessman to become the CEO of KonMari Media, LLC. He runs the company's social media and takes care of booking appointments. They have two daughters named Satsuki and Miko, both under three years old.

Ever since Kondo was not much older than her daughters, she had a passion for organizing. Sometimes in school, she would go into classrooms and tidy-up between classes. All of this originates from a Japanese tradition called Shinto animism.

In Shinto animism, inanimate objects could gain a soul after 100 years of service and therefore should be acknowledged.

Respecting the items followers of her method are giving up allows an opportunity for the items to be repurposed by someone else more in need.

Thrift stores across the United States are grateful for this repurposing craze. Since the show has aired, there has been an uptick in donations. Places like Goodwill in Maryland have seen a 42 percent increase in their January donations, while other Goodwills in Washington saw a 66 percent

increase in donations solely after the first week. One used bookstore in Chicago even received two months' worth of donations in just two days. There seems to be a positive influence from the Marie Kondo method outside of just cleaning out a cluttered closet.

Despite being a busy college student, everyone can still participate in this positive purging.

"A little thing you can do to just make a bit of a difference is refolding all of your socks," Kondo says. Start tidying one area and see the progressive change it will lead to in others.

### BIBLES FOR MISSIONS THRIFT CENTERS

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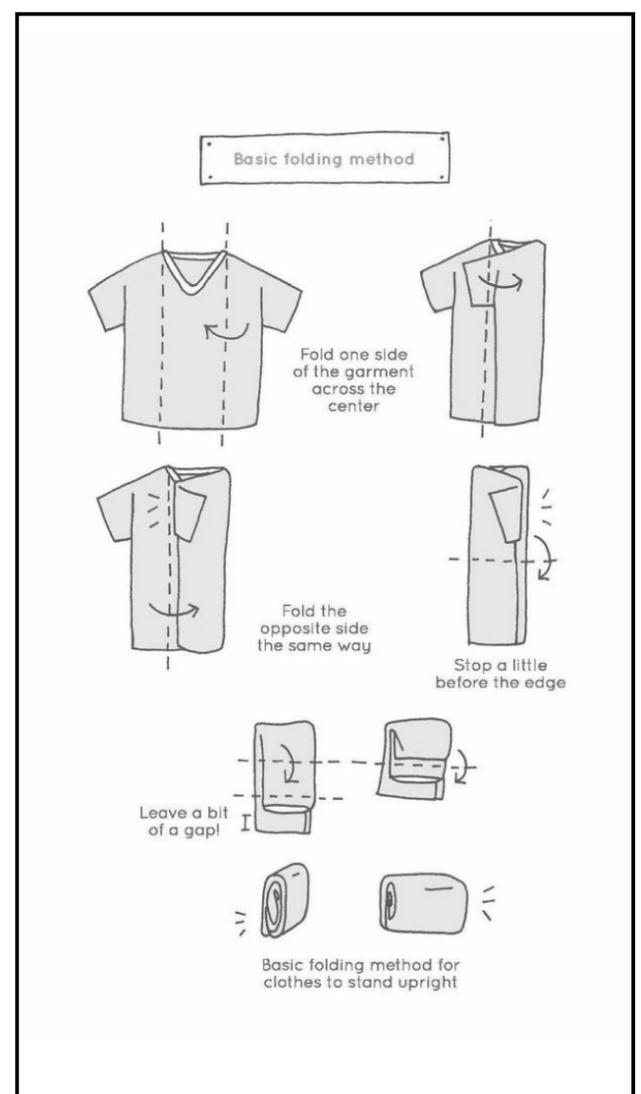


PHOTO BY: GOOGLE  
Marie Kondo's folding methods is one way she instructs viewers to organize their belongings.

## Top 10 Albums of 2018

Brant Vermeer  
Co-Editor

### 4. "I'm All Ears" – Let's Eat Grandma

The pop duo Let's Eat Grandma delivers the best and most imaginative pop album of 2018. The record sounds like nothing else being released today. Over an eclectic and at times, industrial pop instrumental, two female voices lead listeners through songs about female empowerment, the headrush of new love and the experience of being a teenager in 2018.

