



The Talon

Northwest University's Student Magazine

March 2013 - Issue 5



- First Season for Women's Softball -

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Northwest University

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Editor's Letter



1 Thessalonians
5:16-18

"Be joyful always;
pray continually;
give thanks in
all circumstances,
for this is
God's will
for you in
Christ Jesus."

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Memories of the past, Hopes for the future

Can you believe it's already March? This school year has gone by so quickly! I wish I could press rewind and live it all over again. It has been an amazing year!

I'm a senior, so graduation is just a little over two months away. I know that I will miss NU so much! I transferred to Northwest in January of 2011 and the past two years here have been some of the best years of my life.

I have so many great memories: learning from inspiring professors, having fun with friends, writing my first article for *The Talon* and being so excited to see it in print, watching the President of the United States land on-campus in a helicopter, finding out that I was chosen to be Editor in Chief, acing my math class, helping lead the change in the Talon's format from a newspaper to a magazine, having one of my homework assignments published in Oprah magazine, this year's Screaming Eagles Week (Go FOA!), and so many more!

It has been a blessing to attend school here and I will always cherish my time as a student at Northwest University. It has also been a tremendous blessing to serve this wonderful community as Editor in Chief of *The Talon*. It has been an honor, a dream come true, and an absolute joy!

With next school year just around the corner, we are preparing to select the new student leaders for *The Talon*. If you are interested in applying for a scholarship position on staff, earning credit by helping with *The Talon*, or just gaining valuable career experience, please apply!

I will be e-mailing applications out soon to the students I talked with at Lead @ NU and we will also post the application on the Eagle website for other students who are interested. After receiving applications, we will then hold interviews. If you have any questions, please contact me. I look forward to seeing who will be leading *The Talon* next school year!

Blessings,

Colleen Weimer

Colleen Weimer, Editor in Chief of *The Talon*

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Photos by Dale Garvey

Women's Softball,
see pages 11-12

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Stories by Alycia Scheidel, Senior Staff Writer

Volunteers Needed for NU Unplugged

This semester's NU Unplugged event is happening April 4th through the 5th. This is an exciting, exclusive, two-day event geared toward students who have been accepted into the Northwest University community. Festivities include: a live concert, bbq lunch for all students, and a resource fair for students to become familiar with NU clubs and organizations. If you are interested in volunteering, there are a number of ways to get involved. You can host a student overnight in your dorm room, audition to perform in the live concert, or serve on the stage crew by helping plan or facilitate activities for the guests. For more information, or to sign up as a volunteer, contact Heather Shulke at **heather.shulke@northwestu.edu or 425-889-5286.**



Improv Show every Thursday Night!

Looking for something to do Thursday nights? Need a break from those mind numbing, 1600 page long textbooks? Have I got a treat for you! Every Thursday night, at 9pm in Millard Hall, the NU improv team, End Scene Improv, puts on a hilarious show filled with fun, laughs, and downright absurdity. The cost is free, but seats do fill up fast, so get over to Millard and make at least one night out of your hectic week a blast!

Residence Hall Update

Beginning in August 2013, gender will be separated by individual residence hall buildings, rather than by residence hall complexes.

Due to a continued increase in our female residential population, Guy/Perks/Crowder halls are becoming increasingly full, and are predicted to soon reach capacity. This new approach to student housing placement will maximize the use of our residence hall facilities and support the goal of continued growth in our residential community. In addition to alleviating our capacity concerns, we believe this change will also facilitate meaningful educational opportunities, collaborative programming, and a community that fosters healthy relationships. We recognize that this could bring a significant cultural shift to the NU residential population, and it is truly our hope that those shifts will continue the good work already being done to draw our community together in educational and healthy ways. If you have questions or concerns about this change, you are welcome to talk to any of the following Community Life staff members (myself, Rachel Klas, Dan Jones, Nicole Kelly, Susan Turnquist, Haley King, Alison Bennett, or Andy Hall) as well as any of the RAs, Apartment Reps, CBs, Senate or NUSG Executive team members.

