

Know Before You Buy Your Vitamins
Not all multivitamins are helpful (p. 10)

Photo Credit: Doug Harkness



Local Campus Band: The Sons of Light
NU musicians compete in Battle of the Bands (p. 11)

Photo Credit: Doug Harkness



A Call To Safe Passage For Pedestrians
Another reason to love the city we live in (p. 5)

Photo Credit: Kaitlyn Clancey

THE TALON

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HURST LIBRARY
Northwest University

VOLUME 3. ISSUE 10

NU Rebuilding Financial Stability After A Rocky Year

Timothy Edward Smith
Senior Staff Writer

A tight budget plan for the 2011-2012 school year is being prepared with hopes that revenue will increase as departments that felt significant budget cuts last October will be able to receive more funding in the future.

"In terms of the big picture, the key is [that] the budget cutting all occurred last fall. We've been living with it this year and we're going into next year with kind of the same mind set. We're not increasing the budget for next year in any serious way," said Provost, Jim Heugel.

The university is regaining its financial footing. Spring enrollments outpaced initial revenue projections, adding more strength to the university as steps are now being made to restore the budget, according to Dan Neary, Executive VP Chief Administrative Officer.

"One of the things we're doing for this next year is budgeting for revenue increases, and a lot of that is growth in enrollment. But we're also holding a pretty significant contingency in the budget," said Neary.

The plan is to budget the next school year conservatively, wait and see what happens next fall, make those revenue projections, and then explore the opportunity of spending new revenue in the budget.

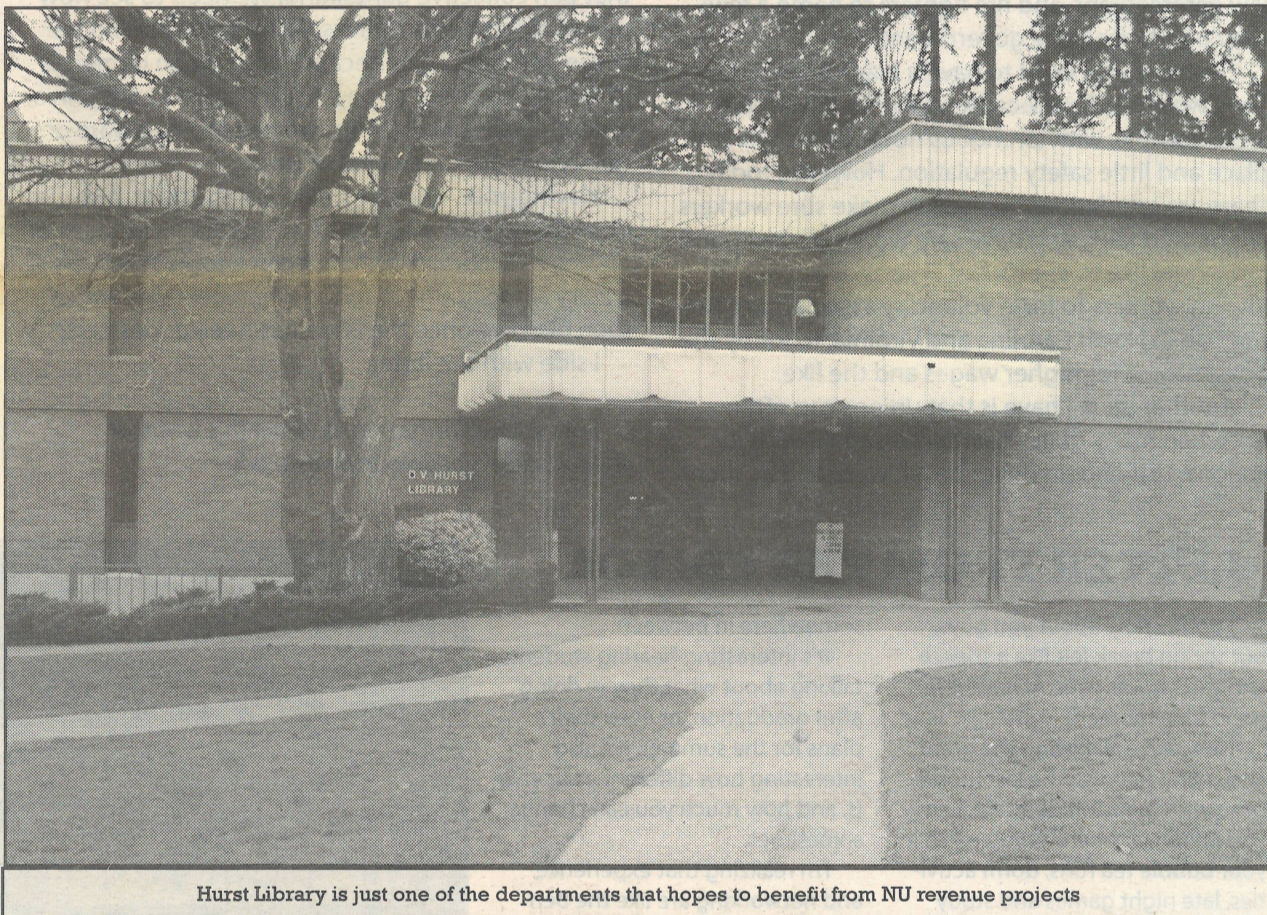
Small restorations are already being made in some departments.

"One of the things we cut back in the fall was all funding for employee retirement accounts, and we were able to partially restore that," said Neary.

Another example of a department that is at the top of the list for a budget increase is the Hurst Library, which took a 43 percent budget cut last fall.

"Library budgets are set approximately nine months in advance of when they go into effect. Usually in September of each year, I look at the library's needs. I try to factor in inflation and things like that, and submit a budget proposal for the following fiscal year," said library director, Charles Diede.

A fiscal year runs June 1 – May 31. Essentially, Diede has to forecast the budget needs for the



Hurst Library is just one of the departments that hopes to benefit from NU revenue projects

Photo Credit: Doug Harkness

library. In September of 2009, he projected the library's needs for the 2010-2011 school year.

During the time between September, when the proposal is submitted and June 1, the proposal is reviewed and changed as new information comes in and is not finalized until about a month before the new fiscal year starts.

According to Diede, in January of 2010, the reference librarian announced her plans to retire that upcoming May.

In May, the library was considered to have a full budget ap-

"We haven't bought any new books since September, except for a handful of things. Maybe a couple hundred dollars-worth of things that professors said we have to have."

Charles Diede

proved for the following school year, so after June 1 they started spending the money and looking for a new employee.

In August, indicators started showing that enrollment was down and that changes were go-

ing to be made. Heugel then told Diede that they needed to freeze the job position.

Heugel also spoke with the other librarians, various deans and NU faculty and employees to say that the school needs to reasonably cut everything that they can.

"The goal was, let's try to cut it in such a way that students don't feel like the budget was cut. That way it doesn't impact their experience, but instead impacts primarily the experience of the employees," he said.

In September, the library was

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Opinion

Shelbe's Soapbox: Unions and Collective Bargaining 101

Shelbe Kukowski
Political Columnist

Unions' ability to collectively bargain are making headline news thanks to certain Republican governors, such as Scott Walker of Wisconsin and John Kasich of Ohio. These individuals believe reducing or eliminating collective bargaining is a way to help balance large state deficits.

Collective bargaining is the right for unions, or rather, a single representative of the said union, to bargain with the government representative on a contract. The issues raised by the unions are generally about hours, higher wages, health benefits, pensions, safety plans, and rules of the workplace.

Currently, 26 states allow collective bargaining for almost all state and local workers.

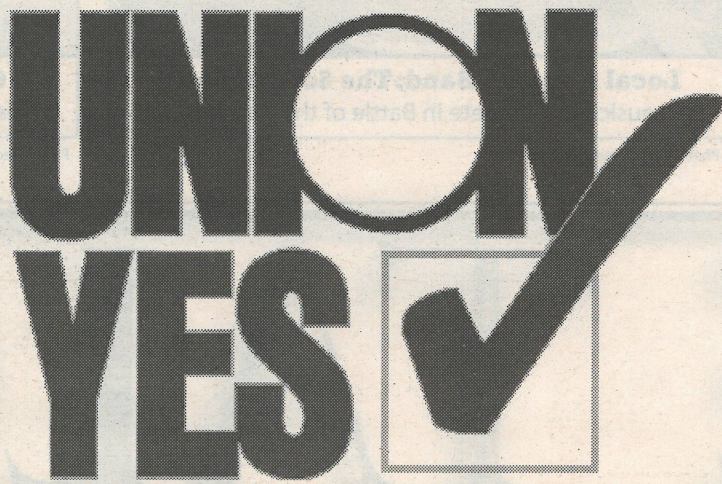
"A further 12 or so states have collective bargaining for a portion of their state and local workers, and the remaining 12 states do not have public sector collective bargaining," writes Chris Edwards for the *Christian Science Monitor*.

Public unions are made up of teachers, nurses, law enforcement, and fire fighters to name a few; their employer is the government.

I think unions used to have a place in the U.S. They were needed because working conditions were horrible, with strenuous hours at the workplace and little safety regulation. However, today there are regulations in place to make sure workers are treated fairly and have safe working conditions.

