Vote Here:
Students can cast ballots in RSC
BY JENNA BOOTE
NEWS EDITOR

It may not be Election Day, but all eligible students, regardless of legal residence, can let their voice be heard at the Rowenhorst Student Center on October 14, 2008, from 10 a.m. to 5 p.m., at a satellite voting station.

A petition by the Republican Central Committee of Sioux County is responsible for bringing the satellite station to campus. Members say their purpose was to provide college students with a simpler way to vote.

The satellite voting process will include four stations. Students will first be required to legally change their residency to Sioux County, Iowa, by filling out a voter registration application. This process will cancel out residency in another area and could interfere with grants or scholarships based on a student's home residency. Students affected by this are advised not to use an absentee ballot.

Establishing residency will require Iowa residents to have a current driver's license and students from other states to provide the last four digits of their Social Security number. Students will also need to provide their exact address to determine their precinct; specific addresses for each place of residence will be available.

At the next two stations, voters will be required to fill out absentee ballot request forms and complete affidavit envelopes. Students will receive their ballot at the fourth station. Upon completion, the ballot will be sealed in the affidavit envelope. A worker will then staple the registration application and absentee ballot request to the envelope and instruct the voter to place it in the ballot box.

Election Administrator Lisa Rowenhorst advises voters to allow 10 to 15 minutes for the process. Twenty voting stations will be available and voters will only receive a ballot if a booth is open.

Ballots cast through satellite voting will be counted on Election Day. Results of satellite voting stations and traditional absentee ballots are not released until after the polls close.

Many students have already applied for absentee ballots from their home precincts. This ballot is an official vote and must be surrendered at the station in order for students to cast their vote at the satellite system. Rowenhorst adds that no checkpoint will be present at the satellite station, however, students who vote more than once, the second ballot would be voided during the recording process.

Rowenhorst advises students with forthcoming absentee ballots to continue the voting process in that form. Absentee ballots will have return postage and allow a student to vote on local candidates and issues they are more likely to be familiar with. She also reminds students to remain legal residents of Sioux County until a month after the election to be sure their vote is counted.

The General Election will be held on November 4, 2008, with the polls open from 7 a.m. to 9 p.m.

Inauguration Day arrives
Art-Music-Justice concert part of celebration
BY JENNA BOOTE
NEWS EDITOR

Northwestern will celebrate the inauguration of Greg Christy on Friday, Oct. 10. In order to allow students to attend the event, class times will be adjusted. First period classes will begin at 7:45, with each class lasting 45 minutes and 10 minute breaks between classes.

The inaugural ceremony will begin at 2:30 p.m. in Christ Chapel. Following the ceremony, an informal reception will be held on the green to allow attendees to greet the president. The Rev. Dr. Tim Brown, the new president of Western Theological Seminary in Holland, Mich., will deliver the inaugural address.

Christy will become the ninth president of NW. He accepted the position in January of 2008 after 12 years as vice president for development at Dakota Wesleyan University in Mitchell, S.D. Christy grew up in Ottumwa, Iowa, and attended Simpson College.

His master's degree in physical education and sports management is from Western Illinois University. He and his wife, Michelle, have three children: Ryan (14), Madelyn (10) and Kyle (7).

According to Lydic, people should come to RUSH to "gain a better and broader understanding for dance, support all of your classmates and friends who worked so hard to put on the show and to be blessed and to enjoy your weekend... not to mention how awesome it's going to be.”

With eight performances spanning over the course of the two weekends, all occurring in the England Proscenium Theatre at the DeWitt Theatre Arts Center, RUSH will definitely be an exciting event for all who choose to attend.

RUSH opens this weekend
BY TEDI SWANSON
STAFF WRITER

For the next two weekends, the Northwestern community will be busy attending and performing in one of the largest student produced productions of the school year, RUSH. A student produced dance recital, RUSH involves more than 150 NW students as dancers, choreographers or technicians.

“I'm excited to finally see all their hard work put on stage for the audience to see,” said junior Bobbie Lydic who is both a choreographer and the artistic director for production.

With genres ranging from salsa and modern, to jazz and abstract, RUSH will have something for every audience member. Performances are the weekends of October 3 and 11, and members of the NW community not involved in the performance should consider attending.

See next week's Beacon to learn what's on the ballot.

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The General Election will be held on November 4, 2008, with the polls open from 7 a.m. to 9 p.m.
A conversation held on the evening of September 30 around dusk:

Jenna: Hey Kristi, did you read that e-mail from John Brogan that we got a week or two ago? The enforcing of the October 1st Rule has been banned. No longer will hazing in the name of chastity be condoned at NW.