- Kim Stave, Dean of Community Life

NU Unplugged - A skeptic's perspective

Interview with freshman Isaac Peabody

When it came to his post-high school plans, freshman Isaac Peabody was skeptical about NU; he had visited campus a few times but was torn between Northwest and another Christian college. Everything changed when he attended NU Unplugged, our exclusive event for students who have been accepted to Northwest University. Curious to discover what he thought of Unplugged, the Admissions Office interviewed Isaac, revealing the driving forces behind his decision to attend NU.

NU Admissions - Anna Pflug: What was your first thought when you received the invitation to NU Unplugged?

Isaac: I remember getting the invitation, which was really creative, and being super excited right away. I had no idea how to choose between colleges. I knew Unplugged was going to be the deciding factor, so I signed up!

What were your expectations when you arrived at Unplugged?

The week before Unplugged, I had gone to another college's accepted student event. To be honest, I didn't like it. They always talked about how great their community is, but I didn't connect with any of the students there. I came to Unplugged not knowing what to expect, and when I arrived I instantly liked NU better.

So was it the events that really impacted you or the people you met during the events?

It was the people, but it was also the way Northwest does community; it was really unique. Like a family.

What was the highlight of your experience here?

Kyle Lorenz was the first person I met when I got here; we ended up spending the whole weekend together. We stayed in touch over the summer and eventually decided to become roommates. Being at Unplugged made my transition to college so much easier because I already knew my roommate and a few other people before move-in day.

Describe your most memorable moment.

Meeting my girlfriend was pretty memorable! [Laughs] Seriously, though, I felt like I could trust the leadership and the direction they're taking the school. Pastor Phil and Dr. Castleberry were humble, honest, and real. I also remember the spiritual atmosphere being a notch higher than at other schools. I'm a Communications major, which you can get anywhere, but there's something unique about the spiritual environment at NU.

What are you looking forward to this year?

Last year, it was so significant for me that I literally wouldn't be here if I hadn't gone to Unplugged. My dorm host, David Kimball, did such a great job making me feel welcome. I appreciated that so much, and he was such a good example of what

people are like at NU, that I want to be able to convey that to students who are considering coming here, too.

Why would you encourage current students to get involved?

Because it's super fun! It's also a good way to experiment with leadership opportunities; we won't be doing things that are very hard – just showing students around campus – so if you have a heart for people and want to bring more people into the NU community, then we need to do everything in our power to make them feel welcomed and accepted.

If you could sum up your experience at Unplugged in one hashtag, what would it be?

[Pauses] I want to say "acceptance," but Unplugged is so much more than that. Not only are you accepted for admission to the school, but at Unplugged you're accepted into the community. So I would say, #soblessedto be a part of this community

Any last words?

I'm so fired up about Unplugged! Last year was awesome, so it's only going to get better from here!



To be a part of this epic event, sign up at: <http://eagle.northwestu.edu/departments/admissions/unplugged/>

“What’s your major?”

Stats about NU’s academic programs

by Heather Karnes, Senior Staff Writer

I recently took a poll of NU students regarding their opinions on academics at Northwest. I asked questions like, “Which major do you think has the highest GPA on average?” “The lowest?” “In your opinion, what’s the most popular major?” After my research, this is what I found:

Where are all the “smart” people hiding?

Students seem to think that the Nursing major has the highest average GPA. “They have to keep their grades up above a three-point,” said Lauren Johnson, a freshman Elementary Education major. Votes also went to Pre-Med/Biology majors. Students assume that majors with high standards produce students with the highest GPAs.

According to a report from the Registrar’s office, while Nursing majors rank fourth with an average GPA of 3.199, they don’t nab the top spot. That prize belongs to the Music Ministry major with an average GPA of 3.620. Not far behind, in second and third place, are Biblical Literature and English with 3.375 and 3.276 respectively. Music Education rounded out the top five with an average of 3.183.