I would like to see formal unions disappear, allowing workers to form voluntary associations, like they do in North Carolina and Virginia, to lobby the government for higher wages and the like.

Another issue I have is that unions can often act when many of its members disagree with its actions. This should never be allowed, and as such,



The actions of unions may not always be collaborative of the group

Photo Credit: Istanbul Eats

voluntary associations are a perfect way to make sure the workers are being heard instead of union leadership acting in whatever way they see fit.

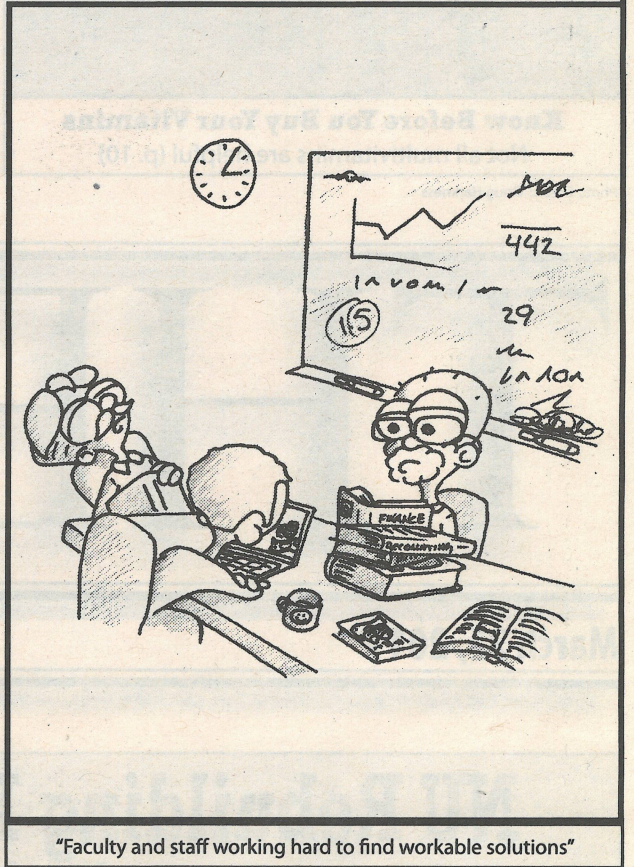
Unions and collective bargaining impact many at NU. Our school is distinguished by producing great teachers and nurses. Both of these fields have unions. Chances are that each of us will live in a state that has laws allowing, semi-allowing, or that ban collective bargaining. We need to see how unions affect people's lives. Will you be striking because you want to or because your union demands it? Or will you have to pay if you decide to not join a union? These are all things we need to be aware of going into our given area of work.

Having your voice be heard is important, but does there really need to be elaborate hierarchies of unions to accomplish that or can people form voluntary associations to lobby when need be, which then dissolve once the issue has been addressed?

I side with the latter.

For more information, contact this writer at shelbe.kukowski08@northwestu.edu

Drawing Attention



"Faculty and staff working hard to find workable solutions"

Kirkland's Newest Music
KCNU
1500 AM

LETTER FROM THE EDITOR

I don't know about you guys, but spring break felt like a sneeze and then it was over. At least it felt good for a moment right?

Now we're all hitting the grind and trying to finish the last month or so with our sanities intact. I envy you underclassmen, as you relish in your bubble tea runs, dorm activities, late night games and study parties in Perks. 'I remember those days,' we seniors might say.

Once you hit senior year, everything feels like it's on fast-forward. I told my mom the other day that I feel like I'm on a roller coaster without a track, winding and cruising at a ridiculously fast speed towards graduation.

After talking with a few of my fellow seniors, I realized that I'm not alone in this feeling. It seems that at this point, most of us have possibly reached some stage of burnout.

My classmate said it so well, "I just want to exist and be for awhile."

For the overly-busy, this might resonate with you - I know it does me. Graduate school is an option that looms over us teasingly almost, challenging some to keep their chin up and persevere while they're still in the groove of things. For others, this idea is utterly terrifying and they'd rather fill out 12 applications for local businesses than three for graduate school. (See p.5 for article.) I think I'm

somewhere in between.

It's interesting hearing students talking about what they're doing after graduation, or even their plans for the summer. It's also interesting how different each year is, and how much you can change sometimes.

I'm realizing that experience and networking are like the Ben and Jerry relationship - that you need to get some sweet deals in the real world. (Excuse the pun.) In this issue of *The Talon*, we explore some of these options with you students as well other topics that may interest you.

A professor gives his advice on interviewing after years of experience in the business world, students pipe up about budgeting techniques, and Jessie and Josh battle out whether or not cussing affects your faith. Flip through these articles - you might just learn something.

Oh! And if you want to take over my job, or anyone else's for that matter, send us your resume, cover letter, and one writing sample (3 photo samples for senior photographer,) and we'll see if you have what it takes to survive *The Talon*. *Dramatic music*

But really, we need a solid new staff next year, so if you think that's you - do something about it! P.S. We love you, friendly NU readers.



Hours

Monday - Thursday
7:30 AM to 9:00 PM

Friday
7:30 AM to 5:00 PM

Happy Hour Specials

Going on through March

7:30 AM to 8:30 AM

Purchase any coffee drink and get 50% off a muffin!

6:00 PM to 9:00 PM

Get a free upgrade on any coffee drink. e.g. Get a 16 oz for 12 oz. price or a 20 oz. for 16 oz. price!



NU rebuilds revenue *continued from page 1*

declined the job position and their book buying was suspended, which was difficult since the library had already begun buying books in June.

"We haven't bought any new books since September, except for a handful of things. Maybe a couple hundred dollars-worth of things that professors said we have to have," said Diede.

He managed to keep all the databases and subscriptions for journals and periodicals sustained. The library currently has no reference librarian hired; the other four librarians and four workers in the library are doing the work instead.

"We're here to support the education of our students. On the other hand, if the institution closes down because they go bankrupt, that's not going to help anyone either," said Diede.

Currently, the library is surviving on 57 percent of what would be considered a full budget.

According to Neary, the million-and-a-half dollar donation by Hobby Lobby last fall has really helped strengthen NU in getting things back on track.

Just recently, clearance has been given to the library to rehire a new reference librarian this summer for the upcoming fall term.

"In the fall, we endeavored to keep students from significantly feeling the impact of our work to decrease spending," said Neary.

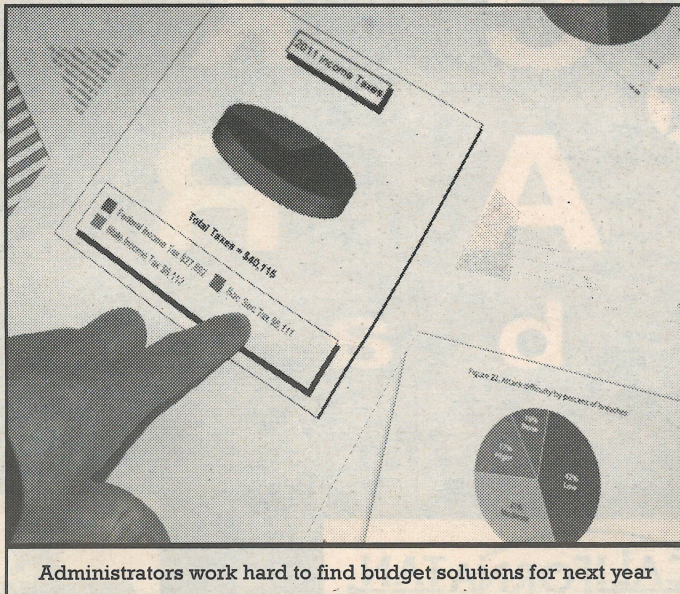
NU student and library employee, Michael Anderson, has worked at the library for over a year and he did feel the impact. He said with the current economic recession, times can be rough, changes can be tough, but things are getting better.

"I do feel that the school and library are handling this difficult situation well," said Anderson.

All of these efforts were to ensure that current NU students paying money to come here did not feel the heartache of dealing with a budget crisis.

"I'm really grateful for the attitude of the employees, faculty and staff, who had to work really hard, and especially the academic deans, whom I work with. They also had to work really hard to figure out how to make these cuts, how to make do with less, and how to do good work with less money. I think they did an outstanding job," said Heugel.

Students wanting to share thoughts, opinions or ideas about this topic can E-mail President Castleberry, Dan Neary, or Jim Heugel.



Administrators work hard to find budget solutions for next year

Photo Credit: Doug Harkness

"In the fall, we endeavored to keep students from significantly feeling the impact of our work to decrease spending."

Dan Neary

Difficult balance of childcare and school

Anuheia Akamine
Senior Staff Writer

They are in classes and around campus. They are like any other student, except for the balancing act they perform on a regular basis.

Northwest University student-parents carry an extra burden on their shoulders as they strive for a degree.

At the end of February, the state of Washington passed out of the Senate Ways and Means Committee a bill addressing Child Care Grants program.

If successful, the bill would divert monies from the Washington State Lottery's account of uncollected prizes to help give colleges money to aid student-parents who must also pay for childcare on top of the cost of education.

