Dordt football with historic perfect start

Christian Zylstra – Staff Writer

Powered by AC/DC’s “Hells Bells,” a new coaching regime and a renewed energy, the Dordt College football program began the 2016 regular season campaign with its first-ever 2-0 start.

But the 2-0 record did not come easily; it took a nail-biter against Dakota State University under the lights, some remarkable individual performances and a fake punt against McPherson College to establish the best start in the program’s nine-year history.

Guided by Van Donselaar, Dordt State presented its challenges. The defense struggled in the first half, allowing 28 points and bundles of yards through the air. However, the defense showed up when it came down to the wire, allowing only 14 points in the second half, and Jason Millipiede said it was a pleasant surprise.

When the first game of the season was over, Dordt’s offense totaled 606 yards in a 45-28 victory, with 15 receptions for 231 yards and a touchdown.

“I was able to be successful because of the game plan set up by Coach [Aaron] Mingo, our offensive coordinator,” Miller said.

“We showed a lot of different looks that they weren’t ready for, kept the pace up-tempo, and because of that I was able to make plays when the ball came my way.”

Lidtka had a good game as well, with 43 carries for 254 yards and four touchdowns.

“I honestly had no idea I had been given the ball so many times throughout the game until after the end,” Lidtka said. “But what the team was doing was working; it wasn’t just me that had to push through the exhaustion; we each had our individual assignments to fulfill.”

“It was our first game, and we were going to throw everything we had at Dakota State,” said Dordt College Head Coach Joel Penner. “That means a lot of touches for certain guys. Right off the bat, it was ‘we’re going to throw the kitchen sink at them’ and let our playmakers shine.”

However, the superlative offense was not off to the same electric start in the game against McPherson. In a tight game with Dordt’s lead only 14-13 in the third quarter, the Defenders took a risk.

Fourth-and-four on the team’s own 48, everyone expected Dordt College to punt. Everyone except Penner.

“Momentum, we call it the 10 percent,” Penner said. “10 percent of football games are won or lost because of momentum, and we are in control of momentum. We don’t want to wait for something good to happen; we want to steal momentum.”

Glen Thompson’s snap wasn’t actually directed towards the punter; Casey Byker. Rather, the ball was snapped into the clutches of Lidtka.

Following the blocks of two linemen, Lidtka raced around the left edge, passed the defense and raced 26 yards for a touchdown.

“Momentum, we call it the 10 percent,” Penner said. “10 percent of football games are won or lost because of momentum, and we are in control of momentum. We don’t want to wait for something good to happen; we want to steal momentum.”

“Since the beginning of fall camp, the team has really bought into the coaches’ philosophies, and I believe this program is heading in the right direction,” said sophomore quarterback Derek De Vries. “Most people are excited all week for the next game, and why wouldn’t they be? We’re 2-0 for the first time ever.”

A perfect start to the season also helps team confidence and morale.

New $30 fee for Computer Services

Jaden Vander Berg – Staff Writer

Another year has begun and students, along with their electronic devices, have come pouring onto campus. For over half of the student body, this isn’t their first year at Dordt.

Since computer services has been in operation, they have offered free computer and technology repairs; however, as of July 1, 2016, they will be charging a $30 evaluation fee for all student computer repairs.

This announcement has caused campus-wide outrage, with students now debating if they will still be using the service.

Sophomore Haley Wilting used computer services multiple times last year for issues with both her computer and her phone. She said it was nice to know there was some place that could help her out with minor problems. But with the addition of a fee, Wilting said she will no longer bring her laptop in.

“Thirty dollars is a lot of money, especially as a college student. The money could go towards one of my nursing textbooks, instead of having to buy it online,” Wilting said.

In his three years of working for computer services as a student worker, senior David Te Krouny said most students bring their laptops in due to viruses. On a busy week, they see around 10 laptops; on slower weeks, 3 or 4 come through the offices.

One proactive way that students can protect their computers and avoid taking them in, Te Krouny says, is to “Avoid clicking on ads when online - that’s where a lot of viruses come from. Make sure what you download is what you intended to.”

However, not every student has an issue with the extra fee. Senior Dylan Lundburg used computer services for the first time this year in order to improve the speed of his laptop. They remove some viruses and gave advice on installing a longer RAM to improve his speed.

Lundburg said the whole process was very quick and with in a few days he was emailed.

He also mentioned that he had an extremely pleasant experience and will go there again if he ever needs anything - regardless of price.

“This is the first time in a while that I have used computer services for the first time,” he said. “I was pleased with the outcome.”

Computer services is in the process of expanding the number of help guides already on DCC, which have been designed to help a student who doesn’t want to pay $30 so they can do the repairs on their own. Guide topics range from removing a virus to installing a hard drive and more.

Dordt no longer a solely four-year liberal arts college

Allison Young – Staff Writer

Dordt started as a two-year college to train Christian teachers in 1955. Beginning in the fall of 2017, Dordt will once again offer a comprehensive program of associate’s degrees, but this time for professional and technical degrees in manufacturing and agriculture.

Pending final approval by Dordt’s accreditors, Dordt will begin accepting applications to the Professional-Technical Education. “The way college in the U.S. is set up right now, we say, ‘Ok, this place is for four-year people; this place is for two-year people.’ And that doesn’t make sense. If we go back to our values, all of these different callings are noble in God’s eyes. If
Where do all the nursing majors go?

