

# THE TALON

DECEMBER 2009

A NORTHWEST PUBLICATION WRITTEN BY STUDENTS FOR STUDENTS

VOLUME 2. ISSUE 4



**New business organization  
benefits campus**

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## PRESSURE TO LEAVE CAMPUS CAUSES SWINE FLU SECRECY

Jessie Fast  
Senior Staff Writer



Photo By: Matthew Moroni

Haley King, who had pneumonia and the flu, was confined to her room.

With the onset of swine flu (H1N1) on NU's campus, some students believe that the precautions which have been put in place by faculty may have gone too far.

Anyone on campus who reports flu-like symptoms is immediately told to go home, sometimes at the expense of adult independence, according to several students.

According to Paul Banas, vice president of student development, Northwest is simply following the protocols laid out by the CDC and the Washington State Department of Health concerning the containment of this illness.

"One of... their guidelines is that universities ask students to go home if they are exhibiting symptoms, especially a high fever," he said. "The best way to protect the other students on campus is for them to go home until they have not... [had] a high fever for 24 hours."

With this policy in place, some students believe administration has gone a step too far, as they considered themselves forced to leave where they are paying to live.

Sophomore Christina Matthews found herself, after she reported to administration that she was sick with swine flu, under the impression that she needed to leave the dorms at all costs, even though she was unable to go home due to distance.

"I can understand the reason that I was asked to be off campus, the H1N1 is a very contagious virus and... having somebody with it on campus seems scary," said Matthews. "However... I pay thousands of dollars to live here, so being kicked out of my home seemed unacceptable to me."

According to Matthews, she ended up staying with friends for a few days before returning to the dorms.

Her story of being 'forced out' was not without its repercussions, since it aided in fostering a sense of secrecy and also a sort of enmity between the students and those in charge, including their resident assistants.

Sick students no longer wanted anyone to know they were ill, and instead took care of themselves, keeping their condition confidential and trying to avoid a forced exodus from campus.

"I made a point to make sure that the R.A. didn't know, as well as anyone else on staff," said sophomore nursing major, Andrea Galart, who refused, due to extenuating circumstances, to go home.

"I didn't feel like fighting with the faculty and having them be upset with me and cause a problem, so I just kept quiet. They would have sent me to the hospital, which I also did not have the time for, and the only thing a hospital can do for you is tell you to drink water, take NSAIDs, and get lots of rest. I could do all these things on my own," Galart said.

Students in the men's dorm also experienced the effects of swine flu.

"I was diagnosed and decided on my own to go home, since I didn't want it to spread to the guys on my floor," according to freshman Mason Wheeler.

He notes, however, that actually having the illness differs from the portrayal the media has put forth.

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# Opinion



Comic by: T <3

## Letters To The Editor

(Please send letters to [taloneditor@northwestu.edu](mailto:taloneditor@northwestu.edu))

Dear Talon Editor,

I really enjoyed reading the article about Operation Iraq in the latest issue of the Talon Newspaper. It is really encouraging to hear that the packaging of personal items for the soldiers is off to a great start. I am a commuter student, so sometimes it is hard to know about events like this that are going on around campus, so it really helps when I can open up the campus newspaper and read all about it. I personally have friends that are serving over in Iraq, so this article really embraces the spirit of giving at time where love and care is greatly needed. I also enjoyed the pictures which helped emphasize how much Northwest students are lending a helping hand. Keep up the good work!

-Alexa Breidenbach

Dear Talon Editor,

I feel that Jessica Orr's political view represents the stereotypical, Evangelical viewpoint. Her last piece on Referendum 71 merely explained the current situation of same-sex marriage. In the final paragraph, she took a stand on an issue unrelated to what she had been referring to earlier. She stated that the release of signatures on the R-71 bill violated first amendment rights. She did not comment on same-sex marriage as she discussed for the majority of her article.

Moreover, I would appreciate an opportunity for other students to write their political view as well. Maybe two people with different perspectives could write their opinion in each issue, to give students at NU both sides.

-Andrea Allen

## Jessica's Political View: Flu Shots Create Danger

Jessica Orr  
Staff Writer

Many people feel the pressure to get a flu shot this season with the looming swine flu scare that has swept the country this year.

Schools and universities plead with parents and students to get flu shots as soon as possible, assuming that this will diffuse an epidemic.

However, some people are reluctant to get this year's influenza vaccine for a number of reasons—some of which should not be taken lightly.

Controversy over the flu vaccine escalates from unanswered questions about the vaccine and the swine flu itself, now referred to as the H1N1.

One primary concern is negative reactions associated with the vaccine.

During the swine flu scare in 1976, a vaccine was rushed to the population. Prior to the program's closure, "a number of patients developed a neurological illness called Guillain-Barre' syndrome, an immune response to foreign, often infectious antigens that are mistargeted at host nerve tissues as a result of taking the vaccine and 30 people died from complications that they would not otherwise have suffered," according to *The Economist*.

Thimerosal, a preservative used in our current influenza vaccine, contains unhealthy amounts of organic mercury—poison to humans.

The Food and Drug Administration has worked with drug companies to eliminate thimerosal from vaccines.

So far, it has been "removed from or reduced to trace amounts in all vaccines routinely recommended for children 6 years of age and younger, with the exception of inactivated influenza vaccine," according to Bill Underwood of the *Times Examiner*.

Studies have reported that thimerosal poisoning report "tubular necrosis and nervous system injury, including obtundation, coma and death," said Underwood.

Conveniently, the government is most concerned with getting the influenza vaccine to children and pregnant women, individuals who are more susceptible to mercury poisoning.

If drug companies realize thimerosal is dangerous enough to remove it from all other vaccines, why leave it in the influenza shot?

While attempting to prevent contamination, the vaccine puts potentially life-threatening amounts of poison into our bodies.