### 3. "Veteran" – JPEGMAFIA

JPEGMAFIA delivers the best rap album of the year on his latest project. The album fits into the genre of noise-rap as the production is densely layered and complex. Peggy spits his confrontational raps over creative production that features throat singing, pounding drums and crazy looped samples. With aggressive production and lyrics, "Veteran" will incite a reaction from every listener.

### 2. "Clean" – Soccer Mommy

Sophie Allison delivers tragic lyrics about past relationships on her 2018 album. Her gentle, clear voice delivers melodies over acoustic instrumentals that border on self-loathing for the majority of the album. She compares a man that took advantage of her to a hungry animal, recounts feeling inferior to her current boyfriend's ex and longs to be someone other than herself. The tragedy of the album concludes with an uplifting note when she compares herself to a wildflower that grows in a city despite the adversity of its environment in one of the album's most beautiful moments. Sophie Allison allows us to see her as she perceives herself in a deeply intimate and beautiful album.

### 1. "Dirty Computer" – Janelle Monae

"Dirty Computer" incorporates pop and rap sounds into a triumphant expression of femininity, sexuality and defiance in the face of an oppressive culture. Monae exudes confidence, and her delivery brings a power to each track on the album. The production combines electric guitar, icy synths and up-tempo beats to create an upbeat soundscape that engulfs listeners. The album contains bombastic tracks where Monae affirms her identity to the world. Monae speaks to a generation's desire to be comfortable and proud of who they are, and she leads by example.

# Social media kills relationships



Bree Hodnefield  
Opinions Editor

Social media has been on the rise for quite some time. People all around the world are becoming more connected with friends and others through apps such as Snapchat, Facebook, Instagram and Twitter.

While these apps are all great when wanting to stay in contact with those we don't see on a regular basis, people are missing how damaging social media apps have become to relationships in person. Here are five reasons why people should lay off social media and spend more time being present.

#### 1. It's distracting us from actually spending time together

Have you ever noticed the amount of time people spend on their phones, especially when sitting down to eat with others at lunch or supper?

I know I am guilty of this, but when I go eat lunch with friends or grab supper, I find that my friends and I spend more time checking our social media accounts than we do catching up on each other's lives. We are all addicted to our phones, and soon, we may actually forget how to meet and talk with people in real life.

#### 2. We're stalking each other

Why bother having conversations with people when you've already crept through



While these apps are all great when wanting to stay in contact with those we don't see on a regular basis, what people are missing is how damaging these social media apps have become to relationships in person.



- Bree Hodnefield

their Instagram, Facebook, Twitter and Snapchat story? At this point, you already know everything you need to know, right? What people fail to realize is how surface-level stalking is. There is no possible way to dig deeper into someone's life if we stick to simply scratching the surface with these efforts of "getting to know others."

#### 3. We're oversharing

Part of being in relationship with one another is being able to share things with others we might not share with anyone else; however, with social media, we have access to telling EVERYONE literally EVERYTHING about our life or someone else's. Nothing is private anymore.

Once one person knows, there is suddenly a chain reaction, and before lunch everyone at school knows what you've been up to in life. When you tell people who are basically strangers specific details about your life, sharing things with those who you're especially close to begins to lose its value. Social media takes away the bond and connection we have with one another.

#### 4. We're becoming addicted to attention

You're lying to yourself if you don't get pumped when you reach a new all-time high of likes on your latest Instagram post or tweet.

All of the notifications, comments, likes and follows are making our brains addicted to attention.

We are constantly looking for the newest way to get engagements on our social media accounts instead of being happy with just the attention in our personal, face-to-face relationships. Eventually, we are going to lose focus of those around us and base our emotions and hopes on our "loyal followers" or "faithful Instagram accounts." Where is the healthy emotional connection in that? There is none.

#### 5. We focus too much on strangers' lives rather than our own

It's hard to focus on ourselves when there are so many people sharing every problem and achievement they have on social media. We are starting to live vicariously through travel blogs and posts instead of actually traveling ourselves. We're watching other people experience life through our computer and phone screens instead of living in the moment of our own lives and taking our own adventures.

