

Jazz Concert and Christmas Party
You won't to miss this event this season (p. 11)

Photo Credit: Doug Harkness



NU Nannies Bonding with Kirkland's Kids
Both families and student nannies benefit (p. 5)

Photo Credit: Thien Lai



Yards of Cards Sends Troops Christmas
A Christmas card makes a world of difference (p. 9)

Photo Credit: Ryan Nunez

THE TALON

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NU athletes honored for scoring high grades

Timothy Edward Smith
Senior Staff Writer

NU athletes combined from each sport are being recognized for their stellar achievements in the classroom, and athletic coaching staff continues to encourage players to strive for excellence outside of sports.

"Being a student and an athlete challenges me to break the stereotype of the 'dumb jock,'" said women's soccer player and sophomore, Elizabeth Perkins.

Sports is a tool or vehicle for a student to get into school and then reach their career, which most likely will not be the sport which that person plays, according to men's basketball head coach, John Van Dyke.

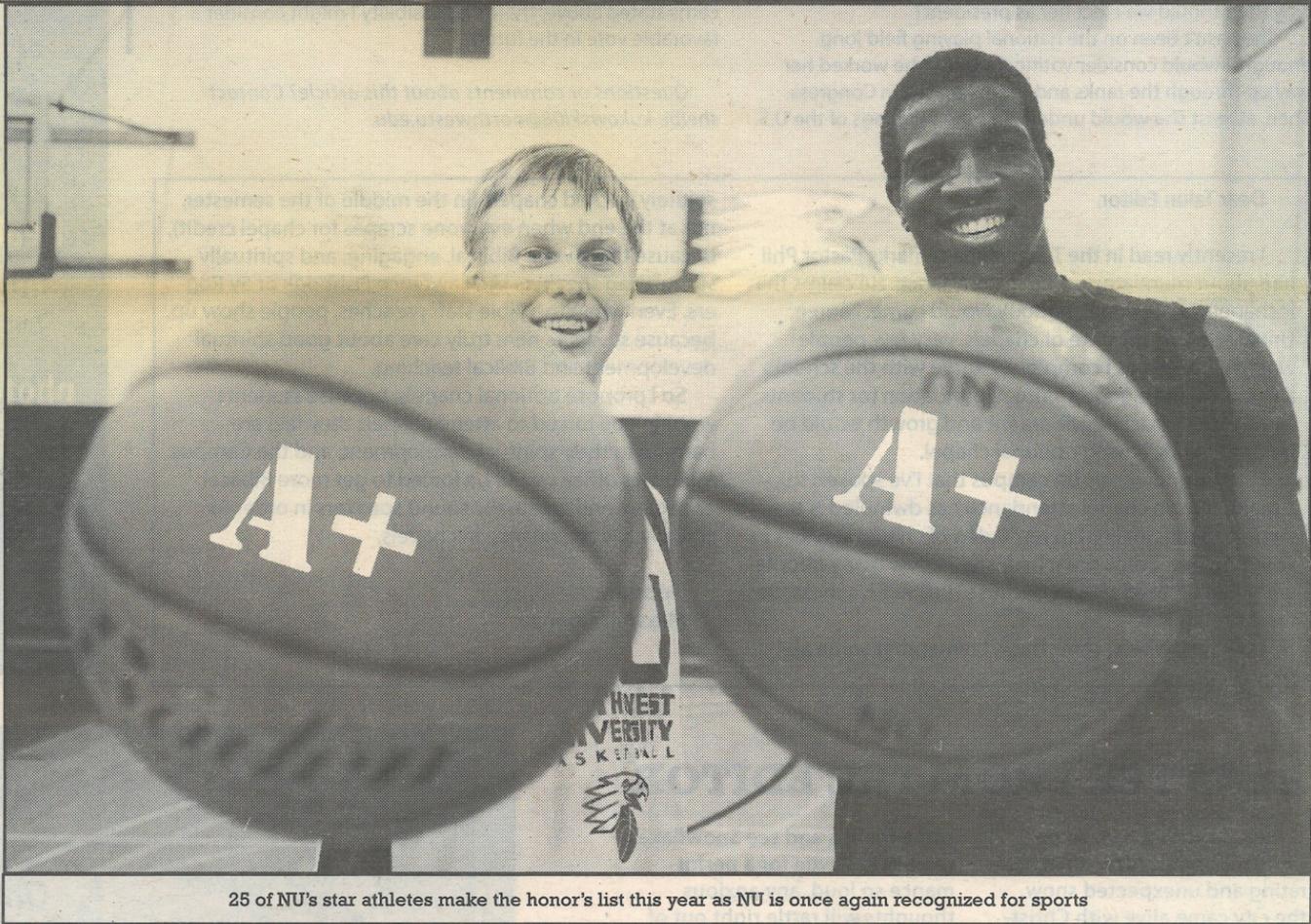
"Their education is their gleaming knowledge as they go through school... and at the end of the day, you got these skill sets and these tools that you are going to take in to the world," he said.

NU helps student athletes like Perkins, to prioritize time, meet deadlines, and fine-tune organizational skills, as well as helping build a better future by supplying them with information on the field they want to enter in to.

"I would really like to see athletes here at NU and in general get a better reputation, so I hope that non-athlete students would be slow to stereotype, and that student-athletes would be conscious of the image that they portray," said Perkins.

When recruiting for players, coaches like Van Dyke, are generally looking for good players who understand the value of an education. He hopes they see the bigger picture that sports is helping them pay for school.

"One of the first things that I look for



25 of NU's star athletes make the honor's list this year as NU is once again recognized for sports

Photo Credits: Thien Lai

when recruiting a player is what their GPA is. Test scores vary and are not always related to work ethic, but GPA usually is," said volleyball head coach Jessie Dietrich.

Van Dyke's philosophy is to recruit a student, retain that student, and get them to graduation.

"Our athletes are student athletes, they represent Northwest University's student body... but first they are a student here, and so therefore we treat them as a student athlete," said Van Dyke.

Dietrich has discovered that the

more time an athlete spends on their studies, the harder that person will play during a game.

"I try to help my athletes become the best students that they can by giving them as many opportunities to study while traveling for games. We often go to coffee places that have areas to sit so that our girls can hook up their laptops or use the desks to do homework. The last thing that I want is for my girls to be worrying about their class load while in practice or in a game," said Dietrich.

Women's soccer head coach, Erin Redwine, communicates with her players

and their professors to ensure self-disciplined behavior while on the road.

"When you see a scholar athlete being named to a list like that, you know they didn't get there just by skating through classes," said President Joseph Castleberry.

Redwine suggests that not only do student athletes put in hard work, they work even harder than a typical student who's not part of athletics.

"I think the time commitment is lost to the average student. I don't think they understand how much time our athletes'

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Shelbe's Soapbox: Fiesty Palin's Media Hungry

Shelbe Kukowski
Political Columnist

I have one name for you: Sarah Palin.

Hand picked as John McCain's running mate in 2008 launched Sarah Palin into the media circle. After being announced as his running mate, Palin gave an aweinspiring speech that lifted many Republican's spirits and hopes.

Then the interviews began.

Palin answered some questions that opened her up to ridicule by news columnists around the nation.

Since the 2008 presidential election Palin has stepped down as governor of Alaska so she could focus on her family.

Unfortunately, her family hasn't been hiding from the media. In fact, Palin was busy writing two books, campaigning for the recent midterm elections, and landing a deal for a reality t.v. show. Her daughter has also been in the limelight as a contestant on "Dancing with the Stars."

With her new reality show, "Sarah Palin's Alaska," Palin invites Americans into her world.

What really gets me is not her as a person, (I'm sure she's a great individual and I would thoroughly enjoy having a conversation with her,) but it's the fact she's consistently in the media.

There have been rumors circulating, and many people I know have voiced that they would like to see Palin run for president in 2012. I respectfully and adamantly disagree for several reasons.

If Palin can't finish out her term as governor of Alaska, why then should we elect her as president?

She hasn't been on the national playing field long enough. I would consider voting for her if she worked her way up through the ranks and served Alaska in Congress. Then, at least she would understand the workings of the U.S.

on a global and national scale instead of just the politics of a far removed state.