Comments? Visit [eagle.northwestu.edu/talon](http://eagle.northwestu.edu/talon)

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## Secrecy: Swine Flu Pushes Students Off-Campus

*Continued from page 1*

"The media has blown swine flu out of proportion. It was long, I missed school, and I did feel that it was the worst sickness I have ever had, but it was certainly nothing like the media has made it out to be," said Wheeler.

Although the idea of forced quarantine may be more of an impression than an actual command from administration, students still need to be weary of spreading the illness to others.

Jessica Daniels, director of residence life and assistant dean of students, encourages students to communicate with administration about their illnesses, so that they can help the students recover as quickly as possible.

"We want the dorms to be their [student's] home, we want to help them recover and to disrupt their lives as little as possible, but if we don't know there's a concern, it's difficult to address it," said Daniels.

While administration suggests that those experiencing flu like symptoms go home, they acknowledge that not everyone has the means to go home.

Daniels encourages students who cannot go home to work with the other options available to them.

"We do have hospitality housing this year... so we have used that definitely as an option for students who need a place to be," said Daniels. "We have had the cleaning companies do...extra disinfectant, extra precautions on the floor, [and] we have done the same things for all the common areas, for the classrooms."

Although the swine flu outbreak occurred



Students showing signs of illness are asked to go home.

mostly in the dorms, where quarters are tight, and students are packed in, students all over campus have had to adjust to sickness, and not all disagree with faculty's approach.

Krissa Partridge, who lives in the student apartments, emphasizes the importance of following the standard protocols.

"I am certain I passed it [swine flu] on to a couple different people...because I was in denial that I was sick. There should be a complete quarantine until no fever is present," said Partridge.

Banas notes, however, that the acceleration of reported flu-symptoms on campus has been subsiding.

"We were watching [the progression] closely, because we were seeing an acceleration, but...it has done the opposite...it has really trailed off."

According to the campus nurse, Jean Clark, it

will be impossible to completely disinfect the campus against swine flu. "Even with all of the things everyone is doing, this infection will still spread because it is happening everywhere we go outside of campus also," said Clark.

Banas, who was sending out biweekly 'Campus Update' emails, acknowledges the danger of overemphasizing the potential outbreak of illness.

"That is a challenge, the balance between providing very good information and having so much information that there could be the perspective that there's a problem. We don't want to create a problem by the information, but we do want to make sure that the people on campus are fully informed," said Banas.

Faculty are also being held to the same isolation procedures as students. The frustrations that students feel about missing class for consecutive days, "employees would feel the same thing, because they would want to come into work and get everything done, and be frustrated that they should be at home too," said Daniels.

John Bacon, professor of business, holds to the policy enforced by the university. "The swine flu is a bit nastier than the regular flu, but still manageable if you don't overexert yourself."

Overall, students here at NU tend to agree with faculty's emphasis on preventing the spread of illness, but not on all employed tactics of containment.

"During times like this, it is hard to know what to do exactly, and there isn't any right way to do this. There was just some backfire to the way this was handled," said Galart.

*Comments? Visit [eagle.northwestu.edu/talon](http://eagle.northwestu.edu/talon)*

## Students Still Waiting For Swine Flu Shots On Campus

**Janie Kliever**  
*Senior Staff Writer*

With the seasonal flu shots depleted and the arrival of the H1N1 vaccine surrounded with unknowns, Northwest University must endure the "waiting game" through the cold and flu season.

NU administrators ordered the H1N1 vaccine from the Public Health Department, and are guaranteed to get at least some, but at this point, no one knows exactly how many or when they will arrive. Northwest will receive the vaccine at no cost, so it will also be free to students who choose to get it.

The NU campus has not been immune to the H1N1 virus.

"I assume that many of the persons that have been sick have had this (the H1N1 flu), but I can't diagnose and if they have not gone to the doctor or if it hasn't been diagnosed by a doctor, we can only assume that that's probably what's going on. We can't say as a matter of fact," said Jean Clark, the campus nurse.

Clark estimates that, out of around 40 students that have reported symptoms similar to those of H1N1, around 75% probably contracted the swine flu, although not everyone was diagnosed.

The similarity of symptoms between H1N1, the seasonal flu, and the common cold make diagnosing problematic.

"The assumption is, from what we're hearing in the news media, that



Jean Clark recommends hand sanitizer to prevent illness.

people that are getting sick right now are getting sick with H1N1. There may be some seasonal stuff mixed in with it, but the symptoms between a cold, seasonal flu, and H1N1 are identical except H1N1 generally starts out with a very high fever," said Clark.

She believes that the "constant barrage of information" through the media is largely responsible for how quickly the seasonal flu shot ran out on campus.

"Usually I'm trying to get people to get it by the end of November, so it was a shock to people that the vaccine was gone already—it was a shock to me," said Clark.

The campus supply of the vaccine was gone by October 16.

While adverse effects from the flu shot are always a possibility, they are extremely rare, said Clark. Only a few students reported mild reactions like redness at the injection site or soreness. Anyone who is

allergic to eggs should not get the seasonal flu vaccine.

While NU will not be receiving any more seasonal flu vaccines, they may still be available through pharmacies such as Bartell Drugs or Walgreens.

Clark recommends that students do "anything to help us with our immunity . . . with the close proximity of being in chapel, the dining hall, and classrooms, everyday the opportunity for exposure is very great."

## Student's Heart For Ministry Pays Tuition

Photo By: Racheal Arteaga



Angel Paullin enjoys her opportunity at NU.

Racheal Arteaga  
Ministry Editor

One girl and one dream. That's all it took for Angel Paullin to charm the women who would become her closest mentors and friends.

Paullin did not let a tough home life, non-existent college fund, or any other barriers keep her from achieving her dreams at Northwest University. The pre-med major, now in her sophomore year, became both a deserving recipient of the O Wines scholarship and mentorship, and also an inspiration to many students.

