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Sisters share more than just clothes

NW STUDENT RECEIVES KIDNEY FROM HER OLDER SISTER

EMILY VAN GORP
NEWS EDITOR

A good sister knows how to share. Whether it is clothes, shoes or jewelry, the philosophy is often “what is yours is mine.” This past summer, two sisters from Orange City brought sharing to a whole new level.

Dani Duistermars, a senior Elementary Education major, was accustomed to dealing with migraines and on and off throughout her high school years. Various doctor visits failed to provide answers for the chronic issue. The doctors were able to determine that high blood pressure could be contributing to the frequent migraines but were unable to identify where the high blood pressure originated. This past year, an explanation was finally provided.

Doctors found that Darbi’s kidneys were failing. While kidneys should be functioning at a hundred percent, hers were at four percent. Her kidneys had scarring, which was causing protein to escape without being filtered through. It was unknown how the scarring developed.

Possible explanations for the scarring were a virus Darbi had when she was little, or that she was born with the scarring already present. She was given medication to help with side effects, but the only solution was a kidney transplant.

The first person Darbi turned to was her sister, Dani, a 2018 Northwestern graduate. Dani did not question at all if she would be willing to undergo the procedure and give a kidney to her sister. Doctors continued making sure that Dani knew what she was getting into and was willing to make the sacrifice. Dani never had a doubt. The sisters had to undergo various blood and trait tests in order to ensure that the two were compatible for the procedure.

The original plan was to complete the transplant after Darbi’s senior year. However, her kidney function kept getting lower, so the procedure was pushed up to Aug. 2, 2018. Darbi left her job at Inspiration Hills as a camp counselor early to prepare for the surgery.

The procedure was conducted at Mayo Clinic in Rochester, Minn, which specializes in kidney transplants. Darbi’s surgery lasted three and a half hours, and Dani’s was completed in only two hours.

The two both recovered smoothly. Darbi dealt with some soreness and difficulty moving, but right away there was an improvement in her appetite and energy level. Her family stayed in Rochester the following two weeks so that the doctors would be able to monitor her progress and ensure that her body was not rejecting the new kidney.

CONTINUED ON PAGE 5

Creative Dining helps campus thrive

STUDENTS RAVE ABOUT CAMPUS DINING SWITCH

KELSEY EPP
ELEMENTARY EDUCATION

Northwestern students have been quite outspoken about their complaints on the dining service in the past. However, a big change came to campus this semester.

Last spring, a panel of students had the chance to vote against Sodexo, the longstanding dining service at NW, for Creative Dining.

Sam Callahan, a student on the panel, said that during previous years, “eating was more of an obligation than something to look forward to, and I felt a new service provider just might be able to revive our campus dining experience.”

And when the votes came in, Creative Dining was the winner.

Each student has different expectations for what a good campus dining service should provide. Some wanted better ice cream, a continuously open sandwich line or Warm Cookie Wednesday every day. However, other students just wanted to have more options that fit their dietary needs.

Emelie Swonger noted that on her college visit, she was told there would be an abundance of gluten free and dairy free options, but upon arriving to campus, she discovered she would have to do much of her own cooking.

After the switch to Creative Dining, Swonger raves that “this year has been phenomenal with all of the options they have for food sensitivities and allergies.”

Changes have included a variety of gluten free dessert options, almond milk rather than soy milk and the addition of quinoa, fresh fruit and Mexican tortillas to the regular lines.

Similar to Swonger, Sydney Kolb had her issues with Sodexo’s provisions for her dietary needs. The vegetarian options used to be the same few items on a short rotation, usually including some unmarked mushy rice dishes.

Now having experienced Creative Dining’s vegetarian line, Kolb says, “I can tell whoever is making the vegetarian line is looking into innovative foods included in a vegetarian diet and not just making food that doesn’t include meat. They’re woke about veggie cuisine.”