The bill points a finger at the staunch reminder of the load these students must carry.

ReighAnn Haugen, married for six years and mother of two, is finishing her first year here at NU. When she got married, she never anticipated going back to college - it was not until her dissatisfaction with her workplace and the general lack of income drove her to enroll in school.

"I knew that I had to go back to school. But when I got married, I had no intention of going back to school - just raising my family. My husband doesn't make enough to support us right now, so getting my education and being able to contribute to my family financially was important," she said.

Judy Thomas, who has been a student since 1984, has been a full-time single mom of eight and will enroll in NU's nursing program by fall. Thomas is well-acquainted with the difficulties of this parent-student balance.

"My own needs have been made last priority, even to the point of not getting a haircut, unless someone else pays for it. Thus, you will know, it's been this lifestyle for a long time, when you notice my hair

length is long," she said.

In all of her years as both a mother and a student, Thomas has put the safety, security, love and devotion required of a mother before everything else in her life.

"When I am a student, I still am a Mom first," she said.



Sarah Pemberton plays with four-year-old daughter, Anna

Photo Credit: Doug Harkness

Some student-parents suggest that students can easily rush into having families without harshly considering the responsibility and sacrifice it requires.

"The biggest difficulty is my time management, so sometimes it's hard to keep up with the school and up with the homework. I had no idea this would be as difficult as it has been," claimed Haugen.

In addition to having a family, Haugen was the first of her family to move from a two-year college to finish her degree at a four-year university.

"Looking back on it, I wish I could have gone to school and gotten my education first, then got married and had kids because it's just so difficult for me," she said.

Despite everything, Haugen, like Thomas, puts the needs of her children first.

"It's been so worth it because now I have my children, and I hope when they're older they can look back and be proud of me and what I have accomplished, and that they can say that their mom did whatever she could to better their lives and help them," she said.

Though NU provides no regular child care services, NUSG is sponsoring Parents' Night Out on March 25th at 6:30 p.m. where childcare is provided.

NUBOOKSTORE

Monday - Thursday 8:30am to 6pm
Friday 8:30am to 4pm

Class of 2011!

**Northwest University
Commencement is
May 7, 2011**

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Boy scout helps build disc golf course



Students join in on the new, exciting sport that has hit NU

Photo Credit: Elizabeth Moberg

Harry Pattera
Guest Writer

Something new has graced the campus of Northwest University this spring. It's exciting, fun, free, and inviting, and you have the opportunity to get involved.

I am Harry Pattera, local Boy Scout of Troop 532. I am attempting to become our troop's first Eagle Scout, and for my Eagle Project I planned and installed a 9-hole disc golf course here at Northwest University. The course was approved and funded through the Student Senates of 2009-2011.

Throughout the planning process, I have worked closely with NUSG representatives, student development staff, and a certified disc golf course designer. This project has provided opportunity to raise funds for materials, organize a volunteer force, and supervise the course installation.

Disc golf is becoming ever more popular with 41,313 registered players and scores of recreational enthusiasts. The sport is played like golf, but uses a disc and arm

strength. The disc is thrown from the tee area to the basket, with the goal of using the least number of throws possible.

This is an easy sport to learn and is fun for participants of all ages. Families, groups, and individuals can all enjoy playing together. Currently, there are no courses near Kirkland, so this makes a great addition to the area.

"Disc golf discs are similar to golf clubs. One uses a set of discs in relationship to the distance of the throw. In the EFC, students can check out a set of three discs: a maximum driver, mid-range driver, and an approach/putter disc," said Paul Banas, Vice President of Student Development.

Student IDs are required to check out discs, so come with your card and some friends, ready for some fun.

Disc golf will offer great opportunities for tournaments, intramurals, and recreational use for years to come.

For more information, contact this writer at harry@thinkhere.com

Orange flags never looked so good



Just when you thought crossing the street was boring, safety flags might just be what you need

Photo Credit: Kaitlyn Clancey

Timothy Edward Smith
Senior Staff Writer

When crossing the street there's always a slim possibility that an incoherent driver could drift around the corner at the speed of a cheetah and smear your face into the pavement.

In 1995, the city of Kirkland installed amber crossing lights and safety flags at crosswalks around the city in order to increase pedestrian safety, according to Sergeant Todd Aksdal of the Kirkland Police Department.

A suggestion to pedestrians that value safe walking: if you want to make a driver aware of your presence, try waving the orange flag frantically to get their attention. (Your friends visiting town would probably love to join in.)

You can even take two flags to double the effect of the frantic flag-waving safety tactic. A driver will be more likely to see you and stop,

preventing your body from becoming a spectacle of crosswalk roadkill.

"I think anything that draws a driver's attention to the crosswalk or pedestrian is a good thing. Most of the car versus pedestrian collisions that I respond to occur because the driver simply does not see the pedestrian," said Aksdal.

According to David Godfrey, transportation engineering manager of the City of Kirkland Public Works Department, a slogan called, 'take it to make it', is written on the crosswalk flags and flag holders to encourage a pedestrian to think about safe walking habits.

"The 'take it to make it' slogan and other messages on the holders help to address the idea that some people didn't feel that crossing was dangerous enough to warrant carrying the flag," said Godfrey.

According to police reports, there have been 22 car versus pedestrian colli-

sions in the city of Kirkland between 2010 and today. There was only one collision on 108th Ave NE in the area of Northwest University.

The last fatal pedestrian crash was in 2000, according to Godfrey.

Looking both ways before crossing the street is still the best way to ensure safe walking, but the city of Kirkland cares enough about its community to take additional precautions in making the eastside a safer place for citizens.

So whether you choose to take the no-flag approach when crossing the street, or twirling flags in both hands while skipping along to the flashing lights, just make sure that when you're crossing the street, your journey gets you safely to the other side.

For more information about pedestrian safety, visit http://www.ci.kirkland.wa.us/depart/Public_Works/Transportation__Streets.htm

Students breach the ever-intimidating job market with determination

Marisa Pacchiarotti
Staff Reporter

College is a time for students to discover how to apply their talents and interests as they make post-graduation plans. However, knowing what you want to do is only half the battle: finding a way to do it can be the hardest part.

Finding a good job, or sometimes even a job at all for the summer or for the year is a significant issue often overlooked in the classroom.

One way NU assists students in the daunting search for jobs is by providing opportunities within the school.

Music education major, Beth Hascall, works for the NU music department and appreciates the convenience of having her job and school at the same place and also the experience it provides her.

"Everyone wants to hire people who have job experience, but no one wants to hire students fresh out of school in order to give them experience...I feel like there are few jobs available for students simply on the basis of the required and coveted experience," she said.

Students find that having quality work experience is often the key part of getting a job, thus sometimes the most challenging thing to accomplish. It may take perseverance to create a solid resume, even one with little experience. Students who initiate contact with companies and keep at it will ultimately see results.

NU student Nicole Snyder now works for Old Navy in the summer but she explained, "It was very difficult for me to find a summer job. Two years ago I spent most of the summer applying for jobs, but I was never hired. Last summer I applied

at Old Navy and called the hiring manager several times after applying to ask her to review my application."

Following through on applications by repeatedly



Finding a job is possible with enough determination

Photo Credit: The Aviator Casino

contacting your potential employer is an important step in finding a job, according to Snyder.

Fellow student Kristy Ericson said she also had a hard time finding a job and not for lack of trying.

"One summer I filled out around 15-20 applications, and got no positive responses until the first place I had applied contacted me about 6 weeks later," she said.

However, her perseverance and diligence in seeking jobs finally paid off, even if only for the experience.

"It ended up being a lame job," Ericson added, "But it gave

me experience I could put on paper, which then helped me get my current job!"

Contacting future employers can prove your commitment, as can relying on your current social pool. Websites offer networking, but nothing beats a personal connection.

"Both my summer and school jobs were quite easy to get thanks to knowing the right people," said Hascall. "I think the most important thing is to be flexible. If you want to teach, get to know people in the schools you sub in - if you want to do business management, you might have to start out as a checker at Whole Foods."

In this way, students like Snyder and Ericson persevered in an economy that is more intimidating than it is impenetrable, and will spend their summer working their way up by starting as a sales associate and a waitress.

While the university does not currently staff a career services office, both Andy Hall and Levi Davenport are available to assist students with resume writing, cover letters and other career counseling support, according to Paul Banas, Vice President of Student Development.

The Student Development Office recently launched a career services web page that is available at <http://eagle.northwestu.edu/s/>.

Check out <http://eagle.northwestu.edu/jobsearch/> for a constant list of the newest available job opportunities in our community. Opportunities range from nannying, to teaching, to business and office openings.

Looking for some different job opportunities? Check out www.coolworks.com

THE NEST DIVIDED :

Does swearing affect your F@!th?

Your language affects your witness

Jessica Fast
Staff Reporter

Words are powerful. The words we speak define our thoughts. We can express these thoughts through words, which explain to those listeners around us who we are.

Seen in this light, language itself defines me as an individual and also peoples' perceptions of me. Words exist, both written and spoken, as the most common and efficient means of communication with others. Thus, language use should not be taken lightly, because in a very real way language works to define both personality and integrity.