Her desire to study medicine in college began when Paullin was 12 years old, but without support from her family, she knew it would be difficult. Despite this setback, Paullin continued to plan for her future, striving to be at the top of her class in high school with the hopes of receiving scholarships for college.

With all but five thousand dollars of her tuition paid by scholarships, at the last minute she decided to apply for a College Success Foundation award. Though thousands of students apply for any given CSF award, Paullin was picked from among the masses to receive a scholarship from O Wines, in the amount of exactly five thousand dollars per year.

"It was then that I knew I was supposed to go to Northwest, to get a degree and do what I'd always wanted to do", said Paullin. "I was shocked and just totally freaked out by how God had put stuff together for school. He knew I had no money whatsoever to pay, so this was totally His hand over this. My first thought was, 'I'm gonna be a doctor!'"

After Northwest University, Paullin has big plans. "I'd love to work with other missionaries in some part of Africa. Another dream of mine is to open a free clinic here in America for families without insurance. I grew up not going to the doctor's because my family couldn't afford decent health insurance, so I don't want others to have to go through that either. I've been there," said Paullin.

It was this dream that won the hearts of the owners of O Wines, who fund Paullin's scholarship and also mentor Paullin through her college experience.

O Wines, owned by Stacy Lill and Kathy Johanson, is a nonprofit wine company out of Redmond, Washington that donates scholarship money to young women that demonstrate both financial need and aspirations of higher education.

The goal of O Wines is to "stop the cycle of abuse of women who were not afforded the privilege of higher education due to their economic circumstances... [and to] educate, motivate, and give young girls the confidence and opportunity they deserve to succeed through knowledge," according to Lill and Johanson.

Paullin's drive and determination have also influenced other students. "Angel is an amazing person, and her positive attitude and perseverance have been an inspiration to me. She is a very caring person who always takes time to look out for the needs of others before herself," said junior Jessica Ruble, a close friend of Paullin.

## Freeze To Help Raise Awareness About Human Trafficking

Racheal Arteaga  
Ministry Editor

For the second year in a row, Northwest University students participated in a mass, time-stopping demonstration at Pike Place Market.

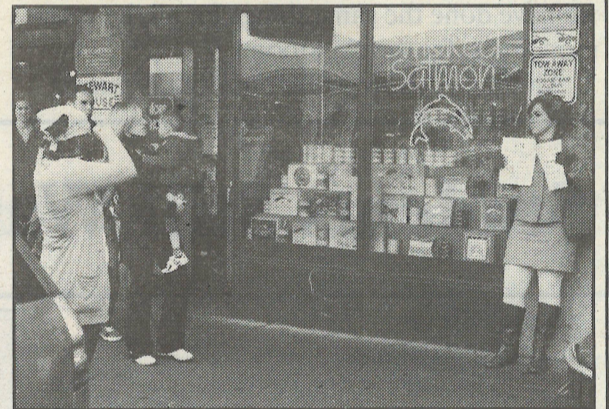
The morning of November 14<sup>th</sup>, approximately 50 students gathered in the chapel to prepare for the Freeze event.

The goal was to draw attention to ourselves in order to draw attention to a much bigger issue—the reality of modern day slavery, according to social justice interns.

Each student held a paper with a fact about human trafficking in their hands during the freeze itself.

One said, "It is estimated that 27 million people are in slavery today." Another listed the numbers of children caught in the bonds of sexual and physical slavery.

"Human trafficking is slavery, mostly in the form of forced prostitution of young women and children, which is highly pervasive throughout Southeast Asia. However, this social injustice is not just a distant problem. In fact, Seattle is the largest human trafficking port in all of the United States," said Chris Cheema, a social justice intern at NU.



Katrina Ong freezes as bystanders observe.

It is fitting, then, that the Freeze Project took place within a block or two of Seattle's port district.

When the cell phone alarms went off at the designated times, students froze in place for five minutes.

The whole time, people were wandering around, snapping pictures and making comments.

"I think we really shocked on-lookers," said sophomore Kelsey Rainwater. "I had a guy that thought the world was ending or something...he was so surprised that we could pull a stunt like this off."

Students spread awareness of human trafficking through the signs they were holding and by talking to bystanders after the freeze.

The event was hosted by Cheema, Lindsey Bruner, Heather Cheuka and the rest of Embargo, NU's coalition against human trafficking.

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MHGS has invited me to step out of my comfortable theology and reformed my faith in a beautiful way. As a result, I have found new strengths and come to cherish profound weakness. *I am learning to listen well, speak truth, and to do so with the humility that comes from loving the story of my gifts and failure.*

These days many of us are about the work of redefining what it means to be the Church by holding loosely to the traditions that have informed our best worship and worst fears. We view the stories of God's people as gifts to the church of yesterday, today and tomorrow. *MHGS students like myself come to understand how to live out of the Biblical text in a way that responds to the call for continual healing in the Body of Christ.*

Abigail Jimenez  
3rd year Master of Divinity Student



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## Coffee Brings New Opportunities To Aerie

**Kelsey Horn**  
*Guest Writer*

Students' pocketbooks will pay the way for the new coffee and service brewing in The Aerie Café.

The Aerie has partnered with Zoka Coffee Roaster and Tea Co. which not only brought a fresh flavor, but also, new opportunities for The Aerie.

"These people are the rock stars of the coffee industry," said Dawn Williams, the Aerie coordinator. Zoka is on the leading edge of competition with the local Starbucks and Tully's, according to Williams.

"We've gone top shelf," said Williams. The Aerie plans to not only offer the next level of ex-

cellence in coffee, but also provide their customers with the next level of customer service. "I don't think our students deserve any less," said Williams.

Students should expect to see a small increase in the cost of their coffee over the next few months, according to Williams.