CONTINUED ON PAGE 4
“Crazy Rich Asians” a hit in theaters

MOVIE REVIEW

“Crazy Rich Asians” follows the ups and downs of Rachel Chu, an Asian-American woman whose life is thrown upside down when she visits the family of her boyfriend, Nick. At first glance, this film may look like any other romcom, but Crazy Rich Asians is more than ordinary. The film is the first Asian-led film in 25 years and is the most successful studio romcom in nearly a decade. How? By simply knowing its audience and telling a meaningful story.

The production team of “Crazy Rich Asians” understood that as people, we love the extravagant. It’s the reason why we watch the Kardashians. We want to be seen, whole and accepted. “Yes Queen!” is. Just Plain Fun.

“Crazy Rich Asians” also excels as a story, mainly by how it focuses on the relationships between characters. This is fitting because it makes the story all the more heartfelt. We all can relate to relationships (both positive and negative) because how we interact with each other is what fundamentally makes us human; plus, these relationships and interactions are beautifully crafted. We’ve got a quirky, relatable main character, Rachel, who most of the relationships are built around. Her friendships are hilarious and pure and her relationship with her mother is beautiful. Her romance with her boyfriend Nick has amazing chemistry and perfectly crafted moments. Her relationships with those who oppose her (some of Nick’s family and friends) are conflict-driven and intense. Each interaction between characters pulls you deeper in whether you gasp or swoon.

Despite all this, what is most incredible about “Crazy Rich Asians” is that it gives a voice to people whose stories are often ignored. Today, there are many people who grow up something-American like Rachel. Their identities clash and often this causes conflict, discomfort, and a feeling of not really belonging in either world. Rachel is constantly thrown off by the fact that even though she is Chinese, apparently, she isn’t Chinese enough - at least according to Nick’s family. Others from a mixed heritage likely can relate to Rachel’s struggle. They wonder, “Where do I belong?” Telling Rachel’s story communicates to these people, exclaiming: “you are not alone”.

We as a society do not tell enough stories of minorities and outcasts, but we need to. Stories validate experiences. They make people feel seen, whole and accepted, which is what makes “Crazy Rich Asians” beautiful.

PHOTO COURTESY OF: IMDb

Ariana Grande’s relatable new album

MUSIC REVIEW

GRANDE EXPRESSES HERSELF IN ALBUM

ETHAN HUSBANDS
ENGLISH TEACHING

In the past, Ariana Grande has used her impeccable voice to sing over trap- and EDM-inspired pop hits that were most likely written and created by a record label in order to get radio plays and millions of streams on Spotify and Apple Music. She is one of the more talented pop artists in the genre right now but has fallen into the common trend of lackluster songwriting and generic pop production with a catchy chorus and a pseudo bad-girl personal- ity. However, most of that has changed. This new album, although still radio-friendly, taps into the likes of Pharell for songwriting and production and forges the fake bad-girl personality.

In this album, she shows her true self, someone who is young and in love. She brings more vocal and lyrical maturity with- out trying to be someone she is not. This, coupled with fantastic production from Pharrell, makes this album her best yet. Grande does what she does best which is beautiful singing and catchy choruses like on “R.E.M.”, “breathin”, and “No tears left to cry”. She also shows a more soulful side like on the song “Sweetener”. Although it would have been tempting to churn out more lacklust- er mainstream songs or go too hard and write a large concep- tual album that would have almost certainly fallen flat on its face, she plays to her strengths and cre- ated some pop anthems about youth and romance. Although this is not a new theme in music or art, she brings something new to the table with impres- sive vocals and brilliantly quirky, glitzy and fun produc- tion with heavy 808’s and lots of layering. This album is thirty, fun, soulful and beautiful, but still remains to be a pretty cohesive album de- spite its occasional filler tracks. This album is not without its faults, how- ever; it has some lackluster songwriting and has relatively simple themes throughout but overall it is a very impressive album. With songs about new romance seeming like a dream that you do not want to wake up from and your partner being a con- stant source of joy and happiness, Grande does not need to make any bold claims or social statements, but rather delivers a lovely al- bum that is relatable, new and interesting, which is what a pop album should be. It certainly does not challenge the audience or present thought-pro- voking ideas but it does not need to in order to be great.

