

## NWACC to roll out rebranding before start of summer

**By Delaney Reaves**  
Editor-In-Chief

NWACC's brand is being revamped; the changes will be visible on the college campus and the bookstore inside the Student Center by the fall semester. The rebranding is expected to be ready by the end of May, but an exact date has not been given.

25th Hour Communications, a full-service marketing agency, is utilizing research and direction from NWACC's Marketing Department to create new college and academic logos. This project also includes designs for the growing athletics department; these new logos will have new color palettes and fonts.

Grant Hodges, chief of staff and executive director of communications, said that the changes will take time to be implemented but students should expect to return after the summer to a new version of the NWACC brand.

The college solicited bids from various creative design and marketing agencies for the rebranding project. A committee then reviewed and selected the 25th Hour Communications agency.

The process is composed of three different phases: research, design and implementation. NWACC provided the design agency with examples of the current brand which include paid ads, marketing materials and brochures. A survey regarding the school and its brand was sent out to the college; it resulted in just shy of 2,000 responses, the majority from students. 25th Hour Communications conducted focus groups with students, employees, trustees, alumni and community supporters for feedback.

"So far, I would say the process has gone very well. It's exciting to refresh the college's look and have something that better reflects NWACC and where it's going," Hodges said.

Hodges said that the school is fortunate to have Amy Rodriguez and Hisleny Garcia Campos, who are both talented designers, in the Marketing Department.

"It has been over a decade since NWACC had rebranded," Hodges said. "The brand had gotten stale and needed an update to something more modern. We felt it was important that our brand better reflect how NWACC is an innovative, forward-thinking

institution. We want our brand to be something students can be proud of."

Brooke Brewer, Athletic Director, said that she is excited about the college's rebranding. She said getting a mascot that everyone can rally behind is a factor she is looking forward to.

The spirit mark, the primary athletics brand, will stay as the Eagle, but the logo will change.

"We are still NWACC; we are going to look like NWACC; we are going to be NWACC; we are just going to be refreshed," Brewer said.

Brewer's ask of the rebranding is that she wants a logo that can be put on a jersey, a field, or a building that is also intimidating.

"It's serious, it's focused, it has that athletic attack feeling," Brewer said.

"The consultants are making beautiful things happen I'm sure," Brewer said.

Victor Chalfant, NWACC graphic design professor, said that rebranding an institution like NWACC can always be a challenging endeavor.

"The athletic logo definitely needs to become more original, rather than being appropriated from elsewhere,"

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NWACC Eagle View

*Continued from Rebranding on front page*

Chalfant said. "That will help to highlight the college's push in that direction."

Chalfant said that he wishes that NWACC could demonstrate their pride and belief in the students who are involved in the graphic design program. He said that he has heard several comments from students that they felt overlooked within the process.

"While we may not be capable of doing all the research aspects of the project, our advanced students are more than capable of developing new branding and a style guide to cover applications," Chalfant said.

"Developing the full branding is a large undertaking, so it would require a major focus and large amount of time for one of our classes, but I know the students would be thrilled to be involved," Chalfant said.

The Athletics program will have a website that will direct back to the NWACC website, provide information about the program and athletes and a place where tickets to events can be purchased. Rebranding will be implemented into this website; Brewer hopes the website will be ready by

August.

In other actions related to preparing for the future, a master planning firm will talk to students, staff, faculty and the community to gain feedback on the college's growth. This process will look at the college, what can be utilized in the space, what the school needs and how it impacts the community. NWACC recently received a grant from the Walton Foundation toward the master planning project.

"What do you want out of NWACC when you are on campus; what do you need and how does it tie in, and making it beautiful," Brewer said referring to the Master Planning's goal.

Brewer said that she hopes that athletic facilities will be involved regarding the master planning process. She said that she wants to create a space that can be used not only by athletes but all students to enjoy the facilities and events.

"Ultimately I'm very passionate about athletics and really extracurriculars in general and what that does for students, so I think this [athletics] is such a need in our community and for our school," Brewer said.

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# Pocketful of Sunshine

## Baby squirrel confuses NWACC campus



Sunshine the squirrel made its appearance on campus on April 18.

Photos by Delaney Reaves

**By Delaney Reaves**  
Editor-In-Chief

On April 18 NWACC students discovered a small creature under the tire of a car in front of Burns Hall. Nursing student Kathleen Herrera stood talking with a friend on the cloudy, windy day when they heard a cry coming from under the car.

Herrera said the duo stood confused on what the sound was but continued to converse thinking their imagination tricked them until the noise began again. She said that her first instinctive thought was that the noise came from a bird; after this she decided to search the car.

Finding the source of the unknown noise, she saw the small creature under the tire and thought it was a kitten. Herrera said that she then thought it could have been something in between a mole, a rat, or a mouse after examining the animal.