Rather than creating our own memories and spending time with those around us, we spend our days catching up on the latest "Bachelor" and "Bachelorette" episodes or trying to keep up to date on the newest gossip of the Kardashian lives. Sad, right?

When was the last time you put your phone down and had a real, genuine and deep conversation with a friend or family member?

Face-to-face connections have become one of the most neglected forms of relationship. Forget about the number of followers and likes you have for a minute and learn to appreciate the true friendships in your life. I guarantee their likes will mean much more, leaving room for stronger relationships.

# We all scream for ice cream



Emilee Hulsing  
Elementary Education

I scream, you scream, we all scream for ice cream!

Ok, so maybe you aren't actually screaming (sometimes I actually do though), but let's talk about how amazing ice cream is. I don't know about you, but I would eat ice cream every day if I could.

If it were socially acceptable, I would eat it for breakfast, lunch, dinner and every snack time in between. Those of you who know me know how much I love ice cream. It is quite literally my favorite food.

So, I say, why not eat ice cream every day? Here are a few reasons why we should be eating this delicious food daily. It is

perfect for every occasion. Happy? Ice cream. Sad? Ice cream. Eaten all day but still need something else? Ice cream. I have never been sad while eating ice cream. I might be sad before and I might be sad after, but while actually eating it: pure happiness.

Ice cream simply makes people happy. Don't believe me? Get your phone out and start taking notes. Studies show that eating ice cream leads to a small increase in serotonin, which is responsible for lifting your mood.

One is also never too full to eat ice cream. You just ate a whole meal and feel stuffed, but the good news is: ice cream slides in the cracks. There is always room. Don't let your friends convince you that you are too full. Get rid of that kind of negativity. You see, ice cream doesn't go to the stomach; it goes to the heart.

Some of you might be thinking these are great reasons, but isn't ice cream bad for you? You have been sadly misled if you believe that. Your bones will get stronger because ice cream is a dairy product. It contains a decent amount of nutrients, calcium being one of them, which improves bone strength.

Some also say it makes your muscles

stronger because of the sugars that are in ice cream. These sugars prevent protein breakdown with the powerful insulin spike they cause.

It may not be the most efficient way to get these nutrients, but ice cream does contain a ton of crucial nutrients such as calcium, vitamin A, C, D and E. Ice cream is also full of carbohydrates, fats and proteins; therefore, it will boost your energy. Lastly, ice cream contains lactoferrin and cytokines (I have no idea what those things are), but they both combat the influenza virus and help people get over the flu.

What is important to remember here is portion control. You may not want to eat an entire pint a day (let yourself splurge every once in a while, though). Rather, if you eat a cup a day, that is much better for you. Scientists say one can actually lose weight if they eat a cup of ice cream every day.

You still get that taste of deliciousness, but it doesn't come at a cost to your body. So, next time you are wondering if you should get ice cream, remember this: the answer is always yes. Never say no to ice cream because it is proven to be good for you and will make you happy.

#### Editor's Note

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## NW track finishes in top at BVU

WOMEN PLACE  
2ND AND MEN 3RD

**JAYCEE VANDER BERG**  
CRIMINAL JUSTICE

The Red Raiders had a busy weekend in Storm Lake as they competed at the annual Dennis Young Classic indoor track meet hosted by Buena Vista University. Northwestern had the opportunity to compete against a few GPAC teams, including Dordt College and Morningside College.

Both the men's and women's teams competed well, with 21 top five finishes on the women's side and 18 on the men's side. The NW women finished second with 149 points. Dordt took first with 169 points and Morningside's women took third place in the team standings with 111 points. The Raider men

finished third this weekend with 123 points, right behind Morningside with 129 points. Dordt's men took first place at Storm Lake with 162 points.

Junior Kenzie Keune competed in the 60m dash, winning with a time of 9.51. Sophomore Jada Carlson also competed in the event and finished in third place at 9.71. Senior Rebekah Muilenburg took home the 600m run title. Muilenburg finished her race in 1:40.8, with second place nowhere in sight behind her. Muilenburg currently has the third fastest time in the GPAC conference.