This album can cer- tainly appeal to the masses and does not seem like it will stand the test of time but it is a beautiful and fun album that is a step in the right direction for both Grande and the pop genre, especially in an era where good pop albums are few and far between.

Despite being in a cohort of artists that do not challenge themselves, Grande created an excep- tional record that is well worth a listen.

PHOTO COURTESY OF: GOOGLE IMAGES
Summer of 2018 “Wyoming Sessions”

MUSIC REVIEW

In the film world, summer 2018 was the summer of sequels. Starting in May and continuing through August, several films released that were the second, third or in the case of Mission Impossible: Fallout, the sixth addition to a film franchise. Three notable sequels released — ‘The Incredibles 2,’ ‘Jurassic World: Fallen Kingdom,’ and ‘Mamma Mia! Here We Go Again’ — were highly anticipated by audiences and generated a lot of buzz throughout the summer.

Since the release of Disney’s, ‘The Incredibles’ in the fall of 2004, viewers have been impatiently waiting for a sequel to the animated film about a family of undercover superheroes. ‘The Incredibles 2’ was finally released June 15, 14 years later, picking up right at the cliff-hanger ending of the first film. This sequel flips traditional gender roles when Helen Parr (aka Elastigirl), and her husband, Bob Parr/Mr. Incredible, who becomes the stay-at-home parent. Working alongside her husband, Bob Parr/Mr. Incredible, who becomes the stay-at-home parent. Working alongside two siblings running a telecommunication company, Elastigirl’s mission is to boost the public’s perception of superheroes and try to make them legal once again. She eventually must confront a mind controlling villain, Screenslaver, leading to the need for the entire Parr family to break out of their super powers and work together to defeat Screenslaver. ‘Incredibles 2’ was met with praise from both critics and audiences, with a 93 percent score on Rotten Tomatoes and an 8.1/10 on IMDb.

‘Jurassic World: Fallen Kingdom’ had a quick turnaround from the release of ‘Jurassic World’ in 2015. The sequel takes place three years after the dinosaur theme park was destroyed and follows Owen (Chris Pratt) and Claire (Bryce Dallas Howard) as they return to Isla Nublar to save surviving dinosaurs from extinction. Things suddenly turn deadly as their team of no-catchers turn on them, leaving Claire and Owen to uncover a conspiracy plot exploiting the dinosaurs they are trying to save. The sequel was less popular than its predecessor, and received a 49 percent on Rotten Tomatoes, as compared to the 71 percent of ‘Jurassic World.’

‘Mamma Mia! Here We Go Again’ The film splits time between following post-college graduate Donna (Lily James) on her adventures throughout Europe in the 1970s, and Donna’s daughter, Sophie (Amanda Seyfried), in the present day. This sequel answers the main burning question of the first film: How did Donna meet Harry, Bill, and Sam? Donnas stories of falling in love, having a few one-night stands, and performing with her girl band is told with plenty of musical numbers. Meanwhile, Sophie is busy on the Greek island of Kokaikai, preparing the island’s hotel for a grand reopening in honor of Donna. However, dealing with grief after the loss of her mother, problems with her significant other, Sky (Dominic Cooper), and severe weather threaten the entire reopening. If you are worried about the lack of Meryl in this film, don’t worry — she sings one fabulous and very emotional musical number, then turns into a dancing queen during the credits. This sequel scored higher than the first film, earning an 80 percent on Rotten Tomatoes. Fans gave it a 7.2/10 on IMDb.

In the world of music, summer 2018 was also one of numerous releases. With Kanye West producing five albums sequentially, fans and critics alike were waiting for the next one. ‘The College Dropout’ in 2004. Now, in the summer of 2018, Kanye West produced five albums sequentially in Jackson Hole, Wyoming. These five albums have become known as the “Wyoming Sessions.” All of these albums were released to positive reviews, with the first three in particular receiving widespread acclaim. All three records had brilliant lyricism, gorgeous mixing and somehow, all of them had Christian symbolism and theology.