I don't believe Palin is qualified for presidency. She doesn't know enough about history, basic foreign relations with long-time allies, or how to compromise to get things done politically.

Now, I don't want to sound like a Sarah Palin hater. In her defense, she's done wonders in starting movements, pulling together resources, and encouraging women to use their voice when it comes to politics.

She's someone that people like because she hasn't been in the political circle long enough to become 'corrupt.' She says she isn't scared to give her opinion or tell reporters to back off.

Palin connects to the American people on a very basic level. She's a mother of a solider, a special needs child, and a teenage mother. She connects with the American people on a very personal level because she's struggling with the same things as any typical American.

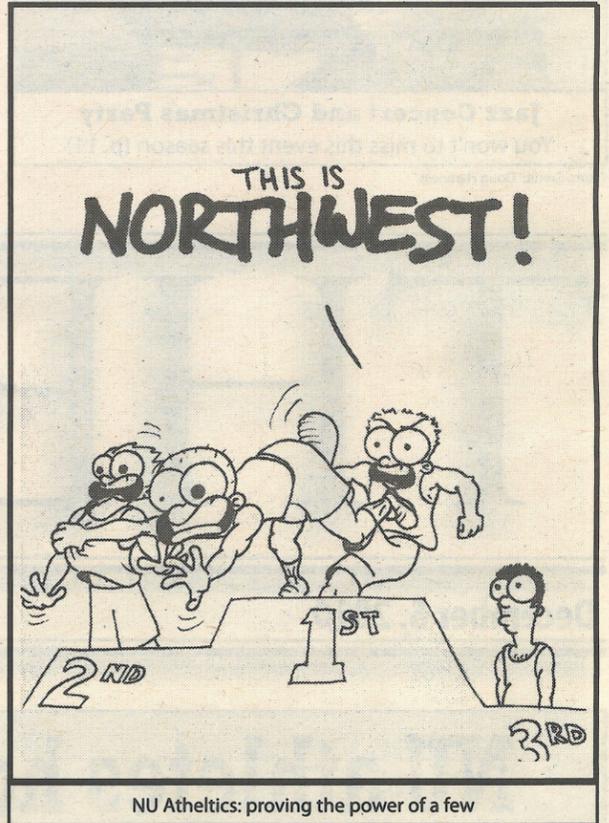
Sarah Palin is no dummy. If she wants to eventually run for office, she's playing very strategically. Having a reality show invites all Americans into her life, regardless of their political affiliation; and connecting with the American people is what gets one into the White House.

So, after being in the media the last couple of years, Palin is growing as a person, learning about foreign policy (as well as anything else needed to be a successful executive), and carrying the torch for hardcore Republican.

While I still wouldn't vote for her right now due to concerns stated above, there's a possibility I might consider a favorable vote in the future.

Questions or comments about this article? Contact shelbe.kukowski08@northwestu.edu.

Drawing Attention



NU Athletics: proving the power of a few

Dear Talon Editor,

I recently read in the Talon some remarks Pastor Phil had about mandatory chapel attendance. He claims that if chapel was optional, nobody would come. I agree. Under the current state of chapels, very few people would come. Now, I completely agree with the school's aim to provide a good spiritual foundation for students; however, spiritual development and growth would be best served by having optional chapel.

For me, and others on campus that I've spoken to, a major reason chapel attendance has dwindled is the decline in the quality. I'm reminded of chapel services in which Steven Evans preached, and I know many people who didn't attend chapel because they felt his messages were un-Biblical.

However, when I think back, I remember some ab-

solutely packed chapels (in the middle of the semester, not at the end when everyone scrapes for chapel credit), because there were Biblical, engaging, and spiritually stimulating speakers like Lawrence Fishbook or Sy Rogers. Even when the Bible staff preaches, people show up, because students here truly care about good spiritual development and Biblical teaching.

So I propose optional chapels, because students wouldn't be forced to attend chapels they feel are harmful to their spiritual development, and the Campus Ministries office would be forced to get more Biblical, engaging, and spiritually sound speakers in order to actually see attendance in chapels.

Sincerely,
Maxwell Mooney

A LETTER FROM THE EDITOR

Seattle knows how to do Christmas right! After an exhilarating and unexpected snow, the city came alive with Christmas zeal immediately following Thanksgiving.

From Bellevue to Kirkland, to downtown Seattle, the streets and buildings are now dripping with Christmas lights, ribbons, and ridiculously huge ornaments.

Of course, Christmas is about much more than just gifts and holiday cheer, we all know that. However, it's also a time a time of year to be with family and friends and make some fun memories while you're at it.

Final projects are breathing down our necks right about now. We all have to prepare ourselves mentally in order to knock out these last couple of weeks.

So get on making to-do lists, study with note cards, and buckle down and read that text book you've been abandoning all year.

When you need a breather from all this studiousness, take

some friends and see Snowflake Lane in Bellevue for a performance so loud, any anxious thoughts will rattle right out of your brain. I think there's an ice skating rink near the mall that's a lot of fun as well.

I don't know about you, but I'm not going to pass up an opportunity to fall on my butt and nearly wipe out small children while ice skating, or get sick off Christmas cookies and peppermint mochas. It's all about the experience, friends.

One thing I know you won't miss out on are some quality stories in this issue of The Talon. Read about what's happening around our community and our campus-everything from health tips to the crazy weather we're expecting this year!

So take a break and relax a little. Cozy up with a cup of hot goodness, sit yourself next to something hot (person, fireplace...your choice,) and take a mini break in between cranking out all of those papers and last minute projects that you've known about all semester.

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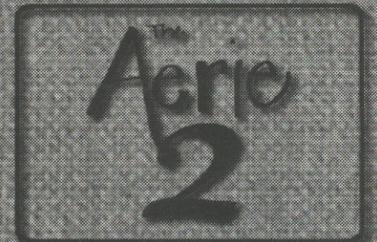
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Athletic honors *continued from page 1*

actually put into a typical week," said Van dyke. On average, a team will have a two game weekend with four practices during the week, so that's six days of three-hour events, plus players lift two to three times a week. That's around 20 hours of work per week added on top of a full load of school responsibilities, and many NU athletes work too.

"If I could advocate [adding] one position to the athletic department, it would be a student athlete academic advisor," said women's basketball head coach, Lori Napier.

"It never fails, freshmen usually look forward to missing classes and going on road trips for their sport while upperclassmen realize that if they are missing classes, they'd better be ahead of the curve on papers, projects and tests," she continued.

Napier implemented an academic mentor program where upperclassmen will meet weekly with the freshmen to make sure they have everything covered with assignments and that they're staying organized.

"I only mandate the freshmen to attend but some of my other players find it so helpful that they voluntarily meet," said Napier.

This program was instituted by one of her former athletes, and it has been very effective in raising the team GPA.

"I used to view school as an obligation, but now I consider it an incredibly valuable opportunity. The challenges in college push me to define what I take seriously in life. With every class, college also reveals that we are never done learning," said women's soccer player and senior, Rachael Harris.

NU athletes continue to give their very best in every aspect of their life. For a list of the players who made honors in academics, see page 9.

NU considers adding women's softball

Wyatt Chinn
Guest Writer

The Athletic Department is in a huddle over the next sports program being added to Northwest University's roster.

The sport receiving the most discussion is a women's fast pitch softball team at the intercollegiate level. Other sports include men's and women's golf, and men's junior varsity basketball. The university is also looking to add sports at the club level such as men's and women's lacrosse, men's and women's volleyball, and men's and women's soccer.

"We're actually in a pretty aggressive mode right now looking at both intercollegiate and club sports," said Paul Banas, vice present of student development.

The athletic department is in a research phase at this point. However, no sport has been proposed or approved by board members.

Research on what the Cascade Collegiate Conference (CCC) offers has been a major factor in the decision making. The athletic department is aware of the sports students want most.

Softball is the sport most potential students are asking about, according to athletic director, Gary McIntosh.

"Softball is really big up here in the northwest," said McIntosh. "It's very popular and we frequently over the last few years got a lot of inquiries by women athletes wanting to know when or if we're going to be starting a softball program."

The university hopes adding a new sport such as softball would help contribute to an increase in enrollment. It would also serve the greater region's desire to see softball.

Twelve of the top fifteen schools that students most frequently applied to, who also apply to Northwest University, have women's softball in their conference. Seven of the 10 CCC members field a women's softball team.