Kristi: What? The campus dating calendar is forever changed! The natural cycle of love and marriage will be accelerated. Instead of “ring by spring,” it’s going to be “wed by Feb!” I can’t say banning the October Rule is a bad thing, though. Every time I see it enforced I lose a little faith in the goodness of mankind.

J: But we have to admit, it’s entertaining. Not that watching someone being made into a peanut butter and jelly sandwich should be fun...

K: But it is. I know. Why do we derive so much pleasure at others’ expense?

J: Exactly. These people are in love. Should we scoff at their passion?

K: You know, Jenna, what we’re really doing here is creating unnecessary romantic intensity. Unbridled passion will be released tonight when the clock strikes twelve.

J: You’re right. Is it wise for us to suppress hormones, and then let them explode on a specified date?

K: How about a gradual progression? Okay, the first week of October they could hold hands. The second week, how about a walk on the Puddle Jumper? The third week maybe they could go to Pizza Ranch.

J: That’s pushing it... wait another week for pizza.

K: Jenna, don’t you remember what it was like as freshman?

J: Absolutely. Hey, Kristi, what time is it? I think those two freshmen just ate.

K: The pressure on this campus to have romantic relationships and to get married as soon as possible continues to grow.

J: Northwestern is weird. Why can’t we date like normal people?

K: Northwestern is weird. Why can’t we date like normal people?

J: How about a gradual progression? Okay, the first week of October they could hold hands. The second week, how about a walk on the Puddle Jumper? The third week maybe they could go to Pizza Ranch.

K: The October Rule creates this idea in your mind that if you hang out with a member of the opposite sex, you’re practically dating them. Then, when you want to casually get to know someone, you’re immediately coupled up. It subconsciously ruins the dating culture.

K: Exactly. The October Rule doesn’t allow for healthy guy-girl relationships. Freshmen are afraid to spend too much time with the opposite sex, even if their relationships are completely platonic.

J: On the other hand, are you really ready to seriously date someone after knowing them only a few weeks?

K: It works for people on the Bachelor. Yeah, and it’s also interesting that many couples have survived the hazing and gone on to reinforce the other NW distinctive: ring by spring.

K: The pressure on this campus to have romantic relationships and to have that be your only male-female relationship is absurd! We’ll forego a little campus entertainment in favor of healthy relationships.

J: Absolutely. Hey, Kristi, what time is it? I think those two freshmen are holding hands.

K: Get them!

Don’t worry about a thing
by Noah Adams

I think Bob Marley had it right when he said, “Don’t worry about a thing, cause every little thing is gonna be alright.” It may seem like an idealistic statement, but what’s wrong with a little idealism now and then? If you’re anything like me, you feel a little overwhelmed thinking about how busy you are and how much you have to do every week.

Tests, papers, sports practices, work, band, choir, theater, RUSH; the list goes on and on. Too often we let these things become the center of our schedules.

In the movie “Fight Club,” Brad Pitt’s character Tyler Durden says, “The things you own end up owning you.” Let’s try replacing the word ‘own’ with ‘do’ just this once. “The things you do end up owning you.”

We get so wrapped up in our busy lives that we often forget to take a few minutes to relax and put all of our worries aside. Everything we do, whether it be homework, other school activities, work, debating the upcoming election, or writing and discussing controversial articles for The Beacon, gets the best of us after a while.

Don’t get me wrong; I’m not trying to say that these things are not important or necessary. All I’m saying is that once in a while we need to slow down and take a minute to look at God’s beautiful creation.

Psalm 19:1-4 says, “The heavens tell of the glory of God. The skies display his marvelous craftsmanship. Day after day they continue to speak; night after night they make him known. They speak without a sound or a word; their voice is silent in the skies; yet their message has gone out to all the earth, and their words to all the world” (NLT).

Let’s take some of that time that God has blessed us with and give back to him. Let’s be silent for a change and enjoy the marvelous craftsmanship of the beautiful skies and glory of God.

Don’t worry, be happy. Relax, take it easy. Calm down. Chill. I could keep throwing cliché phrases like these at you, but I imagine you get the point.

My challenge to you is this: take ten minutes to just sit outside and stop thinking. Stop worrying. Stop moving so fast. Look at the colors of the leaves changing on the trees. Listen to the sounds of Mother Nature. Feel the crisp, cool fall air blowing gently around you. Enjoy the magnificence of all creation.

Don’t be a human doing, be a human being. Do yourself a favor: just be.

A healthy alternative
by Amanda Bracklein

Modern medicine has changed history. Innovations in procedures and pharmaceuticals have altered health care as we know it. But after spending 10 years going to doctor after doctor for back pain, migraines, seizures, depression and weight gain and seeing no results, I was giving up on modern medicine.