What about the bottom of the pyramid?

Most students think that Ministry majors lie at the bottom. Of over 20 people polled, 11 responded that majors from the College of Ministry have the lowest average GPA. This might seem odd since Northwest is, historically, a Bible College.

But unquestionably the stereotype exists. Business majors also score low on the average GPA scale according to students.

“They have to take economics which would lower anyone’s GPA,” said Beth Ross, a senior Secondary Education major, jokingly.

Here are the facts: Youth Ministry majors come in last place with an average GPA of 2.512. Marketing majors ranked just above with a 2.563. Undeclared and General Studies majors were also toward the bottom with 2.560 and 2.723. Student opinion seems right on. The bottom two majors come from both the College of Ministry and the School of Business and Management.

Men are from...Ministry?

Students overwhelmingly agree that the highest percentage of male students resides in the College of Ministry and the School of Business and Management.

“Stereotypes” was the reason Teri Hendrickson, a senior Psychology major, gave for her placement of men in the School of Business.

Of the 337 male traditional undergraduates enrolled in the Fall 2011 semester, 40 percent declared majors in the College of Arts and Sciences, 26 percent in the College of Ministry, and 18 percent in the School of Business and Management.

These statistics seem to indicate that

student stereotypes are incorrect, but the only two schools with more males than females enrolled are the College of Ministry and the School of Business.

Where have all the women gone?

Nearly everyone polled believed that the greatest percentage of women is enrolled in either the School of Nursing or the School of Education. Given the history of women’s careers, this is not surprising.

Of the 557 female traditional undergraduates enrolled in the Fall 2011 semester, 31 percent chose the College of Arts and Sciences, 28 percent the School of Nursing, and 12 percent the School of Education. However, student opinion makes sense: 90 percent of students in the School of Nursing and 76 percent in the School of Education are female.

All majors great and small

The Nursing majors resoundingly hold the lead for the biggest major with 173 students in the Fall 2011 semester. Second place is tied between Communication and Psychology with 77 students each. While History got plenty of student votes for smallest major, Environmental Science holds that title with only three students enrolled.

What many students may not know is that anyone can access these statistics (GPA statistics are omitted from the published report) by visiting the Registrar’s page on the Eagle website. Semester reports are available as far back as Spring 2003.

HOW TO SAVE MONEY 101

Tips for the frugal college student

by Emma Butler, Staff Writer

Photo by Leslie Newman, Head Photographer

Want to save money? Here are some tips for living on a budget offered by current students at NU:

1) Get freebies at Starbucks

It's no secret that many coffee-lovers reside at NU.

"If you like Starbucks and you like saving money, get a gold card," advises Brianna Mathisen, a current nursing student.

Starbucks offers a loyalty program that gives its members free drip coffee and tea refills, and a free drink or food of choice after every 12 transactions (which are referred to as stars).

"All you have to do is load money on a Starbucks gift card, register it online, and use that gift card to pay. Once you get 30 stars, they send you a new pretty gold card. Then you get all the perks like free drinks and food!" added Mathisen.

Starbucks will also give customers ten cents off their drink if the customer brings his or her own reusable cup.

2) Download the Pirq app

Pirq is an app that smart phone users can download and use to find local deals.

"It's all deals for food and drinks. I like Pirq because you don't have to pre-pay to get the deal. So if you decide you didn't actually want it, you're not out-of-luck," said Mark Rosser, a junior at NU.



"Thanks to Pirq, I get twice as much frozen yogurt at Menchie's for the price of one!" said Lizzie Perkins, captain of the NU women's soccer team.

3) Use Groupon and LivingSocial

The most popular method students said they use to save money is

buying deals on Groupon and LivingSocial. They are both online organizations that offer deals on a wide selection of items.