The university believes adding new sports teams will bring new and current students together.

"Any time we add a sport in the campus community that's another rallying point and another place where people can come together and be in community together," said Banas.

Students have shared their opinion on what sports they feel would best fit the university.

According to junior, Marth Stensland, another sport that would best fit the university would be cheer.

"I think every school needs a cheer squad and they could also compete in competitions themselves," she explained.

Matt Porter, sophomore and cross country athlete, would like to see rowing at the university because he feels, "it would bring a different kind of athlete to NU."

Despite recent budget cuts, the university wants to go along with adding a sports team with the expectation that it will pay for itself in time.

"An additional program, whether it was athletic or academic at any time in history, not just now in light of our current budget constraint, would only be added if the economic work," said Banas.

The athletic department believes adding a new sports program would help accomplish the university's mission statement: to glorify and know God better by attaining spiritual growth through the development of bodily kinetic intelligence and its application in intercollegiate athletics.

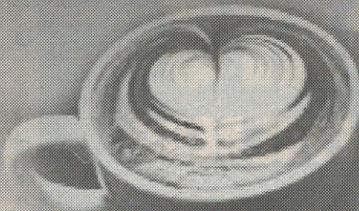
"Any time we add a sport in the campus community, that's another rallying point and another place where people can be in community together."

Paul Banas

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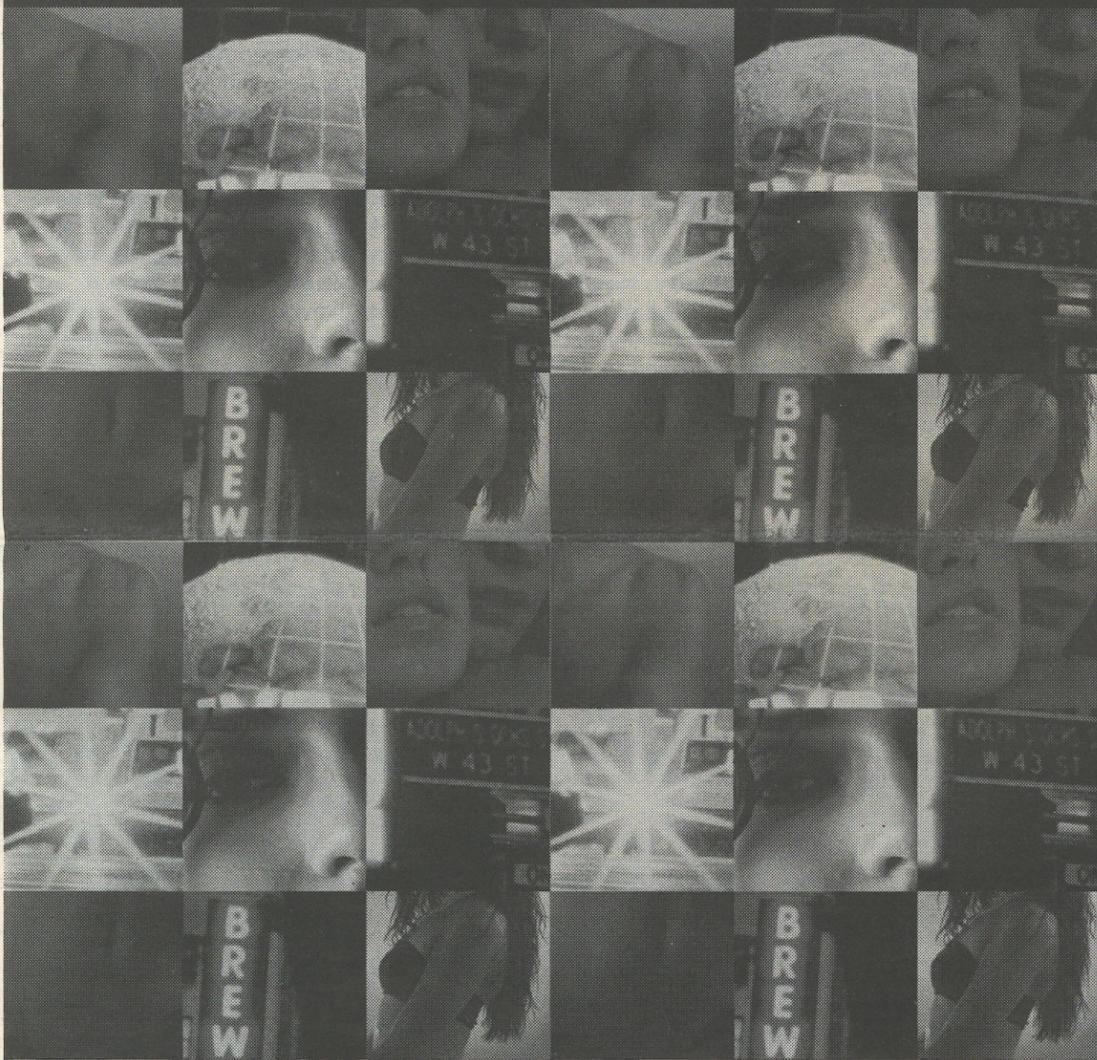
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Kirkland Nannies Embrace NU

Jessie Fast
Staff Reporter

NU's stigma about the exhausted nanny doesn't always hold true. Chauffeur and caring for the children of Kirkland, Bellevue, and the area's other suburbs, nannies stand in the unique position of not only being a positive influence on nanny families, but also a desired part of their families.

Many nanny parents recognize the benefits of having nannies from NU, seeking them out specifically because of their high work ethic and standards of behavior.

"I wanted somebody who I could trust, not only with my house key and my home, but my children, someone who could take care of their intangible side... and I think those are qualities that NU tries to recruit and cultivate in their students," said Deb Oroszlan, a local mom with an NU nanny.

Oroszlan found her NU nanny through the job board on the Eagle website. She specifically chose a nanny from NU for "availability, and location, so somebody who would have those hours free and would be accessible" and for "someone I knew would be responsible and accountable, and I thought a NU student would have those values."

Because of Oroszlan's positive experience, she has "put probably three or four other friends onto getting nannies from NU as well."

"I think the big part about that is the shared sense of value," she said.

Since conscientiousness such as this sets NU students apart as desirable nannies for local families, many NU students have benefitted from the positive view nanny parents hold.

Kelsey Aldridge, a senior psychology major, sees the beneficial influence she can have on her nanny family, with

whom she has worked for a little over a year.

"I would say I am involved in their daily routines of the week, and I get told about fun things that happen during the weekend," said Aldridge.

Aldridge, however, recognizes the difficulty of wanting to teach the children she spends so much of her day with about her beliefs without going against the beliefs of her nanny parents.

"Basically I tell her the truth when she asks me questions... that different people believe different things, and each person has to decide for themselves what they believe personally," said Aldridge. "These situations can be difficult because I don't want to step on her parents' toes."

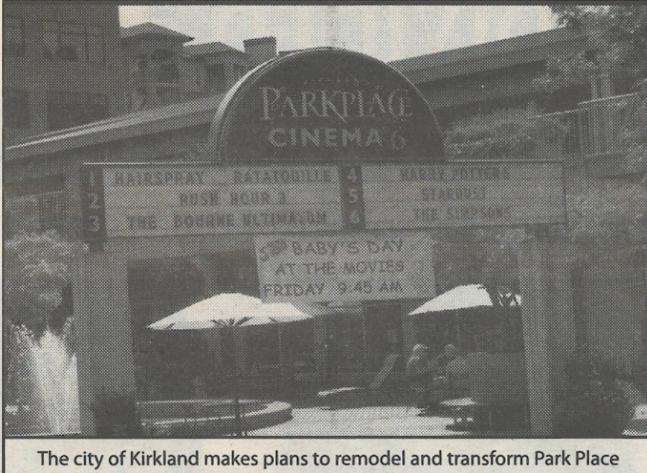
Aldridge also works to use her position of influence to improve the lives of her nanny family.

"In the beginning it is difficult to find exactly what role you play because you are in charge but you are not their parent," said Aldridge. "When it comes down to it the only influence I can really have is in the time I have with Olivia [her nanny girl] directly, and I keep her parents up to date on any rewards, punishments, or character building techniques I use while I am with her."

