

Northwestern College Beacon

Cracking the crucible Fighting depression's darkness

BY LINDEN FIGGIE
EDITOR-IN-CHIEF

Depression is a serious problem, but its victims don't always recognize their symptoms.

For psychology professor Terry Chi, two suicide attempts were enough to convince him that he had a problem.

Chi had been struggling with depression since high school after his family moved from California to Texas. It was his third high school in four years, and his normal A-student mentality had fallen to nearly failing. Chi felt that life had become overwhelming.

He recalls returning home

from school as a junior and thinking, "I might as well just end it now."

"I didn't care about my welfare," Chi said.

Although the depression lessened for the remainder of high school and early college, it soon redeveloped while in the clinical psychology Ph.D. program at Berkeley.

Ironically, Chi recalled that the onset of renewed symptoms began after he started seeing patients.

"In the morning I was treating people with depression. I was in the best shape of my life, trying to get my depression out of the way," Chi said. "[But]

no matter how hard I tried,

being a good psychologist and caring for my patients was out of reach."

Ontop of the stress of work, Chi had begun to feel helpless and hopeless—the same symptoms he was diagnosing for the mental disease which he was studying to treat.

The worst of his depression came in 1997.

"I was struggling to connect with my clients, and I was single as well," Chi said. "I couldn't have a relationship with people."

One of the few connections Chi had was his roommate but even this was weak.

"We were just pathetic

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PHOTO BY BOB LATCHAW

Clinical depression affects many college students and shouldn't be suffered through alone.



PHOTO BY BOB LATCHAW

Despite only one real leg, freshman Benjamin Backstrom doesn't see his loss of a leg as a hindrance but more as motivation. It has shown him the importance of living life to the fullest each and every day.

Putting his best foot forward

BY JORDAN VERMEER

Freshman Benjamin Backstrom played football in high school with a prosthetic leg.

Despite his tremendous handicap, Backstrom has never let it slow him down and he's never let it keep him from enjoying life. You might have seen Backstrom, a computer science and math double major from Maddock, N. D., around campus, sitting in piles of leaves or riding a bike with his feet on the handlebars.

When Backstrom was 10 years old, he was mowing the lawn on a large rider mower, when he was thrown off. The mower continued to operate and Backstrom was unable to move out of its way. It took off his right leg from below the knee, and seriously damaged the muscles on his left leg.

Surprisingly, when asked about the accident, Backstrom said "it wasn't painful at all ... It's hard to explain the experience to someone with two legs."

His mother, who was in the garden, came rushing to help and called for an ambulance. Backstrom was rushed to a Medevac helicopter, and after an overnight stay in the local hospital, took a plane to Minneapolis where they performed several surgeries.

The first surgeries cleansed the wound, mostly to get the grass out. Doctors then moved onto repairing the calf that had been nearly destroyed.

Backstrom always tried to look on the bright side of the experience.

"I thought the surgeries were really fun," Backstrom said.

Backstrom further recalled that the high dosage of morphine he was on caused him to exhibit some irregular behavior. He would sometimes give his parents a weather forecast as

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PHOTO BY BOB LATCHAW

Northwestern students admire pieces from Tim Lowly's featured art exhibit, *Without Moving*, Tondos which highlights Lowly's daughter through several different mediums. Read more on page 4.

Countdown to Coldplay is over

BY TYLER ZEUTENHORST

Coldplay’s fifth full-length studio album “Mylo Xyloto” was released Sunday night after much anticipation. Fans finally saw the countdown meter on the iTunes Store homepage show all zeros, and almost instantly after, sales soared. It was number one on the album charts after only hours.

Band members Chris Martin, Jonny Buckland, Guy Berryman and Will Champion pack a colorful punch with their new project. They used the imagery of retro American graffiti as an inspiration for the lyrics, tour, videos and artwork. Even the sounds have a feel of color to them.

Rich, synthetic melodies fill the song “Hurts Like Heaven.” Catchy trap beats pulsate through “Paradise,” which, by the way, has a killer video directed by Mat Whitecross. And “Every Teardrop is a Waterfall,” the famous single released

last June, shows off some stunning electric riffs. Rihanna even adds a bit of flavor to the album—her voice meets with Martin’s in “Princess of China.”

“Mylo Xyloto” was written based on a love story. Lyrically, it is simple, but in a positive way, full of innocence and genuineness. Overall, the album is light-hearted and high-energy, which is a bit different from Coldplay’s style in many of their previous songs.

Coldplay has displayed a timeline of changing energies. They developed an image early in their career with albums like “Parachutes” and “A Rush of Blood to the Head,” which shaped their calm style. The piano and guitar parts brought tears to listeners. Coldplay began to receive respect for their intricate music, rather than interest put into just a few hot tracks.

More recently, Coldplay has produced a greater

amount of pop-tinged, beat-heavy tunes, which has caused some fans to turn away. The mainstream attention is not always handled well by original followers.

Moods have changed, and there’s no guarantee they won’t shift again. Coldplay is continually coming up with new ideas and writing down every detail. That is one characteristic that makes them who they are.

Even if they have alienated some of their first fans, who’s to say that mixing it up was a mistake? After all, they have won seven Grammys. They know how to win over the hearts of listeners and critics new and old.

One thing that remains the same about the boys from London: their visible passion for making music.

“Mylo Xyloto” has rekindled the Coldplay fire, and they show no signs of slowing down.



PHOTO COURTESY OF GARRETT MACLEAN

Singing with a voice like diamonds

BY KATI HENG

A&C EDITOR

Beautiful even in its darkest moments, My Brightest Diamond’s newest album, “All Things Will Unwind,” is stunning. With a powerful and operatic voice that soars, whispers and shouts, My Brightest Diamond’s Shara Worden is not far off in comparing her music to a sparkling gem. The sound is classy, sophisticated and gorgeous.

Although she may not be recognized by her band’s name, Worden’s voice may sound familiar. Fans of The Decemberists may recognize her as the voice of “The Queen” from the album “The Hazards of Love.”

Worden is even more closely connected with indie artist Sufjan Stevens. After touring with Stevens as one of his “illinoisemakers” (her role on the tour was the official cheerleading captain), Worden provided background vocals for several of his songs, most notably on his latest album “Age of Adz” in which she takes the lead for a part of the song “Impossible Soul,” singing “Don’t be distracted/ don’t be distracted, no.”

In addition to recording under the same label (Asthmatic Kitty Records) as Stevens, My Brightest Diamond also shares many similarities in sound with his music. Like Stevens’ their music is filled with choirs, guest vocalists and cute, quirky instruments like banjos, flutes, ukuleles and an abundance of orchestral strings. Often classified as an “avant rock” artist, Worden’s style changes with each song. She’s as likely to perform a bluesy, southern feeling number as another that brings to mind images of Edith Piaf and a war-torn France.

Worden’s voice is the single thread that binds the album together. Although she has been formally trained in opera, Worden knows how to sing to a generation less

impressed by the classical style. She hasn’t forgotten how she was trained to use those powerful lungs, but uses that power to show emotion, pain and humanity through her voice. It’s beautiful and lovely.

Much of “All Things Will Unwind” seems inspired by Worden’s new role as a mother. While songs such as “I Have Never Loved Someone” and “Reaching Through to the Other Side” speak almost directly about her son, with lines like “I have never loved someone the way I love you/ I have never seen a smile like yours,” even more songs on the album carries a sweetness that brings to mind a lullaby.

However, that is not to say the album lacks sophistication in its lyrics. Another theme of the album is the economic trouble our society has been in lately. The songs are intelligent, yet composed to be catchy enough that you can almost see the crowds protesting Wall Street singing along to the album. Take her song “High Low Middle,” in which she sings about the “Saving, wasting, dying for a tasting” social castes into which our nation have been divided.

There are politics as well. “We Added It Up,” with lines like “If I was cat, you were a dog” and “If I was loud, then you were shhhhhh” may just be the loveliest thing ever sung about the nation’s political parties inability to agree on just about anything.

It’s the humanness of the album that will win listeners over. The lyrics that reflect the reality of our times, combined with Worden’s strong and sweet vocals provide an authenticity hard to find in the money-making world of music.

“Oh how gorgeous, oh how gorgeous,” as Worden sings in “Reaching Through to the Other Side.” Oh, how well that line describes “All Things Will Unwind.”

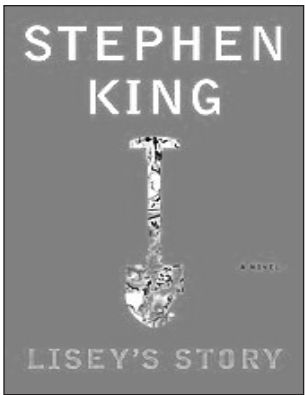
King writes a not-so-scary story

BY CORINNE VANDEN BOSCH

In his newest novel, “Lisey’s Story,” King creates the beautiful character of Lisey for whom it is impossible not to sympathize with as she visits her past as well as her late husband’s.

In the beginning of the novel, famous writer Scott Landon dies. Two years later, his widow Lisey finally starts cleaning out his study, filled with his old writings and memorabilia. There are people who wish to get ahold of some of her husband’s unpublished works, but she can’t let the papers go.

After two years of refusals, one man, “Zack McCool,” starts threatening



her for the papers. From there, Lisey’s story takes off.

From memories of the life with her husband, the struggles of trying to help her sisters and the fantasy world of Boo’ya Moon “Lisey’s Story” spans the wonderfully imaginative as well as the

painfully realistic.