Eric Rowe - Staff Writer

"Clinicals...validations...obstetrics." If you overhear these terms in a conversation, there’s probably a nursing major speaking.

Dordt’s nursing program is the college’s fifth largest major, with around 120 students enrolled.

Dordt is able to offer a Bachelor of Science in Nursing because of its partnership with St. Luke’s College in Sioux City. Students pursuing this degree are required to enroll in St. Luke’s four-semester-long Associates program.

"They teach you one week and test you the next," said sophomore nursing major Megan Currey. "So it’s easier to get to know them.

"Many nursing majors are allowed to participate in extracurricular activities—sports, music, theater—splitting time between Dordt and St. Luke’s can be disconcerting.

"Cherry said, "We need to talk about something other than tests, quizzes and crazy stories from class."

"We need to have friends outside of nursing," Currey said. "Transfers! Oh my gosh. In lectures, you spend time learning the proper body position to transfer someone from a wheelchair. But when they actually need to transfer someone, it’s ‘Can someone help me? Bam. It’s done.’"

"Because St. Luke’s College is a 45-minute drive from Dordt, nursing students carpool and are reimbursed for their mileage. Students bring personal vehicles or rent Dordt vans from the maintenance department. The daily drive forms a bond among the students, one that is stronger than the community built within many other majors.

"We work together as a whole group to get to school together," Cherry said. "It’s easier to get to know them.

"Although nursing majors are allowed to participate in extracurricular activities—sports, music, theater—they have their own set of responsibilities and must manage both."

"Cherry said, "It is just the place where they sleep."

"Cherry said, "We need to talk about something other than tests, quizzes and crazy stories from class."

"Cherry said, "We need to talk about something other than tests, quizzes and crazy stories from class.""
Lingering effects of Zika continue

Elizabeth Heltempa – Staff Writer

The Olympic Games may be over, but the problem of the Zika virus is not. The Center for Disease Control (CDC) documented various cases in parts of Florida and all the US territories, and cases have shown up all over the United States as an after-effect of travel. The virus, primarily detected in North and South America, has also been found in a few of the Pacific islands. So, what is exactly is Zika?

Zika belongs to the family Flaviviridae, which includes yellow fever, dengue fever, and West Nile virus. All of these viruses are RNA-based, which means that they take over a cell quickly by directly hijacking the protein-making systems.

These viruses are often transmitted through ticks or mosquitoes. According to the CDC, the Zika virus is transmitted by an infected Aedes mosquito, which can also be infected with other viruses that cause dengue and yellow fever. In the United States, mosquitoes in Puerto Rico have been found to be carrying Zika, which is the only species which transmits Zika.

To an adult, Zika is not very threatening. Any symptoms experienced would be mild, such as body aches, fever, and fatigue. However, in pregnant women or those who are immunocompromised, Zika can be dangerous. The virus attacks the developing brain and can lead to microcephaly, or an abnormally small head. In severe cases, it can result in death.

While Zika is not a direct threat to adults, the virus can still pose a threat to the health of the United States. According to the CDC, there were 1,952 confirmed, probable, or possible cases of Zika in the United States as of August 30, 2016. This number is expected to increase as more cases are diagnosed.

Dead reindeer spark scientific hypothesis

Heather Brooks – Staff Writer

Do you ever wonder where animals go when severe thunderstorms strike? Well, for a herd of reindeer in Hardangerfjord, Norway, the top of a grassy plateau seemed as good a place as any. Unfortunately, this particular herd of reindeer soon found themselves directly under a very severe portion of a thunderstorm system working its way through Norway on August 29.

“The storm most likely caused the herd to huddle together, as most herd animals do doing during severe weather events, said Dr. Robin Timmer, a professor of Zoology at Dordt College.

Huddling in reindeer herds is thought to occur because it helps the reindeer from becoming separated while also helping the collective group of animals preserve body heat. The powerful storm produced intense lightning strikes which killed all 323 reindeer instantaneously.

According to Kjartan Knutsen, an official with the Norwegian Environment Agency quoted by the New York Times, it is not uncommon for animals to get struck by lightning and die, but rarely does an event kill hundreds of animals at once.

Despite how common or uncommon this phenomenon may be, the real question revolves around how lightning strikes can kill so many reindeer at once.

Channon Visscher, a professor of Astronomy and Chemistry at Dordt College, initially hypothesized that some of the electrical charge released during the storm’s discharge might force the animal to a ground contact. However, he later stated that it is more likely that the mass death was caused by something called a ground current. Visscher explained that when lightning hits the ground, negatively charged electrons travel from the cloud to the ground disperse outward in all directions in an attempt to equalize the large electric charge.

Visscher noted that electricity will flow through the path of least resistance. Therefore, when an animal is standing near the lightning strike, their legs create a bridge for the electricity to flow through rather than the current’s path. The electricity then flows from the charged ground closest to the strike to the lesser charged ground further away from the strike, resulting in a large shock within the animal’s body.

Epping then explained that when the large surge of electricity flows through an animal’s body, it depolarizes the pacemaker cells in an animal’s heart, which then stops the heart.