Nannying, instead of being the emotional and physical drain on the nanny by the parents that the stereotype implies, can also be a rewarding relationship for both parties. Nanny parents seek out nannies from NU because of their positive standards, and NU nannies in turn work to influence their families for the better.

Looking for a job as a nanny or other position? Visit <http://eagle.northwestu.edu/jobsearch>

Park Place prepares for a new look



The city of Kirkland makes plans to remodel and transform Park Place

Photo Credit: Doug Harkness

Matthew Moroni
Staff Reporter

While it's been around for quite a few years, the Park Place shopping center is in the process of a large remodel, yet not a complete tear down.

"What's there now is older and I think that it's not doing as well as it might. A lot of people love it, they want it to stay," said Angela Ruggeri, senior planner for the city of Kirkland.

Of places regularly frequented by Northwest students, Park Place ranks pretty high on the list. With store favorites like Emerald City Smoothie, Starbucks, QFC, Weldon Barber and more, Park Place offers a quick solution to our many wants and needs as local consumers.

After dozens of planning meetings, the new layout and design has been approved by the City of Kirkland design board this past October, with zoning

plans being approved also. The city hopes to have all of the approvals in by December 2010.

Ruggeri said that the owners of Park Place, Touchstone wanted to "make the best use of the property" and began planning changes for the future. Touchstone bought the property from a local family a few years ago and has plans on redeveloping it with plans to modernize.

Supporters and critics comment on this major change.

"There's people who love this project and those who hate it, which you would expect with a project this size," said Ruggeri.

NU Senior, Kaden Shumway adds, "if they kept the same structure and design it would be okay, because that's the feel of Kirkland."

"It wouldn't be that big of a deal to me, I don't really go down there," said Joe Spsychalski, Junior at NU.

According to the 'Envision Kirkland and Parkplace'

website, "When complete, Kirkland Park Place will include some 1.2 million square feet of technology-office space; 300,000 square feet of retail space; a full-service hotel; 3,500 underground parking spaces; and about 160,000 square feet of public space featuring art installations, landscaped areas, pedestrian walkways, and other parts of the 'public realm.'"

According to the Pacific Northwest Local News website, one of the projected buildings most visible from Peter Kirk Park will feature a rooftop garden. These changes seem like a definite improvement and expansion compared to the current Park Place complex and property located along Central Way.

According to the Pacific Northwest local news website, there are concerns that residents who currently live on the property may not return after renovations.

Kirkland resident Margaret Bull believes that most tenants will not move back because the rent will likely increase at the new Park Place, according to Pacific Northwest local news website.

Although there are concerns, Park Place improvements seem needed and welcomed by many.

For more information about the project, visit the City of Kirkland website at www.ci.kirkland.wa.us and navigate to their planning department page.

La Niña brings cold front to Northwest

Kristi Henderson
Staff Reporter

Following two snow days this semester, students may be wondering how many more to expect this winter. If predictions are correct, there are many more to come.

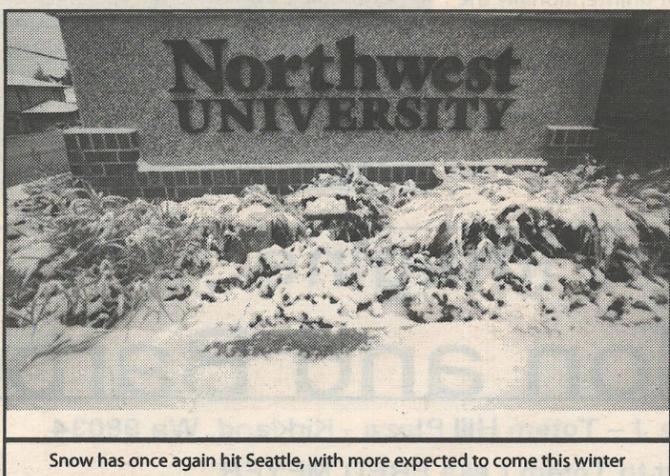
According to the National Oceanic and Atmospheric Administration, the average snowfall for the Seattle area is about

seven inches all year with only about three of those inches being in November and December. As of November 17, five inches have already fallen.

The abundance of snowfall and cold weather is due to La Niña. La Niña is associated with cooler than normal water temperatures in the Equatorial Pacific Ocean, unlike El Niño, which is associated with warmer water.

A La Niña episode typically lasts about five months and comes around every three to five years. The last La Niña to hit was in 2007 and like our current Niña, was moderate. The last strong La Niña was in 1988 and all that have been seen since have been either low or moderate.

According to the climate prediction center, Washington state, Oregon with the exception of south-central and southeast, and central and northern Idaho are forecast to have a greater than 40 percent of above normal precipitation in December.



Snow has once again hit Seattle, with more expected to come this winter

Photo Credit: Thien Lai

As any Seattleite observes, when weather gets bad and snow comes full-force, driving gets worse. Pacific Northwesters aren't used to driving in the snow. Commuters from NU, which make up 40 percent of the student body,

are not exceptions.

"During the last snow storm, I asked my dad to ride with me to school otherwise it would have taken me twice as long to commute. Even with my dad in the car it took us one hour and 45 minutes to get home as we had to navigate a labyrinth of spun out cars and stalled tractor trailers," said Brittany McAlpine, a commuter from Auburn.

Dr. Wynn Allen, a communication professor at NU, commutes from Whidbey Island.

"It is a challenge. When I predict inclement weather, I take an earlier ferry boat, such as 6:30 am to make a 9:30 class," he said.

To find out when classes are delayed or campus is closed sign up for campus alerts from the Eagle website.

Visit <http://eagle.northwestu.edu/ca/subscribe.php>

Embargo provides giving opportunities for students

Kelsey Horn
Staff Reporter

Northwest University's Embargo team will be holding two separate events during the last two weeks of school that will allow students more chances to "give back."

A clothing drive is being held until December 17 in Perks Lounge. All donations collected at the end of the semester will be gathered and sent to the Everett Gospel Mission.

Embargo has also given NU students the opportunity to donate and purchase purses.

"Embargo has joined with the founder of Heaps of Handbags to raise funds to fight human trafficking," said Lindsey Bruner.

The donation of handbags is more than a nice gesture and holds a symbolism that is hard to shake.

"Ironically, the very hands used to create the handbags may have been those of a slave; how perfect for some of the money to go full circle in aid of their freedom," according to the Heaps of Handbags website.

The range in prices for the purses being sold that night are from three to fifty dollars and fifty percent of the proceeds will go towards efforts fighting human trafficking, according to Bruner. Fifty percent of the night's proceeds will go towards NU's fight against human trafficking.

Heaps of Handbags will be held December 9 from 7 - 9 p.m. in the NU Community Room.

For more information contact: embargo@northwestu.edu

THE NEST DIVIDED :

Where does Christmas joy come from?

Jesus still relevant in Christmas in spite of Christian's fears

Anuheia Akamine
Senior Staff Writer

The 'reason for the season', which has been imbedded into our Christian minds from Christmas upon Christmas, is to celebrate the birth of Jesus Christ.

As Christians we should be charged to do more than sing 'Silent Night' by candlelight or smile as children act out the nativity scene. Often times during the holiday season we fail to recognize God beyond our limited view of him.

I've heard and I've read pastors say that "people miss out on the true joy of the Christmas season when they refuse to acknowledge the birth of the Christ."