This same principle applies to the use of profanity. By swearing (or conversely, not swearing), we are making a statement about the kind of individuals we are.

Whether we like it, or always realize it, people do judge character based on the language a person uses and how it is used. Ignoring this fact can result in sloppy, unintentional impressions that do not accurately reflect the true nature of a person.

I do not think this is necessarily an issue of whether swearing itself is right or wrong, but of appropriate behavior in certain situations and of us, as speakers, being aware of the kinds of effects those behaviors have on others.

Expressing faith is no different. When I was attending community college, one of the ways I chose to express my faith to my peers was through my choice not to swear. Profanity runs rampant on most campuses, so my choice to show that I was different was through speaking differently than my peers.

This approach was inoffensive and implicit; it didn't push Christianity down anyone's throat, but instead introduced my character through my language use. In this way, I was able to set myself apart obviously, but still subtly.

"There is nothing faith-like about offending a person through needless profanity, it is better to avoid the use of swear words at all."

Jessica Fast



To each his own, Jessie and Josh see swearing and language differently

Photo Credit: Doug Harkness

Profanity is also contextual. Words often exist on a scale of 'better' or 'worse,' and although these standards are arbitrary and change with time, geography, and situation, the capricious nature of words needs to be considered.

There is nothing faith-like about offending a person through needless profanity, so in order to avoid the possibility of causing undue offense and harm to one's testimony, it is better to avoid the use of swear words at all.

In this way, one's own faith is unhampered and one's impression on others also remains intact.

Language presents a unique opportunity to witness without being invasive, threatening, or overly evangelistic. If faith should come through actions and not just professed declarations, abstaining from swearing can only have positive effects on both faith itself and on perceptions of faith by others. Therefore, if we want to portray images of being people of faith, our language should also reflect that goal.

For information, contact this writer at jessica.fast08@northwestu.edu

Even the soapbox preachers do it

Josh Bollinger
Staff Reporter

Swearing seeps itself into almost every fiber of a society's communication and finds prevalence among the unsaved and saved alike.

Is cussing a fast track to the bowels of hell? Not necessarily.

There remains a night-and-day difference between simply swearing and caustic cursing - the latter involves wishing ill-harm

to a person with one's words, while the former merely involves the use of a word (most of which are subjective to whether it's a swear or not, depending on the hearer.)

Seemingly at times Christians love a good finger-pointing, and it can certainly come across as a spiritual soapbox of sorts, standing tall above the foul-mouthed people of the world declaring their iniquity while subsequently insinuating their own holiness and closeness with God Himself. Good for them, that's awesome. But what about an individual's environment?

It can be argued that it remains an easy task to refrain from cussing for a pastor's kid, who was raised around clean-mouthed parents who did not allow cable (only Veggie Tales) and who withheld their child from the foul-mouthed evils of public school children.

Does it really make sense for that 'PK' to declare their "flawlessness-of-the-tongue-holiness" above individuals who were raised by swearing parents with

HBO, who matriculated to the local public school?

Even if that individual converts to Christianity, it takes time to arise out of that habit. It's a lot like learning a foreign language for these individuals, and just like bi-linguists, during moments of intense joy or anger, they may revert back to their original language. That does not make them bad people, or any less holy. In fact, the sin of pride far outweighs a cuss word. But that's just one example.

Another lies in the fact that many Christians just substitute 'fillers' in place of their four letter counterparts. So instead of saying the word itself they merely insinuate it. How is that any different? They just end up sounding like Ned Flanders from "The Simpsons."

When Jesus physically walked the Earth, he chose men to be his disciples that were the ancient equivalent of blue-collar workers: rough men with rough work. If anyone used colorful language it was them.

Mark Driscoll, of the popular Seattle mega-church, Mars Hill, has been labeled as 'the cussing pastor,' because he says words like, "sucks," "I'm pissed," or "damn." A search on YouTube reveals a plethora of video responses to the evils of Mars Hill

and their swearing leader, yet Mark still leads a solid church chain in the most un-churched area of the nation.

He appears on "Nightline" and various other television programs declaring the gospel. He is not a bad person or an unholy man; Driscoll has led thousands to Christ.

There remains a vast difference between saying a swear word and cursing. Cursing is tearing someone down and wishing ill-harm upon their life with your words, which Driscoll does not do. God is much more concerned with spiritual pride and haughtiness than He is with someone saying, "this sucks."

For more information, contact this writer at josh.bollinger08@northwestu.edu

"It takes time to arise out of that habit. It's a lot like learning a foreign language for these individuals, and just like bi-linguists, during moments of intense joy or anger, they may revert back to their original language."

Josh Bollinger

Interviewing is the gateway to success Professor Winfred G. Allen, Ph.D shares his insights

Wynn Allen
Guest Writer

The Bible discusses the word "prepare" some 81 times. (Strong's Concordance of the Bible) Interviewing is the word for securing a position.

"Prepare" and "interviewing" are truly linked. Prepare so as to earn the privilege of an effective interview. You have developed your knowledge in your field, acquired specific skills, and are ready to apply them both. Now it is time to convince someone else of your qualities.

The three most important approaches to securing an interview: networking, networking, networking.

85-90 percent of jobs are not in the newspaper. Tell everyone of your search. Do you have business cards? How will people contact you?

Create bulletproof resumes directly bridging your



Professor Wynn Allen, with fellow comm. students

Photo Credit: Shannon Kestner

skills/knowledge to an organization's needs. Resumes get interviews. Interviews get jobs. Exception: Your networking may directly lead to an interview. Yes, it sometimes happens!

The number one issue HR (human resource) people tell me is "Most applicants don't know our organization." Use the Internet. Talk with those in the organization. Get annual reports (public companies). Call organizations and ask to "shadow" a person for a day at their work. If they say, "Yes" -- you're ahead. If they say, "No" -- what did

you lose? Personally, I like Win-Wynn results!

Have questions ready. The best interview is a conversation -- the give and take between you and the interviewer. Interview the interviewer. Have a dozen or so questions -- some for discovery, some for confirmation of what you previously understood about the organization. This will assist in determining if you want to be associated

with the organization. Do I want to work 40-50 hours a week with this person/organization when I only spend 25-30 hours (Monday - Friday) with my family?! And, never, never respond to a question with simply a "Yes" or "No." To be interesting, be interested! Pithy, but true.

Focus on your skills and knowledge -- as they relate to the position that is open! Do not omit your relevant life experiences. Be specific about how your abilities, education, and acquired experience may resolve their needs. They need the position filled as much as you need the position. How can the two of you make it happen?

Attitude -- singularly most important. HR people say maybe 50 percent of an interview concerns an applicant's skills/knowledge -- the other 50 percent is interpersonal communication. Be positive. Phrase all questions and answers with positive statements. Prepare. Return to Philippians 4: 4-9!

* Note: NU summer semester is offering a course on Interviewing. Dr. Allen expects the publication of his book, "The Day After Graduation: Power Interviewing for Recent College Graduates," to be available as the textbook for that class.

Royal Family Kids Camp provides Christ-centered environment

Kelsey Horn
Staff Reporter

Faculty and students unite to bring hope and make a tangible difference in the lives of foster children in the greater Seattle area.

Northwest University students Matthew Hodson and Michael Smoak, as well as IS employee Randy Bonds, demonstrate Christ's love in a powerful way through volunteering at Royal Family Kids Camp.

"Royal Family Kids Camp's purpose is to allow children who are

"Working with these kids is very special, because Jesus works in them powerfully during this week."

Matthew Hodson

in the foster care system a week in which they can have choices in an environment that is not judgmental, condemning, or abusive but rather is positive,

uplifting, and Christ-centered," said Hodson, who had the opportunity to be a counselor last year.

The motivation for this outreach is based out of God's commission in James 1:27 to take care of the orphans. In turn, it displays the message of Jesus to children who would otherwise possibly never hear about Him.

"Make no mistake, it is difficult work. Many of these kids have been abused in heinous ways, and they carry



Kids are welcomed with open arms and excited counselors

Photo Credit: Noelle Bonds

a lot of baggage ... working with these kids is very special though, because Jesus works in them powerfully during the week," said Hodson.

The camp is made available free of charge to physically, emotionally, and sexually abused foster kids, according to Smoak.

"Many of the kids live with foster parents who do not celebrate their birthdays, love them, or provide for them beyond the minimum requirement," said Hodson.

The staff hosts a birthday party for every single camper including cake, entertainment, balloons, and presents, explains Bonds.

"At the age of 7-12, some of these campers are in their 4th, 5th, or 6th foster home, bounced around several times a year. No one [bothers] to ask when their birthday is, or [they're] moved to the next home before there is time to celebrate," said Bonds.

Hodson anticipates great things for the camp this summer and encourages more students to get involved. However, he cautions those to be aware that the kids struggle with tough issues.

For some, that means antidepressant medication and other forms of therapy.

"Anyone age 18 and up could have the opportunity to be a counselor: the real heroes in the cabin," said Bonds.

Other ways to be involved include becoming a junior counselor, running an activity center, worship and drama teams, and night relief.

The camp also features a 60-foot giant swing, a zip line, a pool and ultimate laser tag.