"I ended up thinking on what to do," Herrera said. "I was just like I gotta go inside, I got to see who could help because I didn't want it to just die. I wanted to save it."

**"I didn't want it to just die. I wanted to save it."**

”

**- Kathleen Herrera**

Herrera said she noticed the creature was parched and went to look for water. She said her plan for the rest of the day was to focus on homework after speaking with her friend.

Herrera went inside where a few other students followed her after discovering her story; they then went to the outdoor laboratory and the Anatomy and Physiology office. Professors wondered what the students discovered.

A lab coordinator used an app to scan the creature; the app notified the group that it was a baby mole. After further investigation, different students confirmed it was a squirrel.

The students brought the creature to grass in close proximity of where the squirrel was found in efforts to find the mother or clues to where it came from. The squirrel crawled down into a nearby hole. The group was convinced that the squirrel found its home, but these events occurred when they still thought it was a mole.

Later that day before a storm was to roll in, a student found the squirrel on the grass near the parking lot. Despite efforts of care and rehabilitation, Sunshine the Squirrel passed away the next day.





Kathleen Herrera makes efforts to help Sunshine find his home on the Bentonville campus.



# Millennials, Gen Z decline in desire to have children

## Cost, stress associated with parenting cited as factors

**By Ixchel Perez**  
Reporter

Recent studies reveal that Gen Z and Millennials are less likely to plan to have children, with only 55% of these generations having the desire to raise children. Fewer people are excited to add the intense amount of money, time, and emotional energy that is required to bring life into the current world. A decline in traditional values has also contributed to Gen Z choosing different lifestyles straying from what has been expected of them by earlier generations.

The cost of living has increased dramatically over the years, making providing for oneself incredibly overwhelming, leading to the discontent that might come from raising a child.

Business Insider estimated the

cost of care per child in the US to be \$25,714 in 2024, which has increased 41.5% since 2016 and is expected to rise over the years. It's also being shown that since the Covid-19 pandemic, Millennials and Gen Z are delaying adult pursuits such as financially supporting themselves, matching with potential partners, and even sexual activities. According to RentCafe.com, 20% of Millennials and 68% of adult Gen Z in America are currently living with family members because of the difficulty it has been for them to bridge the gap left by the global crisis of the coronavirus.

Aside from the financial worries associated with raising a child, many Millennials and Gen Z don't feel emotionally ready to support with the necessary strength that is required of a child. Jacqueline Ruiz, a student

at Northwest Arkansas Community College, said, "A lot of people are still healing from traumas, or just simply want to be able to pursue their lives to their full potential and having children can put a hold on that." Some young adults say it is unfair to the child to bring them into an unstable environment. "A child shouldn't have to go through that," said Jarely Sanchez, a former NWACC student.

Newer generations have displayed fear of not having sufficient support from their partners in raising children. Eric Vest, a professor of sociology at NWACC, said, "In fact, studies continue to find that even though both parents may still be working, women disproportionately still perform most of the house and care work." Research published by Pew Research Center in 2023 states that women have con-



Photo by Kelly Sikkema from Unsplash

tinuously claimed to carry more of the responsibility and anxiety that comes with raising a child: “Mothers tend to say they do more than their spouse or partner, while fathers tend to say they share responsibilities about equally.” The lack of partners’ support can be swaying Gen Z and Millennials from choosing spouses to raise families and settle down with.

It has become a collective understanding that the newer generations are still learning to stabilize themselves and pursue every path they wish to take without attachments or serious responsibility. Earlier generations had successfully followed through traditions held by their families and society, but seeing

how society continues changing, tradition continues to lose more value throughout generations. Millennials and Gen Z are choosing to explore unknown paths in hopes of living a full and satisfying life before making the commitment and full-time responsibility of raising a child.

While many young people say children could bring beautiful experiences and lessons into their life, they also say that having children is not a goal of theirs. The reality of having children for many people has become more consequential and is being delayed more throughout generations, having figured out one’s life before choosing to have a child has also become crucial for most. Gen Z and Millennials

are choosing themselves and their time over having children; they are choosing financial and emotional freedom that they otherwise wouldn’t have if choosing to raise a child. The idea of waiting is not restricted to members of the younger generations. Judy Rowe, a staff member at NWACC, also suggested that younger generations may want to “wait longer” before choosing children in one’s life to leave room for exploration and self-growth before the beauty of raising a family.

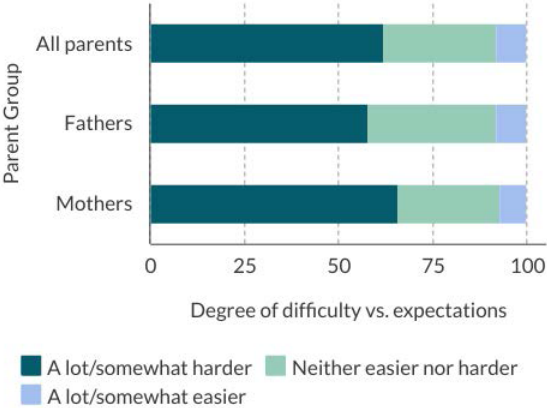
# Millennials, Gen Z delay plans to have children



## Mothers, fathers say raising children harder than expected

A Pew Research Center study found majorities of mothers and fathers say parenting is a lot or somewhat harder than they thought it would be.