But what stood out to me is the two-part song “Ghost Town.” The song of the summer. Featur- ing an opening sample of Shirley Ann Lee that draws attention to the ascension to heaven with the lyrics “Someday I’ll, I wanna wear a starry crown,” excellent verses about the inevitable love and rest one will achieve after their work is done with the lyrics “I wanna lay down, like God did, on Sunday.” Transforming three quarters of the way through into a gorgeous epilogue by 070 Shake, this cosmic delight of an outro is lyrically a celebration of existential freedom from pain and anguish. A theme which carries over into the second part of the song. “Freeee (Ghost Town, Pt. 2)” with every single exclamation of the word “free” feeling reminiscent of a psychedelic and spiritual awakening. Both of these songs are an exaltation of the human condition and the victory over suffering after a reached catharsis. Listening to them made me feel as though I was traveling forward and backwards, to a simpler and more hopeful time. That’s what makes this the song of the summer. If you need an escape from your hardships, put the headphones in and close your eyes. You’ll be free.
New relaxation room eases anxiety

Wellness Center Offers New Room

Ethan Husbands Psychology

Anxiety has become an increasingly prevalent issue in young people, especially college students. It has recently passed depression as the leading mental health issue among college students.

It is estimated that approximately 1 in 5 college students have had anxiety that affected their academic performance in the past year. College students are especially susceptible to large amounts of stress and worry throughout the year. Although not all students deal with anxiety, many students experience stress and worry both academically and socially.

Northwestern has made some recent changes in order to try and help students and the rise of anxiety. NW has professional counseling services available to students and has recently added a relaxation room. This room is located in the wellness center and is available for all students starting Monday, Sept. 17.

The room is equipped with a desk, couch, chairs, and a full body massage chair. The idea behind this room is to give students a quiet place to relax and be mindful for 30 minutes. With the constant stress of schoolwork, athletics, extracurriculars and a social life, it may be difficult to find the time or place for a half hour to yourself.

The goal of this relaxation room is to provide a resource for students who may be experiencing anxiety or just need a space to relax and be alone. This room is an additional resource to students in order to promote wellness and help cope with stress. Massages have shown to help with stress and anxiety and decrease heart rate and blood pressure.

With the rates of anxiety increasing every year, it is important to take steps towards being healthier and being able to cope well. This room is not purely for students who suffer from anxiety; rather, it is a place for all students who are in need and could benefit from a quiet and relaxing environment with no interruptions.

Despite having demanding schedules and obligations, many students can benefit from the relaxation room. Massage has proven to be particularly helpful for those who experience depression and anxiety and is a resource that should be utilized by any student who is in need. The massage chair has pre-set massages and can be adjusted to your preferences. Bluetooth is also available (for listening to the new Ariana Grande album) to enhance your relaxation experience.

The relaxation room will be available from 1:00-3:30 p.m. on weekdays to all students who are in need and could benefit from a quiet and relaxing environment with no interruptions. Despite having demanding schedules and obligations, many students can benefit from the relaxation room. Massage has proven to be particularly helpful for those who experience depression and anxiety and is a resource that should be utilized by any student who is in need. The massage chair has pre-set massages and can be adjusted to your preferences. Bluetooth is also available (for listening to the new Ariana Grande album) to enhance your relaxation experience.
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New faculty starts at Northwestern

SEVEN NEW FACULTY THIS FALL

HANNAH ROSS
WRITING AND RHETORIC

A new year at Northwestern college has ushered in many changes around campus, like a new dining provider, new ID cards and readers to enter buildings and new full-time faculty.

The science department gained an addition this fall in Emily Grace, who previously taught at Sterling College in Kansas. She will be an assistant professor of physics. She received her doctorate in physics from Royal Holloway University of London where she continued to be a visiting lecturer. With her post-doctoral work on dark matter, she is sure to offer a new perspective on physics.

Christina Hanson holds a master’s in physician assistant studies and has been hired to help develop and direct a new master’s degree program in physician assistant studies at NW. She studied at Bethel University and helped them select and mentor their first physician assistant group. “I am so excited about the opportunity to take what I have learned at Bethel and create a program where students can learn to be exceptional medical providers while continuing to develop in their personal faith,” Hanson says.