This unprecedented occurrence may have been shocking for the reindeer, but it was also shocking to the scientific community. The event serves to create an even greater appreciation for lightning and severe weather safety practices.

Dordt featured on shame list; but what are the facts?

Kyle Foose – Staff Writer

In August, the pro-LGBTQ+ website Campus Pride posted an article titled “Shame List: The Absolute Worst Colleges for LGBTQ Youth.” The article lists all colleges in the US which filled for an exemption from Title IX, which is a portion of the US Education Amendments of 1972.

The article sparked some discussion online regarding the merit of such an accusation. The website states that “Dordt College has been for an exemption to Title IX in order to discriminate against its students on the basis of gender identity while still receiving federal funding.”

The Title IX question states that “no person in the United States shall, on the basis of sex, be... subjected to discrimination under any education program or activity receiving federal financial assistance.”

However, President of Dordt College, Dr. Erik Hoekstra, stated that “Dordt College has been in compliance with Title IX since the inception of that regulation.”

He went on to say that the recent expansions to the Title IX definitions have caused some concern. He explained that there is “in the original provisions of Title IX, an allowance for and process to request ‘religious exemptions’...” That the college sent a letter requesting their exemptions from specific aspects of the expanded provisions.

In a letter sent on behalf of Dordt College to the U.S. Department of Education, the President affirmed the campus policy on sexuality, citing the Faculty Handbook, and requesting that the DOE “acknowledge that the College is exempt from Title IX and the following implementing regulations (to the extent they are interpreted to reach gender identity discrimination).” Dordt received official recognition of its exemption from this aspect of Title IX on September 12.

In short, Dordt College is legally entitled to deny transgender students from using locker rooms, restrooms and living accommodations of the opposite biological sex. Furthermore, the college has the discretion to consider gender identity in matters of admission and employment.

“Part of the government’s expansion of Title IX also calls educational institutions to do more in stemming sexual violence and harassment,” Hoekstra said. “We fully support such efforts and we continue in our support and compliance of Title IX on other matters, as well.”
The More You Listen, The More You Hear...

Ashley Huizinga - Staff Writer

So let’s take this slowly: all I need is coming but it’s just beyond what I can see: so if my eyes press forward and fears alarm / just turn my head back to see how we got this far / and I’ll be alright. Take This Slowly” by the Gray Havens (’Jonis battle song), Vischer laughs.

Chemistry and astronomy professor Channon Vischer and family were originally inspired to adopt in the aftermath of a Medical Missions trip they took with about 15 other students to a province of China, near Thanksgiving time in 2015. However, it was only in the aftermath of the trip that the “convoluted story” of this particular adoption scheme set in motion.

“We had some friends who’d adopted from the orphanage before, and we brought up the topic of Sophie sometime after the missions trip,” Vischer says. “We were practically asking them to adopt her, but their only response was ‘You should adopt her!’ For the first time, we started to envision that reality, and right away, we could see it as something on the wall. This girl, essentially began to haunt us—we were thinking about her all the time. ‘Bringing Sophie home’ has been the background hum in our house for months now.”

Wednesday, September 14th marks the day that the entire Vischer clan will brand a plane with “Welcome Home Sophie” on the side. A trip that the “convoluted story” of this particular adoption scheme set in motion.

“I’m excited for the changes,” said Henry Meurs. “I think it’s about time. I’m especially hoping for the church show, or possibly more creative opportunities that it’s hard to make changes of [the station] that it’s hard to make changes that means our family will be fundamentally different once we step off that plane in Northwest Iowa with our daughter.”

As of yet, Mrs. Joni Vischer remains the only member of the family to have met Sophie in person, having seen her last October.

“It’s falling in love with someone you’ve never met,” Joni Vischer said. “We sent her a care package with photos of us and books, but she’s still in a bond of trust that needs to be built. This trip will start that process.”

Especially, there will be challenges.

“The process itself is crazy,” Vischer says. “I have studies, interviews with everyone in the family to figure out if it’s a safe environment for her, immigration stuff...[Sophie] doesn’t speak any English, but counselors have told us that she shouldn’t be too big of a deal. Kids’ brains are still plastic, even at 8-years-old. We don’t know her real birthday, and everything she knows is changing. She’s coming from an orphanage at a young age so she doesn’t really have a reference point for what family looks like. There’s all kinds of stuff to figure out.”

The Sioux Center region offers certain blessings to counter those challenges, however. “There’s a strong adoption culture here,” Vischer says. “Support from the community will mean a lot. Even within the circle of Dordt faculty, there’s a lot of stories like ours. After all, [adoption] may be foolish, but it’s the gospel. It’s not for everybody, but the way it worked out for us was almost an obligation. It’s expensive and it’s a process and it’ll mess us up...but kids always do right, really? This whole thing is going right back to the basics of faith and fatherhood - in other words, all the feels.”

“A Dollar Worth Death”

Joshua Meribole – Staff Writer

“Ridiculous” was the word used by senior Jade Meurs, to describe the recent increased price of EpiPens, injections containing epinephrine, a chemical that narrows blood vessels and opens airways in the event of an allergic reaction. From bee stings or foods such as peanut butter. Many people who are dependent on EpiPens, along with their families, friends and politicians, are criticizing Mylan, the manufacturer of the EpiPen, over the new price, now at an average of $500 per pack of two pens.