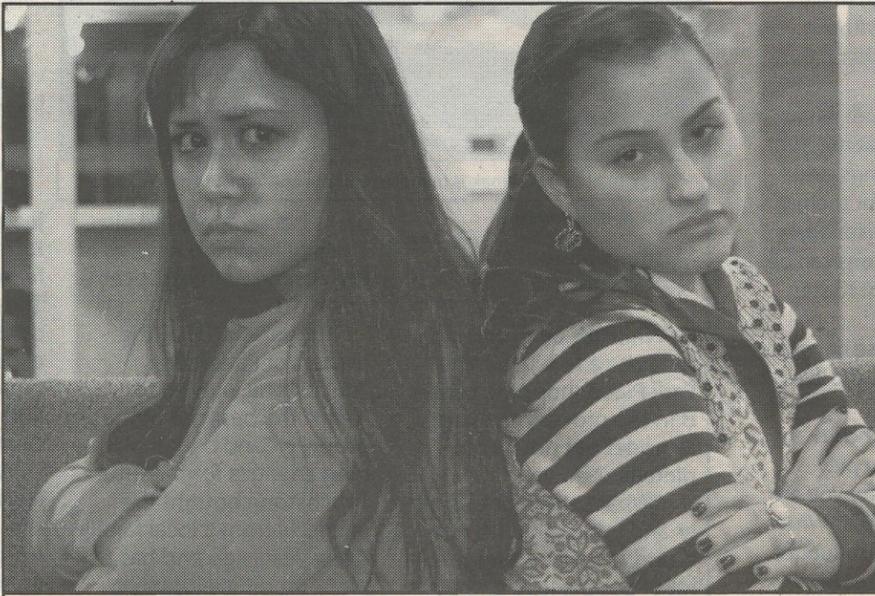
"Often times during the holiday season we fail to recognize God beyond our limited view of him."

Anuheia Akamine

ing the birth of Christ, but they're experiencing the effects of billions of people around the globe who do exult and glorify the Son of Man during this season.

Those who know the inherent nature of God know that his Spirit isn't in any place to simply rest there. No, his Spirit exists to spur and cause change and growth within hearts. This change is referred to as 'fruit' of the Spirit. Recognizing this, we can be confident in saying that where His Spirit is, so there will be fruit.

When Paul writes to the Galatian church, he lists the fruit of the Spirit. Characteristics like love, joy, peace, kindness and goodness are named. Those



Anuheia and Danielle view the Christmas season in a different light.

Photo Credit: Doug Harkness

I say "pft" to that! By saying this we immediately put limits upon the infinite presence of God.

True, people may not be directly celebrating and honoring

same characteristics illustrate the Christmas season.

Often times, the secular world will attribute the experience of this peace, joy and kindness as a "magical time" and thus characters like Kris Kringle who embody the spirit of Christmas emerge.

Studies have shown that when people focus on family during the holiday season, rather than on spending money or receiving gifts, they were happier.

Dr. Stephen Josep, of Warwick University who participated in this study has said that, "what seems to be important is living your life in a way that emphasizes the importance of being involved in your community and caring for people, and Christmas is a reminder to us all of this message."

Research conducted in the report, 'A measure for Christmas spirit', deduced that, "Christmas spirit is often given as a reason or excuse for the goodwill, generosity and altruism associated with the celebration of Christmas."

So what does it come down to? Simply that, regardless of how intentionally or unintentionally the removal of Christ from the equation of Christmas is, our attempts remain impervious to the Lord's omnipresence. Whether the birth of Christ is celebrated or not, He can be found in the joy, peace, love, kindness and goodness of the Christmas season.

Christmas spirit too commercialized

Danielle Mercier
Staff Reporter

'Merry Christmas! Well not any more, now it's 'Happy Holidays!'

Where do we find our joy during this snowy time of year? Is constant shopping, cookie making and Christmas tree hunting marking one's level of a so-called 'Christmas spirit'?

"As the last of the Thanksgiving dinner leftovers are sent out to the trash, the background music at stores and malls switches to sounds of the season. The advertisements hit us with full force, and even our news programs remind us of how many shopping days there are left until Christmas," said Norm Edwards a writer for Biblestudy.org.

What happened to acknowledging the birth of Jesus Christ and the joy he brings to this time of year?

For several years some of the most popular stores have announced they will 'kick off the holiday season' by participating in Black Friday, the day after Thanksgiving marked by the early opening of doors and extreme discounted prices on hot items. If that's what starts off the holiday season, it's easy to see where the importance of Jesus got lost.

Christian Christmas traditions become more and more outdated.

Decorating a tree is a great family tradition, and exchanging gifts with those you love can be full of a heart of giving,

but those things can't replace and erase the things most important.

The definition of 'Christmas joy' might as well be named 'commercialization', the ever so familiar disease that corrupted the innocent celebration of a wonderful time of year.

Can we put Jesus back into Christmas? Some might say it's too late and others might tell you it's time to focus on giving, not getting.

'Happy holidays', as uni-

"The definition of 'Christmas joy' might as well be named 'commercialization', the ever so familiar disease that corrupted the innocent celebration of a wonderful time of year."

Danielle Mercier

versal and open as it might sound, is not a representation of many beliefs coming together. It's the constant erasing of true reasons to fill our hearts with 'joy' in the month of December.

'Merry Christmas' once spilled out of the mouths of many believers, celebrators and even retailers. However, as Christmas became more political the phrase left along with the meaning it held.

As Christmas evangelists put it so poster like, "let's put Christ back in Christmas."

Forget the trees, toys and twinkling lights, and remember the joy we should have this time of year.

Calendar of Christmas Events:

12K's of Christmas Holiday Run
December 19, 9:30-12 a.m. at Marina Park
www.12ksofchristmas.com

Fantasy Lights at Spanaway Park
Nov. 25-Jan. 2, 5:30 - 9:00 p.m.
<http://www.co.pierce.wa.us/pc/abtus/ourorg/parks/events-w.htm>

Seattle Center Winterfest, free.
Nov. 26-Dec. 31
http://www.seattlecenter.com/programs/detail.asp?EV_EventNum=73

Pacific Northwest Ballet, The Nutcracker
Nov. 26-Dec. 27, 2010. Tickets sold online.
<http://www.pnb.org/Season/10-11/Nutcracker/>

Zoolights
Nov. 26-Jan 2., 5-9 p.m.
Tickets online and at participating Bartell Drugs
<http://www.pdza.org/>



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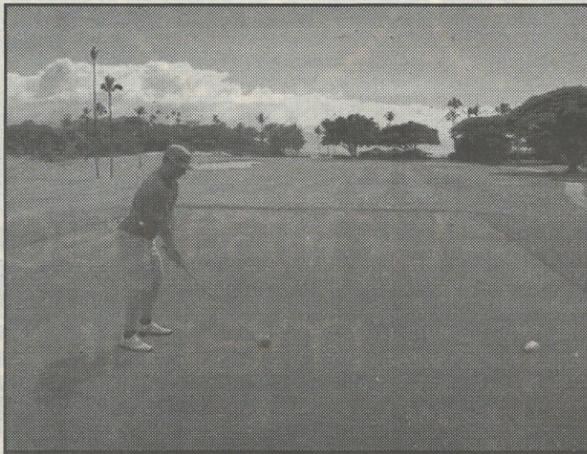
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Sports



Greg Peters (#44) not only plays Basketball for NU but has also competed on NU's Track and Field team.

Photo Credit: Thien Lai



Though Golf is not an intercollegiate sport offered at NU, long-time golfer, Phil Nelson, finds ways to keep on top of his game.

Photo Credit: Matt Nelson



Senior, Tyson Christie, was nominated to the 2010-11 Preseason All CCC team. Christie currently leads the conference in steals per game with 2.33.

Photo Credit: Thien Lai

Green, not only a Christmas color

Timothy Edward Smith
Senior Staff Writer

Looking for a new sport to play? Golf is a good year round activity, that people like Phil Nelson, enjoy very much.

"What I really enjoy about golf is it's mostly a time to go and spend with friends. For me it is a very social game," said Nelson.

He usually plays at Bellevue Golf Course, but he sometimes goes to Willows or Jefferson in Seattle. He suggests to never play at Wayne Golf Course in Bothell, because it is a terrible course.

"Bellevue Golf Course has a nice twilight for \$23 for 18 holes," said Nelson.

He estimates that most places charge around \$40 to play a full 18 holes.

"Golf helps me to relax only if I try and go out and play by myself. That's when I try to go out and enjoy the surroundings a little more," he continued.

With nearly seven years of experience, Nelson plays as often as possible. Golf is a year round sport, so a person with a heartthrob for golf can play whenever they want

"Golf would not survive in Washington if it was not played year round; and what I mean by that is, in the Seattle region, it rains too often during the year to justify waiting for the next sunny day to play. If you wait you might not be playing for a while," said Nelson.

Benefits to playing golf during the winter season are being able to keep up practice, plus

the crowds have decreased so there's less congestion on the course and also the rates are lowered to play.

If in doubt of a fun Christmas activity this year, pick up a golf club and head for the green.