Even the best of the best in their field were not good enough to give me an answer—not to mention that I was tired of swallowing eight pills a day in the hopes that someday I might eventually see the change that still hadn’t appeared. My dad had also spent quite a few health problems. The largest problem being the debilitating migraine he had lived with for seven years.

For those of you who get migraines, imagine yourself with one for seven years. He had seen many of the best specialists around and, like me, had seen constant results. Modern medicine was failing him.

However, somewhere along the way my dad got word from a friend that he had found a doctor that could heal his headaches without medicine. Three months after my dad visited him his migraine was gone. Two months after I visited him my symptoms from the last ten years all began to disappear. All my family did was stop eating processed foods.

Dr. F. is a naturopathic doctor. Naturopathy or holistic medicine is one of the oldest types of health care in the world. It is commonly used all over the world and especially in Eastern cultures.

The concept of naturopathic medicine is to find the root cause of the problem and eliminate it naturally, rather than pumping the body full of chemicals to cover a problem.

This usually consists of herbal supplements, whole food diets, chiropractics and acupuncture, among other things.

In other words, God made your body to be able to heal itself as long as you take care of it. Naturopathy lets your body heal itself.

Our nation talks constantly about rising numbers in obesity, diabetes, cancer and depression.

Avoiding body sensitivities can eliminate many cases (note, I did not say all cases) of chemical depression, obesity and other major health problems. In fact, even the toughest cases of cancer have been heal e d through diet.

So, the next time you find yourself taking medication for a headache, or heading out to the pharmacy for your refill on prescription drugs—stop for a second to think of what you just ate.

Maybe all you need to do is change how you eat—perhaps you need to stop drinking milk or eating wheat. Perhaps it will change your life.
“Wow, your dorm room is sweet!”

BY KRISTI KORVER
ENTERTAINMENT EDITOR

On Wednesday, Oct. 1, several judges wandered the halls of Northwestern dorms looking for the top ten coolest rooms. They came across numerous awesomely ugly couches and more than a few monstrous piles of laundry, but at the end of their search there were ten rooms that made the judges say, “Your dorm room is sweet!”

MEET HAPPY RIVER

Sophomores Greta Floding and Lisa Thvedt have named each statue, unicorn and plant in their funky room. In the back sits a gold statue named Happy River who looks out with joy at its colorful ceiling. The girls even have a bright pink phone on which they talk to Jesus. All of the color and personality put Fern 207 at number ten of the top ten rooms that made the judges say, “Your dorm room is sweet!”

CLUB 210

If you are looking for a place to party look no further than West Hall 210. Senior Paul Ryon, junior Dave Ten Clay and sophomore David Smit have built a bar in their room. Their bar not only serves delicious non-alcoholic drinks but it doubles as an entertainment center with two TVs synced to each other. Mood lighting and surround sound turn Club 210 from dorm room to one rocking club.

PINK-ORANGE FUSION

Color coordination is very important to freshmen Ashley Trail and Hannah Taylor. Everything in Stegenga 213 is pink or orange. They have even painted their fridge pink. An orange leather couch from IKEA is the focal point of the room.

CINEMA SEATS FOR 24

With over 600 movies, senior George Barnes and sophomore Bret Leifson need a movie theatre, not a bedroom. They have a big screen, overhead projector and surround sound to enhance the movie-watching experience. With several couches, 24 people can enjoy a movie night in Colenbrander 145 comfortably.

NOOKS FOR ALL

Juniors Andy Norris and Taylor Mugge and sophomore Phil Hegeman have arranged West 105 into a land of nooks. They have a “study nook” in the back complete with a desk and hat wall, a “lounge nook” with comfortable seating, and, of course, a “sleeping nook.” Every nook is labeled. In fact, everything in their room is labeled, including their special “bling spinner.”

ALTERNATIVE LIGHTS

The residents of Hospers 205, senior Emma Roetman and freshman Sara Chipman are over florescent lighting. They covered the light in their room with draping green fabric, then rigged a switch for a cool ceiling lantern they found. Their marble table and plant that “thrives from neglect” make their room user friendly and aesthetically pleasing.

TIE CURTAIN

The award for the most creative curtain goes to junior Leon Li and freshman Andrew Stam, who covered a curtain balance with colorful ties. The two aren’t against curtains, on another wall they hung one that must be from the 1970’s. The rest of Heemstra #214 is taken up by cool chairs, posters and a wall of hats.

CLASSIC NATURALS

Instead of the classic black and white, juniors Meredith Reed and Jaclyn TeBrink decorated their room in classy brown and ivory colors. Their end room, Stegenga 101, looks more like an apartment due to a curtain hanging down the middle, splitting up their study area from the rest of the room. Pictures of Marilyn Monroe and other classic celebrities line their walls.