"Groupon is one of the best sites to go look for deals because they offer a variety of deals on food, fun outings, and places to get pampered," said senior, Lindsey Field, proud user of Groupon. "Since I'm on a tight budget I only buy stuff I would've bought anyway, but with Groupon I pay half the price!"

"I always get deals on LivingSocial for oil changes and other car maintenance needs. It's really practical and I pay way less than normal," said junior Martese Hightower.

As a fourth bonus tip from my personal experience, even if a business doesn't have a current promotion on Groupon or LivingSocial but you know they have in the past, just ask if they will honor the promotional price. I've done this with many spa deals and have never been denied the promo price; usually they are just happy for your business.

From what to wear to big life decisions, people seek advice for everything. Advising for school is no exception, but at Northwest University, it's required.

When it comes to registration, Northwest University locks it down with an advising hold. This denies students the access without advisor approval.

Alex Nasa, a Communication major at Northwest University sees this as problem: "We are in college, we aren't in high school," he said. "Give us more freedom and not so many stupid reasons for us being unable to register."

Northwest University Advising Model

Amy Jones, Director of Academic Success, explains that Northwest University's advising process primarily deals with new students. When they come in most of them have selected a major they are interested in pursuing on their application. Through the Academic Success office, their choice is verified, and they are given a start through an advising appointment or the SOAR program.

"And then once they are here, as they go into their second semester, they're assigned a faculty advisor."

Disadvantages to the Northwest University Advising Model

While Northwest sees this as a beneficial model for students, many of them disagree.

"I have never had the same advisor for more than one semester," said Christina Ho, a Northwest University Nursing major. "The point of having an advisor in your field is so that you can get info and help on subject matter from that field. I have received none. In fact, my advisors know less than I do."

Josh Brown, a Pastoral major, has also been disappointed by the system.

"One of my advisors had no idea what he was doing and would have set me back a year if I hadn't caught it and switched advisors," he said. "All the advisors need knowledge on which classes are offered during each semester."

Some students find this troubling as they claim advisors just sign your form and let you go.

"My advisor told me I needed to figure it out and didn't offer any help when I need someone to talk to about possibly changing my major," said Taylor Ann Richards, a sophomore in the Nursing program.

Advantages of Northwest University's Advising

While many students complain about advising, there are others who have success stories. Katie Mittelstaedt, a junior in the Psychology program, has chosen to use the general academic advising office as her source.

"Every time that I have gone to the general academic advising, I have had an excellent experience," she said. "The women who work in there are very helpful and always willing to do whatever they can to help students figure out their schedules."

Political Science major, Abbie Kruse, appreciates advising at Northwest, but wants to see some changes.

"I would change the process by allowing more dialogue between the advisors. I also think it would be helpful if the advisor was more knowledgeable about the major. I have really appreciated my advisor because they are willing to help me in getting the classes I need to graduate."

Advising: The Faculty's Point of View

"One of the interesting things about Northwest University is we have had mandated advising, so you guys don't have a choice," Amy Jones said. "We in essence force you to meet with an advisor."

Jones wanted to remind students that this is not because Northwest University wants to control lives, but because Northwest University does not have millions of sections of everything.

"What's interesting is you go to advising conferences and they are trying to figure out how to mandate advising," she stated.

Dr. Peg Achterman, is one of Northwest University's faculty advisors. As an advisor, she is there to offer advice, but not do all the work for you.

"I am not one to 'hand-hold' because I feel college is the first step to making decisions on your own," she said.

Dr. Achterman compares advising appointments to class.

A look into the advising process and how it affects students



Navigating the ups and downs of the advising process - a necessary task on the road to graduation.

"It's like being prepared for class - students need to have a plan for coursework. This is YOUR schedule, not mine - so I expect you have some interest in what you're doing!"

Dr. Achterman likes being an advisor, and feels that she would be doing it in some way whether or not advising was required. She recalled being an undergrad and going to professors rather than an advising office.