Preseason standings not enough to crush wings of Lady Eagles

Erika Hornyak
Guest Writer

This basketball season is a season to get excited for. We've had a promising preseason that has demonstrated how hard we have worked to get in shape so that we can outrun other teams. Every girl on this team is eager to get better so that we can reach our final destination in March: Nationals.

After playing here for four years I recognize that this team is different than years past. Each and every player has the potential to stand out or step up to various positions any given night. It's nice to play for a team where you are confident with any person out on the floor.

Our biggest goals this year are to finish at the top of our conference and get a National bid. We are involved in a highly competitive conference and preseason rankings have us underrated, so we are hungry to prove the standings wrong.

There are six seniors on the team this year so we are driving to go out with a bang. Come support your lady Eagles!

The Apple Cup: A Game of Progress

Andrew Long
Guest Writer

The University of Washington Huskies beat the Washington State Cougars 35-28 on Saturday night in the 103rd Apple Cup.

The Huskies won a hard-fought game in the last minute. The win will send the Huskies to their first bowl game since 2002, which gives the program a much needed boost.

The Huskies had taken a hard fall from a 2001 Rose Bowl triumph to a winless season in 2008. The Cougars were mediocre through most of the decade until falling on just as hard of times as the Huskies. Over the last 3 seasons, the Cougars have won only five games.

Over the last couple of years, the Apple Cup has not mattered on a national level. Both teams have had losing records in the last three meetings and neither team had been to a bowl game since 2003. Sure, state bragging rights were on the line, but nothing else was.

However, this year was different. I've attended

52 straight home Husky football games in a row. I've seen a few wins, but many more losses.

The thing about sports, and life for that matter, is that there are many signs of hope but a good share of the time, that hope is followed by something devastating. That's been the story for the Huskies over the last seven years.

That didn't happen Saturday though. The program is moving forward, progress is being made.

As for the Cougars, they're improving (and I don't enjoy saying that as a die-hard Husky fan.) They've changed from a laughing stock to a feared opponent. No, the Apple Cup wasn't a match-up of two top 15 teams like it was at the beginning of the decade. Even so, it did matter and, after the last couple of years, that was refreshing for fans of both teams.

It could be a sign of better things to come for football in the state of Washington, or it could be an apparition of what this rivalry used to be.

As I watched Husky fans and players celebrate on the field Saturday night, it felt like something, it felt like progress.

Eagle Sports Highlights

WINS AND LOSSES

12/04 Women's Basketball vs. Eastern Oregon; 69-70, L
12/04 Men's Basketball vs. Eastern Oregon; 66-73, L
12/03 Women's Basketball vs. College of Idaho; 50-49, W
12/03 Men's Basketball vs. College of Idaho; 72-57, W
11/27 Men's Basketball vs. Whitman; 88-79 W
11/26 Men's Basketball vs. Pacific Lutheran; 75-74, W
11/26 Women's Basketball vs. Whitman College; 74-71, W
11/20 Men's Basketball vs. George Fox Univ.; 86-81, W
11/20 Women's Basketball vs. Whitworth Univ.; 78-61, W
11/19 Women's Basketball vs. Whitman College; 69-70, L
11/16 Men's Basketball vs. Univ. of Puget Sound; 110-58, W
11/15 Women's Basketball vs. Univ. of Puget Sound; 78-74, W

CONFERENCE STANDINGS

Men's Basketball: 5th in Conference (7-2;1-1)
Women's Basketball: 5th in Conference (6-4;1-1)

UPCOMING GAMES

Men's Basketball:
12/10 vs. Northwest Christian Univ. (Kirkland, WA) 5:30 pm
12/11 vs. Corban University (Kirkland, WA) 5:30 pm
12/18 vs. George Fox University (Kirkland, WA) 5:30 pm
01/14 vs. Warner Pacific College (Kirkland, WA) 5:30 pm
01/15 vs. Concordia University (Kirkland, WA) 5:30 pm
01/21 vs. Corban University (Salem, OR) 7:30 pm
01/22 vs. Northwest Christian University (Eugene, OR) 7:30 pm
Women's Basketball:
12/10 vs. Northwest Christian Univ. (Kirkland, WA) 7:30 pm
12/11 vs. Corban University (Kirkland, WA) 7:30 pm
12/17 vs. Lewis-Clark State College (Kirkland, WA) 5:30 pm
01/14 vs. Warner Pacific College (Kirkland, WA) 7:30 pm
01/15 vs. Concordia University (Kirkland, WA) 7:30 pm
01/21 vs. Corban University (Salem, OR) 5:30 pm
01/22 vs. Northwest Christian University (Eugene, OR) 5:30 pm

Go to www.northwestu.edu/athletics for games scheduled during break and for results. Watch the Eagles play online at PennAtlantic.com, follow the link from Eagle athletic page. Follow @nwuAthletics on Twitter.

Taking advantage of a well-earned break

Josh Bollinger
Staff Reporter

As the seemingly never-ending chaos of the end of semester engulfs students, daydreaming about the holiday break can be the best part of winter other than snow days.

This is the special time of year inundated with weird weather, dark days, and frozen faces – perfectly balanced with the giving and receiving of presents, time with family, and the celebration of our Lord.

As Christmas break approaches, students' Christmas break daydreams become realities. We put our finger on the pulse of the student body and gathered some of their plans this break.

Some pack their four-wheel-drive vehicles with friends and boards and gear up for a season of winter sports.

NU senior, Hendry Mualim is one student eager to hit the slopes. Mt. Baker is his destination hot spot as he embarks on his first snowboarding trip on his birthday.

After Christmas, he's meeting up with his roommate of last year, Andrew, to venture to Leavenworth; literally a Washington winter wonderland.

Other students plan to spend their time in rest and leisure. NU senior Brittney Marshall is planning on spending her last Christmas break as a college student playing some basketball (nice choice), along with activities with friends and family.

Graduating senior and Embargo leader, Lindsey Bruner, plans to head back home to Walla Walla for family time before heading off to work for Delta Airlines.

Jason Shaver has Christmas plans to make any Starbucks-loving Seattleite simmer with envy as he journeys back home to Hawaii to spend the holidays with palm trees, white sand, "Dog the Bounty Hunter", and parents who miss their only child.

Most students plan to go home during the holidays and make the most of their Christmas vacation, while others might be looking to stay in the dorms.

If students are unable to return home, they may stay in the dorms and pay for interim housing or a daily fee if they're only staying a few days. However, the residence halls will be closed for 10 days during Christmas break according to the eagle website.

"I may be couch surfing for awhile," said NU intramural sports director, TJ Duffy.

Whatever your plans are for the holiday break, whether you think they're cool and exciting, or lame and boring, focus on these three things: stay safe, enjoy and enhance your relationships, and thank God for the greatest present of all time, His Son.

Use the time to relax from the strenuous and stressful life of a college student, and recharge to do it all over again come spring.

One Christmas Card You'll Never Forget

Kelsey Horn
Staff Reporter

Hot chocolate and apple cider simmer on the stove, the aroma of fresh cookies fills the air, and students spread Christmas cheer to the troops.

Yards of Cards is an event that allows students to give back to the men and women serving overseas.

"I want to make a difference in their life because they are making a huge difference in our world," said creator of Yards of Cards and NU senior, Shannon Kestner.

To her, Christmas is a time to remember and serve other people.

"We need to stop and think about troops who are risking their lives, sacrificing their holidays, and fighting for us, and not just think about how cool that is, but actually do something about it," said Kestner.

For the past two years, Kestner has opened her apartment for a card-writing party.

"I invite everyone at the school who I'm friends with on Facebook and just hope the word spreads from there," she said.

This event provides an opportunity for students to serve the troops during the holiday season.

"People who are selflessly serving our country don't get appreciated or remembered as much as they should be during these times when their families are meeting for the holidays without them. Yards of Cards will help hundreds of troops remember home and be encouraged during the Christmas season," said NUSG President, Carl Erickson.

Writing cards gives students a chance to express gratitude towards the troops, according to Brittany Schulz.

"The holiday season is probably the loneliest time for troops and when they want to be home. So a piece of thanks during the season brings about some excitement and something familiar to represent home," she said.

Christmas decorations, festive holiday music and yummy treats lure students, yet individuals leave with much more.