A CLEAN SWEEP

Sophomores Aron Pall and Derek Ball just did an early spring cleaning of their room, or they are neat freaks. Their room has a “green theme” with matching plaid bedspreads and a comfortable green couch. Colenbrander 127 is the tidiest room at NW.

PEACEFUL MATCH

Fern 126, the home of sophomores Laura Denekas and Kaitlin Koerselman holds the perfect reading couch. The room has a turquoise and brown color scheme that invites all who enter to take a breath. It is cozy and warm with plenty of blankets and pillows.

Top 10 Rooms

1. Fern #201: Greta Floding and Lisa Thvedt
2. West #201: Dave Ten Clay, David Smit, and Paul Ryon
3. Stegenga #213: Ashley Trail and Hannah Taylor
4. Colenbrander #145: George Barnes and Bret Leifson
5. West #105: Andy Norris, Phil Hegeman and Taylor Mugge
6. Hospers #205: Emma Roetman and Sara Chipman
7. Heemstra #214: Andrew Stam and Leon Li
8. Stegenga #210: Paul Ryon, Dave Ten Clay, and Dave Smit
9. Colenbrander #127: Aron Pall and Derek Ball
10. Fern #126: Laura Denekas and Kaitlin Koerselman

Send your Campus Quotes, with context, to beacon@nwciowa.edu.

“Wow, your dorm room is sweet!”

“A clean sweep”

“A peaceful match”

“Award for the most creative curtain”

“A club 210”

“A pink-orange fusion”

“A cinematic seats for 24”

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The bar/entertainment center in Club 210.
For him: NW volleyball prays with opponents after games

Assistant coach Wayne Westenberg said that it “represents who we are as both an institution and athletic team. We are grateful for the opportunities we have and the blessings we have gotten.”

Senior Krista Hibena really likes this new concept. “We realize we’re all playing the game we love,” she said. “We don’t pray for our own glory; it’s not about us. It’s humbling for us.”

The freshmen on the team are really taking hold of this as well. Kate Buyert thought it was a little different and kind of scary, but now she looks forward to it because we are “called to share.”

Up and down the ranks of junior varsity and varsity, freshmen through senior, the girls have seen a difference in their style of play.

A team has yet to refuse to pray with NW after a match. All the GPAC schools, NAIA teams and even the University of South Dakota have prayed together with NW. At first some teams have been a bit reluctant, but afterwards they genuinely seem to appreciate it.

This is truly a way that NW is being a light to other schools and areas. This is what playing for an “audience of one” is. The team and fans remember the game is being played “for him.”

Walking with God

BY AMANDA KLEHIN
ASSISTANT EDITOR

It’s 11 p.m. on a Tuesday evening and life is winding down at Northwestern. Night classes have concluded, D-groups are ending, the Hub is emptying out and all around campus students are choosing to study or socialize.

Meanwhile, senior Chris Bergst is slipping on his tennis shoes and pulling on a sweatshirt. He isn’t getting ready to go on a run, meet a girl on the Puddle Jumper or weave in and out of the corn maze. Bergst is going on a walk with God.

This isn’t a one-time occurrence or a chance encounter; he has been taking these walks for the past three years. During the second semester of his freshman year, Bergst faced some major challenges in his spiritual life and “needed God to help me pull through.” Meditatively walking “just seemed like a good idea.”

“I needed some personal time with God where I could just be vulnerable with him and ask him to guide me in the right direction,” he recalled.

Apparently, Bergst found what he was looking for. Since that time the walks have become a habit for him, giving a spiritual rhythm to his daily life.

Typically, he heads towards Kinderspeeland sometime after 11 p.m. and walks for an hour or two before making his way back to campus. He always goes alone and he always goes. “The Iowa winters make it challenging sometimes, but the benefits I get from it far outweigh the negative effects of the cold,” he said.

The majority of the time that Bergst spends walking is filled with prayer, and most of that prayer is intercession for other people. Other times, he just walks and listens. In that stillness he sees just how great God is.

“It is always cool to walk and pray during a thunderstorm,” he remarked. “As my eyes are on the skies, it is cool to see lightning flash above. It makes me feel that God is there with me listening to everything that I’m saying.”

The trials that initiated the walks have passed, but the intimate relationship that Bergst has developed by walking with God remains. He finds that the long term effect is far greater than the struggles he faced.

Walking is something Bergst will continue to do as long as he can. It is his way of connecting to God and deepening that relationship. “As life gets more complicated, I need his presence more and more in my life,” he said. One step at a time, Bergst finds what he’s looking for.