## Parenting Difficulty



**Source:** Pew Research Center, “Parenting in America Today,” survey conducted Sept. 20-Oct. 2, 2022.  
**Graphic created in Piktochart.**

Data from Pew Research Center



# From ‘The College Without Walls’ to NWACC

## Dean Galloway’s story dates to the college’s infancy

**By Morgan Nunley**  
Managing Editor -  
News & Sports

“I’ve been involved with a lot of... well this is one,” Dr. Marvin Galloway, the Dean of Science and Mathematics at NWACC, said as he gestured toward a golden eagle statue on top of the cabinets in his office.

“It says Chair of the West End Committee, which is basically this end of the building,” Galloway stated in reference to Burns Hall. He was the chair who was responsible for getting the west side of Burns Hall built, among other significant projects for the college that are mentioned later, so don’t worry.

Galloway recalled that once the West End was built that the two glass cider cups in his office were used by himself and Dr. Karen Hodges (then an administrator with NWACC) to celebrate with apple cider and a gift of a brass or copper-plated apple that resides in one of the cups on top of the cabinet.

Galloway was with NorthWest Arkansas Community College “three years before the college started, when it was the west campus of North Arkansas Community College in Harrison.” This connects Galloway to NWACC from 1987, 37 years ago, which is almost twice as long as most of the student body has been alive. Galloway was even an advisor to the college in 1989 before the college had started.

The retiring Dean of Math and Sciences has been with the college in an official manner for 34 years, as he was the second full-time faculty member hired by the college. “At the time we were hired we were called

‘the college without walls,’” Galloway said. He even recalled that there were 1,200 enrolled students for the college in the fall of 1990.

Galloway, a professor of biology and chemistry, taught at various locations for the college without walls. Galloway remembered that due to there being no campus, as he taught classes at Bentonville High School, Rogers High School, and at the “Firestone building,” which today is the Chamber of Commerce in Rogers.

The staff and faculty of the earliest days at NWACC were partially responsible for “painting, building, and setting up some of the classrooms,” Galloway said. The college wasn’t in the physical form or financial state that it resides in today, both for the worse.

Galloway recollected that the designing of the buildings on the old campus, and that it had to be redone with “just a few thousand dollars” and in a poetic way, Galloway was the first to get the designs of the structure and walls for the college without walls. “Temporary walls, of course,” Galloway noted with a dismissive gesture and a mischievous chuckle. He inferred that his natural mind for building and designing things is what guided him into these roles that were integral to the campus structure.

These various leadership positions and key roles for Galloway naturally led him to the position that he earned in 1994 and one that he holds today. His numerous impacts made for the college, such as integration of the lectures and labs, the hiring of the requisite faculty and staff, as well as the insistence that the college isn’t a “university,” and should be run accordingly, were all wildly valuable in the growth of both the community around the institution as well as the

place itself.

In terms of the relationship with the local university, Galloway commended the University of Arkansas and their “relationship and working interactions” with NWACC. He noted in particular the togetherness and connection of the two institutions’ science and math programs.

Galloway recognized the importance of the two institutions’ relationship, but also kept in mind that NWACC isn’t just a smaller university. “People thought we should have giant lecture halls and small labs...which is sort of the university model.” Galloway stressed flexibility in reference to the staff of the college and that they do both the lab and the lecture, a method he described as being “high-wired for quality.”

Galloway’s journey with education goes all the way back to when he was a kid and he wanted to be an oceanographer, which was just before he realized that Arkansas didn’t have oceans, and he began to study fresh water. He credits one of his high school teachers for helping set him on his path. He recalled that this particular teacher’s lessons resonated with Galloway and piqued his interest in science and mathematics.

One of the projects that stuck out was when he was playing pool with his friends as a high school student, and he began to figure out angles and how science and math could assist in his billiards playing ability. He began to learn the physics of the pool table from the information of the classroom. “All of a sudden I started making bank shots and adding a little bit of flair and English to it,” Galloway said with a grin.

It was at that point that Galloway realized the real-world applications

that the classroom could have far beyond the school's campus, and he continued to follow that passion ever since.

One of his prouder projects is the preservation of the pond and the forest that is now the nature area at NWACC. Galloway was one of the most vocal forces in keeping that area untouched, with even some of his staff referring to the pond as "Marv Pond."