"Sitting in a tiny apartment filled with twenty people all sitting down writing Christmas cards to people we don't even know, but sharing our thanks and love during this holiday season was very special," said Schulz.

Kestner hopes that someone will continue this festive tradition after she graduates.

All of the cards were sent to Fort Lewis December 1 and then mailed overseas in time for Christmas, according to Kestner.

For more information contact shannon.kestner07@northwestu.edu.



NU students spread Christmas cheer to U.S. forces overseas

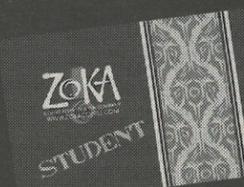
Photo Credit: Brittany Schulz

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Women's Basketball

Erika Hornyak, McKenzie McKean and Alyssa Welk.

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Greg Peters and Nathan Downs

Volleyball:

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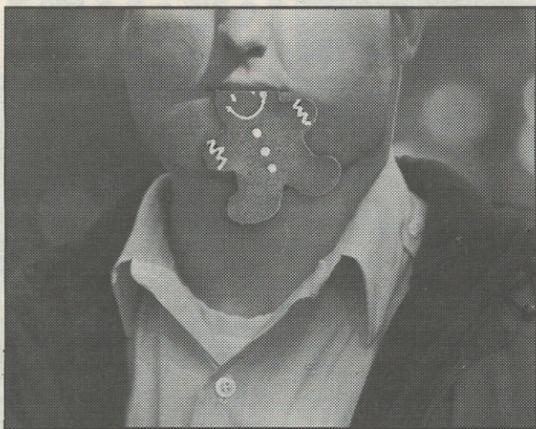
Student Life

Health: Holidays bring on the pounds

Mariesa Walberg
Staff Reporter

Do you think your diet will plummet out of control once Christmas rolls around? Don't fret, because you're not alone.

Many people worry they won't be able to avoid holiday weight gain due to the delicious food placed in front of them from Thanksgiving to New Years. However, I'd like to show you three ways to avoid weight



Holidays are just another excuse to bad food all the time

Photo Credit: Thien Lai

"When you tell yourself you've been good all day, you've given yourself the green light to eat everything you see once the celebration begins.

Tammy Shames
"The Secret To Skinny"

gain during the Holidays.

First, don't fast all day so you can save calories for Christmas dinner. Tammy Lakatos Shames, a Registered Dietician, author of 'The Secret To Skinny', stated, "when you tell yourself you've been 'good' all day, you've given

yourself the green light to eat everything you see once the celebration begins."

Instead of starving yourself before the big meal, eat light meals high in fiber and protein. This will keep you feeling more satisfied and less likely to overindulge later.

Secondly, be mindful of situations in which you know there will be a lot of food offered.

Make a game plan that you will only have one serving of each item offered. One tip to shaving off extra holiday calories is to eat plenty of fruits and vegetables to fill you up before higher calorie

items are served.

Finally, if you do end up eating more than you should, don't be too concerned. It takes 3500 extra calories to gain a pound, which is almost two days-worth of calories if you eat a 1750 calorie diet per day.

To get back on track, be mindful of the next week's calories and workout a little harder to burn that pumpkin pie out of your system.

However, don't use the phrase 'I'll work it off later' as an excuse to eat poorly during the holidays.

Moderation is the key to success when it comes to holiday eating. Enjoy the tasty foods that are served, but keep in mind the three ways to avoid weight gain during the holidays.

Eat light meals, be mindful, and if worse comes to worse, account for excess calories through proper nutrition and exercise the following week.

To contact this writer, e-mail mariesa.walberg07@northwestu.edu

Eagle Eye: Housing changes point by point



Photo Credit: www.eagle-clipart.com

Adam Thalhofer
Staff Reporter

As eager students consider on-campus housing, they're faced with multiple issues.

Either they're not old enough, don't have enough credits, haven't been at NU long enough, and the list goes on. These barriers have caused many students to request that changes take place in the housing policy for the student apartments.

As a result, the housing department, headed by Nicole Kelly, has suggested ideas that might answer some of these student requests.

One of the new ideas involves a primary student. Each apartment will set aside one person to be the 'primary student'.

This student would be the responsible party for requesting the apartment, making roommate changes in the apartment, communicating with the housing office about issues, etc.

The housing office is also giving the option for either semester or monthly billing, whichever the students choose, all communicated through the primary resident.

Additionally, students may stay in their apartment year-round as long as they're registered at NU. This saves students from having to make multiple moves in between breaks.

Perhaps the newest idea for modification in the housing policy would be a point system. This point system would involve each student in the apartment.

They would be individually scored and assigned points based on certain factors such as age, year in school, number of years lived in the dorms, a positive student account, etc.

Additional factors may include passing chapel and parking violations, with a fail in chapel or having parking violations deducting points from the overall score.

Senior student Mike Smith said, "It seems weird to me to change it and put a point system in place." He feels the point system is unnecessary and perhaps even more of a burden to students.

"It's completely illogical," said sophomore Brandon Simmons. "It's way too complicated. They need to make it easier to do the process."

He suggested that age shouldn't matter, only one's year in college. Simmons would like to see the system get easier, instead of what he claims as only becoming more complicated.

However, the overall idea with the point system is to honor students who have worked hard to become responsible juniors and seniors, who've lived in the dorms, and kept their student account current.

The housing department believes that a point system will favor the type of student that they want to see in the apartments – ones who help shape a learning community.

So what's your opinion? Do these housing suggestions point in the right direction or not?

Take the online poll at thetalon.square-space.com and tell us what you think.

Vegetarians seek more options as campus tries to comply

Jennifer Jensen
Staff Reporter

With the rising trend in vegetarianism, the outbreak of gluten-free requirements, and the present battle with picky eaters, it seems to be an ever increasing struggle to satisfy everyone's dietary needs.

For vegetarian students at Northwest, options are limited.

At what point should the university cater to dietary requirements?

In which areas does the university provide alternative options that we do not know about?

In the Caf, what you see is what you get. There will be soup, sandwiches, salad, cereal, and if you're lucky, a specialty item. There is even a station for healthy alternatives and limited vegetarian options. With the availability of veggie burgers and other meatless options, vegetarian students, don't have to go far to find alternative options in the Caf, they're there, just limited.

The Aerie, however, has options that students requiring special orders, may not know about. The sandwiches available in the display case are available for special order, such as gluten-free and meat-free.

Currently, there is no signage in the Aerie that notifies students about vegetarian alternatives, though they're offered.

"There are vegetarian options but not a lot of variety, a vegetarian student is not getting complete pro-



Some students dream of having meatless, vegetarian options for their lifestyle

Photo Credit: Thien Lai

tein from the options that are offered... ultimately it's a health factor," said junior Krista Garcia.

Megan Messick, a lifelong vegetarian, also expresses her dissatisfaction.

"I either eat pasta saute, loaded baked potato or asian stir fry...I like the

salad bar but I have just eaten it so much," she said.

According to food service experts, about 12 percent of college students are completely vegetarian, which raises the question of, with the limited availability of vegetarian options, what is the university's obligation to what could be about 12 percent of the student population?

"It's a university with lots of people. I know every person is different, but they could offer [more] non-meat options," responded Messick.

However, at this point, alternative options are available for all sorts of dietary needs, the question of convenience, variety, and personal taste remains within the limited context of campus dining.

Alternative eating options are available, perhaps not in abundance or at utmost convenience but Northwest's dining services welcome student feedback and comments, and hope to create more alternatives when feasible and available.

Until then, students can take advantage of the options readily available in the Caf and the Aerie.

HBIM: A band too hot to miss

Anuhea Akamine
Senior Staff Writer

The magic happens with four guys, beneath seven foot ceilings, on top of wires, in a basement with the square footage of a matchbox.

With one instrument piled on top of the other, this Seattle cave is where the 'baby-making funk' of Hot Bodies In Motion (HBIM) is conceived.

With an indie-rock flair similar to the Americana folk styling of bands that already characterize the Seattle concert scene, HBIM further romances their music with a mixture of soul and blues.

HBIM describes their sound as melodies that are, "soulful and catchy enough to put that iconic smile on Stevie Wonder's face, while the music would make Stevie Ray Vaughan tip his hat."