"...so I understand that people want to see profs in their field and ask questions as to what classes might fit their interests," she said.

Advising can also be difficult for faculty, as they have to balance their own students with their advisees. Dr. Kara Heinrichs can relate.

"I advise about 30 to 40 students on a semester basis. I am also a professor for about 90 students balancing the 30-40 students to advise," she said.

Advising at Other Universities

While this model is what Northwest has chosen, other schools have picked different models. Erin Konkle, a Kinesiology major at Washington State University explains their model.

"The advising process at WSU consists of meeting with your academic

advisor and looking at your degree audit report to see the classes you still need to take and when it would be appropriate to take them," said Konkle.

Even with this model, Konkle finds it unhelpful: "I am not the biggest fan of my advisor. She is one that is not very knowledgeable on the undergrad/post-graduation requirements so sometimes she misses classes I need to take that may not be a university requirement but that are graduate school requirements. It can be quite frustrating."

Eddie Rusu, a student at Cascadia Community College, recalled how the advising is not required for registration at Cascadia, which make it easier for him to register for what he wants.

"I figure the advisor doesn't know any more than these online resources, so I just make my own schedule. It's never been a problem, and I've been able to take every class I've wanted to."

While most students seemed to have problems with advising, Katie Palmer, a senior at Whitworth University, in Spokane, Washington, has had a much more successful time with advising.

"I have had a great advising experience. It has changed a lot since freshman year when I was assigned an advisor to help me transition into college as well as sign up for classes. Now, I have an advisor in my department and talk with them about everything from classes, life, and my future."

This model is similar to Northwest University's advising model. Palmer's advisors benefited her college career, as they became friends and mentors, helping her in areas of her life.

"They push me and help me grow academically and professionally," she said.

Advising is something that is present in everyday life. At NU, there is a specific model used. Although Amy Jones sees a world in which, moving to centralized advising could have its advantages, she doesn't want to lose what Northwest tries to promote as part of the "Northwest experience"—the ability to have contact with a faculty advisor.

CAMPUS CREATIVITY

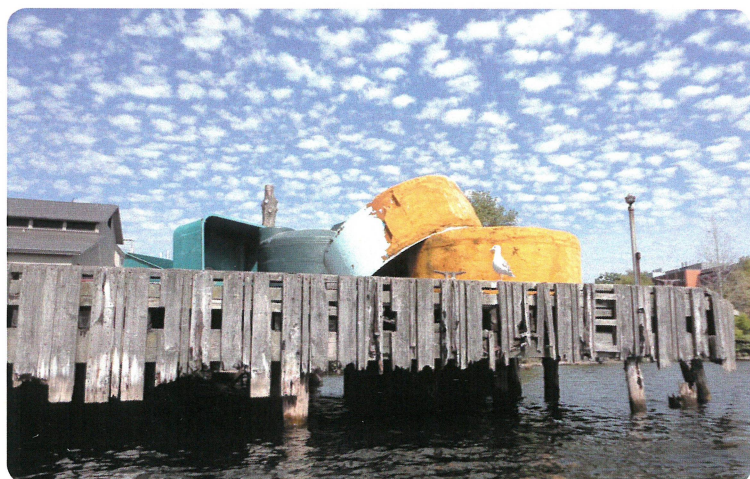
Art by Northwest University students



Photograph by Katherine Swanson



Photograph by Hayley Hanford

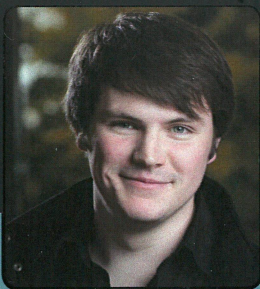


Photograph by MarMar Castro

Painting by Bryttani Giles
"Vineyard Swallow"

Acrylic on Wood





Peter's Perspective

Staff Writer Peter McMurray gives you the inside scope about musicians on campus

Northwest University is filled with talented musicians who come from a wide range of styles and backgrounds. Each one creates a sound that is special to them, both for the love of art and for the love of worship. They are all around us and it's entirely possible you might know one. I thought it would be best to take some time to highlight some of the artists and bands on campus that I think you should check out if you haven't already.