"I think it's worth the couple cents more," said Shelby Wells, a junior at Northwest University and a barista at the Aerie.

Though no exact estimate was given, Williams assured students, "Have we gone crazy with the prices? Absolutely not. That's not going to happen."

According to Jeff Babcock, the owner of Zoka, the Aerie will remain cheaper than both Starbucks and Tully's.

"My goal is to make the Aerie a world class coffee shop," said Williams.

Rather than just a single blend of coffee, The Aerie will offer more variety, according to Williams.

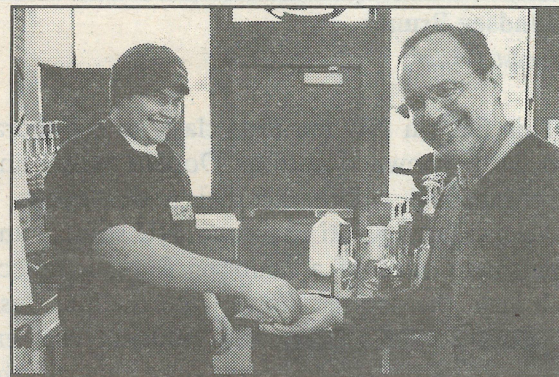
"We're kicking it up a notch," she said.

Williams hopes students will stay tuned to the changes happening in the Aerie.

"Coming from Seattle, the coffee capital of the world, we think that we know everything about coffee because we drink Starbucks," said Wells.

Babcock is eager to educate the staff about where the beans originate from, the growers, the farming practices, and the differences between fair trade and sustainability.

"We're a coffee business ... the coffee you see in the cup has a whole history behind it," said Babcock. He described it like an onion; there are many layers that add to the final product.



Jadon Haynes serves Professor Gillespie.

Carlen Harris, a sophomore at Northwest, is extremely excited for the switch. "I really like the taste of Zoka," said Harris.

On multiple occasions, at the Kirkland location, she has indulged her taste buds in a cup of coffee from Zoka.

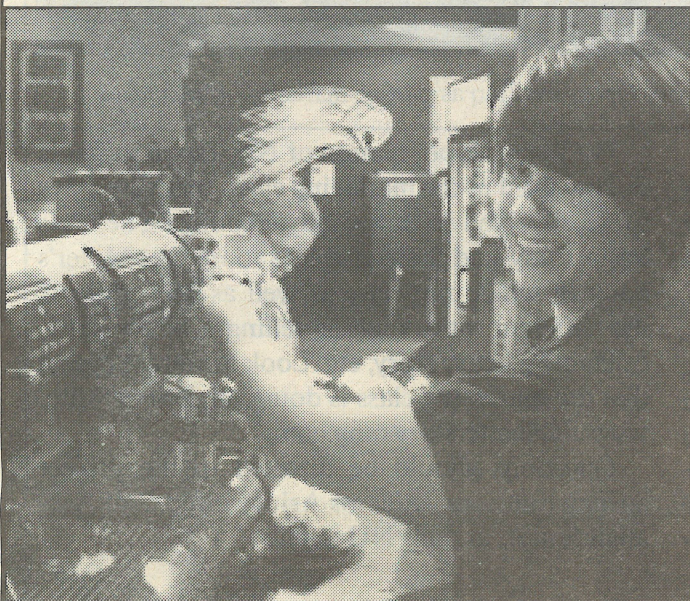
Williams was introduced to Zoka through one of her baristas, Josh Phillips, who actually encouraged her to check out Zoka's newly opened Kirkland branch.

"Before I could actually move on that suggestion, Jeff showed up at my door," said Williams. Ironically enough, Babcock also heard about Northwest through a tip from Phillips.

"The coffee sold itself," said Williams.

A few weeks ago the Aerie did a test run of the Zoka beans, but did not tell the customers the name of the new beans. "The response of the students was a hundred percent," said Williams.

Zoka Coffee Roaster and Tea Co. was founded in Greenlake, WA and it has been established since 1997.



Keshia Nicewater is preparing a drink with Zoka at the Aerie.

## New Student Organization Invites Experts On Campus

**Janie Kliever**  
*Senior Staff Writer*

A new business organization on campus is connecting students with local and national companies and bringing the expertise of proficient business men and women directly to students at Northwest.

The Northwest University Business Association, or NUBA, was created by the business students in Kay Ditzenberger's Fundamentals of Sales class in May 2009 and was partly modeled after a University of Washington business club. Through an advertising project, the students began to interact with businesspeople in the community.

"When students approached local business owners they discovered that many businesses in Kirkland had no idea that Northwest University had a School of Business. In fact, many business owners within a 1-2 mile radius of the campus had no idea that Northwest University existed at all," Ditzenberger said. "Once business owners discovered there was a business school on campus they were excited and interested in interacting with students. NUBA's first objective was to 'build a bridge' and create a point of contact between business professionals and business students on the NU campus."

The association, which is governed by board members, is a "proactive club on campus which brings in top level executives and business leaders" to inspire and educate students, according to senior Kyle Wall, a NUBA officer.



NUBA, a business organization, connects students with business professionals.

NUBA's first event, which occurred near the end of October, drew about 35 students from a variety of majors and featured Kim Lorenz, a west coast businessman. He is the founder of a successful tire company and the former CEO of Digeo Media, a Paul Allen (of Microsoft fame) company. Lorenz is now involved with World Vision.

NUBA has an upcoming event on January 25 at 7 p.m., when Jeff Pinneo, CEO of Horizon Airlines, will be coming to share his knowledge and experience with NU students.

"NUBA is truly a great place to learn from successful indi-

viduals, regardless of your major," said Wall.

NUBA leadership is currently working on getting a website up and running. This student resource can be found at [www.NUBAbusiness.com](http://www.NUBAbusiness.com).