When Mylan acquired Merck, the company that once produced EpiPens, the price for two EpiPens was $93.88 according to Truven Health Analytics. From 2007 to 2016 the price has gradually increased six times.

Those who are in need of EpiPens usually purchase more than one pack, leaving them in important locations. However, EpiPens last for only six months making piggyback packs unwise. Additionally, once an EpiPen is used, it becomes useless and must be disposed of appropriately.

According to the New York Times and Business Insider, the price of epinephrine costs a dollar. EpiPens, as reported by Business Insider, are said to have about a third of a millimeter. In an article by Money and NBC, the price of producing a single EpiPen may cost about $30 or less. Why the high cost? Or the increase in cost for an EpiPen? Many place the blame on greed. This is because many people who rely on EpiPens need it when they get an allergic reaction; making a strong and dependent demand for it.

Senior Jaden Vander Borgel is reliant on an EpiPen and she felt that she was being “taking advantage of” with the increase in price. There are no current competitors to the EpiPen after a major competitor had to recall their products, giving EpiPen a greater share of the market. Mylan, on the other hand, has blamed the rise in the cost on the injection on medical care in the United States.

“With changes in the healthcare insurance landscape, an increasing number of people and families are enrolled in high-deductible health plans, and deductible amount continue to rise,” said Mylan Pharmaceutical in a reply to CNN.

In further response from complaints from consumers, Mylan has promised to:
• “give a $300 savings card to patients, and double eligibility for patient assistance, and plan ways for customers to order directly from the company.”

Mylan is not the only pharmaceutical company that has been criticized for an increase in drug price. In recent months, Turing Pharmaceutical rose the price of its HIV drug by over 5000%. The increase in price in recent years has been met with backlash. People feel as if they are being taken advantage of for profit because their life-threatening health problems are a means, as described by Business Insider, to turn a “$1 worth of medicine” into a billion-dollar business. To many people this “$1 worth of medicine” is a salvation from death.

An introduction to study abroad

Lydia Marcus - Staff Writer

As 1,523 people transitioned back into student life at Dordt, fifteenth Dordt students were getting accustomed to life in a different part of the world. This semester, six Dordt students are participating in a domestic off-campus program, and nine are participating in an international program.

“I have always loved to travel, and this opportunity will allow me to learn so much about other cultures and ways of life,” says Erin Wauders, a Spanish major studying in Seville, Spain. “I know it will be a time of growth for me.”

Many students participate in off-campus programs that allow them to gain experience in their field of study. Agriculture: Biotechnology major Victoria Cass is studying in New Zealand through the Creation Care Studies Program, which offers agriculture-related courses.

“I first thought about studying abroad when the Study Abroad Coordinator visited my Core 100 class,” says Cass. “I was hooked on the idea. I have always loved to travel and experience new places and people. I love the adventure of the unknown.”

Studying off-campus provides you with opportunities for hands-on learning in subjects related to your major, and it can also help you meet some CORE requirements. Each of the programs available to Dordt students offers at least one CORE course.

“We have over 30 different program offerings, and I meet with students to help them figure out which program best fits with their major, their educational and career plans, their personal goals, and their travel dreams,” says the Dordt Coordinator of Off-Campus Studies, Alexis Kreun.

“/would encourage everyone to at least consider studying abroad,” Cant said. “It opens your eyes to new ways of thinking, which allows you to broaden, stretch, and strengthen your thoughts and beliefs.”

Students interested in studying abroad should start their application process about one year in advance. If you’d like to learn more about the study abroad options available to you, stop by Alexis Kreun’s office in the Campus Center, or send her an email at Alexis.Kreun@dordt.edu.
Commons do's and don'ts

Anna Veldhamp - Staff Writer

The Do’s and Don’ts of college dining... let’s be real for a moment. Food is life. But what food carries with it can also be very real. Dining offers a wide variety of meal options, and though it may seem insignificant, “Because I get my exercise walking to class!” choosing a well-balanced meal is key to keeping off the college fifteen. Yeah. It’s not just freshmen who can gain pounds. Your mood, thinking capabilities and physical energy all depend on what you choose to eat, so why not make mealtimes good times?

The Do’s:

• A great option when it comes to some deserts would be to substitute for a fresher alternative. “Put fruit in your ice cream, or better yet, drink it!” says Sophomore Brian Bonnema.

• “Salads aren’t lame.” Straight from senior Katy Vander Top, guys, salads aren’t lame. They may be unpopular, but they’re not lame. They’re also important. Beth Baas, Director of Campus Health Services, recommends that students unsure of how many servings of vegetables they need each day should check out the USDA’s ChooseMyPlate.gov website. Everyone has different serving sizes and can find some very useful information there.

• Use up your leftovers. If you’re fortunate enough to visit home every so often, take advantage of your mom’s home-cooking and her desire to send food back with you. So worth it.

The Don’ts:

• Sophomore Ray Badudu advises students that they “shouldn’t take two plates of dessert.” With Dordt’s generous offers to share knowledge on the commons for the rest of us to try out.

• Although it’s a great idea to keep emergency favors if you’re trying to avoid getting sick. Vander Werff emphasized his relationships connected due to the lack of consistent cooking and meal times together.