Charley Laas

Charley has been singing ever since she could talk and has been writing music since she was 15 years old. With influences such as Brooke Fraser and A Fine Frenzy, Charley creates an acoustic indie vibe that goes perfect with a cup of coffee. With a well-balanced blend of jazzy vocals and simple guitar parts, she is an artist you don't want to miss.

The Exchange

This 4-piece group of indie Christian rockers packs a punch that is likely to make you dance and cry all at once. With strong, catchy melodies, they write about real-life interactions between us and God. Their newest release online, "Tell Me Your Story" encourages the listener to honestly interact and put their faith in Jesus so that He can take the pain away. Using piano parts that harken to the City Harmonic and guitar and group lines that remind you of 30 Seconds to Mars, The Exchange is a band you simply must hear.



Erik Brennecke

If you like Phillip Phillips, then you are definitely going to love the folky melodies of Erik Brennecke. Since he was a kid, Erik has been involved in music whether it be singing, trumpet, or guitar. He began writing a year ago when he was asked to compose a song for a summer camp he was going to lead worship for. Erik's main purpose in writing is to bring glory to God with his music whether it be worship or secular. He just started a worship band called North Pursuit that you should check out!

Isaac Peabody

Isaac officially launched his solo music career last fall, but has been writing, recording, and performing since long before that. Using his wide range of influences, he strings together indie, blues, and rock with powerful vocals to create a unique and engaging sound. He uses his music to write about his journey through life alongside the Savior he loves. Isaac's music can be found on his Facebook page – be sure to check it out!



NU Softball Already a Hit!

by Amanda Downs and Brandon Hollis, Staff Writers - Photos by NU Marketing Department & Dale Garvey



NU Women's Softball Team

First row (l-r): Lauren Robinson, Amy Timm, Hannah Frilot, Ashley Curtis, Holly Entus, Lynzee Halcott, and Brittany Bovard. Second row (l-r): Sarah Payne, Ricki Tacdol, Vanessa Ahrendt, Sandra Cleveland, Kelli Peckham, Hannah Ganfield, and Amanda Matthews.

For the first time beginning this school year, Northwest University Athletics has introduced Women's Softball to the varsity lineup! After numerous amounts of planning, preparation, and anticipation, the Women's Softball team recently began training for their first season.

The team has high expectations for the season and is very excited to represent NU. The team came away with their first wins in NU softball history after playing a double header against Walla Walla University on February 15th.

We asked Head Coach, John Bacon, what the team hoped to accomplish in the first year and he shared about the team's philosophy: "This first year is about building the culture and traditions of a program that will outlast all of us. I firmly believe that the athletes who make up the first team in the history of the university are those that are meant to be here to accomplish greatness."

There is a lot going on behind the scenes of the game as well. Ashley Curtis, Lauren Robinson, and Amy Timm comment on how they feel about participating in the first ever softball team at Northwest: "We all feel honored to be a part of something that is brand new. We hope to establish a basic groundwork for the legacy we want to leave."

The team is young, consisting of mostly freshmen athletes, but this provides a great opportunity for some groundwork to be made for the softball program.

Curtis, Robinson, and Timm stated: "We want to start our own traditions and be the best team that has ever played the game. Even though we are young, we have an awesome opportunity to start a strong program."

This mindset, as well as the goals the team has established, is an incredible insight into the make up of this team and how ambitious they are both as individuals and a group.



Demonstrating that the team has a broad outlook for their future in building the softball program, Coach Bacon emphasized the importance of developing strong players "not only on the softball field, but in every aspect of their lives. If we have one goal this year," he said, "it is to help the athletes see the greatness they possess and to give them a chance to be great."