Ben Carson leads HBIM with his vocals and is complemented by the musical talents of Scott Johnson, Zach Fleury and Tim LoPresto

In their debut album, *Old Habits*, HBIM features music that is designed to be a "social lubricant," with the intention of getting people



Hot Bodies In Motion prepare to release their debut album this coming January

Photo Credit: Thien Lai

to loosen up and have a good time.

"It has straight dirty blues sounds on it and rock, and then we have a weepy country song on there. We have Michael Jackson, Quincy Jones dance grooves and we have a mysterious track that we aren't going to say anything about," said Fleury, HBIM's bassist and backup vocalist.

But behind the silver-tipped tongues of the band members are artists whose entire beings are thrown into the music that they produce.

Old Habits is not only a montage of their foot-tappin' rhythms, but of hearts searching for meaning.

Carson boldly rips through the microphone with his throaty belts and

soul-searching lyrics.

"There is a noticeable struggle in a lot of the lyrics and that comes out in the music too," said Carson. "But I think that a lot of people can identify with it...and I'm not saying, 'why is this happening or why isn't this happening?' It's more like: this is happening and how do I deal with it," he continued.

Though HBIM is barely a year-old, members are no stranger to the art of making music together. The work put into each HBIM baby is not the result of solo efforts.

"Scott hibernates in his room for a while then he comes out," said Fleury.

"And I say, 'guys, I got some riffs we need to try out.' Then I play it and Ben is like, 'give me that,' then he

disappears for a while, then he comes back and says, 'okay I wrote this part that I can sing on,'" said Scott Johnson, guitarist and vocalist.

"Then Tim listens to it all and about thirty seconds later the song comes together," said Carson.

"And so the groove became flesh," added Fleury.

The edgy band explores faith, science, love and loss in their steamy debut, *Old Habits*, which will be released on January 8, 2011.

Their infectious, head-bobbing, body-moving sounds are destined for success. To get caught up in the heat wave, catch HBIM in action at The Crocodile on Dec. 10 at 8 p.m.

For more information on the *Old Habits* EP concert release on January 8, check out hotbodiesinmotion.com. There, the title track of *Old Habits* is also available for a free download.

Become a fan on Facebook at facebook.com/hotbodiesinmotion or follow @hotbodiesband on Twitter.

Renowned jazz bassist shares knowledge with NU students

Adam Thalhofer
Staff Reporter

Renowned jazz bassist, John Clayton, recently visited Northwest University for a workshop with NU's jazz band.

Clayton has played with many famous musicians, such as Count Basie and Michael Bublé. Clayton is also president of the Hampton Jazz Festival in which NU vocal jazz groups will be performing in February.

Earlier this month he visited NU to host a clinic with a focus on the jazz groups. Clayton briefly listened to the vocal and rhythm sections play, and then ran exercises with them.

"We very much enjoyed having him here" said Synergy alto, Rylie Sudduth.

Clayton worked with the jazz group and gave them advice and tips for performing. Following the hour-and-fifteen-minute workshop, Clayton went to The Caf with the students to have dinner and answer any questions.

According to jazz band students, he was open to any questions but was specifically interested in helping the students prepare for musical careers after college.

The jazz band was excited to have Clayton visit and looks forward to the Hampton Jazz Festival in February.



Jazz sings and Christmas flings

Danielle Mercier
Staff Reporter

December 10 will be a night of Christmas spirit at Northwest University as NU's annual Jazz concert and all-student Christmas party are both to take place that evening.

The Jazz ensemble is ready to impress, inspire and energize audiences with their hard work, student-directed ensembles and renditions of a variety of music including Christmas classics befitting of the season. This year, NU has four Jazz performance ensembles; each will perform at the concert.

"I would encourage anyone who loves great music and wants to expand their understanding of this incredibly exciting music called jazz. Come to the concert on December 10, there is a special reduced rate when you purchase advanced tickets from the NU bookstore or at their website," said Jazz Director, Professor Prettyman.

After soaking in the musical talent of NU's Jazz ensemble, ring in the end of the semester with a Christmas party.

According to NUSG, this year's Christmas party is going to be, "the best yet."



NU jazz ensemble prepares songs for the end-of-the-year jazz concert

Photo Credit: Doug Harkness

Ornament making, Christmas movies, cookie decorating, present wrapping, pictures with baby Jesus, and ugly Christmas sweater contest and goodies baked by Aerie baker, Carol Blundell, are only a few things to expect.

"There are about a million reasons students should come, but to sum it up, Christmas plus friends plus delicious food plus tons of activities equals the best night of your life," said NU event coordinator, Brittany Van Winkle.

The concert begins at 7:30 p.m. in Butterfield chapel. The Christmas party will be held in the HSC and will last from 9:00 p.m. to 11:00 p.m.

For more information about the Jazz concert, e-mail music@northwestu.edu

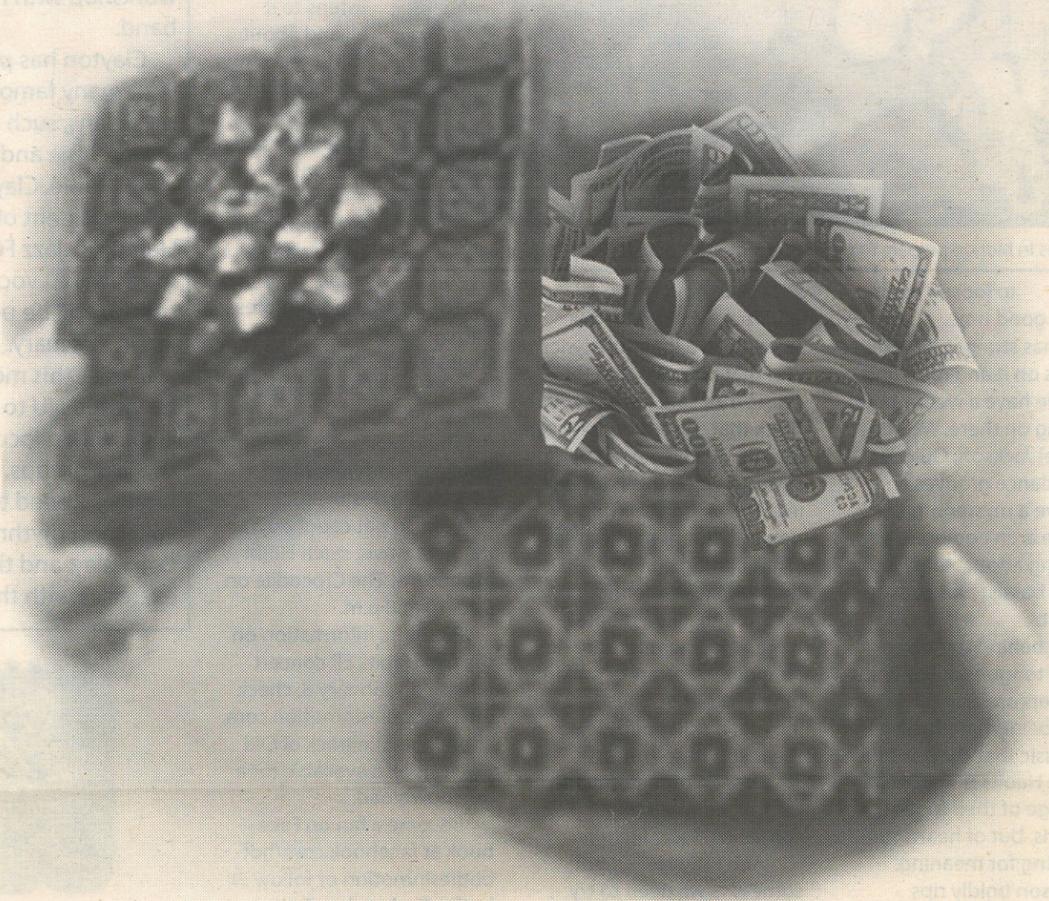
Brain Buster Challenge

Christmas Crossword



Christ	Child	Baby	Born	Wisemen
Shepherds	Angels	Sing	Hallelujah	Savior
King	Prince	Peace	Love	Joy
Manger	Hay	Swaddling	Mary	Joseph

A College Student's #1 Christmas Wish: CASH



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