"Life after college is sometimes uncertain, and NUBA will be a really helpful tool as students seek out internships and jobs in our area," said NUBA officer Alexa Smith. "Through the relationships we build with local business people and events we put on to provide knowledge and insight, we hope to see business students' needs met. Overall, NUBA is here to serve and be a blessing."

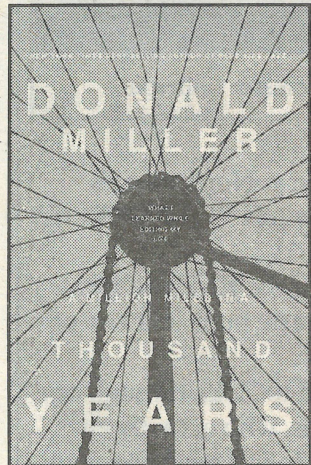
# Student Life

## Students Market Best Selling Authors in Class Project

Lindsey Bruner  
Guest Writer

This fall, an NU business class, in collaboration with renowned authors Donald Miller and Ken Mansfield, will market their newest books.

According to Kristi Bramono, NU student and department head of accounting for the project, each year, the project shows what realities business students can expect, once they fly the coop of NU.



NU Business Professor John Bacon had affiliations with Thomas Nelson Publishers, the second largest Christian publishing company in the world.

"Every year the marketing class does a project, and Bacon got acquainted with Thomas Nelson and chose this project" said student Kristi Bramono, department head of accounting for the project.

"We're responsible for all of the marketing of Donald Miller's newest book, A Million Miles in a Thousand Years, which has been on the New York Times best-seller list for

the past three weeks," said Bramono.

Miller also wrote the New York Times best-seller, "Blue Like Jazz."

"The theme for our work with Donald Miller is telling a better story... to encourage people to tell their story, just as Donald Miller is doing in the book," said Bramono.

But the project does not stop here. "Three weeks into the semester, Thomas Nelson asked us if we would take on another project." Along came Grammy award winning producer Ken Mansfield's book.

The former manager of *The Beatles* wrote *In Between Wyomings*, which will also be marketed by the NU students.

"Our purpose with Ken Mansfield is to push sales before Christmas time," said Bramono. "We want to honor him and the life experiences he's had."

According to student Eric Simpson, department head of public relations for the marketing team, "We're working with such big names...it blows my mind. I'm trying to not let that cloud my mind so I can do my job"

For Simpson's team, this means getting the word out about both books through TV, newspaper and radio.

Both students admit that they are still learning the ropes as they go along.



Students helped with Operation Iraq as part of marketing Miller's book.

For the mass population of Northwest students not involved in the marketing class, there are ways to get involved in the coming months. The class has already had themed weeks to market Miller's book in which the class as well as NU students did different tasks such as telling a better story, celebrate a better story, etc. Look for future events that the marketing class is doing on their website: [www.tellabetterstory.ning.com](http://www.tellabetterstory.ning.com).

Questions should be directed to the project agency directors, students Ashley Hipp, and Ashleigh Smart, at their NU emails.

## Professor Extends Learning Beyond The Classroom

Christy Wolyniak  
Guest Writer

When Professor John Bacon is not teaching, he is attacking other beasts: his dissertation for his Ph.D. and business marketing projects.

"I may not go out and change the world myself, but when I'm in front of a class I'm changing the world one student at a time," said Bacon.

Whether it's Marketing Theory or International Business, Bacon focuses on making learning applicable to real life, according to Justin Turner.

"John loves his students, he truly wants us to succeed and is willing to do whatever it takes for that to happen, even if it is changing how he is teaching a class," said Turner after Bacon altered his class so that students learned more.

"His classes are very high energy which helps keep my attention. He is also full of energy, but at the same time very sincere," said Eric Simpson.

"I hope that I make marketing real," said Bacon of his classes.

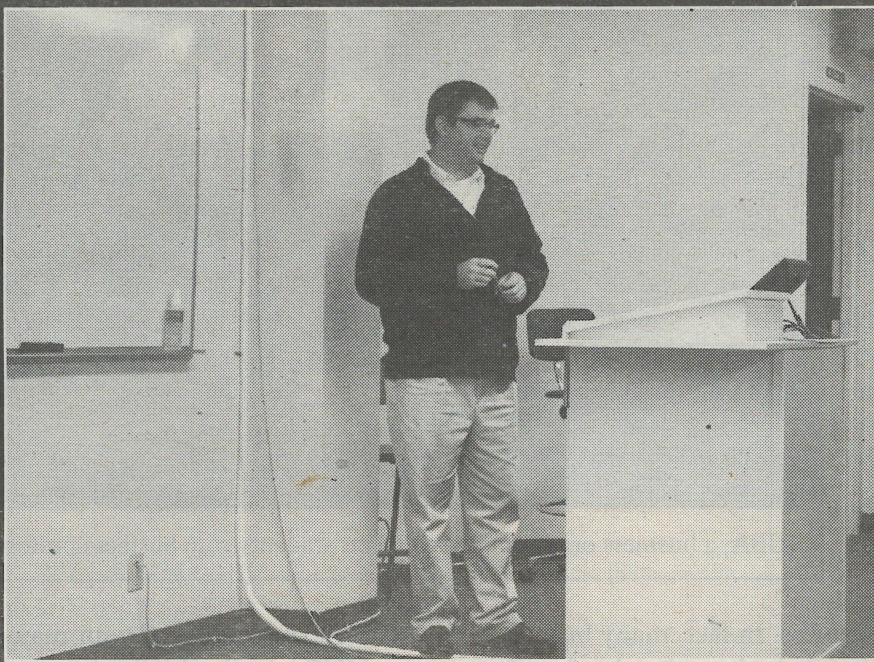
Marketing Theory's most recent project was split into two separate projects. Students worked closely with Thomas Nelson Publishing and Donald Miller, author of *A Million Miles in a 1000 Years*.