With the encouragement and leadership from their coach, the team is ready and more than willing to put their all into the game.

"We are a close-knit, well-rounded group of girls. We are a family on and off the field and we are so blessed to be a part of a community at NU playing a game that we love," say Curtis, Robinson and Timm.

Coach Bacon gives the final word by uplifting his players: "Having the opportunity to work with such amazing athletes is truly an honor."

**Come support NU softball and cheer on our Lady Eagles!
Stay up-to-date on upcoming home games:**

**March 8th at 1pm playing Corban University
March 9th at 11am playing Northwest Christian University
March 22nd at 1pm playing Eastern Oregon University
March 23rd at 11am playing The College of Idaho
March 27th at 1pm playing Lewis and Clark College**

Jessie Oliver

"Come to the Eagle Hall of Fame Benefit!"

Being a student athlete is nothing new to me. I have been playing soccer and going to school since I was 4. I was the girl in high school who would wake up go to class, go to soccer practice after school, then have club practice later that night, eat, do homework, and go to sleep. I sang as well since I was very young and soccer and music have been two driving passions of mine.

After I graduated I got offers to play soccer at schools, but after going to them or talking with advisors about what my hopes and dreams were, they told me that playing soccer and pursuing music was not a reasonable option. After a lot of thought I decided music was my career choice and that I could play soccer on the side.

After finishing my Associate's, it was time that I went to a university to finish my B.A. degree. I knew I wanted to stay close to home, which was in North Bend at the time, and I felt God calling me back to music. At this point I was right back where I started wanting to do music and soccer and not willing to trade one for the other.

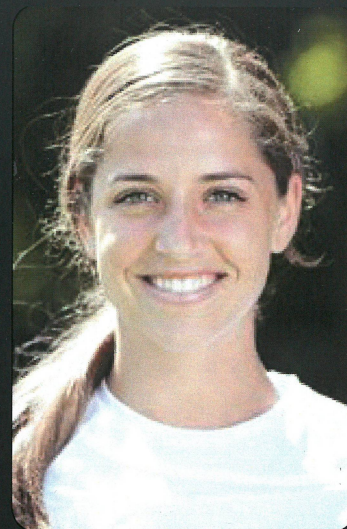
A friend of mine, Jordyn Wilson, had suggested that I try out for her team at Northwest. I loved the idea of going to a Christian university and playing soccer with my friends. I looked into the music program and saw that is was also what I was looking for. After meeting Coach Erin Redwine and auditioning for music

with Brenda Rassmusen my decision was clear. Northwest was where I wanted to be.

The only problem was that I could not afford to go. After talking with my financial aid advisor, I saw I was able to get help because of my good grades and talent in music and sports. Soccer in particular was a huge deciding factor of whether I decided to come to this school or not. If it were not for the financial aid I have received I would have decided either not to attend Northwest or a school at all. Soccer brings me joy and it has also brought me an opportunity for an education. I am truly blessed and honored to have received the help that I have.

This past year our women's soccer team won first in our league and have high expectations to advance to nationals this next season. Our pre-season was ranked the hardest in the nation. We lost 6 games in pre-season and ended regular season with 8 straight WINS! We perservered through adversity and are a team worth investing in. We have finished top in our league the last few years and are still working hard.

Every year we have the Hall of Fame banquet and auction. The auction is for our Athletic Hall of Fame at Northwest University. Russell Wilson will be speaking about what it means to be an athlete with a heart of service. The



night will celebrate higher education and athletes of character. The purpose of the auction is to raise money for athletic scholarships to support our current and future student athletes. Northwest University prides itself in not only great education but great sportsmanship.

Please consider making a donation and investing in this program. Your donation would help our team grow and give someone an opportunity to get a great education. Northwest gives students the privilege to experience athletic excellence within an educational community. I love my school and hope to make it easier for another teammate to be able to participate.