Opinions on the cost effectiveness of the plan were split. Rooms of people who buy in bulk find it cheaper to buy their own food, while others reasoned that certain items such as meat and fruit cost too much outside of the plan.

With a few weeks under their belts, the juniors’ opinion of the 5-meal plan continues to remain distinctly negative. Many are still upset that Dordt is requiring them to pay more for something that is, in their opinion, hindering their independence. Many hope to see changes or more options introduced somewhere along the road if the meal plan for uppers becomes permanent. In the meantime, they will continue to visit the Grille and Commons to use the meals they have already paid for.

Fight off the common cold

Lydia Marcus – Staff Writer

The kid who sits behind you in Core 150 gets it first. Then your friend gets it. It seems inevitable sooner or later, you’ll probably catch the Campus Cold.

There are a few straightforward precautions you can take to avoid this unpleasant turn of events:

• Drink enough water. Yes, we know the water is kind of funky here, and it has much more flavor than water should, but drinking enough water is important if you want to stay healthy. If you really can’t handle the tap water, buy a water filter or buy some non-local water from the grocery store. Just get enough to drink (coffee doesn’t count).

• Don’t share utensils, dishes or water bottles. We know college can be a time of lowered standards of living, but you really don’t want to share your bacteria with your friends, and you probably don’t want it spreading aroundCore 150 with you. If they’re starting to get sick when they’re eating, you know they’re probably sick. You’re going to get sick too. So don’t share water bottles.

• Get enough sleep when you can. Though it is great fun to brag about the inordinately short amounts of sleep you can get by on, and pulling all nighters seems like a good idea at the time, sleep is important if you want your body to function properly. Time is precious as a student, we know. But you will be a better student (and a happier roommate, nice friend, more attentive work study, etc...). if you get enough sleep.

• Get some fresh air. Breathing in your roommate’s sneeze germs won’t do you any favors if you’re trying to avoid getting sick. That probably won’t take it personally, but for the moment, you can temporarily reduce the amount of time you spend in the room. Plus, the warm weather isn’t lost forever. So, get outside and take a walk, sit in the new gazebo in the prairie, or try to do your homework without the distracting force of all your papers away and assaulting your textbook.

• Wash your hands regularly. You touch dozens of doorknobs every day, and hundreds of people (who may or may not have washed their hands after that particularly nasty nose- blow) touched those doorknobs before you. We don’t want to point this out— we’re just saying...

• Take a break. Lots of “top five was to avoid catching the common cold” lists include “reduce stress.” Though stress is apparently an integral part of what it means to be a college student, you can still reduce stress. It is ok to take a break from the busyness once in a while. Maybe you can even try one of the items listed above, such as washing your hands. Okay, maybe not that one. What about taking a walk? Or having a nap? Those sounds like good, stress-reducing options.)

*Disclaimer: We don’t guarantee that following these pieces of advice will prevent you from getting sick. When you live in close quarters with hundreds of other people (carrying millions of bacteria), it is hard to avoid getting sick. However, you’ll reduce your chances of getting sick if you take care of yourself. And that counts for something, right?

A local election worth your attention

Steve Kelly – Staff Writer

A vacancy in the Iowa State House District 4 seat has generated a contentious race for the next State Representative from Sioux County. Considering the relationship between the candidates, this race is expected to be a fascinating story.

On June 7, Skyeer Wheeler, a 23-year-old recent Northwestern College graduate, won a three-way Republican primary for the House District 4 seat. Coming in third place was Jeff Vander Werff, Skyeer’s political science professor from Northwestern.

Sioux County has an overwhelmingly Republican electorate, so any candidate who wins must be able to win a general election. Almost. Despite Vander Werff finishing third in the primary, recent developments have led him to be petitioned back onto the ballot. Vander Werff is now running as an Independent.

“I am no less a Republican today than I was [twelve] weeks ago when the primary concluded. I will not only campaign as an conservative, but I remain committed to the GOP.” Vander Werff stated in a recent statement to the Sioux County Early Central Committee.

Dordt offers a wide variety of meal options, and meal times together.

Senior Ray Badudu advises students that they “shouldn’t take two plates of dessert.” With Dordt’s generous offers to share knowledge on the commons for the rest of us to try out.

Steve Werff has expressed support of the recent increase in the gas tax. Wheeler says he does not support increasing taxes. Werff pledges to fight for traditional marriage values, whereas Vander Werff says the issue is a lose cause. Wheeler will encourage communities to control education standards and Vander Werff supports Iowa Core, the statewide program that regulates standards for schools in Iowa.

The differences between these two candidates is significant and this fall’s election will test whether or not Iowa wants its legislators to hold the conservative ideals that have traditionally been represented in Sioux County.

A few weeks into the semester, juniors are still reacting to the 5-meal plan imposed on them by the Dordt College Student Services at the close of last year. The plan met a significant amount of pushback from the student body when introduced last semester.

Robert Taylor, Dean of Student Life, explained that the purpose of the 5-meal plan was to boost community on campus, to allow for a healthy diet plan among upperclassmen and to provide a diverse source of food for those having to cook in the apartments.

