

# PRO TIPS

ISSUES THAT MATTER TO YOU

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The college search presents plenty of options—each with its own selection of academic programs, financial aid offerings and co-curricular activities. But what about a college that shares your Christian beliefs? For some high schoolers, being part of a community where their faith can flourish is just as important as learning from top profs or being recruited to a fine arts or athletic program.

Here are a few reasons why a Christian college might be the right fit for you—and how it leads to spiritual growth, lifelong friendships, and success in your education, career and life.

## Be surrounded by people who care about you.

Christian colleges are usually smaller in size, so you'll enjoy personal attention from your professors. At large universities, teaching assistants often do much of the lecturing, but on a smaller campus, you'll learn directly from your professors—and better yet, get to know them. At Northwestern College, we emphasize the value of community—because you simply learn better and grow more when others know and care about you. It's one reason we worship together in chapel twice a week, plan student events that foster friendships, and have professional resident directors who serve as live-in mentors in the dorms.

## Integrate your faith into daily learning and living.

Chapel services, praying in class, and dorm Bible studies are all things you might experience at a college that's intentionally Christian. Other colleges and universities might have Christian ministry groups, but Christ-centered discussions in the classroom or in everyday interactions will be rare. That's one of the reasons faith integration at a Christian college stands out—professors are eager to discuss what serving God looks like in their fields of

## Five Reasons to Choose a Christian College

expertise, so you'll be prepared for a career that's rooted in faith.

### Engage in hands-on service.

Do you love participating in mission trips? If so, you should pick a college where you can do more! Many Christian colleges connect students with volunteer ministry and mission opportunities in their region (and these experiences look great on a resume). Northwestern students love to serve others—so much so that many spend their breaks working with churches, homeless shelters, refugee camps and other nonprofit organizations on Spring Service Partnerships or a Summer of Service.

### Meet other students who are passionate about God and be held accountable in your faith journey.

College is a hugely formative time. The relationships you form and the impact they have on you and your character could last a lifetime, so it's beneficial to attend a school where others share your core values. You'll still encounter people who see the world differently from you, but your shared faith in Jesus Christ can provide common ground for conversation and growth. You'll also find that Christian college towns are usually home to churches that welcome students with open arms. That spirit of hospitality might make your transition away from home a little easier—and help you find spiritual support during your college years.

### Prepare for a career—and a life—that makes a difference.

When faith is at the center of your college experience, you'll have more opportunities to explore God's call and how to use your unique gifts in the world. Christian college graduates will be prepared to excel in their career field—and also as spouses, parents and community members.



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# news03

## LIBRARY NEWS



*Alton Library*

Our summer reading program begins on Tuesday, June 6 with our kickoff performer magician Jonathan May! Jonathan will be performing at 1:00 p.m. at the Alton Community building. Stop by the library after to pick up your reading logs. Check our website for a full calendar of performers and events for the month of June.

This month's book club selection will be ***A Fall of Marigolds*** by Susan Meissner. "Susan Meissner has written a courageous novel, moving with great insight between the haunting parallel stories of two women trying to recover from the losses of a terrible fire in 1911 New York City and the unforgettable fall of the twin towers on 9/11. An uncommon celebration of the human spirit in the face of unspeakable tragedy, ***A Fall of Marigolds*** is a beautiful reminder that although life is perilous, love is a powerful healer."—Kimberly Brock "We have copies of this book available in large print and regular print at our front desk. Discussion of the book will be held on Tuesday, June 27 at 6:30 p.m. Everyone is welcome to attend.

*Orange City Library*

Dear Readers,

Registration is open for the Summer Reading Program events! For our kickoff event Derek and Alex Koops, winners of season one of Domino Masters, will explain how they got involved with domino competitions, show and explain a domino run, and then teach some "hands-on" basic domino toppling techniques. Check out their YouTube channel "DAKS Dominoes" to see some of their amazing creations. Join us at Northwestern College's Theatre (note the change of venue) for the show on June 5 at 6:30 p.m.

Kind regards, Lisa Johnson, Director

Hours:

Monday, Tuesday and Thursday, 9:00 a.m.-8:00 p.m.

Wednesday and Friday, 9:00 a.m.-5:00 p.m.

Saturday, 10:00 a.m.-2:00 p.m.

