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 Oct. 14, 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 simple 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 to vote using 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, year-round. To 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.

The new Culver’s will offer free Wi-Fi and a relaxed atmosphere. It also hosts a conference room with flat panel display. The room sits over 30 people, can be used for parties or meetings and is free for students to use, although Meissner recommends calling ahead to reserve.

Meissner’s entrepreneurial spirit motivated him to open the restaurant. He chose Sioux Center for many reasons: “Sioux Center has a subregional draw for shopping and restaurants, and another dining selection was needed in our area.”

The restaurant is located in Southridge Plaza inside the old Wal-Mart building. Once open, Culver’s hours run from 10:30 a.m. to 10 p.m. To reserve the conference room, students can call Culver’s at 712-722-1236.

The inaugural ceremony will be held 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 a senior executive at Dakota Wesleyan University in Mitchell, S.D. Christy grew up in Ottumwa, Iowa, and attended Simpson College.

Western Theological Seminary in Holland, Mich., will deliver the inaugural address.

The concert also takes justice seriously by supporting International Justice Mission (IJM) and Food for the Hungry, two organizations whose missions are in tandem with the artists’ mission. Both seek to “further educate the church on God’s heart for justice, gain advocates for the oppressed and show evidence of God at work in this world.”

Groves and friends will give more meaning to their music by offering accounts of IJM’s work in rescuing people from slavery, sexual exploitation and other forms of violent oppression. Audience members will have the opportunity to help Groves’ “adopted” village in Rwanda.

Since the 2005 release of “Add to the Beauty,” Groves has been performing justice amazed, exactly, she is called to do that. Her answers came in a series of global conversations and experiences.

Brandon Heath debuted his album, “What If We,” in August. Popular songs by Heath include “Give Me Your Eyes,” “Don’t Get Comfortable” and “I’m Not Who I Was.”

According to Lydick, 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.

Inauguration Day arrives

Art-Music-Justice concert part of celebration

By Jenna Boote

Northwestern will celebrate the inauguration of Greg Christy on Friday, Oct. 10.

Students are invited to celebrate the inauguration of President Christy with music on Friday, Oct. 10, at 7:30 p.m. Artists Sara Groves, Brandon Heath, Derek Webb, Sandra McCracken and Charlie Peacock will continue their mission to “add to the beauty, seek justice and give praise to God” through their Art-Music-Justice tour.

Those attending are asked to bring two canned food items to be donated to a local food pantry.

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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 a minute of that time 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 clichés phrases like these at you, but I imagine you get the point.

My challenge to you this week: 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 also had quite a few health problems. The largest problem being the debilitating migraine that he had lived with for seven years.

For those of you who get migraines, imagine yourself with one for seven years. He had seen some of the best specialists around and, like me, had seen no results. Modern medicine was failing. 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. The answer was food. All my family did was stop eating processed foods.

Dr. P 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 of 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 and minor health problems. In fact, even the toughest cases of cancer have been healed through diet.

So, the next time you find yourself taking medication for a headache, or heading out to the pharmacy for your refill prescription drugs, stop for a second to think about 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 home. There are pictures, quotes and artwork hung on every wall and a hundred prayer flags draped across their 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 one on the judges’ list.

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 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 Dereck 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 Kaatlin 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
9. Colenbrander #214: Aron Pall and Dereck Ball
10. Fern #126: Laura Denekas and Kaatlin Koerselman

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

“Wow, your dorm room is sweet!”

“Just adds to the backpack of depression!”
- Professor Kyle Bartlett discussing racial issues in Social Problems.

“In my family you may not smell like a bed of roses, but roses need manure too.”
- Junior Renee Nyhof explaining to her roommate that the sense of smell is in the nose of the beholder.

“It isn’t that why God created woman- for man? Wait! I didn’t mean it that way.”
- Senior Jordan Keckler in response to God creating humans without need for community.

“I’m surrounded. I feel like I’m at the Alamo!”
- Freshman Kylie Steinbach during at the children’s show.

“I went to Buffalo Wild Wings in Sioux City.”
“With all the way to Sioux City for food?”
“I was really craving wings.”
“Are you pregnant?”
- Junior Cory Duff answering Professor Jan Carrell’s question regarding weekend purchases.

Send your Campus Quotes, with context, to beacon@nwciowa.edu.
For him: NW volleyball prays with opponents after games

BY KRISTEN KOOMA
STAFF WRITER

Moments after a grueling volleyball match between two seeming enemies, a change occurs in the atmosphere. No longer is there a sense of hostility between the two teams. The opponents stand together in a circle holding hands with their heads bowed, one girl leading a prayer.