Now that the semester is in progress, juniors are experiencing how the meal plan impacts their daily lives. When asked about how often they eat their meal swipes, many seniors said that they aim to use all five every week.

“Now that I have it, I use it,” junior Hannah Klink said. Several juniors also noted that the meal plan adds a certain level of convenience for their day by making lunch for class simpler and providing an easy go-to practice for athletes. Many also acknowledged that maintaining a healthy diet was possible thanks to both the meal plan and the commons.

But is the new meal plan reaching the expectations of community and savings laid out in the semester previous?

Unfortunately, not a single junior interviewed for this report said that the meal plan was successful at improving community. Several mentioned that they have little-to-no desire to branch out to freshmen and would much rather spend their time with friends of their own social circles and the other a plate of a “mock” dessert as Bonnema suggests.

• Similar to Badudu’s advice, don’t skip eating either. The grille is open throughout the week for those times you miss dining hours in the commons. Additionally, try to keep semi-precious foods in your dorm room for those days you miss both dining services, for those midnight snacks as you finish up tomorrow’s assignments. Skipping meals is more detrimental than eating poor ones.

• Although it’s a great idea to keep emergency favors if you’re trying to avoid getting sick, try to avoid the preservative-pocked ones like freezer meals that pack in unnecessary ingredients for flavor.

The Should-Do’s

The group of seniors also added useful advice on more than just eating at the commons.

• Freshman Greg Plooy pointed out that if you miss dining hall hours, you can “take advantage of the salad bar at the grille”, his personal favorite.

• “Be willing to sit with different tables so you can build more friendships” Vander Top said. A great way to keep up your social health while dining.

• Vander Top also advises students to “eat all the food because some day you’ll have to buy it yourself.”

Poor dietary habits risk more than those extra pounds. Your mood, thinking capabilities and physical energy all depend on what you choose to eat, so why not make mealtimes good times?

Dessert is great, don’t skip it, but be sure to grab all of the important parts of a meal too! a
Interview: Tyson Dahlgrin, defensive end

Clara Kroonenbroek – Staff Writer

Tyson Dahlgrin is a sophomore mechanical engineering major from Gering, NE. He plays defensive end for the Dordt football team and was named 95 on his back. Dahlgrin came to Dordt to play basketball, but after one season he decided he had fulfilled his desire to play basketball and reclaimed his love for football.

Q: What was the main reason you came to Dordt?
A: I think it was a good fit overall. I like the atmosphere a lot. I like the small feel, campus-wise.

Q: Were there any things that pull you in andBrooke Graistra is quite often part of every play, whether in passing, digging, attacking or blocking. We rely on Brooke a ton and she delivers."

The Defenders' next home game is this Saturday, September 17, against Hastings.

Dordt's Female Cross Country Teams Ready for Regionals

Allison Young – Staff Writer

GRINNELL, IA—After finishing up a short, flat course at their Sept. 2 Augustana Twilight season opener, the 55th Les Duke Invitational, won by the University of Nebraska, the Dordt women's cross country team has circled on the calendar.

The women Defenders' next highest scorers placed as follows: Erika Douma, Erica De Jong, and Clarissa Kraayenbrink for the Dordt women's cross country team.

Q: Is it different that they have three home games?
A: Yeah. So a popsicle is a defensive interception, fumble recovery or sack. In order to get this, you have to get the sack, get the interception or get the fumble recovery. But it makes it kind of hard sometimes because we’re not always ‘live’, so you’ve got to work your technique.

Q: Where do you want to go with your engineering degree?
A: Once I’m finished with school, I would like to either go work for John Deere and design tractors, or I would be interested in doing some kind of aerospace engineering. 

Q: How do you feel the football season is going to go?
A: I feel like this football season is going to be a very tough football season ever. I really think that people are going to be surprised at what Dordt football has to offer this year. I think people definitely need to watch out for it.

Q: Is it different that they have three homes games in a row to start the season off?
A: It’s nice that the people get to see what we are and what we have to offer, so I think that’s going to help us to have good traveling numbers. I think people are going to actually come to our games so that when we’re traveling. I think it’s a good thing.

Women’s Volleyball looks ahead to Nationals

Aaron Laddinski – Staff Writer

As fall sports begin again, the Dordt College women’s volleyball team looks to improve upon its 2015 National performance. The women went 1-2 in pool play at the nationwide tournament and finished the season with a 25-7 record overall and a conference record of 14-2. This year, women’s volleyball remains focused on returning to Nationals. The team currently holds a 8-2 record and is ranked 14th in the latest poll.

Though the Defenders started the season strong, the GPAC conference once again promises to deliver tough teams and close games. The women know their previous 14-2 record will be tough to repeat. Coach Chad Hanson is looking to his seniors to lead the team back to Nationals. “All three seniors in our program this year are strong contributors to our success. Jill Schouten is playing gritty volleyball with great hustle and she is growing in her consistency with passing and digging. Elizabeth Kiel continues to lead us in stabilizing ways as a blocker and attacker. She produces impressive points for us and is a smart player.”

Briar Cliff, Morningside, and Concordia all give us great matches, too.”