*Maurice Book Bank*

Hours

9-11:30 a.m. weekdays/Saturdays

3:30-6:00 p.m. Monday-Wednesday

We are having so much fun doing what we do at The Book Bank! We are working on creating some exciting outdoor spaces that will allow even more visitors to come enjoy our facility! We are also looking ahead to some amazing summer activities. The Book Bank is more than just a children's museum and books. It is a place where kids and adults can interact, enjoy themselves, not worry about being too loud, and imagine a world of endless possibilities. It is hard to put into words the feeling you get when you enter our facility. Many of our volunteers describe The Book Bank as their "happy place". For us, it is a place that we love, and we love to share it with all who enter. In a way, it is our home away from home. It is our desire that it becomes one of your homes away from home too!

Women's Coffee Hour: Wednesdays from 9-10:00 a.m. Attention all ladies! Take a friend and head on over to The Book Bank every Wednesday morning.

Story Hour: Follow us on Facebook for story hour dates! Lisa Laird is continually creating new and engaging story hours for kids to enjoy! She is the best of the best! Make sure you check it out!

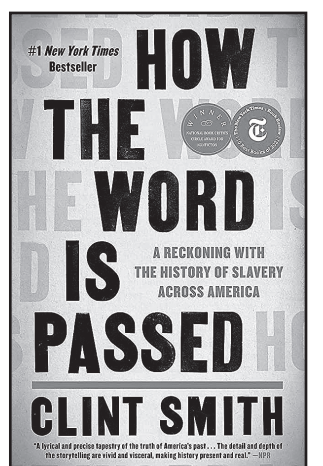
1,000 Books Before Kindergarten: Be sure to stop by and sign up your child for this amazing opportunity. Upon signing up, your child will receive a binder!

Monthly Reading Programs: Be sure to stop by and get signed up for our summer reading program!

## Book Review: How the Word is Passed by Clint Smith

Submitted by **ABBY VER MULM**  
Orange City Public Library

The author recounts his visits to a variety of tourist locations that are connected with the history of slavery in the Americas. Clint Smith's background as a Black American poet and scholar makes this travelogue an artful, powerful, and thought-provoking exploration of America's past and present. Even proficient history buffs will encounter a great deal of new information. Smith balances this well-researched information with an incredibly honest and brave personal account of his experiences. Both academic and casual readers of history will find Smith's work compelling and entertaining.



## SUMMER CELEBRATION PACKED WITH FUN

SIOUX CENTER — Sioux Center's Summer Celebration is packed with fun Thursday, June 1 through Saturday, June 3. The three days of festivities have events for all ages, and many are free!

This year, Minnesota band IV Play is returning to rock the free street dance in downtown Sioux Center on Friday, June 2. Music begins at 7:30 p.m. with local favorite, The Ruralists, and IV Play takes the stage 9 p.m.-midnight. A beverage garden, food trucks, and pizza will be available.

New this year: free shows by Flippenout Extreme Trampoline Show bring high-flying fun to the Centre Mall parking lot Friday, June 2 at 6 p.m. and Saturday, June 3 at 10 and 11 a.m.

Summer Celebration classics will be back, like Thursday's free Community Cook-Out, Friday's Cruise Night along Highway 75, Saturday's free Kids Carnival and the car show at Central Park, plus the Summer Celebration parade. A free fireworks show will be held Saturday night at the north end of town, and the ***Peter Pan*** musical will be showing each day at the air-conditioned Te Paske Theatre in the Sioux Center Middle School.

"One of the best parts of Summer Celebration is seeing people come together at each event to kick off summer together," said

City Manager Scott Wynja. "Come join in the fun and enjoy some of what makes Sioux Center a fantastic community."

Delicious food is another highlight of Summer Celebration. Food vendors and food trucks will be set up downtown on Friday and food vendors will be in Central Park Saturday for delicious eats like funnel cakes, pulled pork sandwiches, Mexican tacos, enchiladas, and more. A pancake breakfast Saturday at Sioux Center Fire Station One raises money for local schools. The Fire and Smoke BBQ Challenge is back Saturday for a contest of flavor, with the opportunity to buy a ticket and sample the contestants' work.

"Due to the tremendous support of local sponsors, we can provide most of the weekend activities for free for families to enjoy. Many businesses and volunteers partner together to help provide this event that truly builds community," stated Chamber CEO, Barb Den Herder.