King’s writing style quite expertly captures the wanderings of the mind, though it is sometimes hard to keep track of where that mind is going. At one point, there are four different scenes going at the same time, all focusing on a story of Scott’s brother. King also writes great accents, mimicking the Yankee and Southern accents, not to mention the phrases that are pleasantly life-like.

For being written by such a famous thriller writer, it wasn’t a terribly frightening book. This book is best for readers that prefer realistic fiction with a touch of fantasy and suspense.

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Professor Playlist

Now playing: Fynaardt's Five Favorite Film Soundtracks

	▼	Title	Year	Description
compiled by Keith Fynaardt 	1	Manhattan	1979	George Gershwin's music is the sound of New York.
	2	Crooklyn	1994	Spike Lee features Jimi Hendrix's "Hey Joe" and many other songs of the streets.
	3	Pulp Fiction	1994	Nothing beats John Travolta dancing in his socks to Chuck Berry.
	4	Lost in Translation	2003	Bill Murray's karaoke version of Roxy Music's "More than this" is worth the price of admission.
	5	Adventure-land	2009	The bands I should've been listening to in the '80s.

Campus Quotes

Submit your own campus quotes, with context, to beacon@nwciova.edu

“What are you making and what is out?”
Michael Kensak on the term ‘making-out’

“I can scarcely think of a better group of people to die with.”
Brian Brandau to members of the discipleship team

“I like squirrels. They’re cute and fuzzy and I want to kiss them and stuff.”
Dan Young

“Necrophiliacs have a sexual attraction to dead bodies. It’s kind of like Twilight.”
Richard Sowienski

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The ‘Paranormal’ returns

BY MICHAEL GUTSCHE

Paranormal Activity 3 was as trashy as a horror movie can be. It was also ridiculously fun to watch in the crowded theater.

The movie’s attempts to be creepy are not terrible, and there is a surprisingly intense subtext that makes the audience wonder just how dark it’s going to get.

There are more than a few scenes that skitter the line between impressively disturbing and completely hilarious without a proper mindset toward the movie.

In regards to camera work, the third of the “Paranormal” series does nothing the first two did not already try, and it is an almost exact replica of the pacing and style of its predecessors.

Using the ever-convenient home security camera setup, the film breaks none of the series’ established styles. Once the oscillating camera is introduced, it becomes obvious just how much it will be used to set up cheap scares.

The movie abuses that accursed slow-turning camera to no end. Without spoiling too much, there are scenes that exist solely to mess with the audience. While it relies considerably on the exact same style of horror as it always has (small, personal intrusions and breechings, feelings of absolute and ever-present danger, an inability for the protagonists to find somewhere safe), it does give a bit more direction to the entity at large in the haunting.

This changes the basic measure of fright somewhat, as it has transitioned from a faceless, nameless, malevolent entity that does not even allow understanding of what it wants to a faceless, nameless, malevolent entity that definitely wants something specific. Whether that is a good thing is a matter of the viewer’s taste.

Alternatively, there is some stretching of the credibility of the characters. More than once, there were actions taken that are very difficult to believe. The “how” of the matter could have been handled better.

That’s a good indicator of the story being kind of weak—it hinges on specific actions and



PHOTO BY BOB LATCHAW

Michael Gutschke didn’t exactly fear the dark after watching “Paranormal Activity 3,” but you might.

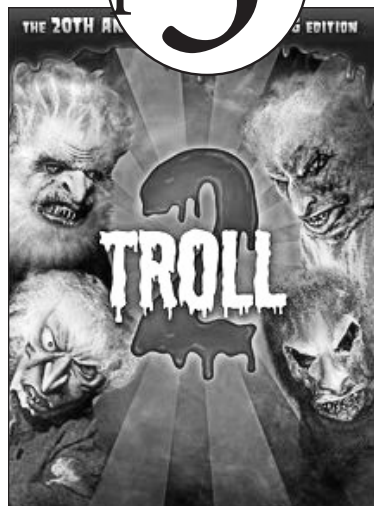
specific circumstances.

However, barring those few instances, the characters are quite well-done. The two male leads share a curious fascination with the Nondescript Spooky Ghost but manage to maintain a solid level of freaking out when things do go down.

It’s dark, and it’s fun, in a guilty kind of way, especially in theaters.

Top 5 HORROR MOVIES so bad that they should be put in the comedy section

BY KAMERON TOEWS



Troll 2

Release Date: 1990

Tag Line: Be afraid ... be twice as afraid!

Best Quote: “Only the power of goodness can defeat the goblins.”

The acting and writing are atrociously awful to the point where it’s not clear if the movie is a comedy or a tragedy. Imagine a full-length college video project with a real budget, and you will have a reasonably accurate idea of “Troll 2.” There is little wonder as to how this flick became a comedy cult classic.

A suburban family takes a vacation to a tiny village when things start to go horribly wrong. Goblins, armed with pointy sticks and dressed in rubber masks, try to turn the poor actors into edible half-plant, half-human creatures.

Grab some friends and check out this iconic movie. Do not expect much, but do expect perhaps the most ridiculous 90 minutes of your movie-watching life.



The Stuff

Release Date: 1985

Tag Line: Are you eating it ... or is it eating you?

Best Quote: “Low in calories, good tasting, and it doesn’t spot—and he doesn’t like it!”

Miners discover a mysterious substance, something like ice cream or marshmallow fluff topping, boiling up from the ground, and they fall in love with its delicious flavor. They call it “The Stuff” and market it as the newest craze in desserts. People cannot get enough of the food, and sales go off the charts.

The Stuff is alive and evil, and turns those who eat it into zombie-like creatures searching for more and more Stuff to eat.

The movie’s dialogue and acting resemble that seen in a bad community theater production or a summer camp skit. Disconnected scenes tell the story, allowing the viewer to fill in the gaps—a choose-your-own-adventure, if you will.



Drive Thru

Release Date: 2007

Tag Line: At Hella Burger, it won’t be the food that kills you ...but you’ll wish it did.

Best Quote: “When you die alone, no one can hear you scream.”

Starring TV’s “Gossip Girl” Leighton Meester as a feisty vegetarian high-schooler, the film begins with poorly made murders of her classmates by a clown whose name is too offensive to print.

The goals of “Drive Thru” seem to be aimed at scaring the audience away from fast-food restaurants rather than scaring them with a decent slasher film. Teenagers are massacred in food-related ways.

What makes this film sad is how hard the actors tried, but only succeeded in making a cheesy comedy. The teenagers try to pull off being cool, the killer clown has the worst catchphrases and worst of all, one of the girls trying to play dead keeps blinking.



Lepus

Release Date: 1972

Tag Line: How many eyes does horror have?

Best Quote: “I wish I knew what the effects of this serum would be.”

The rabbit population is overrunning farmland. Crops cannot grow and cattle have nothing left to eat, until a scientist creates a hormone serum expected to eliminate the population growth. Everything seems fine, until a mishap in the lab sends an infected lepus (Latin for rabbit) into the wild. Within days, giant killer bunnies rampage through the land, killing everything, including horses.

While the acting is surprisingly decent for a B-movie, slow motion bunny attacks and miniature scenery quickly becomes overwhelmingly dull. Gigantic bunny rabbits with blood and drool running down their furry little chins might be frightening if only the furry little guys weren’t so darn cute.



Leprechaun in the Hood

Release Date: 2000

Tag Line: Evil’s in the house.

Best Quote: “Look at all these glittering goods—I’ve got more loot than Tiger Woods!”

The story begins with two thugs awaking the evil leprechaun when they stumble across it in an abandoned building. Once awoken, the wobbly leprechaun backs one thug into a dark corner and kills him. The other thug, played by Ice-T, is quicker to respond. Defeating the Irish ghoul, Ice-T steals the gold and keeps the frozen figure as a trophy.

Years later, an up and coming rap group is down on their luck—until they run into the wealthy Ice-T. They decide to steal some of his gold, which sends the leprechaun on a killing spree to get back his treasures.

A great deal of humor is written into this mythical horror story, but it might just be absurd enough for you to actually watch it till the end.

Seeing in the circles

New exhibit features a large collection of tondos

BY BRITTANY LEIKVOLL

Tim Lowly, is a curator, teacher and remarkable painter. He's also a devoted father.

Lowly's work featured in his current show at Northwestern, titled "Without Moving, Tondos," are a collection of pieces starring his daughter Temma.

"Temma is profoundly other," Lowly said. "Our culture calls it 'profoundly disabled.' Reflecting on her being has been a frequent subject of my work."

Lowly was attracted to the images in this collection because they don't look like the same person. These tondos (circular images) are focused on the value of being someone apart from the capability of doing something.

Temma is not only the subject, but the influence that motivated Lowly's style in these works.

The collection involves a mixed process that includes photography, textures, drawing and painting. The pieces achieve continuity in shape, medium and scale (all pieces being about one meter in diameter).

Lowly's work involves a digital processing of photos from the past five to six years, combined with many layers of textures. Lowly prints the images out, adds drawings to them, rescans the images and prints them on large water color paper. He then sands them down, allowing the texture of the paper to come through, making it a part of the foreground. A final layer of acrylic paint that closely matches the color of the ink is then added. The finished look almost resembles that of an old icon, aged and weathered over time.