Galloway noted that not only was the area left alone, but the area is used as a "multi-purpose ecological area," with some outdoor laboratory classes using it for studying, the cross-country team using it to run and practice, as well as the parking lot nearby being used in the storm water plan and system that is used to drain the water.

Dianne Phillips, a member of the science faculty and one of the professors for the EAST program, was "fresh out of grad school," when Galloway needed an "andragogical modeler" to adapt and change some things in regard to the models for the college. "We've worked together for almost twenty years on EMPACTS," Phillips said. EMPACTS is a col-

and curriculum driven. Project based learning and the EAST program were instrumental in this, and Phillips noted Galloway's quick trigger in regards to its implementation.

She also noticed his innate ability to somehow find the funding for the projects and equipment that the college and division needed to expand and grow. "Most of our stuff is not big money items. We don't have big grants, nor a big budget," Phillips said. She noted Galloway's importance in finding the funds for these projects and acquiring the tools and equipment he did with the amount of resources that he had. "Every aspect of science, math, and engineering was funded and a benefit to students," Phillips said.

Phillips described Galloway as somewhat of a "liaison" between the college administration and the faculty in terms of what should be funded and what will benefit the students the most. Galloway has been the main proprietor in terms of what is going to benefit the students and make the faculty's jobs as educators much easier. "He would take the big hits and tackles so that we could be

found again, she said. However, he is leaving the rest of the staff and his faculty up to the task of filling the gap that Galloway will leave behind.

Galloway wanted his last couple of months until his retirement on July 18 to be mostly spent getting his faculty and the staff ready for when he is gone in the fall. Galloway described everyone as being "capable and prepared" to handle the responsibility of the science and math department together. "We have great equipment, some great labs, and great people."

Galloway's time at NWACC spanned the entire first 30-plus years of the institution's life, with Galloway being among the parents that guided it into the college and its students to what it is today. Galloway entered when the college didn't have a campus and left with his division alone being the largest division on campus.

Galloway has made his mark on various lives throughout the Northwest Arkansas community over the last 35 years and will continue to do so as an instructor, without the responsibilities of a dean or college leadership. "I'm ending my life as a dean, but I intend to continue to teach part-time, for at least a couple of years or so."

During a brief conversation with Outdoor Living Lab Supervisor Laurie Scott, she mentioned the impact that he had on her life as she recalled having him as a professor when she was a student, and that they have shared a close professional relationship since that time. Scott is just one of many that Galloway influenced and affected throughout his time at NWACC. It appears that he intends to continue to build those experiences and knowledge for the generations of NWACC and NWA to come.

"We started with an embryo or a seed," Galloway said. "Then we planted it in fertile soil, and with much development and growth along the way, and we have now reached maturity. The seed has now become a forest."



Marvin Galloway sits at the center of the photo surrounded by other deans at Northwest Arkansas Community College.

Courtney photo

lege-level learning model that infuses project-based learning, cutting edge technology, team work and community service across a broad curriculum.

Phillips highlighted some of the strengths that she noticed in her time working with Galloway. She noted his vision in seeing the direction that the college could take regarding labs and lectures becoming more college level

productive," Phillips said. "He would be fighting for us at the higher levels, so that we could do our jobs here and give to our students the best."

Phillips insisted that the "cliche" of being hard to replace has two sides to it. Galloway proves that statement to be true in every way. His commitment to the college and his persistence is irreplaceable and won't be easily



# Party at the Plaza



Photos by Delaney Reaves



(Top) Students take a dance break during Party at the Plaza, a finals week celebration and relaxation event on Bogle Plaza. The NWACC event in conjunction with Student Life and Student Government Association featured free food, arts and crafts, lawn games and giveaways.

(Left) Eagle View set up at the finals week event to reach students who may be interested in joining the team. The table showcased Eagle View's latest work and information sharing the student-run newspaper's mission to be the voice for the campus.





# NWACC Students Experience Life in ‘The City That Never Sleeps’

**By Braiden Burton**  
Reporter

When a person thinks of “home” or the ideal place to live, what do they think of? Do they think of a small town in the mountains of Colorado? Or do they think of bustling Boston streets and city skyscrapers? A group of students who traveled from quiet Northwest Arkansas to the Big Apple for one week discovered their own answers.

Taking part in a national model UN conference, a group of eight NWACC students -- as well as Professor Matt Evans -- traveled from Arkansas to New York. Many of the students thrived in the city, perhaps first discovering the rush of such an urban lifestyle, or perhaps they were raised in a metropolitan area and were reminded of home. For others, it seemed to throw them into a state of bewilderment and confusion.

“I’ve never left Arkansas. I’ve never even been on a plane!” said Rebecca Trammel to another student as their plane sat on the runway of the Northwest Arkansas National Airport. “I may look cool, but I’m barely holding it together.”

Trammel, however, loved the city and had no problems keeping up with the speedy walkers or constant noise.