For more information about Summer Celebration and the great events planned, find us on Facebook and Instagram or visit [linktr.ee/summercelebration](http://linktr.ee/summercelebration).

## THEATRE MAJOR RECEIVES NWC FACULTY HONORS AWARD

ORANGE CITY—Sierra Tumbleson, a theatre major from Trimont, Minnesota, received Faculty Honors during Northwestern College's commencement exercises on May 13.

The Faculty Honors award is bestowed upon graduates who excel in academic achievement, Christian influence, general attitude and participation in worthwhile campus activities. The highest honor the faculty gives to graduating seniors, it is determined by a vote of the entire faculty.

Tumbleson graduated summa cum laude after compiling a grade point average of 3.90 or above. An Honors Scholar, she received the Outstanding Graduating Senior Award from the theatre department faculty.

Active in Northwestern's theatre productions as an actor, sound designer and dramaturge, Tumbleson earned several honors. Last summer she was one of approximately 25 students selected for Northwestern University's Summer Research Opportunity Program, and she also was chosen to participate in Yale University's Indigenous Performing Arts Program. This summer she will complete an apprenticeship at Commonwealth Shakespeare Company in Boston and be among eight regional

winners participating in a dramaturgy fellowship with the Kennedy Center in Washington, D.C.

Tumbleson served as a speaking fellow for Northwestern's First-Year Seminar and was a peer tutor for several classes.

In September she will begin studies toward a Ph.D. in theatre at Northwestern University, one of the world's most prestigious doctoral programs, for which she was awarded a full scholarship.



## SUMMERTIME DENTAL TIPS

By **JEFF JOINER, DDS**

After a long winter this year, summer has finally arrived. Unfortunately, as the seasons change, different rhythms of life that come with summer can increase the risk of dental problems. Below are a few tips to make sure summer fun doesn't become a dental nightmare.

Decreased brushing and flossing are commonly reported by parents during summer checkups for their kids. They report the lack of routine from school and regular bedtimes and morning schedules allow their kids to skip regular oral hygiene. It is important to create a new routine in the summer rhythm and emphasize brushing and flossing with your kids. A few ideas are to make a game of it, set reminders on the phones of older kids, have the parent brush on younger children, or set goals with prizes.

Drink water! Staying hydrated is critical to allow your body to produce enough saliva to keep your mouth moist and stop harmful bacteria from proliferating, leading to an increased risks of cavities and gum disease. Plan to have water nearby and avoid too many carbonated or sugary drinks. Carbonation, sparkly water, is more acidic which leads to cavities. Sugary drinks such as juices, sports drinks, soda, or energy drinks are both acidic and fuel the bacteria that lead to cavities. The best strategy is to stick to regular fluoridated tap water. Reverse osmosis water filters out the fluoride, which is a cavity preventer, and therefore is not as good for your teeth as tap water.

Drink fast and use a straw when water isn't available. If you will be drinking anything that is acidic or sugary then there are strategies to decrease the dental damage done. Using a straw

can reduce, but not eliminate, the acid and sugar from touching the teeth. Drinking quickly reduces the time that the acid and sugar is in contact with teeth. The bacteria use the sugars and acidic environment for 20-30 minutes to do peak damage to the teeth. Therefore, limiting the length of time your teeth are in contact with these drinks can reduce the potential damage from the bacteria.

Avoid chewing ice. Chewing ice is popular in cooling down in the summer, but this habit can cause serious damage to your teeth. Teeth may not break immediately from chewing ice, but the cracks that can form may give way later requiring invasive and expensive treatment.

Protect your teeth. Over the years, I've seen more broken teeth from baseball and softball than I have from football or hockey. The reason is that those sports require the use of a mouthguard. Mouthguards can protect teeth in any sport that has a risk of collisions or trauma to the mouth and face. Even though not always required, it is recommended to wear a facemask and a mouthguard to protect teeth.

Be careful swimming. Another cause of dental trauma in the summer is from diving in shallow water and playing around in the pool. Some accidents are unavoidable, so if there is trauma, be sure to contact your dentist immediately to find out how to handle the situation.

Summer is a great time for fun and a change of pace, just make sure you plan ahead and maintain good oral hygiene and prevention to minimize the risk of dental problems.