Mark Haselhoff was hired to teach in the computer science department. When asked why he picked NW, he said, “I’m an alum of Northwestern and I really enjoyed my time here as a student, so I was excited for the opportunity to join the Computer Science Department.”

Haselhoff began as a computer support specialist and moved to managing the development of the college website as well as being an adjunct professor for several computer science courses. He really enjoys algorithms, which is basically finding efficient ways to tell a computer how to accomplish a certain task,” he explained.

Michelle Henrich will be a new assistant professor of education, and she has certainly earned the right. She has over 25 years of experience as a classroom teacher, interventionist and elementary special education teacher, in the Sioux City Community Schools and the Douglas School District in South Dakota.

Gary Richardson is a professor of practice for NW’s Master of Education program and will teach graduate courses in educational administration and oversee the development of the college’s graduate internship programs and principal licensure program.

When asked why he chose NW, Richardson replied, “Northwestern is recognized as a leader in education and it is an honor to help promote teaching and learning with the present faculty and staff. Northwestern is gaining momentum locally, state-wide and nationally as an educational institution that is aggressive in its pursuit of excellence.” He is looking forward to effecting transformational change in how K-12 systems approach teaching and learning.

Tricia Steenbock begins this fall as an instructor in nursing. She is a registered nurse with emergency room experience who has worked for hospitals in Iowa, South Dakota and Colorado. She has also taught in classroom, clinical and simulation settings for Briar Cliff, Morningside, Western Iowa Tech and Mercy Medical Center in Sioux City. She earned her master’s degree in nursing from Briar Cliff University.

An organic chemist, Zachary Varpness graduated from NW in 2002 and then began graduate studies at Montana State University. There he served as a graduate research assistant while working toward a doctorate in bioinorganic and materials chemistry. He joined Chadron State’s faculty in 2007 after earning his Ph.D. for 11 years before moving back to Orange City to join NW’s faculty.

Seven full-time faculty members started this fall. From left to right: Christina Hanson, Zachary Varpness, Michelle Henrich, Gary Richardson, Emily Grace, Mark Haselhoff (not pictured: Tricia Steenbock).

PHOTO COURTESY OF NW PUBLIC RELATIONS

Darbi & Dani

FROM PAGE 1

“Darbi is a person that will go through anything with a smile on her face. She is so courageous through it all.”

A little less than two months post-procedure, Darbi is doing well. She still takes medication to ensure that the kidney continues to function properly, but her overall health has shown a significant improvement. Dani is doing well also and is currently in Dublin working with Dublin Christian Mission. The next time she will be in the states is Christmas break.

Darbi explains that the bond between her and Dani has grown even closer through the whole experience. “The journey has taught her to trust God’s timing and to be patient as He reveals His will.”

Monday, Sept. 17, there is an awesome opportunity to support this family through their journey. There will be a Pizza Ranch Tip Night held by family and friends of the Duistermars from 5-8pm. A bake sale will also be occurring. Darbi will be present, and her friends will be busing the tables. It is a great way for the Orange City community to show support for these two sisters and their family.

Support the Duistermars family at the OC Pizza Ranch on Monday, Sept. 17 from 5-8pm.

PHOTOS SUBMITTED

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PHOTOS SUBMITTED
New food, happy students

Vanessa Stokes
Writing and Rhetoric

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ough we all love being back on campus with our friends and fellow students, the one thing we all really care about is the food. Let’s be honest, it created quite a stir when it was announced last year that Northwestern was switching from its long-time partner Sodexo to Creative Dining. Sure, Sodexo had some problems and the food wasn’t always amazing, but what if Creative Dining turned out worse? Since it was the students’ vote that decided this switch, it was a risk we were willing to take.