RFKC is an international organization with several facilities in Western Washington. All three volunteers serve at a local camp sponsored by Cedar Park Church in Bothell, which will be held July 18-22.

This ministry is always in need of counselors, especially males- the more counselors, the more kids who can attend.

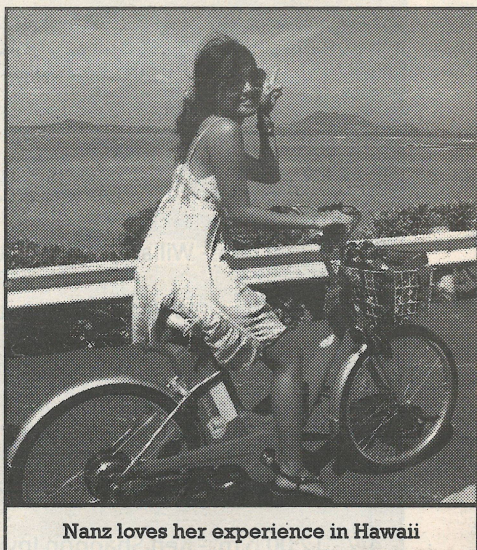
If you want to get involved, please contact Carolyn Winter at Carolyn.winter@cedarpark.org.

Student volunteers with wild dolphins in Hawaii

Nanz Yotsaya
Guest Writer

I am currently getting a masters in Social Entrepreneurship at Northwest University. This program has inspired me to create social impacts and innovative ideas for our community and helped me to think seriously about volunteering and social enterprise.

When I was young I had a dream to swim with dolphins in the ocean someday. Dolphins are one of the most wonderful creatures and smartest animals in the world - not only are they extremely intel-



Nanz loves her experience in Hawaii

Photo Credit: Wild Dolphin Foundation

ligent, but also are so friendly. Today, I'm finally realizing my dream came true. I have had a great opportunity to volunteer with Wild Dolphin Foundation in Hawaii.

At the Wild Dolphin Foundation for the Conservation of Marine Life and Ocean Habitats, I helped research programs and began my first fundraising project for the WDF to help release dolphins in Taiji, Japan back to the wild. Most of the time, I have been onboard with the dolphin and whale watching tour.

The crew educates people about the wild marine creatures and protects the marine life. I got chances to swim with the wild dolphins in the Pacific Ocean. The feeling when I was swimming with them and watching them diving up and down freely was incredible and impres-

sive.

When you're boating, it's a thrill to see dolphins skimming alongside a wake, but an added surprise is seeing a humpback whale spilling out of the surface right next to your boat. Luckily, sometimes we met tons of whales breaching, and even some mating behavior.

The mission of WDF is to protect and restore the natural habitats of dolphins through research, advocacy, public education and conservation and to create culturally sustainable change in human behaviors which continue to threaten the well-being of dolphins (and humans)

worldwide.

More than just an interesting trip, I discovered my work in Hawaii a life-enhancing experience by learning a great deal about the organization services for the environment and community - especially the marine life such as the humpback whale, sea turtle and Hawaiian dolphin.

I discovered that there are a lot of dolphins and whales needing our help. There are more than 20,000 dolphins that have been killed in Taiji, Japan. However, you can help donate a dollar to WDF at <http://www.firstgiving.com/fundraiser/yotsaya/1dollarcluborg-foundation>.

For more information, contact this writer at yotsaya@hotmail.com

NU alum ministers to youth through her passion for music

Danielle Mercier
Staff Reporter

Recent NU graduate Christina Mulkey is utilizing her musical talent combined with her passion for God and pouring them into the youth at her home church.

After graduating from NU, Mulkey moved on to play a major role at Bethany Christian Assembly in Everett. She is currently an administrative assistant for the music department, and a women's director and worship coordinator for student ministries.

"I find myself more fulfilled when working with students than I thought I would ever be. Seeing students up on stage leading has been most fulfilling to me, just seeing them grow in their gifts," said Mulkey.

She believes NU has played a big part in influencing her post-graduation life.

"NU has been a huge launching pad for me. The life skills, the lessons in leadership, community and teamwork I took from it have been a huge part of my life now," said Mulkey.

She explains that the music classes she took at NU, being involved in Choralons, and traveling with Crossing have all been significant moments that helped her grow for the future roles she plays now.

It was not all easy going after graduation though, and reaching her goals was a struggle at times. Mulkey explains that she did reach a point of financial struggle.

"We can plan our lives, but the Lord directs our steps. This is a relief if we truly believe his plans are good and that he is trustworthy, which he is all the time," said Mulkey.

Recently Mulkey released her own CD and is very proud of it. She hopes her CD can prove to be as successful as the time she has spent thus far with the Bethany Christian Assembly youth.

"I would not be at the place I'm at without my experiences at NU," said Mulkey.

Giving a lot of credit to NU and her faith in God, Mulkey is a great example for future graduates of NU.

To contact this writer, E-mail danielle.mercier09@northwestu.edu



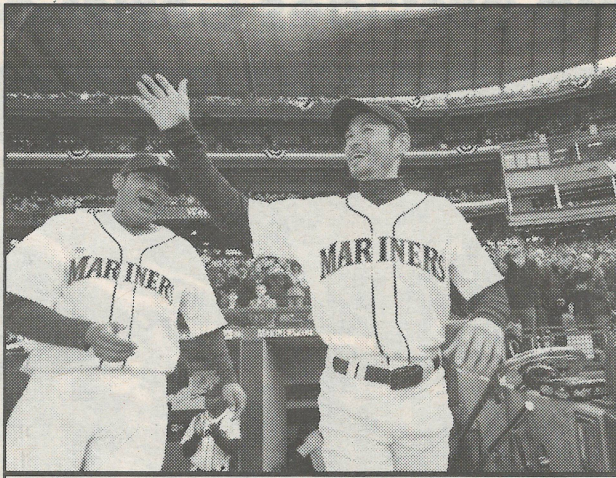
Mulkey shares her musical talent and knowledge with youth

Photo Credit: Doug Harkness



Fans cheered men's basketball team on to a championship game

Photo Credit: Shannon Kestner



Fans can look forward to seeing two Mariner all-stars this season.

Photo Credit: KOMO news



Rich Skillman (#5), attentively keeps his eye on the game

Photo Credit: Shannon Kestner

Men's basketball season ends in the midwest

Timothy Edward Smith
Senior Staff Writer

The men's basketball team traveled to Branson, Missouri over spring break to compete in the NAIA Division II Men's National Championships. Unfortunately, they were eliminated in the first round by the #13 seed and defending national champions, Saint Francis of Ft. Wayne, Indiana.

"It's been a great experience for Coach Van Dyke and I to return to Missouri after being there in 2007. It's something we wish every Eagle team could experience," said Sports Information Director, Al Kawashima.

According to Kawashima's postgame press release, the Eagles fought back and forth with Saint Francis the entire game; exchanging the lead and never letting the point margin reach double-digits. NU trailed 74-73 with 3:09 remaining in regulation but ultimately fell short at the finish, with a final score of 87-79.

"It was a great feeling to have the opportunity to attend Nationals," said senior center, Greg George.

Both NU and Saint Francis shot 47 percent overall for

the game. Quite possibly what changed the game was the three-point shooting percentage difference. Saint Francis shot 28 percent (5-18), and NU shot 22 percent (4-18).

"I'm extremely proud of this group - especially the seniors. They've contributed a great deal to the success of this program and a big reason why we were here. We'll really miss them," said head coach, John Van Dyke.

Seniors Greg George and Greg Peters both played in their final game as an Eagle, and are the only seniors to have played all four seasons for NU. George led NU into the game with 21 points and 6 rebounds, while Peters reached a double-double with 14 points and 12 rebounds.

"I was so happy for our four-year players, George and Peters, who have weathered through a couple of lean years and helped get our men's team headed in the right direction to be able to finally make it here to Branson and the national tournament," said Kawashima.

As NU says farewell to these seniors, next year NU will welcome in new faces and the returning excitement of our Eagle basketball competition to the Pavillion.

Contact writer at tim.smith08@northwestu.edu

First annual hall of fame

Marielle McKean
Guest Writer

On March 25, NU will celebrate student athletes, teams, coaches, and others who have made a significant impact on NU athletics over the past 75 years.

"The Hall of Fame event, even in its first year, is catching a lot of momentum and truly means a lot to our past athletes and the many who have been a part of Eagle athletics through the years," said Dani Haynes, executive assistant to President Joseph Castleberry.

The 2011 Inductees include Kristi Brodin, head coach of women's basketball and volleyball at NU from 1970-1998; John Brown, men's basketball athlete at NU from 1972-1975; the 1987-1988 women's basketball team; and LeRoy Johnson, outstanding service contributor from 1967-present.

A wide variety of items will be auctioned such as vacations to Hawaii, Whistler, and an Alaskan cruise and autographed sports memorabilia, such as a Joe Montana helmet and Dave Krieg's jersey. NU-specific sports items such as being a coach for a game or one-on-one instruction from a coach, as well as jewelry, tickets to the EMP, and gift cards to several stores will also be auctioned.