Hanson is not the only one looking ahead to the conference schedule. For senior Jill Schouten, who led the team with 115 digs in the first 10 games, her eye is set on the path that leads to Sioux City’s Tyson Event Center. Arguably the backbone of the Defenders’ back court, Schouten said, “I was really excited to make it to Nationals. Our performance last year is a bit disappointing to look back on as we knew we could have been better than we played. But I think it just makes us hungrier for this year. We want to make it back there.”

The Defenders have one more ace in the hole in Jamie Gesink. Gesink earned 333 assists already this season and played a key role in the Defenders’ 3-0 win over Northwestern. Reflecting on the win, Gesink said, “I was really happy. It’s always fun to get to Northwestern, and even more fun to beat them.”

The Defenders’ next home game is this Saturday, September 17, against Hastings.

Dordt Baseball’s Fall Season is in Midswing

Christian Zylstra – Staff Writer

The offseason is no longer truly “off” in today’s world of sports. For Dordt College baseball, “offseason” is starting to pick up. With a spring baseball regular season ahead, the fall practice schedule is crucial for introducing new freshmen into the squad. This year, the fall is more intense than ever before.

“In the fall, we focus on skill/talent evaluation so we can decide on the depth chart for both JV and varsity rosters going into the offseason,” said Dordt baseball coach Jeff Schouten. “There is strong competition at many spots on the field this fall since there are 22 new players in the program.”

Mix 22 new players in the Dordt baseball program with what is arguably the most talented senior class Dordt baseball has ever had, and you hopefully have a GPAC playbook contender. But before Dordt can even get to that point, it has a long fall season of scrimmages and fall football playing.

Practices started almost immediately after the players were back on campus for the year. In a situation with volatile weather, taking advantage of practicing outdoors is critical. It is also a chance for field renovations, including the addition of a new mound of Open Space Park.

“The mound is the finishing touch that our field needed; it is a big upgrade for our program,” Schouten said.

While the addition of a new mound is nice, it does make things more difficult for the position players who want to face live pitching, which serves as just another reason why Dordt’s annual fall scrimmages against Northwestern College are pivotal.

“We don’t get a lot of in-practice reps with pitchers throwing live, so the scrimmages against Northwestern are really important, not only from an evaluation standpoint, but also from a standpoint of playing against another competition and seeing what Northwestern is bringing in for the year recruiting-wise so we can compare ourselves and contrast,” said junior catcher Josh Van Eps.

On Sept. 8, Dordt played a 14-inning scrimmage at Northwestern, showcasing a six-run victory. New, young talent on the roster, 11 different pitchers and 16 different position players got on the field and saw live game action.

One event ahead for Dordt baseball is another scrimmage - this time in Sioux Center, IA, at Open Space Park, on Sept 22.

“Some of the guys that didn’t play this week will play next week,” said senior shortstop Cam Gingerich. “Obviously, some guys will play both, and we’ll just see how it goes. We’ll hopefully get a better idea of our depth chart and figure out who’s who.”

All these practices and scrimmages are just crucial steps along the way for Dordt baseball to hopefully make its first-ever GPAC tournament.
Rend Collective coming to Dordt

Allison Wordses – Staff Writer

Northern Irish blood will usher in Sioux Center’s winter season this November. Rend Collective, a folk band making its name in contemporary Christian music, will make its Dordt College debut on Nov. 5 at 7:00. Ranking names like Chris Tomlin, Matt Redman and Tenth Avenue North, Rend Collective has toured multiple times and shared the stage with artists such as MercyMe and LeCrae.

Rend Collective drew its name from a young adults’ Bible study that started in a church in Bangor, an Irish Coastal town. These young adults described themselves as a “group of twenty-somethings trying to figure out faith, life, God and community.” Led by drummer Gareth Gilkeson, a group of five musicians came together, began to perform as a band and gradually garnered fame and acclaim for their talent and energy. Despite first resisting their growing popularity, these artists have since embraced their “tank of praise.” Their most recent album, “As Family We Go,” came out in 2015 and includes their latest hits “You Will Never Run” and “The Joy of the Lord.”

Rend Collective also performed at this year’s LifeLight, a celebration of Christian music in Sioux Falls, South Dakota. Other familiar artists include LeCrae, Michael W. Smith, and Mandisa. Compared to other years, students believe there has been a rise in the event’s outreach.

Production starts rolling for short film class

Janelle Cunnings – Staff Writer

Writing the script. Pouring over audition videos. Scheduling. Scouting locations. Editing the script. Editing footage. Late nights. Late nights. Late nights. Senior Lucas Simonson understands that all these elements go into the production of a 20-minute short film.

Every part of the production process takes more thought and effort than the casual film-watcher would expect. With Connor Neal’s editing, Ellen Dengah and Ricky Nelson’s cinematography and Hannah Norton’s work of producing, Simonson labors to write and edit for “Homecoming,” the Short Film class’ semester project. He and the team have been working to overcome the many challenges that accompany making a short film.

One of these challenges is choosing a cast for the film. A lot of thought goes into the process of selecting actors from the audition recordings.

“It’s not something where we can just look at the videos and go, ‘Hey! We have our cast!’” Simonson said.

The group is currently still looking for one of their main actors: a 40 year-old man.

Other challenges include finding a good location and figuring out logistical issues like scheduling.

“Homecoming” takes place in a post-apocalyptic world, but according to Simonson, the plot focuses less on the apocalypse and more on the after-effects the event may have on a family.