Lowly stated that these works are not about achieving a pure media, complete objectivity or subjectivity. They are about wanting to capture different moments that are the convention of what people see, and not the categories we often put people in.

Lowly intentionally created these pieces of art so that they cannot specifically illuminate themselves. He remarked that people will often categorize Temma as not experiencing life because it is different than their conventional definition of it, yet he believes that Temma is experiencing life in her own way. By illuminating and capturing these moments of her life, the viewer encounters an experience. Lowly wants to bring to light the questions of acceptance over categorization of humanity through compassion, not pity.

The intimate portraits in this show focus on the face, allowing the viewer to feel very close,



PHOTO BY BOB LATCHAW

Northwestern students look at some of Lowly's pieces hanging in the TePaske Gallery.

as if physically in front of the subject. Lowly remarks they are "a record of a life lived." They embody the mystery of experiences that connect humanity.

The lack of specific narrative allows viewers to bring their own interpretation to the work. Sometimes it can be a reflection of our own perspective, in which we ask how often we use this to distance ourselves from people who are different from us.

"Everything can be reduced to the one simple element, which is all a person can count upon in his existence: the capacity to love," Lowly said. "My function is to make whoever sees...aware of his need to love and to give his love, and aware that beauty is summoning him."

Lowly's pieces are ultimately enabling and encouraging people to see things in a way they have never before seen them.

His current exhibition, "Without Moving, Tondos," will be displayed in NW's Te Paske Gallery from Oct. 20 through Nov. 17. A public reception will be held at 7 p.m. on Thursday, Nov. 17.

With scarves and messy hair, it's cool to be hip

BY JEFF HUBERS

Northwestern has become a home to the hipster phenomenon, and there is seemingly no resistance to the deep V-necks and tight pants making their way across the Green.

NW students see them everywhere—the beanies, the skinny jeans, the ragged flannels, the facial hair and the androgynous haircuts. Yet, it seems like many students and staff are at a loss when it comes to defining who is and who isn't a hipster.

"When it comes to clothing, they like to buy from thrift stores and when nothing

'vintage' or cool-looking is found, there is the back-up plan, Urban Outfitters," said senior Tamara Smith.

Yet, it seems too simple to say that clothing alone can make a hipster. Perhaps it's all about the attitude. Other NW students saw this as one of the population's defining features.

"[A hipster is] someone who doesn't go with the flow of society," said senior Christine Roy. "That's what makes them unique—they all have their own style."

Junior Jordan Vermeer shared a similar opinion as Roy on what makes a person

hipster material.

"A hipster is someone who tries to do things that are original or in some way ironic or quirky to the actual situation," Vermeer said.

NW seems to be at a standstill with no single definition for hipsters. "[Hipster] doesn't really define anything but it can begin to categorize someone or something, but it can't completely define," said NW Director of Service Learning Seth Currier. "It has become a term that we use to both define things that are in vogue in pop culture and things that go against pop culture (which

usually becomes a part of pop culture)."

For many, the hipster fad is a new way of self-expression.

"To be yourself—that's what it comes down to," said sophomore Bradley Smith. "Don't do what everyone else does just because it's the normal thing to do. Each person is unique, so embrace that about yourself. Embrace your own quirks."

Maybe hipsters are just a phase or this era's version of beatniks, maybe they are more. Either way, the V-necks don't look like they will be leaving campus very soon.



PHOTO BY BOB LATCHAW

NW students sophomore Eric Vander Linden, junior Zach Hankel, senior Devon Cadwell and junior Aaron Galloway show off the latest hipster styles for men on campus, including extra large glasses and beanies.

Cafe Creations: Waffle Time

STORY AND PICTURES BY BEKAH WICKS

THE WAFFLE-MAKER IS A STAPLE IN THE MEALTIME SCHEDULE OF MANY STUDENTS AT NORTHWESTERN, BUT MANY OTHERS IN A HURRY RARELY NOTICE IT, WHILE OTHERS STILL ARE SIMPLY “NOT IN THE MOOD” FOR A NORMAL WAFFLE MOST OF THE TIME. AS STUDENTS HAVE DEMONSTRATED, HOWEVER, THERE’S MORE THAN ONE WAY TO EAT A WAFFLE. STUDENTS HAVE FOUND WAYS TO HAVE WAFFLES FOR BREAKFAST, LUNCH, DINNER AND DESSERT. ALL THAT IS NEEDED IS CREATIVITY.

“Pigs in a Brick”

On days when sausage links are available, cut two or three up and mix them into the waffle batter, then bake as usual. Spread a thin layer of gravy on top of the waffle. Add eggs, cheese, and drizzle with syrup. Create your own variation of “Pigs in a Brick” by adding different kinds of meats or veggies from the salad and deli bars, or from the breakfast bar when available.



“Waffle Cake/Muggins”

Junior Ranita Nail enjoys this student favorite. Fill a plastic cup $\frac{3}{4}$ full of waffle batter. Pour into a bowl and then top with the cinnamon and sugar mixture located next to the toasters. Cook in the microwave for two and a half minutes, or until the mix is cooked thoroughly and cinnamon-sugar topping is glazed over. Top with ice cream and desired sauce (caramel is a student favorite).



“Pizza Waffle”

Senior TJ Noble shared his culinary ingenuity with this supertime variant of the breakfast staple. Mix the waffle mixture in a plastic cup with ground red peppers to lend a bit of spice to the concoction. Cook the waffle as normal. Next, pour on some Sirachi or any other form of hot sauce, filling the indents. If you prefer a milder flavor, make your pizza waffle on a day when marinara

sauce is available in the Cafe, usually by the pizza station. Sprinkle cheese from the salad bar (mozzarella works the best). Find your other favorite toppings from the salad bar and maybe a couple pepperoni slices from the deli bar. Place the waffle pizza in the microwave to melt the cheese. Top the final product with a bit of parmesan cheese and enjoy your pizza waffle.

Faculty, students grapple with debilitating disorder

FROM PAGE 1

nerds, two single guys who watched ‘Gilmore Girls’ and ‘Dawson’s Creek,’” Chi said.

It was after a San Francisco Giants game that Chi felt he hit rock bottom.

“I was waiting for the subway train,” Chi said. “A voice was saying ‘jump.’”

At the time, Chi was not a Christian, so suicide seemed like an easy fix. Chi felt that his secular beliefs and mindset contributed to his suicidal tendencies.

“I was at Berkeley. I was one of those tree-hugging people,” Chi said. “That night, it was the second time I thought I should just end it.”

But once again, something kept him from jumping.

“This is where my education helped because I knew this was not good,” Chi said. “I physically had to remove myself from the two feet [by] the track where I was. I needed help or I was done.”

It was then that Chi sought out treatment. After years of avoiding professional and medical help, Chi saw a need that was too great to ignore.

“I finally decided, ‘I can’t think my way out of it. I can’t exercise my way out of it,’” Chi said. “Taking

medication doesn’t mean you are weak. A lot of us, even now, think it’s a crutch. Is your allergy medication a crutch? Sometimes it’s your nasal passages, sometimes it’s your nose, sometimes it’s your mind.”

Following his decision to seek help, Chi started to feel and see positive changes in himself. He realized he couldn’t do it alone.

“You are part of a group, thinking you are alone. That’s the irony,” Chi said.

Both Dr. Chi and Dr. Sally Edman, an on-campus counselor at the Wellness Center, agree that depression is not something to be ashamed of, nor is it something to endure alone.

“We all do better when we rely on each other, especially during times of stress and distress,” Edman said. “Depression is the most common psychological disorder, and it is very common in college students. Students don’t need to feel awkward or alone.”

Edman strongly encouraged students who might be suffering from depression to seek help before it gets out of hand.

“It’s something you don’t want to become a chronic problem,” Edman said. “Take steps and don’t let it go.”

Edman realized that overcoming insecurity is easier said than done, especially when it comes to seeking help.

“It’s nerve-racking. We’re behind a closed door,” Edman said. “But we usually start by finding out what the problem is.”

Edman explained that the next steps involve moving into a treatment plan best suited for the student. According to Edman, therapy requires teamwork.

“We’re no good to somebody without their input,” Edman said. “We want to know the student’s problems, but want to help them meet their values and goals too.”

An important aspect of the Wellness Center is that it’s completely confidential and free of charge.

“We are able to provide professional therapy,” Edman said. “Our feedback from students is positive.”

The Wellness Center’s stated purpose is to meet the student where he or she is at mentally, physically and emotionally.

However, for an anonymous NW junior, a battle with depression would require more than a visit to the Wellness Center. She recalls similar symptoms to

what Chi felt.

“My focus was way off. My grades were really bad. I couldn’t read because I couldn’t concentrate for more than a paragraph,” she said.

She was also coming out of a verbally abusive relationship, one that haunted her for some time. Suffering academically, socially and internally, she felt emotionless.

“From October to March I

did not shed a single tear because I didn’t feel anything,” she said. “I was numb to everything.”

The student finally came to the realization that enough was enough. She sought a counselor at home and eventually started medication.

“I had more of a drive. I wanted to get things done, and I could focus in class,” she said. “I felt like I had more of a purpose. I felt like

I was there for something, not just taking up space.”

Chi, Edman and the student agree that the way to deal with depression is to talk with others.

“Talk to your academic advisors,” Chi said. “We really care. Just get it out.”

But Chi warns that the battle is not easily fought nor quickly won.

“You have to be patient,” he said. “You have to be in the crucible.”

More than books weighing you down?