Opportunities to serve

BY LEANN JOHNSON
STAFF WRITER

Northwestern students may soon be finding themselves pressed for time as midterms quickly approach, and they try to juggle classes, homework and a social life. With such hectic schedules, it is often easy for students to concentrate so much on managing their own lives that they forget about the importance of the work God has given.

One ministry that meets bi-weekly is the International Justice Mission (IJM). During the meetings the group plans activities, prays for people suffering from injustices and learns about what is happening in the world. IJM also hosts concerts and events and boys’ homes twice a month,

BY KRISTEN KOOIMA
STAFF WRITER

Moments after a grueling volleyball match between two seeming enemies, a change occurs. The NW volleyball team joins with Morningside in prayer after a game.

The NW volleyball team joins with Morningside in prayer after a game.
RUSH: a look behind the scenes

BY KILEY SELIGMAN
FEATURES EDITOR

As RUSH dancers perform onstage, behind the scenes, choreographers hope their masterpiece is not only enjoyed, but understood.

Three-time RUSH choreographer, junior Bobbie Lydick said, “As a choreographer, my goal would be that the audience feels what as a choreographer I was feeling—for them to get it—to understand part of me through it. It’s like listening on a deeper level.”

Choreography is a long process. For senior choreographer Tony Wilder, this process started soon after last year’s RUSH ended. For senior Jenni Sybesma and Lydick, it started a week before the first meeting for RUSH. “If I come up with an idea too long before, it all changes,” Sybesma said.

The first job for every choreographer is finding the right music. Each of these choreographers then simply plays the music and lets the ideas come. “I play it and mess around, dance and have fun to see what I come up with,” Wilder said.

Sybesma said that some of her moves are remembered from her years of studio dance. However, “mostly you know what would be sweet to do.”

Along with the music, the choreographers pick an idea to convey to the audience. The dance is more than just the moves; there is a story or concept that the choreographer wants to show.

Lydick listens to see how the audience wants to see what I come up with,” Wilder said. Sybesma claimed that this is the job of the choreographer. RUSH dancers don’t need to know how to dance. Especially with RUSH, where people have no experience, you have to show that love and the passion will rub off on them.”

Beyond RUSH choreography

BY ANNE EBERLINE

Along with the choreographers, there are other important people who make RUSH move smoothly. Two of these jobs are artistic director and lighting designer. As well as being a choreographer, Lydick is also the artistic director. She and lighting designer, senior Hannah Sauerwein, have been putting in countless hours making sure their areas of expertise are running smoothly.

Sauerwein is sharing her lighting expertise with RUSH. “I do everything with lights—figuring out what we need and getting it there and everything technological,” she said. Without a director giving firm lighting guidelines, Sauerwein has more discretion in setting the look for each dance than in a typical theater production. “I try really hard to see what the choreographers are going for, to find their vision and support it,” she said.

Lydick is “in charge of the artsy side of life.” This includes choreographing the audition piece and the curtain call, previewing the dances and double-checking everything, such as costumes, dance positions and the overall flow of the show. Lydick said, “I text all throughout the day checking on things. I’m in constant communication with the producer.”

Those involved with RUSH work with the theater department in order to share stage space, but they operate independently and with little supervision. “We take pride in having a show completely by students, for students,” said Lydick.

The student-run production provides both challenges and advantages. “You have to be the adults now. From a college-learning perspective, it’s a good thing,” said Sauerwein.

While RUSH prides itself on being student-run, the long hours begin to affect those heavily involved. “You know how you get songs stuck in your head? I get dances stuck in my head. I have RUSH OCD; I can’t control it,” said Lydick, laughing.

Sauerwein shared a similar thought that brought a smile to her face. “I find myself spouting gel colors and telling people to till their head to see how the shadow changes...it’s taken over my brain.”

The many efforts of the RUSH production team, choreographers and participants will soon come to fruition. Lydick expressed the excitement shared by all when she said, “Let’s get this thing going!”
Northwestern pummels Dana for Homecoming victory

BY HEIDI HILDEBRANDT

The stands were packed by the 2,500 people who showed up to watch the Homecoming football game against Dana on Saturday. The Red Raiders definitely put on a show, winning 54-14 and bringing their record to 3-1. Dana drops to 1-3 for the season.

Northwestern welcomed the Vikings to Orange City by scoring on the first offensive play of the game. Junior Cary Overholt connected with senior Tyler Meekma for a 77-yard touchdown pass and freshman Mike O’Brien made the extra point. Dana attempted to move the ball downfield, but the Raiders grabbed the ball back when junior T. J. Lensch snatched an interception from the Vikings quarterback.