So now that we’re a few weeks in, how are they doing? The number one comparison to make is the food quality. Almost everything, in my opinion, is better. To start, Creative Dining uses locally sourced vegetables and meat from farmers in the Sioux County area. I’ve noticed this specifically in the chicken strips, which show real meat rather than the fried and unidentified strips from last year. Creative Dining is also committed to a healthy diet, which means real fruit in the DeWitt Cafeteria daily. It was a rare blue moon when Sodexo had fruit in the caf last year. Creative Dining doesn’t just do a great job with fruits, I’ve also noticed quite a few vegetables at the different stations each night. All of this is a great opportunity to eat healthy if we choose or to stuff ourselves with their weekend brunches.

Speaking of the weekend, can I get an amen for those breakfast potatoes? If Creative Dining knows anything, it is how to make those. I am not the only one going up for seconds or filling a whole plate regardless of the carbs. They are honestly addictive, so freshman, watch out for the freshman fifteen, because those potatoes will catch up to you. However, the weekend does seem to be missing a favorite staple from last year - the omelets. Before, there were always omelets on weekends, and we all know how long that line could get because so many of us loved them. Now, they are only on Sundays at brunch. Quite a few of us are bummed out about this change, but we will take what we can get.

One thing available this year are the Hub’s cheeseballs, DAILY! Last year was a dark and dreary time where cheeseballs could only be found after nine o’clock on Sundays. Creative Dining has saved us from this tragedy by having them on the menu no matter what time or day it is. Not only that, but I am greatly appreciative of the available smoothie flavors in both Common Grounds and the Hub. For the freshmen who are confused, Sodexo had one flavor a week that line could get because so many of us loved them. Now, they are only on Sundays at brunch. Though helpful, they are completely vague. As someone only allergic to a few nuts and not all, I am not always sure whether I can have a food or not. This is one update we would try to make in their coming years with us.

Overall, the best part about Creative Dining is their friendly staff. Some are old favorites from past years and others are new soon to be favorites who smile and ask how my day is. Already, Creative Dining is becoming part of the NW community.

Updated ID system

Schuyler Sterk
English Teaching

W

hen I received an email in early August that said I would be unable to punch a hole in my ID card, I was immediately dismayed, and I’m sure I was not the only one. I mean, how else was I supposed to attach my card to my lanyard and still be able to swipe it to enter buildings?

Of course, there were obvious solutions to this problem, but I was sure it was nothing as simple as just punching a hole in the corner of my card (which could even conveniently cover my freshman ID picture at least a little bit). However, once I got to campus and learned they had updated the entire ID system from the old mag strips to the fancy, high-tech proximity chips, I was much less frustrated. A quick Amazon purchase even solved my ID-carrying problem. Another fun bonus soon revealed itself as my friend Kit realized he could keep himself into the dorm buildings simply by leaving his wallet at home with the pre-stored ID card in his pocket of his cargo pants, and hip-checking the card reader until it beeped and turned green.

This new system is quite a change for some of our fancy new IDs lasted only a few days, however, as we soon realized all the ID cards would need to be reprinted. Cue a hassle-filled couple of weeks while everyone’s IDs were deactivated and remake. How an entire campus’s IDs were all printed incorrectly, I will never understand. I mean, how did they not realize the cards didn’t work correctly before they had printed an entire campus’s?

Even more confusion came when some people’s original IDs worked, and their new ones did not. The most frustrating moment for me came when I was returning to my dorm late one Friday and found myself unable to get inside the front doors of Steg because my ID had been deactivated without my knowledge. While this situation was probably rare and easily avoidable, I was still frustrated with the whole ID card problem, as well as stranded with no food for the weekend.

The problem of waiting to get into the dorm buildings was all too familiar, as I often struggled to swipe my old ID card the correct way last year. I don’t know if anyone else had this problem, but there were definitely times where I had to swipe my card three or four times in order get it to read the correct way. However, despite the initial struggle caused by my scramble for a new way of carrying my ID and the pain of the mass printing problem, I actually quite enjoy the new cards. For one, I feel a little like a high-profile government agent when I just flash my card at the card reader to get inside the dorm buildings. Unlike last year, we don’t even need to free up an entire hand in order to swipe our cards, we can simply hold our homework-laden arms and ID in front of the reader until it beeps. And I even have to admit that my new ID card holder will work much better than my broken and re-taped hole punch from last year.