Whether you’re an incoming freshman or a returning student, transitioning to life at college can raise feelings of anxiety, stress, sadness and depression. In most cases time, friends/family and self-help skills can help ease the occasional bouts of these feelings. However, for some, these feelings persist several weeks, get more severe and can affect daily functioning. Then more help is needed to help manage and overcome them. Get help if the following symptoms are keeping you from enjoying life:

- Persistent sad, anxious or “empty” feelings
- Loss of interest or pleasure in activities you used to enjoy
- Feelings of hopelessness, pessimism, guilt, worthlessness and helplessness
- Difficulty sleeping or sleeping too much
- Eating too much or too little, change in appetite and/or weight
- Decreased energy, fatigue and feeling slowed down
- Feeling there is no way things will get better, having thoughts of death or suicide
- Increased restlessness and irritability
- Difficulty concentrating, remembering and making decisions
- Headaches, digestive disorders and chronic pain

If you are concerned about any of the above symptoms in your life or the life of a friend, contact Student Health and Counseling Services for an assessment in the Wellness Center located in the RSC. Our administrative assistant Lila Simmelink can set you up to see therapists Dr. Sally Edman and Joan Andres or Nurse Practitioner Michelle Van Wyhe. You can stop by, call 707-7321 or e-mail us at wellness@nwciova.edu for an appointment. We are here to help. (Information provided by American College Health Association)

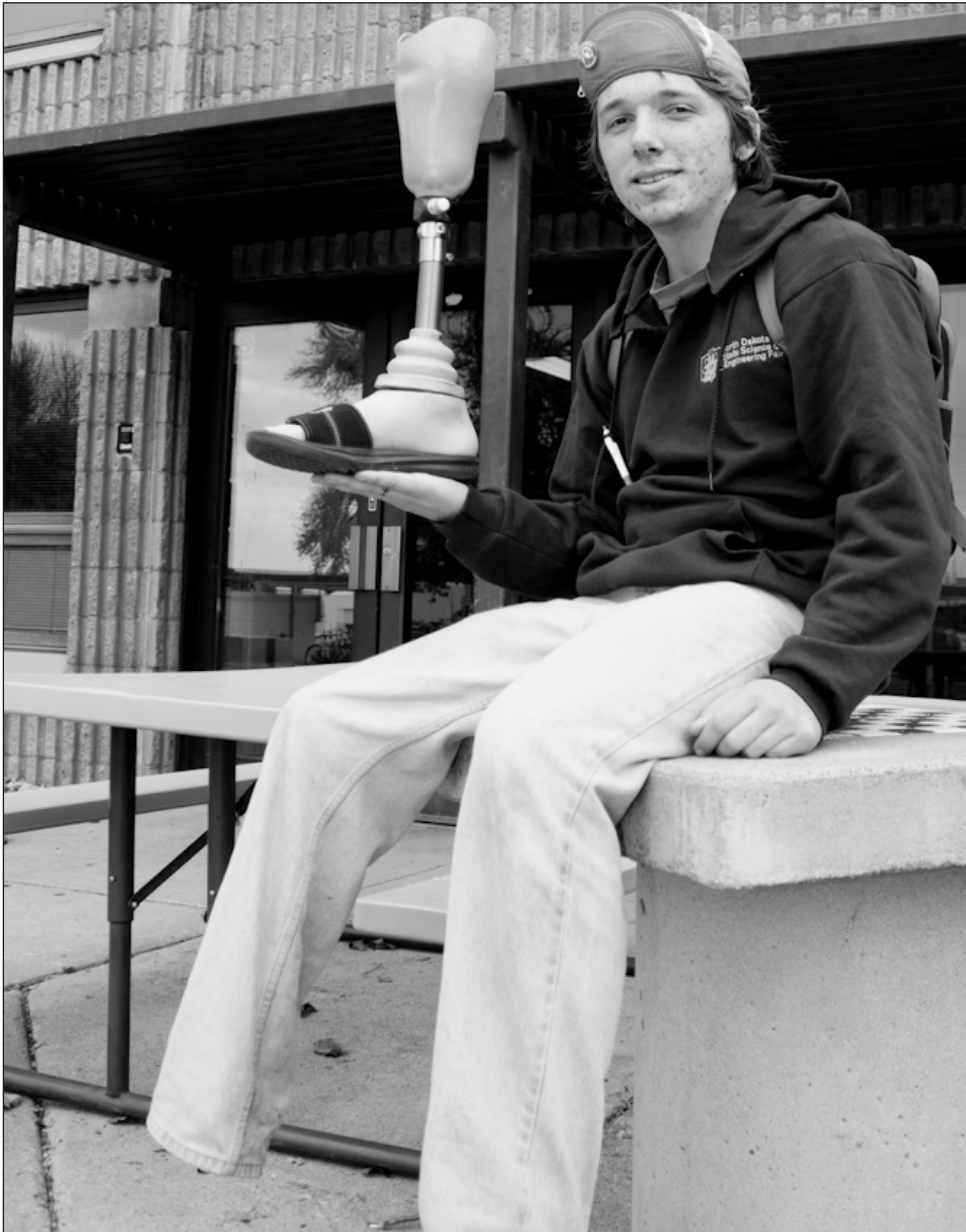


PHOTO BY BOB LATCHAW

Freshman Ben Backstrom shows off his prosthetic leg. Backstrom lost his leg in a mower accident when he was 10 years old, but he's never let a missing limb keep him from enjoying life.

One leg? No problem

FROM PAGE 1

if he was a squirrel.

Backstrom also enjoyed the sympathy. "I was getting all these gifts from people," Backstrom said. "[I] thought, 'Hey, this is pretty cool.'"

After some skin grafts from the burn unit and some therapy at the children's hospital, Backstrom got fitted for his new leg. While he was waiting for the leg to be made, he stayed on crutches for six months. Afterwards, he had to learn to walk again.

Again, Backstrom found the positive side of the situation. He had to get a new leg about as often as he changed shoe size, but he found enjoyment in getting a new color every time he got a new leg.

With sports, Backstrom did what he loved in spite of his missing limb. A lineman on the football team all throughout high school, he ended up scoring eight points and scaring some referees after a dog pile where his leg fell off.

Backstrom's attitude for the whole situation has been one of security and acceptance.

"I never wondered why it happened to me," Backstrom said. "You don't think of it as a loss."

He does not spend his time comparing himself to others and wishing he had two legs. He just accepts that he has one. "I am who I am," Backstrom said.

Although he doesn't like it when people make a big deal about his one leg, Backstrom nevertheless finds it funny when people joke about it. He's been called C. Ripple (cripple), and he himself likes to make light of the situation.

At times, he will put his leg on backwards and ask people to tie his shoe for him or walk to class with his backwards foot just to arouse the curiosity of bystanders.

Not surprisingly, Backstrom has found that his prosthetic leg has shaped his life. It created social opportunities in middle school and high school.

"It definitely made me more open and less shy," Backstrom said.

"It's a great way to meet new people and start conversations," Backstrom said. "It made me realize how fragile life is."

Backstrom started taking his faith a lot more seriously because of the adversity posed by having only one leg. He said, "I don't know where I would be spiritually if that hadn't have happened."

Three's company THIES TRIPLET SISTERS STICK TOGETHER AT COLLEGE, IN LIFE

BY LINDSEY GEELS

Three beautiful baby girls lay before the eyes of proud parents two months before the parents were expecting to see their precious faces.

Nineteen years later, Amelia, Emma and Paige Thies are all healthy and thriving as the only triplets on Northwestern's campus.

After being delivered by C-section, the three sisters were in a bad condition. Amelia and Emma spent an additional month in the hospital and Paige had to stay for another month after that.

Doctors made the decision to deliver the Thies triplets prematurely after they discovered that baby Emma was starving, something their mother suggests was caused by Paige's stubbornness already emerging. Two months later, the Thies triplets were all brought to their home in Melvin where they spent the rest of their growing up years.

When college decision time arrived, all three decided to follow in their mom's footsteps and come to Northwestern. Amelia and Paige had committed to come to Northwestern from the start, but Emma took a little more convincing.

Emma and her sisters had shared everything since birth, so she thought about going her own direction for college. However, after spending their whole lives together, the three eventually decided to stick together.

But even going to the same college was not enough interaction for the Thies sisters.

All three girls currently work in the Cafe, and they work the same weekend which guarantees they spend time together. As if that was not enough, Amelia and Emma are roommates. Paige lives on the same wing, just four doors down. Deciding how to split three sisters into rooms of two could have been tricky, but the girls indicated that there was a general understanding about the decision amongst them.

"Emma and I compromise better," Amelia said.

While some people peg the triplets as identical, the girls claim they are each unique and are well aware of their differences.

Amelia indicated that Emma is the "logical one," Paige is the "stubborn one" and identified herself as the "artsy peacemaker." Their majors are just as diverse as their personalities: Emma is majoring in biology health professions, Paige in business administration and Amelia is an art major, thinking about adding a literature major as well.

Sharing clothes, having two buddies at all times, tutoring each other during high school and splitting up work amongst the three of them are just some of the benefits they identified of being triplets.

However, some of the aspects of being a triplet are not quite as enjoyable. "You're kind of categorized as a triplet," Paige said. Instead of calling them by name, the girls were frequently referred to simply as "the triplets." The Thies sisters were also frustrated that people often mixed them up, and yet continually compared each sister to the others.