One student, Josh Kay, intends to transfer to New York and visits often. “It’s just more my pace, you know?” Kay said. “I feel like there is so much opportunity here and there’s always something to do and people to meet.”

Students like these walked the streets with confident strides, knowing when to cross a busy street or dodge a speeding cyclist. They navigated

blocks and subways as if they had used them a thousand times before, easily blending in with the locals. This was not the case, unfortunately, for others. Many students seemed to be endlessly on edge, constantly displaying the expression one makes when they lean a little too far back in their chair.

“I’m so scared of these cab drivers. They are always driving way too fast,” Val Pinto told Dr. Evans as they sat on a public bus.

Several students preferred to spend their time in their rooms, rarely venturing more than a couple of blocks from the hotel. The speedier students would consistently have to wait at crosswalks for them to catch up, as they had never had to move at such an aggressive pace. Easily losing their sense of direction, they were often unable to tell you which subway

they were on or what the next stop was. They wanted nothing more than to get the job done and go home.

Upon returning to Arkansas on a late Saturday night, many of the students breathed sighs of relief and could finally loosen up, as the chaos of the city was behind them. Others could feel the monotony of “same old, same old” bearing down upon them once again. It’s opportunities such as this that can show a person what they may truly want in life. Through this trip that took them half away across the country, each student developed more clarity on what sort of day-to-day life they wished to have. Do they want that sleepy Colorado town? Or do they want the shot of adrenaline that only a city can provide? If you were to ask one of these students who survived Manhattan, surely, they could tell you.



**From Left to Right: Dr. Matthew Evans, Ethan Peterson, Yullyana Laguna, Josh Kay, Mursal Shirzad, Ekaterina Kouznetsova, Val Pinto, Braiden Burton, Rebecca Trammel**



# The Shift under a microscope

**By Delaney Reaves**  
Editor-In-Chief

**Runtime:** 1 hour, 55 minutes

**Rating:** 4.5 out 5 stars

Some go to the movies to relax, put their feet up, get lost in the cinema and forget about the world for a little while. A movie that gets someone out of the life they live and gives them a distraction from the hustle and grind during the week. But this movie doesn't hold that category; you get lost within the storyline and the adrenaline of being on the edge of your seat. Instead, this movie makes you wonder what's going on in the dimension it's set in and puts the questions back to your life in an exciting way.

The Shift is a modern-day play on the book of Job found in the Holy Bible and the movie depicts a man who ends up in a dystopian world. The man, Kevin (Kristoffer Polaha), ends up against a stranger, The Benefactor (Neal McDonough), with supernatural power that can access other "worlds" or dimensions. Kevin fights to find and reunite with his wife, Molly (Elizabeth Tabish), and this launches the characters and viewers into a whirlwind of emotions.

This movie takes on a lot of different scenarios that you see Kevin (Kristoffer Polaha) battle through to find his wife and keep himself discreet. The world he lives in holds the Bible as illegal for the population, and anyone who is found with the scriptures would be punished. Kevin disguises himself to protect himself from the Benefactor (Neal McDonough) and the soldiers that sweep the streets.

The film plays from the book of Job; the main character from a story in the Bible lost all that he had and was tormented by the Devil still held his faith in the one he served, God. Though the movie is a modern-day story from Job, it differs greatly from the original story but keeps the theme of loss, keeping faith, and reaping the reward in steadfastness. Because of the film's role, Kevin finds himself with almost nothing left and is tormented by the Benefactor.

The movie's ending is thought-provoking and questions your steadfastness within our daily capacities in the craziness of this thing called life. But I think the journey throughout the movie is what made the impact of the ending so mind-blowing to the viewer. It reminds you how valuable the people around us are, the freedoms we have in our grasp, and the ways we can stand up for what we believe in.

This movie is recommended for Christian viewers, it contains much wordplay from biblical references and depicts the book of Job in a cinematic way. But I also think it is a great movie for anyone to see; it challenges what you are willing to fight for, questions in life and reminds us

that many around us hold the same worries and ponder similar thoughts. A con I would give this film is that it is somewhat slow with where it's getting at and then seems to change up the scene in an instant. Slow in the beginning and doesn't fully bring you through some factors needed to understand the film better, but then ends in an emotional shift.

The cinematic experience in the film made it captivating like you were

in the same world as the characters, but watching it at home didn't seem near the same, which is disappointing. The twists the movie held were shocking. I walked in thinking I would be able to guess how the direction of the film would go, but I was terribly wrong. The movie's ending could leave the viewer slightly confused on what happened; though it shows the future, it still leaves a lot of questions unanswered.

This film is definitely a recommended feature for those who like stories with deep meaning, thought-provoking questions, and scenarios, or just those who enjoy some crazy sci-fi. But be aware you might be left with some questions, and maybe that is where the imagination has the freedom to decide the answers you want to be met with.