Some are the days of re-swiping our ID cards three times because they wouldn’t read right, the days of accidentally swiping through the plaster of the wall underneath the card reader and the days of touching, worn down mag strips on the back of the cards. Though I think everyone can agree that the cards were initially quite a hassle, for me, one, and many others, not to have to use the campus security system, and so far I have found it to be quite a practical and innovative update.
Raiders' junior varsity soccer team lost 4-5 vs 8 in a back and forth battle, both teams wanting to take home a win from their rival. Communication was key and passing was consistent from the Raiders throughout the game. Raider defense closed out the game, shutting down many fast forwards and shots from outside the box. There were many chances to put another one in the back of the net during the second half. The Raiders controlled the ball for the majority of the game with some great ball skills and made cuts to get around defenders, allowing Raider offense to get into the box as a group. The Red Raiders capitalized on 7 minutes left in the game. An assist from senior Mariah Kleinwolterink to Senior Ihmir Smith-Marsette. NW worked hard as a group to earn the first win for the program and the team was able to end the game singing the victory song, "Raiders Row" to the fans.

Both varsity and junior varsity squads will travel to York College this weekend, playing at 1 p.m. and 3:30 p.m. respectively. The Raiders are looking for more wins to start their winning streak before conference play.

HAWKS TAKE VICTORY OVER CYCLES
BRADLEY LAACKMANN
SPORT MANAGEMENT

During the second week of college football season, Northwestern students often put down their Hawkeye gear for a day and support the Iowa Hawkeyes or Iowa State Cyclones. The game has a certain significance to Iowans, as there were 102000 fans competing between the two programs, and it also gives the winning school bragging rights until the next meeting. The Hawkeyes and Cyclones met in Iowa City on Saturday.

Offense was hard to come by as both defenses proved to be difficult to break. Iowa State started strong as they moved the ball into the red zone, but Iowa’s defense was able to hold them to an opening drive field goal. Iowa then took the lead in the third quarter as Miguel Recinos connected on a 48-yard field goal that was set up by a 45-yard completion from quarterback Nate Stanley to wide receiver Ihmir Smith-Marsette.

The Hawkeyes sealed the win with 4:47 left in the game on a 2-yard touchdown run by running back Mekhi Sargent. On the final drive from Iowa State, Hawkeye defensive lineman A.J. Epenesa forced a fumble, adding to his two sacks on the game. Iowa won the game 13-3.

Iowa has now won the last four matchups between the programs and leads the all-time series 44-22. Both quarterbacks struggled to get going, as Iowa’s Nate Stanley totaled 166 yards and Iowa State’s Kyle Kempt finished with 126. Iowa State’s defense was led by freshman linebacker Mike Rose, who had 11 total tackles. The Hawkeyes moved to 2-0 on the season and will match up with in-state rival Northern Iowa next week. Iowa State is now 0-1 and will open up conference play against the 5th-ranked Oklahoma Sooners next week.

PHOTO COURTESY OF GOOGLE
PHOTO BY: Cherish Shuka

Raider JV soccer pick up first win of season

RAIDER DEFENSE BRINGS WIN
COURTNEY MITHELMAN
GENETICS/MOLEC/CELL BIO

The Red Raider women’s junior varsity soccer team lost the Raiders to the first victory of the season after a 2-1 win against the Dordt Defenders Monday night.

Due to Dordt’s lower numbers, a shortened game of 8 vs 8 was played. The Raiders took the lead in the first five minutes with a shot to the upper ninety from 20 yards out by senior Courtney Mithelm and assist from junior Megan Satler. The Raiders were aggressive and made many tackles which led to chances for another goal. The final ended with Northwestern up by one goal and with spirits high.

However, the Defenders came back in the second half and tied it up in the first 30 seconds with a looping shot from beyond the 18-yard box. The remainder of the game was a back and forth battle, both teams wanting to take home a win from their rival. Communication was key and passing was consistent from the Raiders throughout the game. Raider defense closed out the game, shutting down many fast forwards and shots from outside the box.