Junior Katrina Engebretson ran 2:24 in the open 800m run and took first in a close race, beating a Dordt runner by less than a second. Engebretson currently has the second fastest time in the GPAC. Teammates junior Kelsey Lang and sophomore

Anna Teigland ran personal bests in the season, with Lang finishing in third at 2:29 and Teigland in fifth at 2:32.

On the men's side, four athletes qualified for nationals on Saturday. Junior Jackson Johnson, a previous qualifier, jumped 6'7.5". This height was good enough to take home first place at the meet and put him with the third best mark in the GPAC. Freshman Justus Adams won the 60m hurdles with a time of 8.40. Adams was 0.3 seconds ahead of the second place runner and met the provisional mark for nationals. Adams also finished third in the 200m dash and helped the 4x400 relay team to a second place finish.

Senior Peter Hollinger was the last Raider to meet a NAIA qualifying standard for the day, meeting the provisional mark in the 600m. Hollinger won the event in



PHOTO COURTESY OF NWC ATHLETICS FACEBOOK

Junior Ben Aberson competed in the 4x800 — both relay teams finished in the top five.

1:22.75 after anchoring the 4x800m relay earlier that day. The relay team met the automatic qualifying standard with a time of 7:55. Senior Caleb Benzing, sophomore

Josh Van Dusseldorp and junior Chase Bulten were the other competing legs on the relay. The time is the second fastest in the GPAC and third in the NAIA.

Red Raider track competes starting at 9:30 a.m. on Saturday, Feb. 2 at the Dakota Wesleyan University Open in Mitchell, SD.

## Tigers prove too much for the Raiders

LOW SHOOTING  
AVERAGE HURTS NW

**BRADLEY LAACKMANN**  
SPORT MANAGEMENT

After a strong stretch of basketball, the Northwestern men fell to Doane 72-49 on Saturday. The Raiders split the season series with Doane after defeating the Tigers 80-70 in their first meeting. NW is now 14-10 overall and 8-7 in the GPAC. Doane snapped a five-game losing streak as they moved their record to 7-17, 4-12 in conference matchups.

The Raiders fell behind early, needing a timeout after Doane stretched their lead to 11-2. Doane maintained the lead throughout the rest of the contest, but NW

rallied back to cut their deficit to one with 3:23 left in the first half thanks to a transition layup from senior Parker Mulder. With 6:41 remaining in the game, the Tiger offense caught fire to stretch the lead to double digits on a layup by Joe Burt, gradually building to their 23-point victory.

The Raider men struggled from the field, shooting 35 percent on the day and going 1-20 on three-point attempts. Doane shot 51 percent overall, including a scorching 62.5 percent from downtown. The low shooting performance for NW has proven to be a rare occurrence this season as the Raiders rank 10th in the NAIA in three-pointers made, making 11 per game, and also averaging 87 points per game.

Sophomore guard Trent Hilbrands was the top scorer for NW, finishing with 14 points to go along with three rebounds. Koh Flippin led a balanced scoring attack for the Tigers, finishing with 14 points and eight rebounds. Doane gained 13 points each from Garran Pauli and Joe Burt to complement their efficient scoring effort.

NW has five games remaining in the regular season, with two matchups against schools ranked in the NAIA Coaches' Poll. On Saturday, the Raiders will face Concordia at 4:00 p.m. in Orange City. The Bulldogs are 14-12 overall, 6-10 in the GPAC following their win against Dordt on Wednesday night. Saturday's matchup will include two of the



PHOTO COURTESY OF NWC ATHLETICS FACEBOOK  
Senior Parker Mulder sets up a play against the Tigers.

GPAC's top 10 scorers, as NW is led in scoring by Trent Hilbrands with 18.7 points per game and Concordia's top scorer is Brevin Sloup, who is averaging 16.7 points per game.