*Delaney Reaves is the Editor-In-Chief for the Eagle View who will graduate this May. She plans to attend the University of Arkansas in the fall semester.*



**A still from the movie depicts Kevin, played by Kristoffer Polaha in a state of confusion within the movie's events.**

*Photo taken from The Shift movie press kit located on the Angel Studios website*

# The pain behind the smile

## A look at auto-immune diseases inside a college campus

**By Sarah Sloan**  
Contributor

Although used to express being careful or cautious about something, the phrase walking on pins and needles can be a painful reality. Walking is something seen all over college campuses and something that's a part of most people's everyday life; however, nobody realizes that for some people walking can be extremely difficult and painful at times.

Many different health issues can affect these types of things and one grouping that will be the focus is auto-immune diseases. According

are affected than one would think. According to the National Institute of Environmental Health Sciences, approximately 50 million Americans have one or more auto-immune diseases and 75% to 80% of those affected are women.

While people can hope for a miracle cure, there is no cure, only management techniques to help alleviate the symptoms and pain of these diseases. For example, Jennifer Swartout who is Northwest Arkansas Community College's Associate Vice President for General Education, discusses some of the ways she has learned to manage Lupus. Her

symptoms of inflammation can affect the joints, skin, kidneys, blood cells, heart, and the lungs. Swartout was diagnosed in 2016. "When I was quite sick, I really struggled to do my normal stuff," she said. While studying in her doctoral program, she said, she realized that she needed to be intentional about where she put her energy and needed to advocate for herself because the fatigue was intense. She is officially in remission, but that doesn't mean it is gone for good.

She also discussed being a cyclist and how she had a busy athletic life and that she would struggle to do basic day-to-day life. She mentioned how she would struggle even going to work. One important accommodation that she received at work was a parking spot closer to her office. While this may seem like a small adjustment, having a closer parking spot to help someone walk a shorter distance is an accommodation that helps a lot of people with auto-immune diseases.

Another person affected by auto-immune issues who emphasized the influence of being able to park closer and have less of a walk was Kate Chupp. The NWACC student discussed their journey with Postural Orthostatic Tachycardia Syndrome and Ehlers-Danlos Syndrome and how they manage the symptoms and effects. "Parking at the beginning of the semester was a big problem for me cause I couldn't get anywhere close enough, and by the time I got to class I was just like done," Chupp said. "I was out of breath; I could not keep going, so I was like I was so tired." Chupp's journey began when at about 5 years of age when they started passing out more than normal. At 13, they wanted to play basketball with their friends but was unable to.

Chupp eventually was diagnosed with POTS and Ehlers-Danlos Syndrome. POTS causes an increase in heart rate, dizziness and fatigue when transitioning from lying or sitting



**Kate Chupp**

**Courtesy photo from Sarah Sloan**

to the National Cancer Institute, auto-immune diseases are defined as conditions where someone's immune system mistakes its own healthy tissues as foreign and attacks them. Common signs and symptoms include fatigue, fever, muscle aches, joint pain and swelling, skin problems, abdominal pain and digestion problems and swollen glands.

Even though you can't always see these painful diseases, more people

methods include learning how to manage stress, listening to her body and being vigilant in taking care of herself. She has managed her Lupus symptoms and no longer needs to be on immunosuppressant drugs after 5 years of taking them.

According to Mayo Clinic, Lupus is described as when the body's immune system attacks your own tissues and organs. One telltale sign of Lupus is a face rash that resembles a butterfly across one's cheeks, while other



down into an upright standing position. According to Cleveland Clinic, some symptoms include fainting or almost fainting, brain fog, racing heartbeats, exhaustion or fatigue, nervousness, anxiety and more.

According to Mayo Clinic, Ehlers-Danlos Syndrome, or EDS, is a group of inherited disorders that affects the connective tissue including the skin, joints, and the walls of blood vessels. Noticeable symptoms of this include overly flexible joints along with skin that is both fragile and stretchy. Although these auto-immune diseases make it difficult for them to get a job due to being unable to stand long, they do go to physical therapy twice a week to help strengthen their joints due to EDS. Chupp also previously took medicine, such as ibuprofen, to help but eventually had to quit and now uses an arthritis cream to help alleviate inflammation and pain.

As the writer of this article, I am another student at NWACC who is open to sharing my auto-immune journey. While having underlying auto-immune issues, my main disease is Raynaud's Syndrome. This syndrome causes areas of the body to feel numb and cold in response to cold temperatures and stress. The Mayo Clinic website further explains that the smaller arteries that supply blood to the skin narrow, which can cause fingers and toes to become cold. The skin may turn white and then blue, and numbness, prickly feelings or stinging pain may occur when warming up or when stress is relieved. In this case, I have felt the reality of walking on pins and needles.