The Raiders found the end zone again three plays later, as Overholt found senior D.J. Hansen on the right sideline. Dana pushed ahead for two first downs, but the NW defense made a key stop on fourth-and-one and then used the momentum, scoring their third touchdown in only 10 minutes of play. Senior Seth Moen caught the 42-yard pass, and O’Brien made the point-after.

The Raiders shifted their attention to their ground game in the second quarter. Senior Kyle Ochsner and Overholt each ran for a touchdown, bringing the score to 33-0 at halftime.

NW showed no sign of backing down after halftime and senior Nate Jansen intercepted the ball on Dana’s first possession. Sophomore Taylor Malm then scored on fourth-and-goal, bringing NW’s lead to 40-0.

Dana was called for an illegal block on the next kick-off, and was pushed back to their seven-yard line. The Raider defense attacked the opportunity and Jansen broke through the line to sack the Dana quarterback for a safety.

After three more plays, Ochsner rushed for 32 yards and widened the gap to 49-0. Ochsner then scored a third touchdown on a 35-yard run at the end of the third quarter. Dana finally scored two touchdowns of their own in the third quarter to end the game with an impressive 54-14 NW victory.

The Raider offense acquired 515 yards, 263 in the air and 252 on the ground. Dana had only 68 rushing yards and 166 passing to total 234 offensive yards. Overholt went 10-for-18 and threw the ball for 246 yards and three touchdowns. He also rushed for a touchdown of his own. Ochsner had an excellent day, rushing for 107 yards on eight carries and three touchdowns. Malm gained 55 yards on 12 carries and had one touchdown. Meekma, Hansen and Moen each caught a touchdown pass. Lensch led the Raider defense with 6.5 tackles and one interception. Junior Grant Hegstad added 3.5 tackles and Jansen had five.

NW will take on Concordia in Seward, Neb. tomorrow at 1:30 p.m.

Women’s golf completes fall season at GPAC Tourney

BY CAMERON CARLOW

The Northwestern women’s golf team finished its fall season at the second round of the GPAC tournament. After two rounds, the Raiders sit in fifth. The last two rounds of the 11-team tournament will be held in the spring.

“We played with enthusiasm. Scoring on par three’s was the poorest we had done all year, so our totals were not what they could or should have been,” said head coach Harold Hoftyzer. “Having said that, we did some things well with two players scoring in the 80’s.”

Those players were seniors Carrie Spree and Kara Ritchie. “Ritchie had another steady round of golf with an 88,” said Hoftyzer. “In her words she called the round ‘ugly par saving golf’ [and] didn’t hit a lot of fairways but was able to fight through that and score what she did.”

The JV women also competed at Nebraska Wesleyan against a field of all NCAA Division II teams. The team finished in fourth out of four teams and was lead by sophomore Sara Horn, who shot a 91.

The women’s golf team has finished its fall season but is not far from the goals they set. “Our goal was second or third, at this point in the GPAC race to pass.Lensch led the Raider defense with 6.5 tackles and one interception. Junior Grant Hegstad added 3.5 tackles and Jansen had five.

NW will take on Concordia in Seward, Neb. tomorrow at 1:30 p.m.

Men’s soccer shuts out Dordt, falls to Nebraska Wesleyan

BY CAMERON CARLOW

This week was full of ups and downs for the Northwestern men’s soccer team. They started off by losing on the road to Nebraska Wesleyan:3-0 but followed it up with a 2-0 shutout against Dordt on Wednesday.

Head Coach Dan Swier added that his team “played well enough to win” against Nebraska Wesleyan. In his opinion it was “the best a team has ever played and still lost 3-0.”

Junior Aaron O’Brien played well for the Raiders after a sore hamstring. He had a goal that was disallowed against Nebraska Wesleyan and also performed well against Dordt adding a goal and an assist.

Freshman Tommy Tucker added a goal against Wesleyan, helping to lift the Raiders to a 2-0 shut-out.

“This was a critical game for our team,” said Swier. “I was happy that we came out and scored early. This marks the beginning of the climb back toward the top of the conference.”

NW sits 3-2 in GPAC play right now and 5-5 overall. “GPAC play has been a bit surprising so far this year,” said Swier. “We will have to play our best every time we step on the field or we will not win games.”

The next game for the raiders will be at home Saturday against Midland Lutheran and again on Monday against Wartburg.

“[Against Midland] we need to communicate on the field,” said Swier. “We will have two starters sitting out against Midland, and the rest of the team needs to do a good job of communicating with their replacements.”

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**SPORTS**

**Volleyball trumps University of Sioux Falls**

**BY BETH MOUW**

**CONTRIBUTING WRITER**

After a disappointing performance at the Bellevue University Classic in Bellevue, Neb., last weekend, the Northwestern volleyball squad bounced back with a decisive victory over the University of Sioux Falls on Tuesday. The Red Raiders dropped from eighth to fourteenth in the latest NAIA ratings and are now 3-0 in the GPAC, 12-6 overall.