## New bowling club has GPAC dreams

CLUB PLANS TO SCRIMMAGE  
NEARBY SCHOOLS

**KAITLYN ASMUS**  
WRITING AND RHETORIC

Northwestern's goal of expanding their athletic department has been met with the addition of a new bowling club on campus. In their attempt to attract more students, the college has branched out in order to give new opportunities for scholarships and student participation.

After an intramural bowling tournament last year, Professor Todd Tracy took up the task of piecing together a new bowling club with the intention of eventually making it a GPAC varsity sport. Although there have only been around 10 students at previous meetings, there are currently over 30 students with all different skill levels on the mailing list for the club.

"It's a good group of people to be around, very encouraging," president of the club, junior Joey Lohse said. The hope is to start recruiting students next

fall while still drawing from the current student pool.

Though Tracy wants there to always be a bowling club for anybody to participate in, his plans include taking the elite members of the club (six men and six women) and creating a competitive league that will scrimmage nearby colleges, including Morningside and Briar Cliff. He wants to take into account the change of skill level that happens over the course of a season by making these elite positions open and flexible.

As bowling is a winter sport, the season starts near the end of October, with championships around the end of February. Practices for the bowling club are Mondays, Wednesdays and Fridays at the Le Mars or Hawarden bowling alleys. They include drills and competitive games like "low-pin" or "crazy eights." The club currently has a partial bowling lane, one they hope to eventually make permanent, set up in the dance studio to use for practicing approaches and techniques.

Tracy is looking forward to developing the students' skills through



PHOTO COURTESY OF NWC BIOLOGY DEPARTMENT FACEBOOK  
Practices for the bowling club are Mondays, Wednesday and Fridays at either La Mars or Hawarden

the structured competitive aspect of upcoming bowling competitions that will bring their skills to the next level.

"I think the most exciting part is watching people improve their game and getting to see the excitement on the members' faces when they have mastered

a new skill," Lohse said.

While it is currently a registered NAIA club, Tracy hopes within the next two years, the bowling club will turn into a GPAC varsity sport to provide more opportunities for incoming students.

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# International Club hosts annual cultural fair

ANNUAL CULTURAL FAIR TO BE HELD FEB. 2

**KARLI LANG**  
ELEMENTARY EDUCATION

The Northwestern International Club will be hosting their annual Cultural Fair in the Rowenhorst Student Center 4 court area from 5 – 7 p.m. The price of admission for NW students is \$2, plus a meal swipe, which covers the entire evening of food and entertainment.

I-Club's yearly event has been a long-standing tradition at NW, beginning in the 1980s. This year's Cultural Fair has been named We Are the World, and it has much to offer its attendees, including food, activity booths and a show. International students will be showcasing their culinary skills with 12 different recipes they've chosen from their home countries. Campus dining opens up its kitchen tonight so the I-Club members can work together as they cook their favorite dishes, including desserts, to share at the fair tomorrow.

Activity booths will be set up and run by I-Club members where participants can take part in games like the Chopsticks Challenge and get henna tattoos. The grand finale of the night will be the show, which features different cultural presentations of song and dance. An additional element



PHOTO COURTESY OF NWC MARCOM  
Students from all over the world serve their peers traditional dishes from home at last year's cultural fair.

to the show this year will be the Japanese students who are here as a part of the Winter English Program. They are excited to contribute a piece of their culture to the event with a traditional Japanese dance and a judo demonstration. This show is a highlight for many students who attend the Cultural Fair, including I-Club president Nnenna Nwaelugo.

"I just love to see the variety of talent that so many of the people close to me possess," Nwaelugo said. "There are so many people that I didn't even know could

sing or dance until I watched them prepare for this event."

This part of the evening where students showcase their skills and share the uniqueness of their culture is impactful for many.

Associate Dean of Intercultural Development Kevin McMahan provides some perspective saying, "Most of the time, students from other cultures are figuring out how to adapt to being here. This is an opportunity for the local community to experience things that are different, interesting and enjoyable."

Members of I-Club get the chance to share with their fellow students what many may not know about where they're from, and the rest of the study body is able to "step into someone else's experience and leave home for a little bit," as McMahan says.