"People always asked who is the smartest. I hated that question," Paige said.

Still, there is a special bond that these three sisters share. Despite the negatives, the three agreed that life as a triplet is not too bad.

Just as Amelia suggested, "You always have two friends with you."



PHOTO BY BOB LATCHAW

Freshmen Emma, Amelia and Paige Thies are triplet sisters who all decided to come to Northwestern. Together all through their childhood, the three remain close at college.

On the job: NW at work

SOME WORK, SOME STUDY IN CAMPUS WORK STUDY JOBS

BY JOCELYN VAN DYKE

Work study jobs have long been a source of employment for students on campus, looking to either pay tuition or make a little spending money.

The Good

Most students admit that it's the desk jobs that they hope to land. These, however, may not be all they're cracked up to be.

People find ups and downs to every job and freshman Caleb Hawks, who works at the Ramaker Library circulation desk, has identified these aspects in his position.

"There's not much to do sometimes, so I can catch up on my homework," Hawks said. "But, my least favorite thing is that it gets pretty boring. On some nights, mainly Fridays, there will be only one or two people in the library, so I'm just sitting here."

Hawks' duties at the library include checking out books and laptops for students, as well as helping locate reference materials. On occasion, he has to shut everything down while closing the library.

The most beneficial aspect of his job, he said, is learning where to find research materials.

"I don't have to ask anyone to find Interlibrary Loan books or any other stuff," Hawks said. "I can do it myself."

Working another desk job, freshman Heidi Gritters also benefits from her work study position as the mini-gym desk attendant in the Rowenhorst Student Center.

"My favorite part is seeing and talking to all the people who go by. I meet a lot of new people," Gritters said. "And I also get a lot of homework done."

Gritters admitted that, often times, there's not much for her to do at the desk, so

she feels unproductive.

"Sometimes I go a while without someone needing my help," Gritters said. "A lot of the teams are using the RSC when I'm working and they don't usually need anything like other members do, so often I just get to sit and smile."

As an intramural activities crew member for the Student Activities Council, sophomore Jacob Van Steenwyk sets up for the intramural activities, referees and makes sure the activities run smoothly. In his opinion, there is only one downside to his job.

"I would say the worst part is that people don't always respect what you have to say. They argue calls and take things too seriously," Van Steenwyk said. "It's almost like playing intramurals is their tryout for some professional team. People are just disrespectful to the person they are expected to listen to about the rules. It just gets frustrating."

Despite these frustrations, Van Steenwyk finds many ways to enjoy working this position.

"I love sports," Van Steenwyk said. "To be able to organize things and keep the game enjoyable for everyone is the best part."

The Bad

There are, however, several jobs on campus that have reputations for being undesirable. One of these is working in the Cafe, but sophomore Audrey Hagge sees both pros and cons when it comes to her job as a student manager there.

"It stinks that I can't do my homework during work like other jobs on campus," Hagge said. "But the pay is the best and the hours are really flexible. You can get tons of hours or not very many, which is nice."

One useful aspect of her

position is that Hagge is learning about relationships and responsibility, which she believes will be helpful in life after college. She works to find the delicate balance between making sure a job gets done and not being overly demanding.

"In having a leadership role I've learned a lot about working with people," Hagge said. "It's good to have roles of responsibility."

And the Ugly

Although cleaning bathrooms and hallways is quite possibly the least coveted work study job on campus, sophomore Laura Huls has an optimistic view of her job. There are, however, some aspects she wishes she could change.

"The fact that some girls disrespect that I'm there to clean and sanitize, not there to pick up after them is the least favorite thing about my job," Huls said. "People forget that I'm there to clean and sanitize, not babysit."

However, Huls sees many benefits in her position.

"The money is beneficial and on top of that, I started using a routine," she said. "I've learned to use the proper steps to sanitize and take precautionary measures. I've learned to take care of others, as well as myself."

Most students believe that every job has its ups and downs.

No matter the work-study position, students have always found a way to make the best of the less appealing aspects of their jobs. Huls has found a particularly creative way to spice up her job.

"The best thing about my job is that I get to spend an hour a day jamming out to music and dancing with my mop," Huls said. "I get to sing as I fill toilet paper rolls. It's bathroom karaoke."

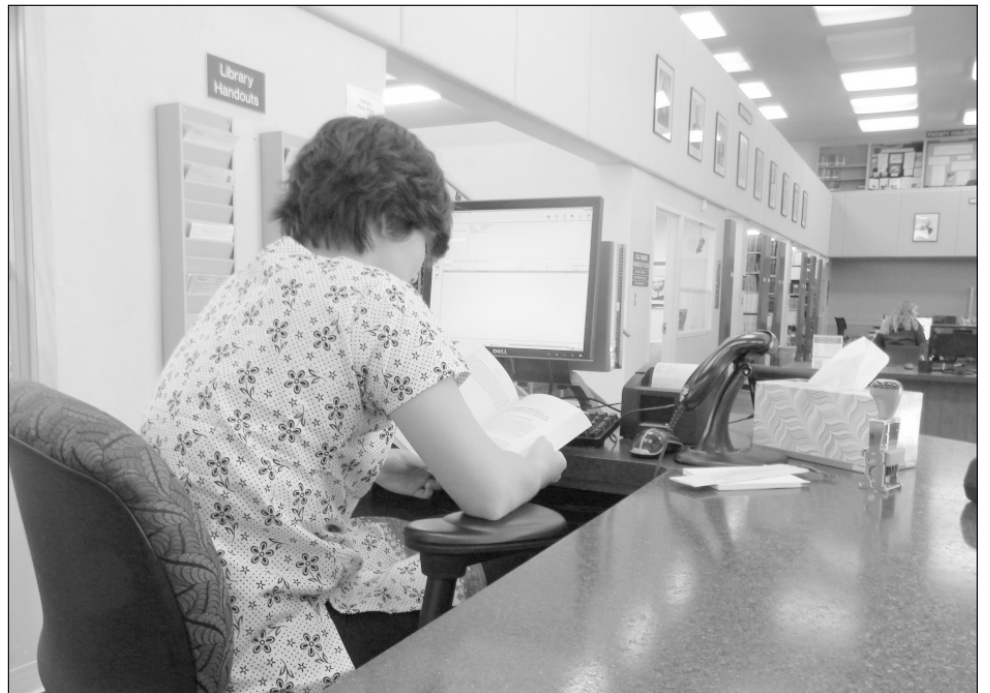


PHOTO BY BRITTANY LEIKVOLL

Senior Tamara Smith enjoys some downtime in her position as the desk attendant at Ramaker Library. While the library is often coveted as a work-study position, it's not always everything it's cracked up to be.



PHOTO BY KAMERON TOEWS

Freshman Kyle Bonnema cleans a bathroom in Colenbrander Hall. Cleaning bathrooms is widely regarded as one of the least desirable work study positions, but many have made the most of their jobs.

Sports | 8

Cross country has final tune-up

BY ALEX HERRINGTON

Despite the cold and rainy weather, Northwestern women's cross country team ran well and finished fourth out of the twelve teams in the Mount Marty Invite last Saturday. The Raiders totaled 99 points.

The Raider women were led by senior Teresa Kerkvliet. She recorded her third top 10 finish of the season, placing eighth out of 138 runners in a time of 18:52. Sophomore Dawn Gildersleeve ran a personal best time of 19:04 and finished 14th overall.

Junior Amy Van Skike finished in the top 25 for the fourth time this season,

placing 23rd with a personal best time of 19:24. Freshman Sara Edwardson finished 26th (19:32) and junior Leslie Stover placed 34th with a season-best time of 19:47.

"The women's team ran well on Saturday," Van Skike said. "We definitely went out and competed hard; we had some girls really step up and run well where we needed it."

The NW men's team finished ninth out of 13 teams in the men's 8K race, totaling 227 points.

Freshman Logan Hovland was the top men's runner for NW, finishing 36th with a time of 27:14.

Freshman Skyler

Giddings crossed the line in 27:37, placing 50th, while junior Jesse Baldwin (55th-27:42) and freshman Anthony Epp (58th-27:52) were the other top NW runners.

"We raced competitively and aggressively as a unit," Baldwin said. "It was great to see a lot of guys getting personal records."

The next challenge for the Raiders is the GPAC Championship in Lincoln, Neb., held on Nov. 5th.

"We're looking forward to the GPAC meet," Van Skike said. "There are some strong teams in the conference, but we can compete with [them] for the top spots."

Playoff hopes dashed for women

BY TOM WESTERHOLM

The women's Raider soccer team struggled again this past week, losing to both Dakota Wesleyan and Hastings.

Northwestern fell to Dakota Wesleyan at home on Wednesday, dropping a close game 1-0. The Tigers scored their goal 48 seconds before the end of the first half. DWU put the ball in the net again late in the second half, but the referee rescinded it.

This loss mathematically eliminates the Raiders from conference postseason play. With their win, DWU moved into a tie for fourth in the conference.

On Saturday, NW traveled to Nebraska to face Hastings, the GPAC leader, ranked 15th in the nation. NW fell to the

Broncos 4-1. Hastings' four goals were all scored by the same player, two in the first half, two in the second.

The Raiders led for 19 minutes in the first half after sophomore Alli Dunkelberger scored from 30 yards away.

But then Hastings overwhelmed the Raiders. "They knew how to pass quickly and connect well," said sophomore midfielder Johannah Jensen. "They were fast and physical."