Proceeds from the event will go towards athletic scholarships. The plaques will be placed along the hallway just outside of the Eagle Fitness Center, which will officially become NU's "Sports Hall of Fame."

Individual tickets are \$40 and table sponsorships are \$400. If planning to attend the event, RSVP by March 18th. Attire is semi-formal. The silent auction and hors d'oeuvres reception begin at 6 p.m. with dinner and the hall of fame program at 7 p.m. in the Donald H. Argue Health and Sciences Center, rooms 231-233.

Contact writer at marielle.mckean@northwestu.edu

Mariner fans hope for a winning season

Andrew Long
Guest Writer

The grass is growing, flowers are blooming and baseball is just around the corner. In a few weeks, Major League Baseball will begin their season, and spring, as far as sports fans go, will officially be under way.

Fans in Seattle usually greet this season with a great deal of pessimism. Our hometown Seattle Mariners have only had 2 winning seasons in the past 7 years, and haven't made the playoffs in a decade.

Last year, things were supposed to be different. The Mariners were picked by many experts to win their division, and some even thought they had the strength to make the World Series. Boy, everyone was wrong. The Mariners stumbled their way to 101 losses and had the most miserable offense baseball has seen in over a quarter century.

This off-season, the Mariners didn't do much to improve their team. Because of a lack of budget room, the M's front office was stuck to signing lesser-known players that they believed would help the team, most notably Jack Cust and Miguel Olivo. The team is also counting on a few guys to stay healthy who didn't last year, like Erik Bedard and Milton Bradley.

Bedard used to be one of the best pitchers in baseball before getting hit with a slew of injuries the last few years. If he can return to form, the Mariners rotation turns from 'decent' to 'good'.

Bradley has struggled with his physical and emotional health over the years. If he can start hitting like he used to be able to, and that's a big if, the offense would dramatically improve.

Lastly, the Mariners are counting on help from a few of the minor league prospects this year too. Dustin Ackley was a second overall pick in the 2009 MLB Draft and has climbed through the minor league ranks. He's a second baseman

Eagle Sports Highlights

WINS AND LOSSES

3/9 Men's Basketball vs. Saint Francis - NAIA National Championships 87-79

2/26 Men's Basketball vs. Eastern Oregon Univ. - CCC Tournament 83-73

2/23 Men's Basketball vs. College of Idaho - CCC Tournament 60-54

2/22 Women's Basketball vs. Eastern Oregon - CCC Tournament 90-65

2/19 Men's Basketball vs. College of Idaho 82-68

2/19 Women's Basketball vs. College of Idaho 69-54

UPCOMING GAMES

Track and Field

3/26 - 12:00 p.m. - CNW Spring Break Open

4/1 - 12:00 p.m. - Willamette Invitational

4/2 - 12:00 p.m. - Willamette Invitational

4/9 - 12:00 p.m. - Ralph Vernacchia Invitational

4/22 - 12:00 p.m. - WWU Twilite Meet

4/30 - 12:00 p.m. - St. Martin's Invitational

4/7 - 12:00 p.m. - Ken Shannon Invitational

who could turn into one of the game's best hitters before his career is over. Other youngster fans should keep their eye on Michael Pineda and Justin Smoak. If these guys come out of the gate and play well, the Mariners could surprise some people this year.

Returning All-Stars, Ichiro and Cy-Young Award winner Felix Hernandez, are the biggest assets to the team and fans can count on these two players to compete in a most valuable fashion.

There have been a lot of 'if's' in this column, and ultimately, that summarizes what Mariner fans should feel heading into the season. The team probably isn't a playoff contender, but spring is the time of a new beginning, in baseball anything can happen, and a truly dedicated Mariner fan, should "refuse to lose" hope and keep the "mojo" flowing all season long.

Contact writer at andrew.long09@northwestu.edu

For updated information on Men's and Women's Basketball playoff games, make sure to look out for game times and support your men and women Eagles!

The game of broomball lives on

Jordan Holmes
Staff Reporter

You lose all sense of friction between your converse and the ice. You almost slip, but catch yourself with your broom. The ball whizzes by, and you swat at it without success, finally losing your balance and landing palms first on the cold rink floor.

Welcome to broomball.

"One of the reasons I like broomball is because you don't have to be an athlete to play. Anybody can fool around on the ice, put

on a pair of tennis shoes and just have fun," said NU junior Julia Johnson.

In the USA, broomball attracts many different levels of competition: from the serious participants in the World Broomball Championships to the college group wrapping household brooms in duct tape.

In this form, broomball is nothing but a dangerously fun event meant for the enjoyment of all.

"It sounds like it could either be a disaster or it could be really fun," said junior Mason Abdalla, who has never experienced the icy fun of broomball before.

In its higher forms, broomball is for the serious athlete and requires the purchase of legitimate equipment and league fees.

Broomball began in the early 1900s in Canada. Specific details about the original purpose are uncertain, but it is obvious that its splendor has spread.

USA Broomball claims that streetcar workers began playing hockey with brooms and a soccer ball (www.usabroomball.com). Broomball.com credits the origin to vikings a thousand years ago.

Regardless of its precise birth, broomball reached the country of red-white-and-blue in the early 20th century.

Duluth, Minnesota played host to the first broomball games in the USA in the 1930s. Eventually, in the 1960s, official leagues sprouted up.

The International Federation of Broomball Associations (IFBA) organizes the World Broomball Championships every other year. Currently there are 13 countries associated with the IFBA including Canada, USA, Italy, Austria, and Switzerland (www.internationalbroomball.com).

Abdalla, when discussing the World Broomball Championships, asked, "Is it televised? Because that'd be something pretty interesting to watch, I think."

Although the IFBA was not officially formed until 1998, international broomball tournaments took place in 1991 and 1996.

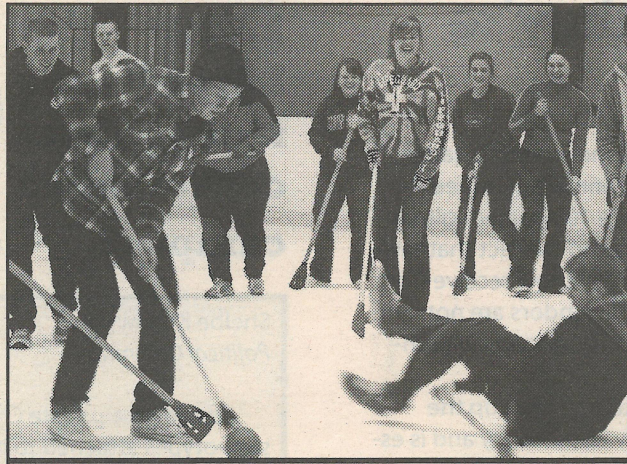
Not only has broomball branched out by location, but the rules have developed as well.

Starting with ten players per side, including one goaltender, the game decreased in size to eight players. Then in 1980, today's designated six players per side became standard.

"I would recommend people go with their friends if they've never done it before," said junior Kirstie Walton.

Northwest University has taken up suite and students and endured the icy temperatures of the rink for the love of the game last Friday on March 18.

Contact this writer at jordan.holmes08@northwestu.edu



For some, it's a game of precision. For others, it's a game of balance

Photo Credit: Elizabeth Moberg

The ultimate treasure hunt begins

Danika Helin
Staff Reporter

Treasure hunting means different things for different people. For some, it's following a map to dig up some buried treasure. For the members of the Treasure Hunting Crew at NU, it's something worth so much more.

Jaci Jensen, a senior transfer student, leads a crew each Monday night creatively called "Treasure Hunting." The idea behind this crew is that God wants to use us to reach members of our community. Sounds typical, but these treasure hunters have a very unique way of doing this.

Before each meeting begins, Jensen starts with a rundown on what the crew believes. The book *The Ultimate Treasure Hunt* by Kevin Dedmon is one of Jensen's influences, and provides more information into the world of treasure hunting.

"If you apply the principles of this book, you will see an increase in divine appointments and divine encounters in your everyday life," said Dedmon in his book.

They start each meeting with a time of prayer. During this time, everyone is given a piece of paper. Members are encouraged to write down words that they feel the Lord may be giving them. This could include descriptions of people, locations, or possible ailments that a person may have.

"After a minute or so, everyone will read their words. A lot of times they will be similar, so we narrow the list down to one paper, so we can bring it out when we are treasure hunting," said Jensen.

The treasure hunt begins by going to a location, usually one that has been written on someone's list. Once at the location, the members search for people who fit some of the descriptions on their paper.

Leslie Flores, a student at NU and a new member of the crew shared how they begin each conversation with the people that fit descriptions on their list.

"We say, 'We are on a little treasure hunt! Will you see if any of these [descriptions] fit you?' and it seems very casual at first," she explained.

Often times they approach someone with some sort of ailment and ask them if they can pray for them. They have even experienced the healing of an elderly woman's arthritis.

"Most people are generally responsive... The Spirit really does lead you to the people that you would think would be the least approachable, and they end up being the most responsive," said Jensen.

The crew ends their time with a debriefing session. They talk about what God has taught them through the experience, how God moved them outside of their comfort zone, and how it felt praying for people in their community.