Nwaelugo also emphasizes this, saying the importance of this event is "appreciation for cultures different from yours. You get to see what so many of your friends and classmates love so much about their homes."

# Super Bowl party to take place on campus

PARTY HELD IN THE HUB OFFERS PRIZES AND FOOD

**WESLEY MILLIGAN**  
SOCIAL WORK

This Sunday, Feb. 3, Northwestern will host its annual Super Bowl Party on campus. The event will take place from 5 p.m. through the end of the game. This year, the event will be held in a new location: the Hub. Plans are to decorate the Hub specially for the Super Bowl Party.

Creative Dining and Student Activities are working together to facilitate this event. The

move to the Hub is in response to student feedback from previous years. Creative Dining hopes to better facilitate the number of people and food preparation by hosting the Super Bowl Party in the Hub.

Students will gather to watch the game and dig into traditional tailgate foods. On the menu: a variety of wings, a nacho bar, soft pretzels with dipping sauces and a decorate-your-own-cookie station. There will also be popcorn and other snacks. Food will be served at 5 p.m. and can be paid for with a meal exchange.

Anna Boyles, the student organizer for this event, is excited about the activities that will

take place throughout the evening.

"We will have a prop pool contest where students can submit their guesses for what will happen throughout the game," Boyles said.

Students are able to make guesses about the score of the game and there will be a prize at the end of the night.

Forms for this can be found in the Hub and should be turned in before the event starts.

Throughout the evening there will also be a trivia game for all students to participate in.

"We will have prizes for the prop pool contest and trivia contest," Boyles says. "We will be giving away flex dollars and movie passes."

Many students have closely followed this year's football season and are waiting with great anticipation for the championship game.

The New England Patriots will return to the Super Bowl this year for the eleventh time to face off against the new Los Angeles-based Rams who won by what is considered by many a controversial call. It is sure to be a great game as both teams go in with outstanding win records on the year.

Every year, the Super Bowl Party draws a crowd of people. Some are there for the food, others are there for the games and prizes and others for the football. No matter what draws you, there is sure to be something for you.

Bring your roommate, your wingmates, and your friends for a great time of football and fellowship this Sunday night!

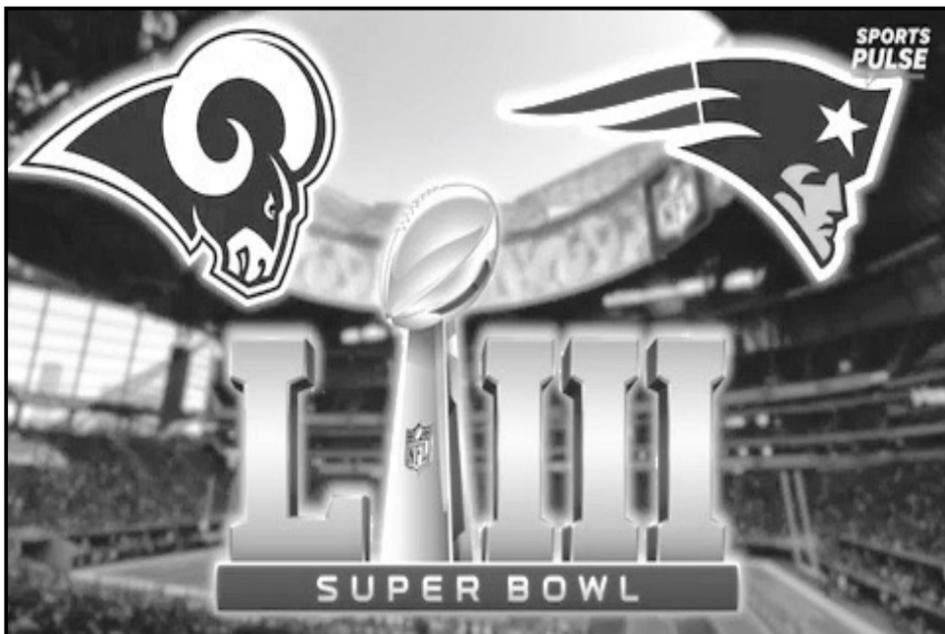


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