The second project promoted Ken Mansfield's new book, *Between Wyomings*. Students worked closely with major authors and businesses in order to apply their marketing websites.

"One project is awareness and one's pushing a product," said Bacon.

Not only is Bacon instructing his students to benefit major authors through marketing, he is also working on his DBA.

"I want to get better at what I do so that I can help students do better at what they're going to do," said Bacon.



Professor Bacon teaches hands on marketing in a Marketing Theory class.

Bacon creates the best possible learning environment for students so that they can succeed after school, according to Turner.

"I can see in my students what I want my kids to become," said Bacon.

This is his third year teaching full time at NU and fifth year overall. He has had ten years of sales marketing experience and continues to use his knowledge to help his students excel.

Bacon's teaching philosophy, which is "simplicity within complexity," teaches a student to break down complex plans into simple elements one piece at a time, according to Bacon.

"When it seems like things are falling apart, he brings us together, shows us what he sees, ways to fix

it, then sends us back on our way with new confidence and direction," said Simpson.

When Bacon is not teaching a class, he focuses on his own education and spends time with his family.

"I have learned the most from Bacon's classes and have seen more applicable topics to my future than any other class," said Simpson.



## Student's Weight Loss Journey Transforms His Life

**Bethany Schott**  
Guest Writer

At the beginning of Joshua Potts' weight loss journey, he weighed more than a scale could read. Now 10 months and 130 pounds later he is proud of the fact that he can once again touch his toes.

Potts' motivation to lose weight started out of spite for his father. As his dad began a lifestyle change in order to lose weight, Potts got tired of hearing about it.

"It got really under my skin and I wanted to prove him wrong that this wasn't going to work for someone like me," said Potts.

Potts claimed that his weight loss had nothing to do with what he did. He said that in his younger years he suffered from an identity crisis. This led to his use of food as a crutch to fill the void in his life he felt he wasn't getting from people.

"I contemplated killing myself because I was so convinced that nobody loved me; that my parents didn't even love me," said Potts.

At that point Potts felt God tell him to go to a specific church college group. There he claims he

Photo by: Josh Potts



Josh Potts with family before his weight loss experience.

found a community of love and acceptance that showed him the love God had for him and completely changed his self-value and need for food.

"I had tried diets before I didn't want to be fat my whole life, so I tried other diets, but they never worked because I

always needed food as that crutch," said Potts.

Potts lost the first 60-70 pounds just by a change in his diet. He stopped drinking soda, eating fast food, and he began eating healthy foods like salad that he wouldn't have touched before. Cleaning his room one day he found a receipt of an order he placed at Wendy's before his weight loss. It included a spicy chicken sandwich, a large fry, a large soda, and six hamburgers. That was just one meal.

"For me I was just so ridiculously horrible with eating that I don't even consider most people to be where I was at," said Potts.

When he hit a plateau and a healthy diet was no longer enough Potts began to exercise. He

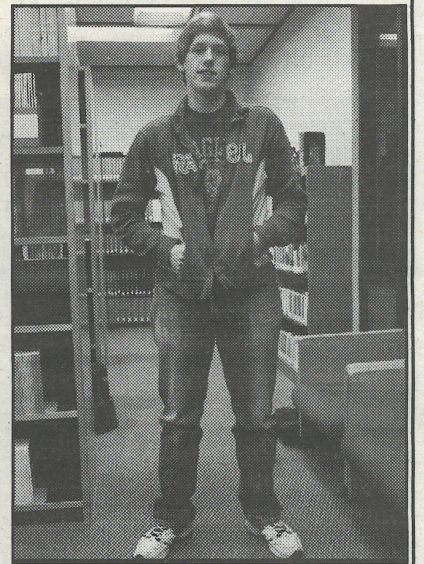
started with taking walks and playing basketball with friends. Then he began using the P90X workout tapes and running. This helped him drop the remaining 50 pounds.

Potts' hate for running soon led to three five mile runs a week and a 14 mile run on weekends. "I don't know what it is because I never liked running before and now I just like doing it," said Potts.

Potts' favorite part about the weight loss he sums up in one sentence, "I don't sweat when I sit."

His tips for others that have a goal of weight loss are simple: No soda and no fast food.

The end of his journey has resulted in confidence in himself and a desire to share his story with everyone he meets, which he says may one day lead to him writing a book.



Potts enjoys his new life.



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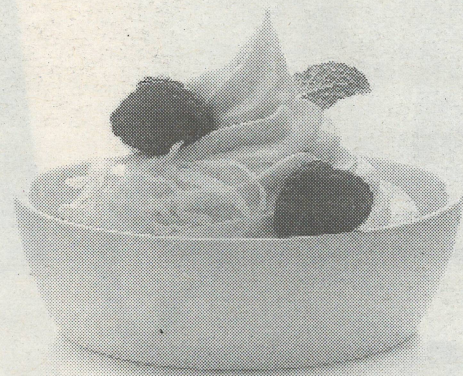
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# Athletics

## Women's Basketball Seeks Winning Season

**Mckenzie Mckean**  
*Guest Writer*

The Northwest woman's basketball team has added new talent, a new offense, and a new vision to a team packed full of returners, all of whom are hungry for a revival season.

Head coach Lori Napier said that she is looking forward to a winning season, but the Lady Eagles have some challenges ahead. The pre-season poll revealed the Lady Eagles as being ranked 8/10 in their conference.

"People aren't expecting us to do that well," Napier said.

Recruiting is a major challenge that Coach

Napier has faced in the past. Recruiting the right girls who will fit into the school and who are good basketball players is not always easy, explained Coach Napier.

"I've finally learned how to recruit," said Napier.

Napier said that this year's team has the best chemistry of any other team she has ever coached.

"Team chemistry is huge," said Napier. She explained that the players she has put together this year are a solid group of good girls.