"We give glory to God in realizing that if the night was successful, it wasn't because of us, and if it was unsuccessful it wasn't because of us," said Jensen.

Lindsey Wessa, a junior and crew member, describes how this crew has impacted her.

"It challenged my ideas and beliefs. It moved me to live out the faith I claimed, putting a new reality and liveliness to Christ that had lain dormant. It causes you to be heaven-minded and creates this new awareness of Christ's work here on earth," she said.

Check out the Treasure Hunting Crew for yourself on Monday nights from 6:00-8:00 p.m. or contact lindsey.wessa08@northwestu.edu for more information

It's not too late to get started on your personal budget and start saving now

Kristi Henderson
Staff Reporter

You're in college, so it's too early to be thinking of having a personal financial plan. That's for after graduation and you're making the big bucks, right?

Unfortunately, many college graduates who believe this begin their new lives after graduation weighed down with debt that often follows them for the rest of their lives.

You don't need to be one of them, but now is the time to make sure that you don't start down that road. Nellie Mae reports that the average amount of credit card debt held by college graduates is \$2,700

Working on paying this debt demands us to have a budget, so what is a budget exactly? It is simply a written plan for spending your money. You will spend your money, a budget just helps you to spend it wisely. Here at Northwest, there are many students who are good examples of budgeters.

Junior interdisciplinary studies major, Dana Black, comments on her ideas about budgeting.

"I am 24 years old and budgeting for me means being responsible with the money you have. To be responsible with my money, I put aside a certain amount each week



Students try to make every dollar count as they budget

Photo Credit: Elizabeth Moberg

that I allow myself to spend on anything from essentials to splurges. I also make it a priority not to use my credit card unless it is an actual emergency," said Black.

A big step in becoming a good steward of your money is to save it. Most people agree that saving is a good thing; they just say that it's impossible because of their financial situation. In reality, money that comes in has three places to go: savings, living expenses, or debt payments.

The choice is up to you. It just depends on your priorities. Credit is money you don't have, so it is not a good idea to spend it. However, according to collegestudent-credit.com, 78 percent of college students have at least one credit card and 32 percent of college students have at least four credit cards.

"I have an app called Mint on my droid phone and I use it to balance my bank account and monitor my spending. I budget in categories, putting money aside for things like, gas, essentials, food, coffee, insurance and phone bill. I also have my saving where I put in a certain percentage of my paycheck for emergencies, like a great deal on sweet kicks at Nordstrom rack. I keep a certain amount of cash on me for little things and deposit the rest in the bank," said Cody Callaghan, a freshman pastoral ministries major.

In short, the best thing you can do for your future is to begin today by building good habits in regard to your budget. Save more, spend less.

www.Mint.com is a great place to start when heading toward a healthy budget. You could also get the app, like Cody if you're always on your phone anyway.

Student Life

Health:

Multivitamins may not be all that they're cracked up to be

Brett Koga
Health Columnist

Multivitamins offer a one-a-day solution to all of your vitamin needs, but researchers argue that multivitamins are not as healthy as they are cracked up to be.

From an early age, our pediatricians told us to take our vitamins every day so that we could grow up to be strong and healthy adults. But do we really need to take vitamins? Doctors and physicians actually recommend the consumption of vitamins, because most people do not eat a healthy diet every day.

Overall, vitamins help us to maintain a healthy lifestyle, but One-A-Day multivitamins promise to replenish the necessary vitamins and minerals our body needs in just one dose.

According to a study by Intensive Nutrition Inc., multivitamins prove to be nutritionally ineffective because one's body requires an input of nutrients throughout the day to work properly. Basically, the problem doesn't necessarily lie within the multivitamin, but within our body's ability to absorb vitamins.

The medical dictionary describes 'bioavailability' as the amount of a drug that is actually absorbed from



Not all multivitamins may be as effective as we thought

Photo Credit: Doug Harkness

a given dose. Your liver processes the vitamins and minerals you consume, but just because you absorbed a nutrient doesn't mean it will be used in your body.

Centrum is a mainstream multivitamin that offers different products for specific purposes such as performance, elderly, and children.

"Many companies who manufacture supplements look for the cheapest ingredients, not the ones that perform best in humans," said Dr. Scott Olson in a jigsaw health article.

In fact, consumer reports do not consider Centrum to be a reliable multivitamin.

There's a reason those Flintstone gummy vitamins taste so good: they're filled with minimal vitamins and instead, are boosted with extra unnecessary ingredients.

Bayer Crop, a manufacturer of

Flintstone vitamins states they "cannot guarantee that they are 100 percent gluten-free due to the fact that raw materials [they] receive from outside vendors are not certified as 100 percent gluten-free."

Gluten makes up the chewy consistency and is essentially not necessary.

Consumer reports rate-Costco's Signature Multivitamins as the elite multivitamin out in the market. Unlike other

mainstream multivitamin companies, Costco maintains an acceptable health standard with the least amount of complications. If you want to buy an acceptable multivitamin, then go with the Costco brand.

In short, the body has a complex system of absorbing vitamins that cannot be solved through taking daily multivitamins alone. At best, multivitamins quickly pass through your system and provide little supplementary value.

Doctors recommend to spread out vitamin doses and to consume specific vitamins according to each person's needs. Vitamins help your body, but most multivitamins attempt to sell you a product that is not worth the inconvenience.

Contact this writer at brett.koga09@northwestu.edu

Eagle Eye: Liberal ideas on a conservative campus?

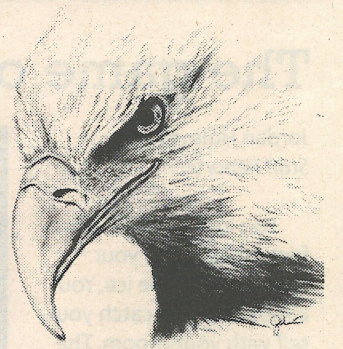


Photo Credit: www.eagle-clipart.com

Shelbe Kukowski
Political Columnist

Attending a private Christian college has certain stereotypes attached to it, such as the idea that everyone is politically conservative. It takes only one class with one outspoken "liberal" to show that Christians can be either conservative or liberal with their political views.

This begs the question: Are we, as an NU community, open to liberals- or even for that matter, slightly more liberal ideas than what is stereotyped as 'Christian'?

When asked if NU is open-minded to liberals Josh Michel said, "No. Those that are liberal are often pushed to the fringe."

Other students expressed the same feelings that NU is closed-minded and not willing to listen to the other side of an issue.

According to sophomore James Bowsher, this closed-mindedness stems from very conservative professors and students coming from conservative families.

It is important to note that not all professors and students hold liberal ideas. However, to break down liberal views, they are most recognized by: pro-choice, for big government, ultra-environmentalist, anti-gun, for gay marriage, and generally are tougher on regulating companies. The main issues most conservative Christians on-campus have with liberals are their stances on gay marriage and abortion: two items which are discussed within the Bible.

"NU probably has an unspoken standard when it comes to political views," said junior Kaitlyn Clancey.

When a student pushes the unspoken boundaries, people tend to freeze and then become very defensive, almost like attacking the person. Gui Chevalier remembers such a time in American Government class when he spoke up about voting for Obama. Fellow students jumped at this remark, he said, and began berating him for his choice at the poll.

Chevalier has a very lighthearted attitude towards this encounter and others he has had when he's stepped outside of the expected response on political stances. He takes it with a grain of salt because he understands everyone grew up differently; nor does he allow it to cause separation when getting to know other students. Instead, he looks beyond the conservative and liberal labels.

However, not all students are willing to be open with their liberal leanings. Often times, hearing a classroom full of students disagree with an individual who has more liberal ideas discourages others from voicing their 'liberal' thoughts.

Senior Lauren Holtz commented that she knows of several students who have left NU to attend other schools because they felt judged by the NU students for having a more liberal attitude on political policies.

As Christians, the most important thing to remember is that other students on this campus are our brothers and sisters - this spiritual family is not limited to conservatives.

Next time you hear a more liberal stance on an issue than what you're used to hearing, ask for the student to explain more and take the chance to learn from them. After learning all you can about an issue, if you still want to take the opposing side, treat them with the respect they deserve.

Do you think we as an NU community are open to liberal ideas? Take our poll at thetalonsquarespace.com or comment on this article online!

Pick your brain with Talon Trivia:

True or False

Back in the day at NU in the 30s, scandalous-clad freshmen girls were given a wool smock to cover any revealing skin. But it gets better: sophomores would receive a silk smock as a benefit of being older.

(Give yourself a pat on the back if you figure out what a smock is)

See page 11 for answer

Mentor relationships benefit everyone

Stedman Richardson
Staff Reporter

Whether it's to help out with life's daily obstacles or to just have someone to talk to, a mentor is beneficial to the success of every NU student's future.

In professor Darrell Hobson's Faith Integration course, there is an assignment where each student is required to go out and find a mentor. This mentor should be someone that does a great job of utilizing their faith as they grapple with everyday life - someone that can help them become closer to God and provide advice on real-life situations.

"I require students to do this because it is a great way to help them see how people from all walks of life develop a relationship with God and how he helps them," said Hobson.