"They were very good at creating opportunities for themselves, and unfortunately, they had good finishers," said senior goalkeeper Wendy Hofmeyer.

Despite the score, several of the NW players thought that the Raiders played well

against the Broncos.

"We probably played the best we have played yet against Hastings," Jensen said. "As a team, we knew we had the talent, but we had our record in the back of our minds. We went after it and worked hard."

Hofmeyer agreed that there were positives.

"We put things together and created opportunities really well for ourselves," Hofmeyer said. "We played the ball to feet and moved as a team."

Over the fall break, NW also played two games, losing 2-0 at home to Doane before defeating Mount Marty 3-0 to pick up their first GPAC win of the season.

NW's season will conclude this Saturday at 3 p.m.

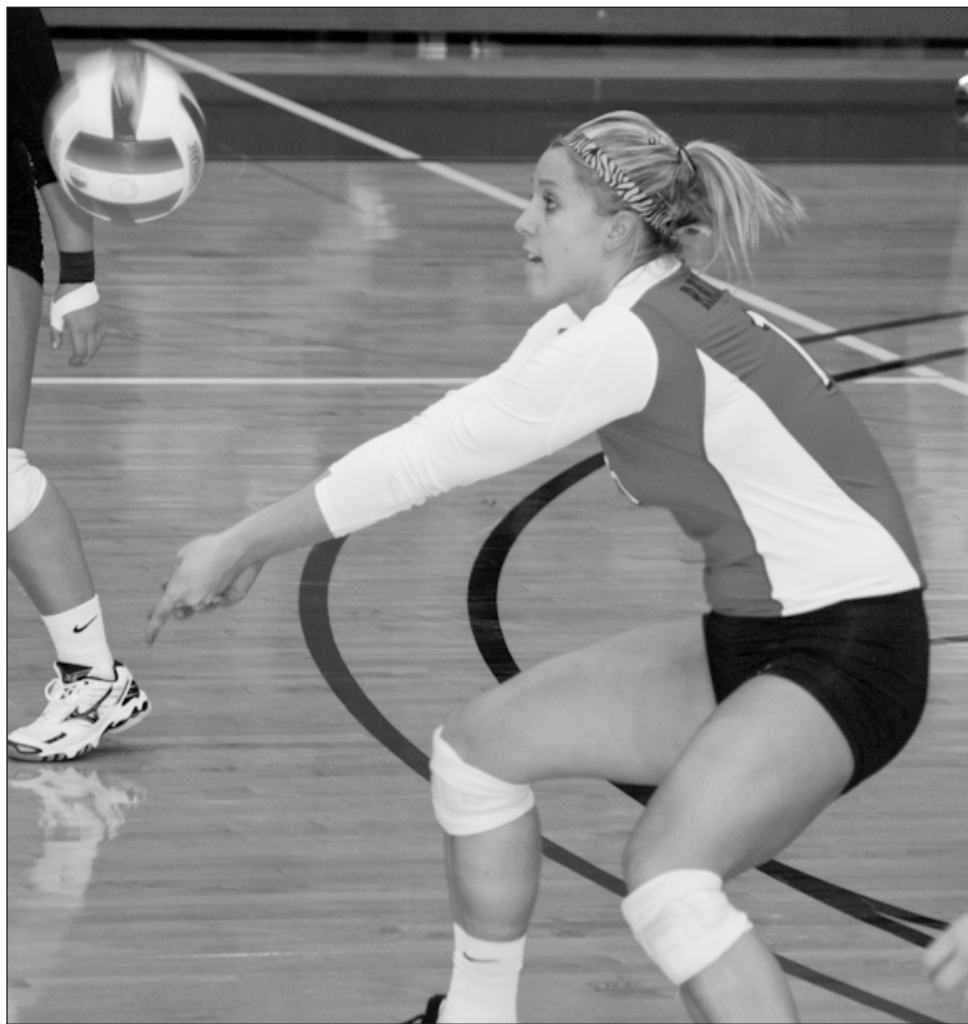


PHOTO BY BOB LATCHAW

Senior Rylee Hulstein sets up the attack with a pass Wednesday night against Morningside. The Lady Raiders dropped both of their games this week.

Volleyball squad meets tough conference tests

BY MICHAEL SIMMELINK

SPORTS EDITOR

Northwestern lost Wednesday night to GPAC leading Morningside (25-27, 18-25, 25-14, 25-23, 15-13) in a five-set thriller.

The Raiders are now 14-15 (7-5) on the year, and in a three-way tie for fourth place in the conference.

The loss was worsened when sophomore middle hitter Megan Huston suffered a possible season-ending knee injury in the third game.

Her absence left a notable gap in the Raider attack, as she is leading the team in blocks and is third on the squad in kills.

The Raiders fought hard to win the first game, and used that momentum to grab a victory in game two. After Huston's injury, NW had trouble adjusting to new bodies on the floor, and lost three straight.

Juniors Jaci Moret and Jennie Jansen tried to fill the offensive hole, posting 17 kills each. Moret, who also had nine digs, set a career-high with her hitting performance. Senior Kate Boersma added 11 kills.

Freshman Kaitlin Floerchinger was all over the floor, setting up 53 assists, earning 11 digs and serving three aces. Junior Heather Goehring had two aces of her own.

In the back row, freshman libero Alexis Bart and senior Rylee Hulstein had 19 and 17 digs, respectively.

On Saturday afternoon, the Lady Raiders

had their winning streak snapped as Doane swept NW in three games (29-27, 25-22, 25-18). The Raiders had trouble completing offensive attacks against Doane's front line, and only hit .145 on the match.

"They were able to keep momentum on their side," said freshman Mikinzie Phillips. "We played a good game, but it wasn't enough rally wins in a row to get a win."

The first set was a battle with eight lead changes and 12 ties, but it was Doane who rallied to score three straight points and pick up the victory.

NW recovered to start out the second set 6-1, but Doane fought back to take the lead 15-13, and controlled the momentum for the rest of the match.

Jansen led the Raiders with 12 kills, and Moret was next in line with seven. Kaitlin Floerchinger lofted up 30 assists. Freshman Brandalyn Van Zee served up two aces.

Bart and Hulstein held down the defensive side of the ball, totaling 20 and 17 digs, respectively.

The Raiders know that to start a new winning streak to close the season, it will be necessary to jump on the opposition quick with excited play.

"We just have to start out great from the beginning, and try to keep our energy up," Phillips said.

The Raiders will travel to Hastings this weekend for a Saturday matchup at 3 p.m.



PHOTO BY BOB LATCHAW

Freshman Tyler Farr tries to beat a Dakota Wesleyan defender Wednesday night. Farr had one of the nine Raider shots on the night.

Raiders look to rebound for playoffs

BY ALEX HERRINGTON

It was a tough week for the Northwestern men's soccer squad, as they dropped games to NAIA powerhouse Hastings, and lost their first home game of the season to Dakota Wesleyan.

NW lost a heartbreaking 1-0 match Wednesday night to Dakota Wesleyan. With the win, Dakota Wesleyan moves ahead of NW, Doane and Concordia to jump into second place in the GPAC with a 6-3 conference record. NW is now tied for fifth place with Midland.

"We just didn't play well enough to win," said sophomore Justin Lehman. "We let Dakota Wesleyan into the game. We didn't prove

that we were a better team."

Despite outshooting and outpossessing Dakota Wesleyan, NW couldn't put the ball in the net. After a scoreless first half, Dakota Wesleyan relied on their effective counter-attack to score a goal in the 56th minute.

"Dakota Wesleyan is a very good team," said junior Brandon Hammock. "They defend with all 11 players so it's hard to break them down, and unfortunately they broke us down once. It was another learning experience, and something to apply going as we go forward."

Northwestern outshot Dakota Wesleyan 18-12 in

the contest, with nine of them being on goal. Freshman Luis Hernandez had three saves. Freshman Leo Sanchez had four shots, sophomore Harri Edwards, junior Taylor Biggs and freshman Gabriel Goncalves had two shots as well.

"It was a close game, but we didn't really play to our potential," Edwards said. "They were a good team and they were hard to break down. We can bounce back on Saturday and get a home game to start the playoffs."

NW had a disappointing 4-0 loss to top ranked Hastings College last Saturday. Hastings controlled the offensive attack of the match and

outshot the Raiders 28-8 in the match. They scored in the 24th, 40th, 59th and 88th minute.

Hernandez made eight saves in goal. Edwards, Biggs and sophomore Nick Hengst had shots on goal.

There were moments where the Raiders felt they controlled the pace and strung together some good possessions.

"If anyone in the conference can beat them, it's us," said junior captain Nathan Mastbergen.

NW looks forward to securing a first round home playoff game. They will host the final regular season matchup against Concordia this Saturday at 7 p.m.