The name on their uniforms no longer matters; right now all they are is a circle of girls who share the same passion: volleyball. Who won and who lost is not as important as how they just played the game and who they played it with.

The Northwestern volleyball team started something new this season. After each of their matches, they ask the opposing team to pray with them to thank God for the blessings he has given.

Head coach Kyle Van Den Bosch said that “prayer puts the game into perspective. You realize that you aren’t playing an enemy, just some healthy competition.” He also said that the fans and other athletes look up to the team for what they do.

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 light to other schools and areas. This is what playing for an “audience of one” is. The team and fans remember praying, and stillness he sees just how great God is.

Walking with God

BY AMANDA KLEIHN
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 toward 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 just 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 Christian service. Fortunately, NW offers service opportunities with varying levels of involvement so students can get involved in a group that both interests them and fits into their busy schedules.

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 activities to promote awareness about injustice and what God is doing through IJM to end oppression.

Junior Heidi Te Grootenhuis, an IJM co-leader, said that before coming to college she did not realize that injustices such as human trafficking and slavery still exist today. IJM has “really put faces to the stories” for Te Grootenhuis and helped her see that there are real people out there who need help. She encourages students to join IJM if they too want to make a difference and become aware of the injustices going on throughout the world.

For some students, NW’s prison ministry may pique interest. The group visits different prisons and boys’ homes twice a month, occasionally putting on worship services and talking to the prisoners afterwards. For students who have less to time be involved, this ministry also corrects Bible lessons for prisoners which takes about an hour each week.

Senior co-leader Jordan Plummer said that talking to the prisoners is “the most fulfilling part about this ministry. It puts life into perspective,” he explained. “My problems don’t seem that bad compared to theirs.”

Another unique ministry is Enlaces en Cristo, which means Ties in Christ. This group concentrates on building relationships with Orange City’s Hispanic population by serving them and learning from them. Members of Enlaces split up into smaller groups to meet with families from the community several times a month. This can involve anything from cooking Mexican food to baking chocolate chip cookies.

Enlaces is currently planning a kid’s night, soccer night and communal dinner. Led by sophomore Sara Hess, members meet once a week for about an hour to plan events and pray.

Hess summed up the need for students to become involved in service by asking, “What better way to become more selfless than to get involved with a ministry that’s about other people?”
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 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.

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Northwestern pummels Dana for Homecoming victory

BY HEIDI HILDEBRANDT
SPORTS EDITOR
The stands were packed by the 2500 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 Ochsner and Overholt each ran for a touchdown, bringing the score to 13-0 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 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. The Northwestern defense was dominant, forcing two turnovers and sacking the Dana quarterback three times. Northwestern has won its last three home games.

Women’s golf completes fall season at GPAC Tourney

BY CAMERON CARLOW
CONTRIBUTING WRITER
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 0-3 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 despite 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 towards 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 Northwest men’s soccer team finished up 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 we 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 Hom, 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 be good students and citizens all while loving the Savior. They will be working on indoor hitting and putting over the winter and look forward to the “Grad vs. Returnees Rider Cup” in the spring.
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 nation following a 3-0 loss against the Cougars managed to cut back to five in the GPAC, 12-6 overall.

Van Den Bosch earned his 100th career win with a decisive victory over the Cougars in the GPAC, 25-19, 25-17 and 25-8. Randa Hulstein led the Raiders with 13 kills and two blocks, while freshman Rylee Hulstein totaled eleven kills, hitting .733 on the match. Hanno added 11 kills and one ace serve. Junior Rachel Gooselink lofted up 38 assists while Beaver dug up eight. Sophomore Hillary Hardersen led the defense with 12 digs, respectively. The Red Raiders held the Cougars to hitting a mere .064 for the evening.

Served NW to an impressive 23-8 victory in the first set 27-25, the Raiders fell the second set 25-19, the Raiders fell the third set 25-17. Head coach Sheena Van Roekel said, “the girls were a little nervous but we’re starting to click better as a team.”

The Red Raiders took their first match easy, defeating Kansas Wesleyan 25-19, 25-17 and 25-8. Randa Hulstein led the Raiders with 13 kills and two blocks, while freshman Rylee Hulstein totaled eleven kills, hitting .733 on the match. Hanno added 11 kills and one ace serve. Junior Rachel Gooselink lofted up 38 assists while Beaver dug up eight.

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An eating disorder for the health-conscious?

BY RACHEL RIETSEMA
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.

Orthorexia nervosa, the newest eating disorder for the health-conscious?