When my fingers and toes get cold and change colors, the things one learns as a child suddenly becomes hard. Walking becomes painful and stiff for me. Writing can become difficult due to pencil movement and control, and even eating or driving can become hard. During a flare-up, the joints from my shoulders to my toes are affected and the only things that help are pain meds, heat packs and lying as still as a log. When a flare-up happens at school, I move slowly on my way to class and once I reach my room, I sit down and limit my movement to help decrease my pain.

For the rooms that are on the second and third floors, stairs can be difficult during this time. I'm grateful that the school has elevators. Other accommodations I've received from



**Sarah Sloan**

Courtesy photo from Sarah Sloan

NWACC include extended test times, taking exams in a separate room, having an alternative method for testing and being allowed warming devices in the classroom. Some warming devices I use include compression gloves, blankets and hand warmers.

While no cures are available, all three of us have learned ways to manage and help with our auto-immune issues and the symptoms. We have endured many doctor's appointments, endless tests and many follow-up appointments while waiting to be diagnosed. While symptoms can be dormant, auto-immune diseases are like the friend you can't live without, a constant companion that will never leave.

*Sarah Sloan is an NWACC student in the spring 2024 Media Writing class.*



**Jennifer Swartout**

Courtesy photo from  
Sarah Sloan

# Coca-Cola is King

**By Kay King**  
Senior Reporter

Imagine a world without Santa Claus. Now imagine a world without Polar Bears. If the heavenly idea of Coca-Cola never graced the mind of Dr. John S. Pemberton, you would not have to imagine because that would be the world that we live in. In May 1886, pharmacist Dr Pemberton created the refreshing syrup for Coca-Cola and continued to be iconic ever since. However, the beloved drink isn't only a lasting icon because of Santa or cuddly cute baby bears, the drink is what the sound of an angelic symphony tastes like, it also has infinite health benefits, mentally and emotionally, as well as dozens of world betterment initiatives.

occasion, enhancing every experience with its unmistakable flavor.

Although Coca-Cola did not "invent" Santa Claus, before 1931 there were many different depictions of Santa around the world, including a tall scary looking skinny guy. But in 1931, Coca-Cola commissioned illustrator Haddon Sundblom to paint Santa for Christmas advertising. Those paintings made the jolly, old, fat fella we see today with a belly full of jelly. The Eagle View asked Santa to comment and he told us, "Ho Ho Ho, I love Coca-Cola, and the elves can't get enough of the stuff!"

The Polar Bear has been a beloved Coca-Cola icon since 1922, appearing in ads and bringing awareness to global warming. It was an easy choice to have Polar Bears endorse Coca-Cola because they already love

For over a century, Coca-Cola has been a constant companion in our lives, whether it's at family gatherings, sporting events, or simply enjoying a quiet moment alone. It's a drink that brings people together, fostering connections and creating memories that last a lifetime. Debbie Clevenger, a.k.a. Nanny, is a loyal Coca-Cola customer and has been for the past 60 years. Nanny owns merch ranging from clothing and jewelry to kitchenware and furniture. At all times there must be at least six 2-liter bottles of the classic drink in the Clevenger house to ensure that Nanny never runs out. "Coke kept me from needin' to smoke a pack of cigarettes a day," Nanny explained, "and I never drink water, it rusts your guts, but Coca-Cola prevents rust, so I'm all good." Nanny is no spring chicken, but Coke keeps her young and able to continue playing with her grandchildren every day. When asked if Nanny ever experienced the delicious original taste of Coca-Cola, that was infused with something a little more powerful than caffeine alone, Nanny Clevenger made no comment.

In conclusion, ladies, theys, and gentlemen of the jury, before you stands - beyond a shadow of a doubt - the undeniable truth: Coca-Cola is not just a drink; it's a cultural icon, a timeless symbol of refreshment, the best drink ever invented and a friend. The evidence is clear: Coca-Cola stands head and shoulders above the rest as the best drink ever invented. Its unparalleled taste, rich history, global impact, and unmatched versatility make it a true champion in the world of beverages. So I urge you, embrace the fizz, savor the flavor, and join me in celebrating the undeniable greatness of Coca-Cola. Thank you.

"RAAAAWWWWWWR,"  
- Patricia the Polar Bear.



**Kay King stands in front of an array of vending machines all dispensing Coke products.**

Photo courtesy of Kay King

First and foremost, let's talk about taste. Coca-Cola's unique blend of flavors, with its perfect balance of sweetness and tanginess, tantalizes the taste buds like no other. From the very first sip, you're transported to a world of pure enjoyment, where every moment becomes a celebration of flavor. And let's not forget the sheer versatility of Coca-Cola. Whether enjoyed ice-cold on a hot summer day, mixed with spirits for a refreshing cocktail, or used as a secret ingredient in your favorite recipes, Coca-Cola knows no bounds. It's a drink that adapts to any

the drink so much. "As the Arctic goes, so goes the polar bear," said Carter Roberts, President and CEO of World Wildlife Fund. "Precious polar bear habitat is disappearing at an alarming rate, and without intervention, so will this magnificent bear. The success of [the] Arctic Home [campaign] gives me hope for the polar bear's future." Obviously, the Bears have to be protected so they can continue to enjoy their favorite drink while it's cold. "RAAAAWWWWWWR," said Patricia the Polar Bear.