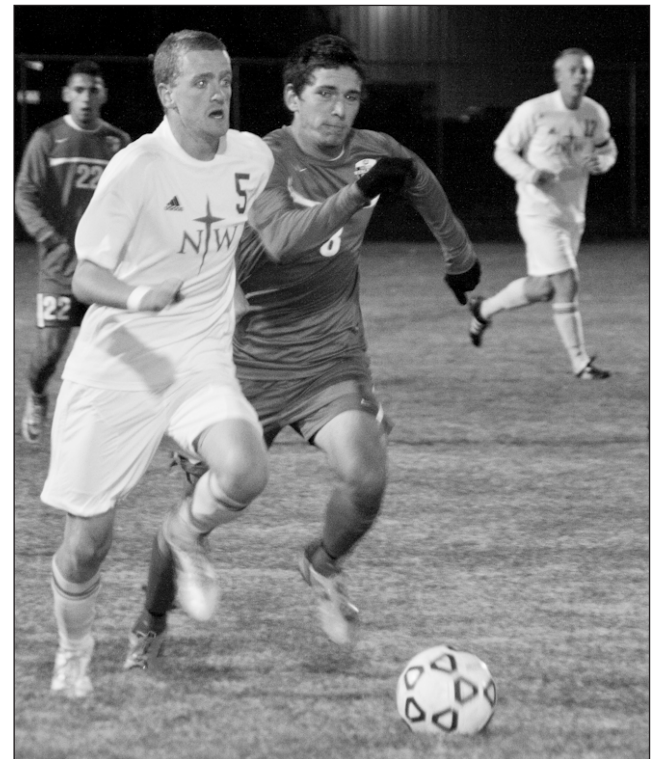


PHOTO BY BOB LATCHAW

Sophomore Harri Edwards leads the attack on Wednesday night.

Offensive onslaught leads to convincing victory for football

BY MICHAEL SIMMELINK

SPORTS EDITOR

The offense of Northwestern moved the ball with prolific ease in a convincing 46-27 win against Briar Cliff.

Over 600 yards were compiled as Raiders extended their winning streak to five games and improved to 6-2 (4-2) on the year.

The lead was taken when junior Brandon Smith rushed for a score in the first quarter and junior Eli Groenendyk caught his first touchdown of the game with only 41 seconds left in the first half.

The game was far from over heading into the locker room, with NW only holding a 14-7 advantage.

NW burst open their lead in the second half, scoring on three of their first four

possessions to start the third quarter. NW put 32 points on the board in the second half to secure the game.

On the contest, sophomore Davis Bloemendaal set a career-high with 327 yards and three touchdown passes to go along with a rushing touchdown. Statistically, the game was his career-best, but he shunned the idea that there is nothing left for him and the squad to improve on.

"No, I don't think it was the best game I've ever played," Bloemendaal said. "There were some things in the option I didn't do quite right, and big plays helped me out a lot."

The win was certainly not an individual effort, as Smith and sophomore Theo Bartman both cleared the century mark on the ground, rushing for 111 and 121

yards, respectively. Smith had two rushing touchdowns, and sophomore Jesse Selgeby added one of his own in seven attempts for 60 yards.

This was the first time on the season the much-hyped Raider ground attack had two backs rush for 100 yards in a game.

Groenendyk set a career-high with seven receptions for 182 yards and two touchdowns. Junior Tyler Walker also scored on one of his five receptions and 82 yards through the air.

The Raiders also coughed up the ball for five fumbles on the afternoon.

On the defensive side of the ball, senior Chris Butler led the squad with six tackles and also had one interception. Junior defensive lineman Jordan Carlson totaled 4.5 stops and had two sacks on the day.

As a team, the defensive squad of NW has only allowed 16.2 points on average over the past four games.

The No. 22 Raiders will look to continue improving their playoff hopes as they host No. 23 Dakota Wesleyan on Saturday. The winner will still be in the mix as a possible playoff team, while the loser will face a nearly impossible chance of making to the postseason.

Bloemendaal and the Raiders are confident in their chances.

"I think we're definitely a playoff-caliber team," Bloemendaal said. "But I don't know how everything will turn out. Right now we're playing really well. We have a good balance running and throwing the ball."

The ranked match-up will kick-off at 1 p.m.



PHOTO BY SHANNON GIER

Seniors Kate Boersma and Rylee Hulstein have grown to enjoy each other as teammates after spending high school years competing against each other.

Boersma and Hulstein overcome competitive history on court

BY TOM WESTERHOLM

Kate Boersma and Rylee Hulstein are the only two seniors on the Northwestern volleyball team. They've spent the past four years playing together and becoming good friends.

But that doesn't mean they've always liked each other's company.

Boersma and Hulstein attended different local high schools, Hull Western Christian and Sioux Center, respectively, and recognized each other as top players. That led to the future teammates being rivals on the volleyball court.

"It was always like 'I see you over there,'" Boersma said, narrowing her eyes, then laughing. "We just didn't get along."

But they always seemed

to have a connection, one that extended beyond the United States borders.

"[My family] was on a trip to Mexico," Boersma said. "On the way back to the airport, we stopped at another resort, and the whole Hulstein family walked onto the bus. We looked at each other like 'ugh, the Hulsteins,' and 'ugh, the Buyerts' [Boersma's maiden name]."

As juniors, the two became friendly playing for the same club team.

"We actually got to know each other, rather than just seeing each other on the other side of the net," Hulstein said.

But apparently, Hulstein and her teammates weren't quite ready to truly befriend Boersma yet.

"I later found out they all carpoled and never told

me about it," Boersma said. "Thanks guys."

Once they arrived at NW, the two became good friends, and during their younger years, the Raiders were very strong in the GPAC, making nationals three seasons in a row. Unfortunately, during their sophomore season, the Raiders played without Boersma, who had blown an ACL.

"I did a vertical jump test, went up, came down, and that was that," Boersma said. "I had never been injured before, so I had trouble understanding it. But I got through it, and now I'm a senior, and I'm old."

When asked what she will miss most about volleyball, Hulstein had an answer readily available.

"Just playing the game,"

Hulstein said. "I love playing the game. I really love passing. Starting the play off right is really important."

Boersma's future plans, however, will hopefully still include volleyball.

"Since I tore my ACL, I actually have another year of (redshirt) eligibility," Boersma said. "Technically I could play if I want to. But if I decide not to play, I'll apply for a student coaching job. I'll either be playing or coaching next year."

As a young NW team finishes the regular season, the Raiders look to win the conference tournament and make it to the national tournament again.

They'll be looking to the senior tandem of Boersma and Hulstein for leadership one more time.

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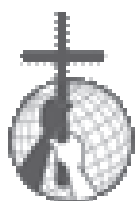
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Opinion | 11

Spiritual warfare is not just for kicks

BY MICHAEL SIMMELINK
SPORTS EDITOR

The Paranormal Activity series has found success tapping into the audience’s fear of things that go bump in the night. Unlike most zombie-based horror films or slasher flicks, PA takes advantage of our fascination and skepticism of the spiritual world.

This is why this subgenre of horror films is scary to me in a whole new way.

The discussions I’ve heard after people have seen PA3 revealed that most professing Christians honestly don’t have a clue about angels and demons. It’s disturbing that people are defending their beliefs in the supernatural with what they’ve seen in the PA series or The Exorcist and not what



they’ve read in the Bible. The tendency is to either dismiss spiritual warfare as fantasy, or to rely on Hollywood to educate us. Both are equally ignorant and wrong.

I would hope that very few people believe that demons aren’t present all around. Scripture, most importantly, and the experience of many cross-cultural missionaries will attest to the reality of the invisible battle many Americans choose to ignore.

Ouija boards, spiritual mediums and occult books are used as props in films, and it appears that the worst that can happen is they don’t get rid of the spiritual presence. In reality, these things aren’t ineffective; they are in themselves opening up a realm for demonic interference.

All viewers have to understand that these movies can be gateways for demonic oppression or possession when used

solely as entertainment. Just as pornography, drugs and gossip can take root and cause turmoil in our lives, viewing horror movies of all kinds can be a gateway Satan can use if he sees vulnerability.

I’m not going to tell you that going to the theater is bad, and I’m not going to say I haven’t watched movies which can lead to an evil presence. I am making the argument that movies which portray spiritual warfare in a non-Christian way shouldn’t be watched as a way to get scared. They should only be viewed with a critical mindset to discern what really is truthful about the supernatural.

Don’t use the reality of possession as a way to get your kicks this Saturday night. It’s a topic that isn’t meant for entertainment, and I think we should seriously reconsider viewing it that way and belittling spiritual warfare to a form of amusement.

From the Editor:

BY ALYSSA CURRIER
NEWS EDITOR

Recently, my pirate heritage has been called into question due to a simple misunderstanding. I am Swedish, and my grandpa’s last name is Carlson, a Swedish surname that has been traced back to Vikings. However, there are those who argue (out of jealousy, I suspect) that Vikings are not pirates. I beg to differ. According to the National Geographic Society, the word “Viking” is Norse (the Scandinavian language) for “piracy.” In 2008, Time

magazine discussed Vikings in an article titled “A Brief History of Pirates.” I consulted a history expert on campus, Professor Doug Anderson. He directed me to the Oxford Dictionary of Word History in which Vikings are defined as “Scandinavian traders and pirates of the 8th to 12th centuries.” Unless one has evidence to dispute National Geographic, Time, the Oxford Dictionary and a history professor, Vikings are pirates. I have Viking ancestors; therefore, I am part pirate.