There were many chances to put another one in the back of the net during the second half. The Raiders controlled the ball for the majority of the game with some great ball skills and made cuts to get around defenders, allowing Raider offense to get into the box as a group.

The Red Raiders capitalized on 7 minutes left in the game. An assist from senior Mariah Kleinwolterink to Satellite allowed NW to take the lead again and bring home the victory on Dordt’s home field.

NW worked hard as a group to earn the first win for the program and the team was able to end the game singing the victory song, "Raiders Row" to the fans.

Both varsity and junior varsity squads will travel to York College this weekend, playing at 1 p.m. and 3:30 p.m. respectively. The Raiders are looking for more wins to start their winning streak before conference play.

PHOTO COURTESY OF NW ATHLETICS PAGE
PHOTO BY: Cherish Shuka

Cade Moser catches a pass during the game on Saturday.

PHOTO COURTESY OF NW ATHLETICS PAGE

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Annual fall retreat sees new location

OKOBOJI WILL SERVE AS THE NEW LOCATION

By Rachel Koertner
Public Relations

Experience a weekend full of spiritual growth and closer relationships – that is the promise of the campus fall retreat next weekend in Okoboji. All students are welcome to the Presbyterian Camp of Okoboji from September 21 through 23 to be involved in a variety of activities, all while being back by Sunday afternoon!

This year some major changes are being made. The first is the location – the campus fall retreat has typically been in the Black Hills. However, this year the location has switched to Okoboji for a variety of reasons.

According to Associate Dean of Christian Formation Barb Dewald, those in charge of planning the retreat changed the location from the norm because "it gives us a different setting with other recreation options, allows for less travel time and makes for a cheaper registration fee."

Because of the location change, the driving time will be shorter, which means students will be back on Sunday in time to finish homework, do laundry or whatever else they need to catch up on.

Another change is that it's not only Campus Ministry sponsoring the event. This year, Campus Ministry is teaming up with Student Programs, Intercultural Development and Residence Life in order to create a time of fun and growth in faith.

"We believe we are better together, so it was natural to come together to sponsor this retreat," Dewald said.

With all of the people on campus working together, the weekend is sure to be packed with lots of valuable sessions and activities. Along with the main sessions, there will also be smaller break-out sessions, worship, small groups, time alone and more.

As for the main sessions, Mark DeYounge will be leading those. He says he will be talking about why Jesus committed so much of His earthly ministry to only a few dozen deep and intentional relationships instead of just to the masses.

"We're going to dive into matters of belonging, authenticity, multiplication and motivation as it pertains to us growing as disciples of Jesus Christ who disciple others to make disciples," DeYounge said.

Along with those meaningful discussions, there will be some recreation time. On Saturday afternoon, there will be opportunities to spend time on the lake, hang out at Arnold's Park, play mini golf, relax in hammocks and more. Then on Sunday night, all of the students and staff will go for a cruise on the Queen II, which is a double decker boat that can fit up to 200 people.

Student leader Jacob Johnson is very excited for that part of the weekend and has been preparing for the retreat for a while now. He is one of the four Campus Ministry Prayer Retreat Coordinators, and the four of them spent the week before classes planting the break-out sessions, recreation, food and more, as well as figuring out how to recruit students to come.

"It's going to be a great time to dive into God's word, meet new people and step away from the busy-ness of life," Johnson said.

Dewald encourages everyone to go on the retreat, saying that it is a great way to start the year.

"Retreats are unique in that they take us out of our regular routines and give us the space to see, think and hear from God and to connect with others," Dewald said.

Bike check-outs are now for a three-hour period instead of the whole day to ensure bikes come back on time and employees do not have to worry about putting bikes back late at night.

The library thrives off of its resources and letting staff know how the library can help students thrive.

"If they have questions or things that they think the library should have, they should always ask us, and we'll consider it," Dewald said. Consider is the key word.

"People have asked if we're going to get a cat. We are not going to get a cat!"