# Eagle View staff tells of ACMA experience



“My experience at ACMA was very fulfilling and exciting being able to listen to talented and skillful people about how one can grow in the wide field of journalism. My biggest take away from it is that experience in the real world is what will take me further into the career field I want. Leaders in your specified career field are more inclined towards people who are exposing themselves to what’s around them and creating work that’s genuine and progressive !

- Ixchel Perez

“My experience was really cool! I learned quite a bit from the panels, especially about potential career opportunities. My biggest takeaway was just learning how many opportunities there are, and how many people there are who are passionate about media like me.”

- Stephanie Roat



“My favorite experience was finding out what kind of careers journalists, photographers and graphic designers can contribute into media. Such as posting on social media, writing for magazines, creating podcasts, and so much more. The sessions made me realize that journalism is a lot more than just newspaper.”

- Stephanie McClain

# Eagle View 2024 eclipse photo contest

First place:  
**Ethan Owens**



“Here are some photos I took of the eclipse. Taken from Horseshoe Canyon Ranch in Arkansas with a Canon EOS R paired with a Canon 100-400mm and a 1.4 teleconverter. I used a special filter attached to the lens to not damage my camera.”

- Ethan Owens

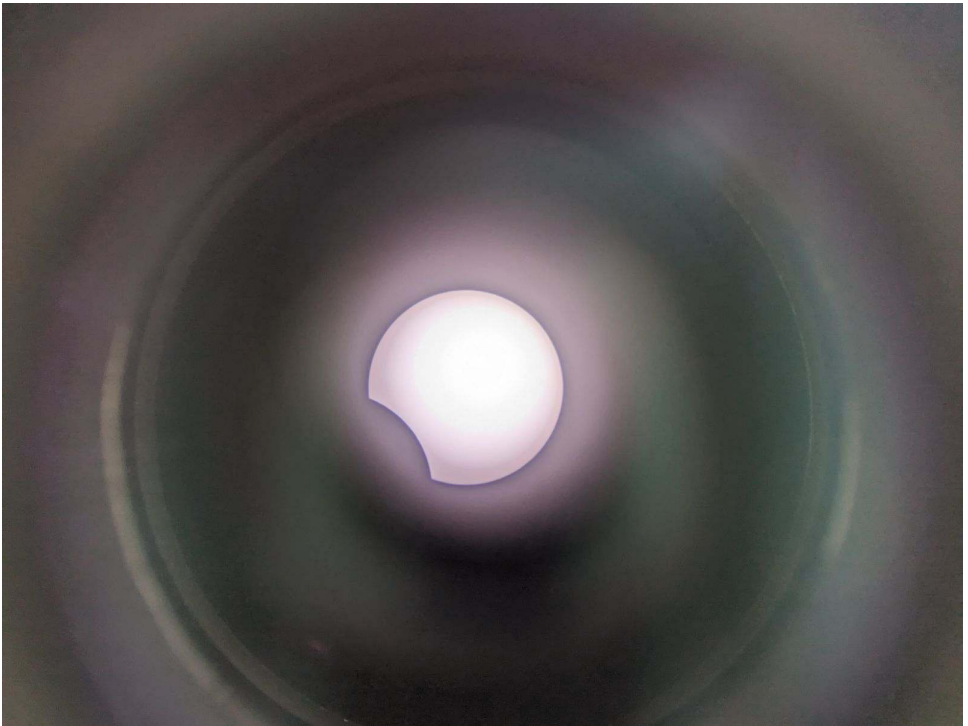
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*Congratulations to the winners  
and thank you to everyone  
who participated.*

Second place:  
Chase Silzer





# Third place: Rebecca Stevens



“Taken outside in the Pinnacle Hills Dillard’s parking lot on lunch break.”

- Rebecca Stevens

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# Eagle View wants you

Student newspaper now open for  
Fall semester applications

The student-run Eagle View newspaper is looking for students willing to spread their wings. Any work done with the newspaper can be utilized to build a portfolio, expand a resume and gain experience in various areas.

Apply today for an opportunity to  
join the award-winning  
Eagle View staff.

## OPEN STAFF POSITIONS

Contact Eagle View at  
[nwacceagleview@nwacc.edu](mailto:nwacceagleview@nwacc.edu)  
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Burns Hall 1021.

Looking for reporters, copy editors,  
photographers, videographers,  
podcasters and designers. Journalism  
major not required.