“It’s about how a house is not a home,” Simonson said. “Something’s wrong [in the family], and has been wrong for a long time.”

In regards to choosing the plot, Simonson wanted to go with something new.

“I wanted to do something different,” he said. “But we have to think about what we can actually do. We can’t do a massive world charting adventure story.”

Simonson is excited for the film to ask questions that may not be easy to answer, and he hopes it will spark discussion in the student body.

Students will be able to watch “Homecoming” during on-a-campus airing in December.

Understanding campus art

Ellen Inggrid Dengah – Staff Writer

There is a certain style of visual art Dordt College subscribes to. For example, Dordt has many abstract sculptures and paintings with unconventional media hang across campus.

Matt Drissell, one of Dordt’s art faculty, said that it is quite unusual for a campus the size of Dordt to have as many collections that we have. Even so, students’reaction to Campus’ art varies from high appreciation to embarrassment, a consistency among students is they don’t understand the purpose.

Junior Josh Boeotma said that he does not get what “The Gift,” the life-size sculpture of a man in front to the classroom building, means, so he is embarrassed to show it to his family and friends from his hometown.

Junior, Ashley Huizinga, had a compelling note that the abstract art around campus exists in more personal way instead of just trying to figure out what the artist is trying to say.

Most viewers will find more information in a piece’s title card, however sophomore Daniel Seaman said that Dordt is not an art gallery and students don’t focus on reading the description. He said that Dordt is a place with a variety of cultural backgrounds and the culmination of art reflects that.

Professor of art, gallery coordinator and head of Dordt College Art Committee, David Verdius notes that the abstract art around campus exists not to exclude students, but to include them in conversation, inviting them to “participate in its ambiguities and vast room for interpretations.”

The art faculty hopes that students are able to interact and be provoked by the art. Verdius encourages students to interact with the art. He smiled when he mentioned the “culturalism” students do to “The Gift” and connected it to the Avant-Garde movement. Drissell hopes students can make memories that are tied to the arts and to the space that it is in.

Airband: An Old Tradition Revived

Janelle Cunnings – Staff Writer

When you have an excuse to break out your dance moves, win $500 and throw bags full of sugar around the stage of the BJ Haan, you know you’ve been a part of a good tradition. Dordt Airband is a perfect example of just such a tradition.

Director of Residence Life Derek Buteyn shared Airband was not a completely new concept upon its re-establishment in 2012. The college had done Airband “way back in the day,” but had stopped putting on the competition years before. However, when the student life team noticed a void of activity in the beginning of the year, they realized they needed to do something.

Airband was not a completely new concept in 2012. Buteyn shared that Dordt had done Airband “way back in the day,” but had since stopped putting on the competition. When the student life team saw that there was a void in the beginning of the year, they realized they needed to do something.

“You have to think short term and long term,” says Buteyn. “How can we set it up to be good 10 years from now? You have to hit a home run from the beginning. People have to say, “That was awesome, I can’t wait for next year.’”

And thus, Airband was reborn.

“All you have to do is lip-sync and have fun,” says Buteyn. This year marks the fourth Airband competition since its 2012 re-establishment.

Airband was a perfect fit for amping up the beginning phases of the school year, and the $500 prize contributed considerably to its success and popularity.

“It’s an excuse to dance on stage in front of hundreds of people. Doesn’t everyone have that dream?” said senior Luke Venhuizen, a two-going-on-three-time participant in Airband.

“It’s not just the cash prize that makes this event so popular, but also the enjoyment the audience gets. For example, the process of getting onstage is more casual than most competitions.”

“For me the showing up and having fun is the only thing I’m there for,” Venhuizen said.

“Just walk up there and say, ‘Can I go again?’”

When asked about his favorite Airband performance, Buteyn said, “the more extravagant, the better.” He mentioned a particular performance done by soccer team members who wore cutoff shorts, but when pressed to explain, Buteyn refused further comment.

One new event of the year is promising and guarantees a night full of laughs. This tradition is one which promises memorable performances and low-key expectations, as well as a few well-spent hours you won’t regret.
Softball prepping for spring

Clarissa Kraayenbrink – Staff Writer

Even though the official start to the softball season is not until spring, the softball team is hard at work preparing. The team began fall practices shortly after school began in August and have some scrimmages planned for September and October. One of the purposes for the fall practices is to get more reps in and to build team chemistry.

“The repetition, just getting to know the team a little bit before the spring season actually begins,” said sophomore catcher Tessa Howerzyl. “It’s all just to get us prepared for our real season, which is in the spring.”

On game days the team usually participates in four games. Because varsity and junior varsity rosters have not yet been determined, Coaches Jeff Zomer and Ken Roseberry divide the entire squad into two smaller teams, each team playing two games.

This creates great experiences among players. The freshmen are getting their feet wet with playing experience while meshing well with the returning players.

“The team is meshing really well,” Howerzyl said. “It’s been a lot of fun getting to know the freshmen so far, and I feel like they’re bringing in a lot of work ethic and talent in and that’s fun to see. I feel like everyone just adds to the team really well.”

The softball team has five game days planned for the remainder of the fall season. They will travel among locations such as Sioux City, and Sioux Falls, IA and Mitchell, SD.