"We have a really good mix of returners and talented new players," said Napier.

The team consists of six returners and four new players, two of whom have played at the college level before.

The returning players are Mckenzie Mckean (co-captain), Alyssa Welk, Alexa Breidenback, Erika Hornyak, Ebany Herd, and Jessalyn Jackson.

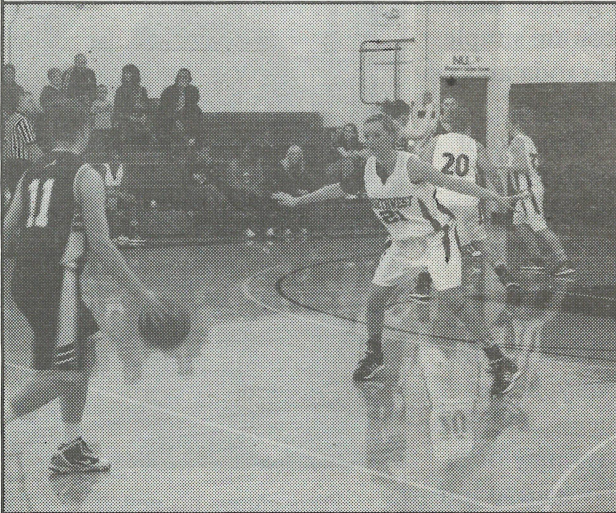
The Lady Eagles have been joined this year by Kailee Oliver, Emily Drivstuen, Marielle Mckean, and Jessica Wilkerson (co-captain).

"Having such good kids on the team, who get along off the court, works well for everyone. Hopefully, that translates onto the court," said Napier.

Coach Napier explained that along with the



Kailee Oliver looks for an open player in a recent game.



Jessica Wilkerson defends the ball in a recent game.

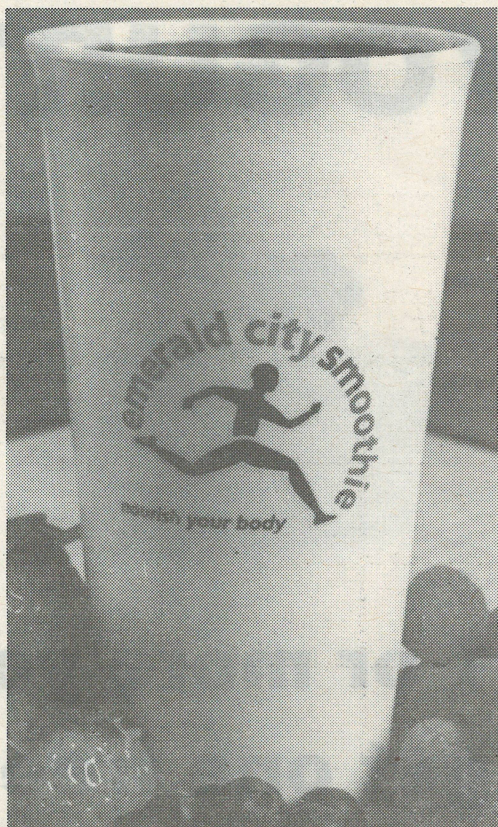
girls playing well, the fans are extremely important to the game as a whole. She remembers her first year, having a great season and packing out the stands.

"To get more people in the seats again, we need to produce a good team," said Napier.

The team is prepared to embark on a successful journey this year with a goal of Nationals in mind.

Their next home game is December 11<sup>th</sup> against Montana Tech University.

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## Intramural Injuries Cause Controversy

**Tim Smith**  
*Guest Writer*

Northwest University administrators chose not purchase insurance coverage for intramural football in November, after a three-week halt to the season due to excessive injuries.

"Intramural sports is one of the leading causes of injuries on campus. There are more major injuries that occur in intramural football than any other collegiate sport, or all other intramural sports combined," said Andy Weber, Northwest University student government intramural coordinator.

Approximately 150 people play football at Northwest, and according to Weber, 50-65 percent of those players are covered with health insurance. Only three games into the season, the injury number compares equally to the total number of injuries last season.

"Northwest is one of the few schools that currently do not require the students who attend to purchase health insurance. It is certainly a direction that NU is heading in," said Weber.

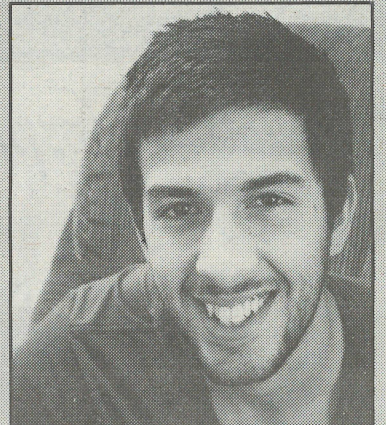
The progression of this season was stopped after two players from the 100 floor team were injured in a collision during a game against the 600 floor team.

"My injury was a dislocated and fractured jaw of the left mandible. On my chin, I received seven stitches, because it was split open in the collision," said Chris Cheema, who ran into his teammate Chase Woith, who also received stitches for a split open forehead.

Northwest recommends that all players have medical coverage but leave the student responsible to follow through on the process of getting the insurance.

"I am seeking government and hospital assistance for coverage and working on getting on my mother's insurance," said Cheema, who does not have health insurance, and is now left with the medical bill.

With the season now back in play, the current policy stays in place, that players only must sign a form waiving the school of any liability in relation to any injury sustained during a game.



Cheema was injured in game.