NW 3, USF 0

It was a clean sweep for NW as they defeated the Cougars in three straight games, 25-8, 25-19 and 25-14. In addition, Head Coach Kyle Van Den Bosch earned his 100th

First Set — NW 25-8

Second Set — NW 25-19

Third Set — NW 25-17

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in the University Classic in Bellevue, Neb.

PHOTO BY RENEE NYHOF

Senior Jack Peterson leads teammates Kyle Gerhard, Danny Owens, Adam Verhoef, and Andy Norris in the DSU/rac last Saturday.

Northwestern soccer falls to Nebraska Wesleyan, Dordt

**BY HEIDI HILDEBRANDT**

**SPORTS EDITOR**

The Northwestern women's soccer team dropped two games this week, losing 0-2 to Nebraska Wesleyan and 1-4 to Dordt. The

BY HEIDI HILDEBRANDT

SPORTS EDITOR

The Red Raider men's cross country team placed fifth out of 11 teams in their second meet of the season on Saturday at the DSU/Herb Blakely Invitational.

NCAADivision II Wayne State

run away with the team title, scoring only 24 points in the meet. The University of Sioux Falls took second with 75, Dordt had 102, South Dakota Tech had 133 and Northwestern had 142 points.

“The guys did really well as a team,” said senior Jack Peterson. “We did very well without a couple of our top runners. We even beat a team that was receiving votes in the NAIA polls.”


The Raiders dropped their second match later that night against host Bellevue. After fighting to take the first set 25-25, the Raiders fell the next three 21-25 each. Bloomendaal recorded a team-high 19 digs and went 15-15 from the service line.


Randa Huslen led the Raiders with 15 kills. Hanno, Rylee Hulstein and freshman Kate Buyert added 14, 10 and 11, respectively.

The Red Raiders are set to host two home games this weekend against GPAC rivals Concordia on Friday and Hastings on Saturday.

Men's cross country runs to fifth place

**SPORTS EDITOR**

The Northwestern women's cross country team traveled to Madison, SD last Saturday to compete in the DSU/Herb Blakely Invitational. Despite missing some of their top runners due to injuries, the Red Raiders were still able to pull off a fourth place finish out of 15 teams with 86 points.

“’When we go to meets, we just do what we have trained to do,” commented sophomore Sara Hess. NW was just five points behind third-place University of Sioux Falls (91 points) and eight behind NCAADivision II Wayne State (76). Dordt won the meet with 67 points.

Junior Ingrid Carlson paced the Red Raiders, finishing 13th place with a 5000-meter time of 19:48. Hess and sophomore Jenna Sorensen also ran a top-20 finish. Hess recorded a 19:55 with 15th place, while Sorensen finished close behind in 18th with 19:58. Sophomore Stephanie Powell

PHOTO BY RENEE NYHOF

Freshman Leah Aragon fights with the Dordt player for the ball at the game on Wednesday night.

**PHOTO BY HEIDI HILDEBRANDT**

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Randa Hulstein led the Raiders with 15 kills. Hanno, Rylee Hulstein and freshman Kate Buyert added 14, 10 and 11, respectively. Beaver also lofted up 46 assists while Bloomendaal and 24 digs to the cause.

The Red Raiders are set to host two home games this weekend against GPAC rivals Concordia on Friday and Hastings on Saturday.

**Game times are 7:30 and 5 p.m., respectively.**

**SPORTS EDITOR**

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Red Raiders fall to 3-6-1, 1-3-1 in the GPAC.

NW 8, Nebraska Wesleyan 2

Nebraska Wesleyan found the net twice, once on a corner kick in the first half of the game on Monday.

The Raiders picked it up and out-shot NWU 7-3 in the second half, but were unable to score.

Freshman Candy Bergt took the goal for the Raiders in their first start and had four saves. Both teams took 14 shots in the game. Sophomore Amanada Mikaly led NW with two shots on goal. Sophomore Sarah Seeger and Junior Abby Whitaker and junior Becca Bruns each had multiple shots as well.

NW 1, Dordt 4

Dordt took home the victory in the rivalry game

PHOTO BY HEIDI HILDEBRANDT

PHOTO BY RENEE NYHOF

Sophomore Kasten Beaver and junior Randa Hulstein go up for a block in Tuesday's game against USF.

**PHOTO BY RENEE NYHOF**

Freshman Leah Aragon fights with the Dordt player for the ball at the game on Wednesday night.
An eating disorder for the health-conscious?