Mentors can be coaches, family members, pastors, or other leaders in the community. Besides being helpful for giving advice, a mentor offers opportunities for a student



Jennifer Jensen enjoys a cup of coffee with her mentor

Photo Credit: Doug Harkness

to network in the world and learn to make the right decisions in their chosen career fields.

"This assignment is good because it helps me establish connections while getting advice and help with life's difficulties," said senior Greg George.

The assignment that professor Hobson requires students to do is great for many reasons. Echoing George's previous statement, it also helps students establish connections and prepares them for things that they may face later in life.

"I like the assignment a lot. My mentor is great and I'm glad I got to know her. If it weren't for this assignment, I don't think I would have gotten a chance to develop a relationship with her in this way," said senior Erika Hornyak.

So if you are in need of some advice about life or about anything that you are dealing with right now, or if you just need someone to talk to, enroll in Professor Darrell Hobson's Faith Integration class and gain a new friend while getting help with life's daily challenges.

Sons of Light got a bright idea and went with it

Anuhe Akamine
Senior Staff Writer

It has almost been a month since the light bulb went off over Jonny Simms' head to start the band, The Sons of Light.

The moment began as Simms was browsing through Craigslist and came across an ad to participate in a Battle of the Bands concert.

"I started looking around because I only had myself," said Simms. "Word of mouth kind of got the best dudes to play with me."

Simms gathered Brandon Simmons, Drew Baddeley, Dustin Sikstrom and Taylor Martin to join him as a Son.

Divinely inspired, the name 'The Sons of Light' came to Simms as he was sitting in New Testament one day.

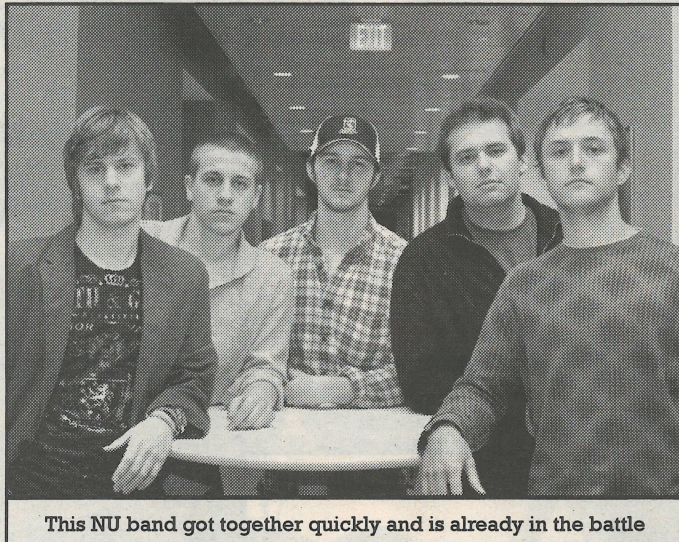
"[Professor] Herms said 'sons of light' and he got me there, and I thought, 'that'd be a cool name for a band,'" he said.

So with a band name in mind, Simms signed up for the Battle of the Bands under the name 'The Sons of Light.'

"I was just hoping that everyone would kind of like it," he said.

Prior to Sons of Light, Simmons, Baddeley Sikstrom and Martin got their musical fixes elsewhere, all claiming that their 'love affair' with music started over a decade ago.

Though still green as a group, the collective music expertise of the five Sons spans over half a decade -



This NU band got together quickly and is already in the battle

Photo Credit: Doug Harkness

with that maturity comes an artful meshing and blending of classical guitar, funk and lyrical genre.

"If August Rush was Jack Johnson's child and they mated with Dave Mathews and they got Rick James to join in, that's us," said Sikstrom.

The Sons of Light will be making their debut performance in the Battle of the Bands as one of eight featured groups. Each band will have a 30-minute set.

Pre-sale tickets are \$8. Ac-

ording to Simms, they have been given 100 pre-sale tickets and the more tickets they sell, the better time frame they gain as they can be performing anywhere from 4-11 p.m. - the later the time slot, the better.

"Eight bucks for eight local bands, even if you don't like us, I'm sure you'll find a band you'll like," said Simms.

"I mean we're worth a dollar, even if just to look at," joked Martin.

The future is an unknown for The Sons of Light, but they just want to see where this opportunity will lead. As of now, the Sons of Light just want to have fun, and get the audience's feet tappin'.

"We're standing on the diving board overlooking the pool of newness," said Sikstrom.

The Battle of the Bands will be held at Studio Seven on April 10. For more information on the Sons of Light, visit their Facebook band page and become a fan.

Kirkland's best kept secret: Hanuman Thai

Christy Wolyniak
Editor-In-Chief

After you try Hanuman Thai Café, you'll never want to eat Thai food anywhere else. Conveniently located near Zoka Coffee Roaster on Central Way, this small restaurant is somewhat hidden along the street, with a small door and some paper menus outside to pick up. Though it might not look incredibly appealing from the outside, the menu and service will make up for any doubts you might have had.

Nearly everything on the menu is under \$10, and they have a lunch menu that goes until 3 p.m. that offers combination meals around \$7. The staff is overly accommodating as they constantly fill up your water glass with a smile and surprise you with how fast they bring your food. Perfect for a quick bite to eat between activities or work.

The Fresh Rolls are a great appetizer to share that you won't feel guilty about: shrimp, Thai basil, carrots and shredded lettuce carefully wrapped into five large rice paper rolls with sweet dipping sauce.

For those afraid to experiment with Panang Curry, or if Pad See Ew just doesn't make you think, "Yum!" try the Pad Thai - it will change your life, really. Choose your own 'hotness' level of stars (I always stick with a two stars because it's hot and spicy, but not so much so that you can't enjoy the dish,) and ask for extra napkins, because you might need to blow your nose after you eat this. The noodles are drenched with creamy Thai peanut sauce and you can get it with chicken or shrimp.

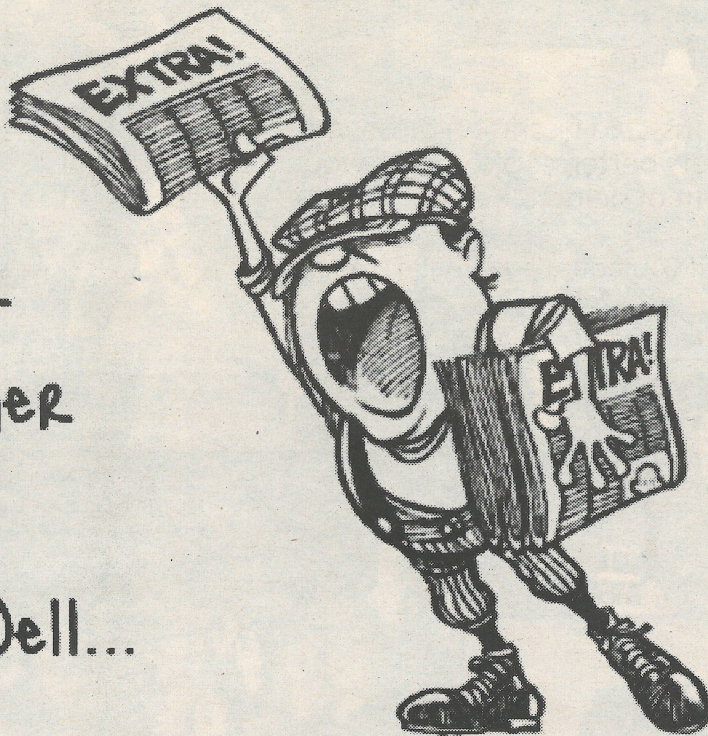
Most of the entrees are large enough to share between two. If you eat during the lunch hour, soup is brought before your meal. If your stomach's already growling, maybe you should jaunt down to Hanuman Thai.

**Warning: those who eat here may become addicted*

Trivia Answer: True! Aren't you glad NU isn't this psycho about dress codes anymore?

Wanna be...

- Editor-In-Chief
- A Staff Writer
- Head Photographer
- A Marketer or
- Web master? Well...



The Talon Needs You for 2011-2012

E-mail TalonEditor@northwestu.edu

by April 4 with a
Resume, Cover Letter
& Writing Sample

Upcoming Events

Concerts:

MxPx - El Corazon Saturday, March 26, 8:30 p.m.

The Ready Set- El Corazon, March 29 at 6:30 p.m. \$13

Noah Gunderson & The Courage, Us on Roofs, The Oregon Donor and more - Q Cafe April 1, 7:30 p.m. \$7

Manooghi Hi, Hot Bodies in Motion, Hooves & Beak- The Vera Project April 2, 7:30 p.m. \$8

First Thursdays Free:

EMP - 5-8 p.m.

Museum of Flight - 10 a.m.-9 p.m.

Seattle Art Museum - 10 a.m.-9 p.m.

Theater and Movies:

Of Mice and Men- Seattle Repertory Theater- March 23-26, 7:30 p.m. \$15-60

Breakfast at Tiffany's- free movie Monday at Kirkland Performance Center, March 28, 7 p.m. (ticket required, see www.kpcenter.org)

Photo Journal

Choralons Spring Tour 2011: OREGON BOUND

Photography by Doug Harkness, Mason Wheeler, Sarah Trandum, & Matt Castro