An embarrassment to pro sports

BY TAYLOR HOEKSTRA

Many young men and women dream of playing a professional sport. They admire the prestige that comes along with being an athletic superstar. Oh, what a privilege it must be to be blessed with such skill and talent. Yet it seems that our professional sport players have begun to take this privilege for granted. First, it was the NFL; now it is the NBA. Players against the management, management against the players. Two sides pinned up against one another for what reason? Money, of course. The owners and the teams have not been able to reach an agreement, because neither side seems to be getting enough money. These people are upset that they are not getting the fair share they think they deserve. These recognizable superstars are not getting another extraordinary amount of cash added to their overflowing bank account this year. This behavior is a little embarrassing. This is ridiculous, especially when we take a look at our economy, where the unemployment rate continues to rise higher. These owners and athletes are halting play because they are not getting the benefits they think they deserve. They need to take a look into the real world and see the many people out here who do not have anything, not even a minimum wage job. When we see athletes advertising for their events, they pride themselves on loving the game. As if this love is

supposed to get to want to watch them play. What the NBA players are showcasing now is no such thing. By having this lockout, they are showing that their love for money is far greater than their love for the game. If they really loved this game like they have claimed to in the past, money would not matter more than the privilege to play. This love should outweigh their greed-filled issues. From a business perspective, this issue is just unintelligent. By skipping the preseason, missing the first few games and potentially losing an entire season, everyone is losing money. Money is the primary reason they are fighting in the first place.

Students don’t kiss and tell

BY NATE JOHNSTON
OPINION EDITOR

If I learned anything about relationships from my peers in high school, it was don’t kiss and tell. After going to the Campus Conversation about sex, I have come to the conclusion that many Northwestern students would agree with me. The statistics presented by the Edmans revealed that fewer people on campus are having sex than everyone thinks. I’m rather doubtful of these findings. I believe the Edmans when they say that their statistics are trustworthy. I took one of the surveys my freshman year, so I know that it was legitimate. I think that the statistics from the surveys accurately represent the data from those surveys. I do not think, however, that

everyone who is having sex took the survey. The NW code of conduct states that it is against the rules to have sexual intercourse on campus out of wedlock. Students know that having sex is something that you should hide. Bad things happen on the campuses of Christian colleges. It’s sometimes hard to tell, however, because we are really good at hiding. Students who break the rules learn quickly who they can and can’t tell about their mischievous escapades. The fewer people who know, the better. A small number of NW students are having sex. We can say this with some certainty due to public accusation or evidence. Some students, however, are more discreet than others.

By having this lockout, they are showing that their love for money is far greater than their love for the game.

There is a very simple conclusion to this unfortunate issue that is present in professional sports, both the management staff and the athletes need to recognize that they are equally important. One side could not function without the other side. This is a two-way system. The problem with reaching this conclusion is that it takes maturity, which is inevitably not present in the current situation. My hope is that the two sides can reach a collective bargaining agreement. Then, I hope that they realize the embarrassment they have caused to themselves and professional sports in general.

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Around Campus

Concert

Award-winning classical musicians Wolfgang David and David Gompper will be performing at 7:30 p.m. Friday, Oct. 28 in Christ Chapel.

NBDC

Four dance crews will compete in Northwestern's Best Dance Crew, which will be held in the Bultman Center at 9 p.m. Friday Oct. 28. The dances will be judged by former competitors on America's Best Dance Crew, Southern Movement.

Photo Contest

Nov. 1 is the deadline to electronically submit photos for the 2011 study abroad photo contest. E-mail your submissions to ssapromo@nwciowa.edu.

Submit Events

Submit your campus happenings and events to the Beacon for inclusion in this column. Submissions should be roughly 50 words or less and be e-mailed to beacon@nwciowa.edu.

Chapel

Monday

♦The Rev. Tom Smith, Rock Valley

Tuesday

♦Ruston Seaman, New Vision

Wednesday

♦Alyssa Ronchak '12

Friday

♦Harlan VanOort, campus chaplain



PHOTO SUBMITTED
Sophomores Alyssa Currier, Ignacio Reatiga-Higuera, Megan Rustad and senior Robi Bogdanffy along with other I-Club members participated in the Occupy Chicago movement over fall break.

I-Club occupies Chicago

BY ROBI BOGDANFFY

For the past several weeks, the chants and drumbeats of the Occupy Chicago movement have filled the intersection at Jackson and LaSalle in downtown Chicago. When I-Club visited the Windy City for fall break, U.S. citizens weren't the only one's making up "the 99 percent."

Occupy Chicago is part of the Occupy Wall Street movement, also known as The Occupation.

The movement, which began on an blog less than one year ago, has spread across the nation and world. Those involved are seizing the opportunity to unite in advocacy against government policies they believe favor Big Business above the average citizen.

I-Club members saw occupying Chicago as an opportunity to learn about representative democracy. In the heavily policed financial district of Chicago, protesters camped amidst posters, dogs, guitars and a community table of food. For students who were previously aware of the movement, experiencing a demonstration firsthand was enough to challenge their assumptions about The Occupation.

"It was interesting how supportive people were," said sophomore Megan Rustad, one of the three American students who went on the I-Club trip. "When we asked a police officer for directions, he didn't just point us towards the protests. He also expressed his support and said that he would be there as well, given the appropriate circumstances."

Across campus, student opinions concerning The Occupation are largely skeptical.

"I like that they are exercising their freedom of speech and are representing a cause they believe in," said sophomore Ethan Raysby. "I don't know how effective it is though."

Sophomore Connor Knutsen also has his doubts about the demonstrations.

"The absence of any clear discernible goals or agendas that defines many of The Occupation movement members potentially indicates a low level of knowledge even in finding focus, let alone solving any economic discrepancies," Knutsen said.

On campus and in the media alike, there seems to be a consensus that the occupiers might not be very effective in addressing such large issues. Nevertheless, the movement's true appeal and accomplishment may simply be an atmosphere lacking cultural boundaries and social division.

"It was great seeing all the people get together," said Somnath Thapa, a junior from Nepal who took part in the protests. "The community aspect of it was great."

Protesters within the U.S. claim that the current political system has allowed the wealthiest one percent of American households to accumulate over a third of the nation's net worth. It is in light of this statistic that occupiers make their hallmark claim: "We are the ninety-nine percent."

Dance crews prepare for NBDC

BY TYLER LEHMANN

Four groups of students will compete to see if they have what it takes to win this year's Northwestern's Best Dance Crew.

The four crews, made up of 25 students, will be judged by members of Southern Movement, a dance crew that competed on MTV's "America's Best Dance Crew," the TV street dance competition that inspired the creation of NBDC three years ago. Southern Movement will also perform at the event.

"This year's dances will be mostly hip-hop with mixes of unique style in each crew," said junior Keely Wright, who is NBDC's director and production designer. "One crew is doing a dance battle. Another dance has a bit of the post-apocalyptic, you might say, and there will definitely be some '80s music involved in another."

West-Turn Union, named to poke fun at past NBDC

competitor West Slide Story, will combine hip-hop, dub-step and lyrical styles in their dance. The crew consists of five men from West Hall and is led by sophomore Tyler Gleason.

Carbon 6 is a group of six women on the dance team who formed their name by combining the chemical element with its atomic number. Led by junior Jill Black, the crew will perform a hip-hop dance.

No Name Necessary, eight men from North Suites, will perform a freestyle dance. The group, led by freshman Zachary Fishman, decided to join the competition last week.

The One and Only, six women including leader junior Emily Loveland, will perform a crew dance.

"I love watching the crews do their thing on stage because it's a real collaboration," Wright said. "It's fun to see them work together to create something

they love. It's a great visual, and it's great time away from schoolwork."

After the four crews perform, a halftime show will be presented by the Business Cheetahs, a group of four men from Colenbrander Hall's Heemstra Wing that is not competing.

Following the halftime show, two finalists selected by Southern Movement will each perform a second dance, and students in attendance will have the opportunity to vote for their favorite crew with quarters. The money raised will benefit Vivian, a child in Zimbabwe that NW sponsors through the Christian humanitarian organization World Vision.

Wright said, "You can support a good cause while watching people you know do fun things onstage."

NBDC, presented by the Student Activities Council, will be at 9 p.m. Friday, Oct. in the Bultman Center. There will be a \$2 admission.



PHOTO BY BOB LATCHAW

Sophomore Katie Nelson, junior Megan Ott, senior Aaron Appel, junior Mario Garcia, senior Joel Koster and junior Emily Loveland practice to compete in Northwestern's Best Dance Crew. The crews will perform along with America's Best Dance Crew's Southern Movement on Friday night.

Award-winning musicians to play at NW

BY CHARITY SPRINGER

Violinist Wolfgang David and pianist David Gompper will be performing in Christ Chapel at 7:30 p.m. Friday, Oct. 28.

David and Gompper specialize in contemporary classical music and premiere works written for them by living composers.

This will be the musicians' fourth time performing together at Northwestern.

"I enjoy playing in your hall. Students can expect variety when they come to our concert," Gompper said. "The Prokofiev is one of the most beautiful prewar sonatas, full of tunes and very lyrical. My teacher's piece is quiet and thoughtful, and is an excellent foil to the Prokofiev."

Gompper will be premiering an original composition at Friday's concert.

"My piece is also tuneful and hopefully interesting," Gompper said.

David has played at New York City's Carnegie Hall as well as major concert halls in Vienna and London. He has won many competitions and awards. His career has afforded him valuable experiences such as playing in a concert for the queen of Thailand.

Gompper studied in London and has experienced great success as a pianist, conductor and composer. He is currently the professor of composition and director of the center for New Music at the University of Iowa. Many of his pieces have been played at Carnegie Hall and Wigmore Hall in London.

David and Gompper agreed that the best things about traveling and performing are the people they meet and the opportunities they have to share their music with others. Both musicians value audience feedback as something which helps them improve their performance and become the best entertainers that they can be.