BY RACHEL RIESEMA
ASSISTANT NEWS EDITOR

Orthorexia nervosa, the newest addition in eating disorders, draws a new line between healthy and deadly; but not in the same way as anorexia.

The disorder was coined by Steven Bratman, M.D. The disorder translates literally as a “fixation on righteous eating.” In other words, healthy eating taken to the extreme. Instead of a fixation on the quantity of food, orthorexics focus on the quality.

Most of the time it starts with being health conscious, but if one’s intake for the day consists solely of broccoli, it’s time to take a second glance. This craze shouldn’t be taken lightly as it has the same dangers as anorexia.

Unlike anorexics trying to shed pounds, orthorexics desire to achieve a pure, healthy and natural feeling. Actually eating this healthy involves an enormous amount of willpower. Anorexics’ determination to stay pure means going against the majority of fast food options as well as childhood favorites. Because the food must meet their high standards, orthorexics may not always enjoy what they are eating.

The daily life inside this world involves planning out what to eat and the appropriate serving size. Worries about the consequences of an indiscretion will also add to the anxiety and number of hours spent thinking about food.

The unusual obsession also involves the pseudospiritual connotations. As the situation advances, the amount of food entering the body becomes a kind of holy ceremony. Orthorexics partake in this holy experience as though it is the equivalent of helping the poor and homeless.

When orthorexics stray even in the tiniest manner, they make up for their bad behavior by abiding by an even stricter diet. Although not an official medical condition yet, the medical field firmly believes in the importance of awareness.

Campus debate:
Sound off about political issues at Hub

BY TYLER GRANGER
STAFF WRITER

An extreme political debate will unfold during the O.C. town hall discussion. On Wednesday, Oct. 8 at 9 p.m., the College Democrats and the College Republicans are presenting their platforms in the Hub.

The two parties will take turns debating the important issues of the economy, poverty and health care. Following the debate there will be an open discussion for all audience members.

Who is leading this political charge? Junior Keisha Deiphuis, president of the College Democrats and senior Mike Scholten, president of the College Republicans.

Next Wednesday night, Scholten, along with his fellow party members will present the conservative side of campus in this old school town hall discussion. Scholten is a Business Administration major and has been involved in politics since his arrival at Northwestern. This Washington state native is active in his faith and community.

Scholten’s favorite memory is working with the College Republicans at the Nussle/VanderPlatts rally in LeMars, where he met President Bush. Known as a conservative voice on campus, Scholten stands firm with traditional Republican ideology. He is an advocate for the sanctity of marriage, the right to life, and the Iraq War.

According to Scholten, the goals of the College Republicans are to “Elect John McCain without any regrets.”

Goals of the College Democrats are necessarily different. Originally from Rochester, Minn., Deiphuis was deeply influenced by local elections and the politics she witnessed in her community. Inspired by her favorite political leader, former U.S. Senator Paul Wellstone, Deiphuis sought out to make a difference in politics. This Political Science major feels compelled by her faith to promote social justice which is the main goal of the College Democrats. Deiphuis loves debating politics and her most cherished memory while working with the College Democrats is playing with kids on Morning on the Green.

Deiphuis predicts Obama will win the presidency this year and cannot wait for the changes he will bring to Washington. Despite their opposite political issues, Deiphuis and Scholten agree more then people would think. They have great respect for each other because they understand the time, work and education you need to be the president of a political clubs.

Deiphuis and Scholten both have friends in the military and continue to support the troops. They agree this election will be extremely close and the economy will be a deciding factor. The biggest issue Scholten and Deiphuis want to undertake is getting students informed and involved, which they will attempt to do at the town hall discussion. Listen, learn and express your views in this great political experience.

World News:
Modern day pirates

BY JENNA BOOTE
NEWS EDITOR

Pirates operating off the coast of Somalia hijacked a Ukrainian cargo ship loaded with 33 tanks and other Soviet-made weapons. The pirates refuse to release the ship and its crew of 20, who are currently locked inside the ship, until they receive a ransom of at least $20 million.

The MV Faina, first seized on Sept. 25, is now anchored off the coast of Somalia as pirates negotiate payments have been yielded. The pirates denied the report.

The ship’s destination is also disputed; sources initially tagged Kenya as the purchaser, but recent reports have said the weapons are heading for southern Sudan.

According to Risk Intelligence, a Vedbaek, Denmark-based company, pirates off the coast of Somalia held a record 374 hostages during September, hijacking 60 boats. The attacks have more than doubled this year, and over $30 million in ransom payments have been yielded.

While pirates do not usually harm crews, two people died last month while during hijackings, one from a gunshot and another from heart failure.

According to Risk Intelligence, the pirates make around $1 million from each ship they commandeer.