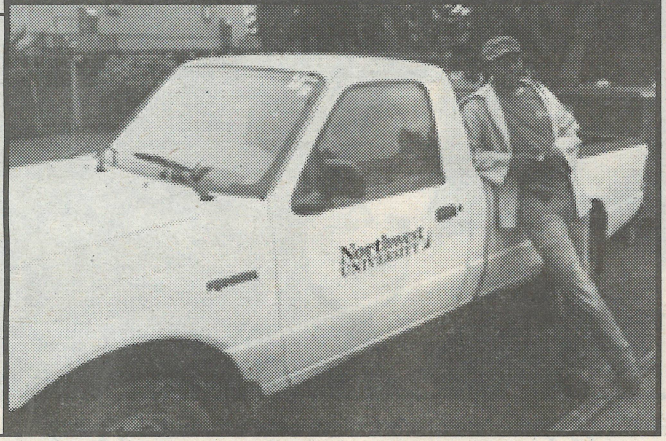


# Photo Journal

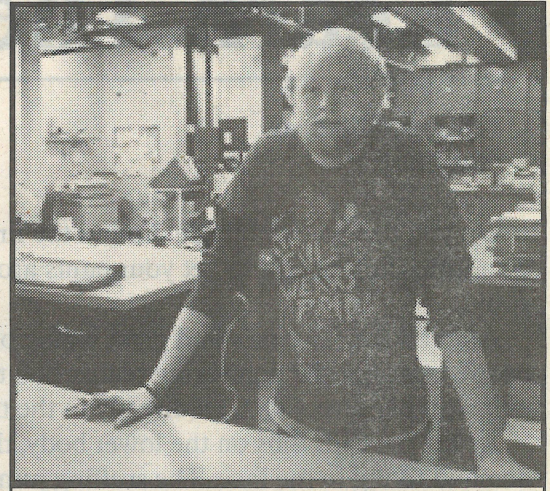
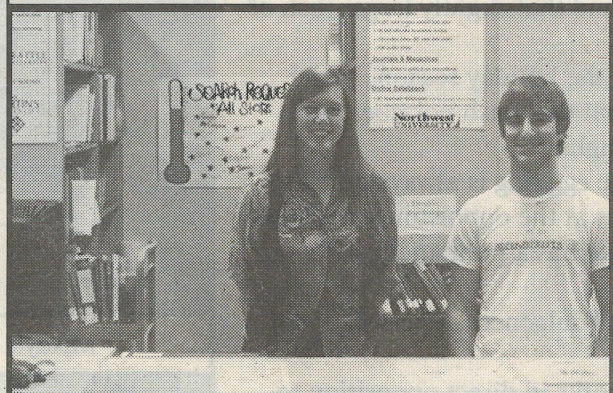
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How students are getting by working on campus

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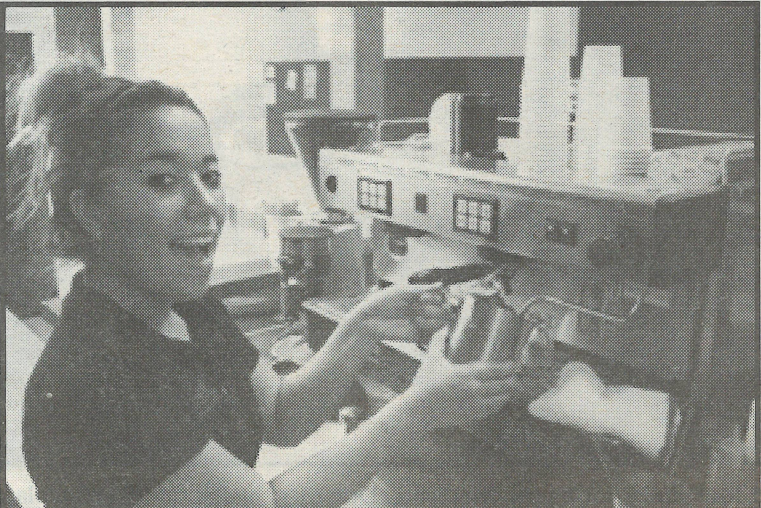


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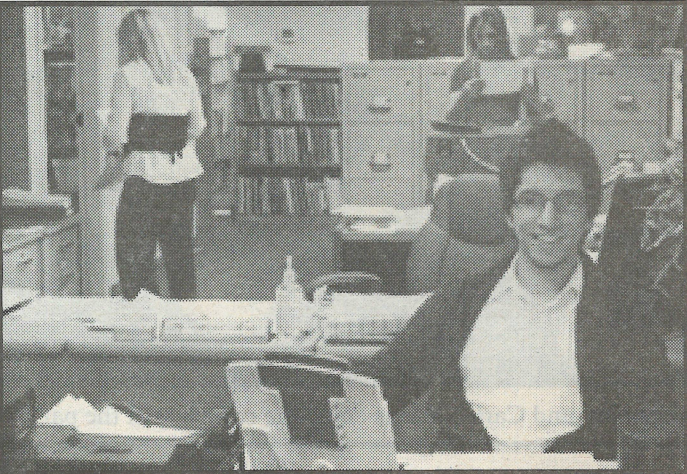
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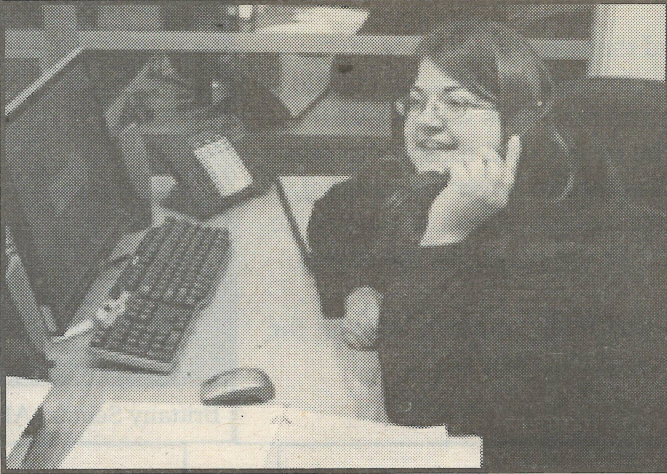


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