Thank you so much,
Jessie Oliver

Eagle Hall of Fame Benefit

Friday, March 22, 2013
Bellevue, Washington

Special Guest, Russell Wilson of
the Seahawks

Open to NU staff, students, and
all who would like to
support NU Athletics



Dr. Bacon:

“Through Jesus, we can overcome adversity”

True Champions

By Dr. John Bacon
Assistant Professor,
*School of Business &
Management*
Head Coach,
Women's Softball

I can still feel the heat rising off of the field. I hear the footfalls of my teammates as we rounded the end zone for the fourth time. It was hard to breathe. My muscles ached from the strain. But we had to keep going. You didn't disappoint Coach.

As the last of us finally finished the run to end the second football practice of the day, we all took a knee and listened with rapt attention to our Coach. The words he spoke that hot August afternoon have stayed with me for almost 25 years. He told us, “The mark of a true champion is how quickly they recover from adversity.”

I am not sure why these words in

particular stood out to me more than others Coach had told us during our years playing football. Perhaps it is because we all thought ourselves champions and different from those who chose not to play. Maybe it was just because we really hoped we were different. No matter the reason, these words helped me gain a better understanding of myself and how to face life's many challenges. Perhaps these words are the reason that Joshua is one of my favorite heroes of the faith.

Now, let me be the first to say, like the great C.S. Lewis, “I am a very ordinary layman” and no theologian to be certain. However, I have sat under the tutelage of some wonderful professors who taught me to read and study the word of God and, with the assistance of the Holy Spirit, come to certain conclusions.

Through my rudimentary study I know a few things about Joshua. He was a great warrior, he was a great leader, he was a faithful follower, and he was scared about the adversity he faced when leading an entire nation after his coach, Moses, died.

However, God would not allow him to think he was alone. When He gave Joshua the mandate to move into the blessings that were prepared for him, God told him several times to be strong and have courage.

The Message paraphrases one such charge in Joshua 1:9 as, “Haven't I commanded you? Strength! Courage! Don't be timid; don't get discouraged. GOD, your God, is with you every step you take.”

Joshua showed himself to be a true champion because he was able to recover from adversity by leaning on the strength provided by God for the situation at hand.

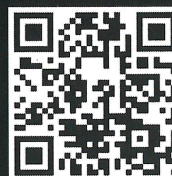
What adversity are you facing today? Is it academic adversity? Is it financial adversity? Is it relational or spiritual adversity? Can any of these things separate us from what Jesus has prepared for us?

“No, despite all these things, overwhelming victory is ours through Christ, who loved us” (Romans 8:37).

Through Jesus, we can overcome,

March 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Chapel: Dr. Waldemar Kowalski, College of Ministry Spring Drama Production, 7:30pm	2 Spring Drama Production, 7:30pm Millard Hall
3	4 Chapel: President Castleberry	5	6 Chapel: NUSG Elections	7 Cultural Coffee House, 7:30pm Improv, 9pm Millard Hall	8 Women's Softball Home Game, 1pm (Everest Field)	9 Women's Softball Home Game, 11am (Everest Field)
10	11	12	13	14	15	16
	Spring Break: March 11-15					Women's Softball Away Game, 11am (Oregon Tech)
		Women's Softball Away Game, 12pm (Central Washington)			Women's Softball Away Game, 2pm (Southern Oregon)	
17 St. Patrick's Day	18 Chapel: Paul Alexander	19	20 Chapel: Paul Alexander	21 Speed Networking Dessert, 6:30pm HSC 231 and 233 Improv, 9pm Millard Hall	22 Chapel: Pastor Phil Rasmussen 3rd Annual Eagle Hall of Fame Benefit with Russell Wilson, 5pm	23 Women's Softball Home Game, 11am (Everest Field) FOA Night, 8pm
24	25 One-Chapel Schedule: Choralons Concert, 10:40am	26	27 Chapel: Easter Chapel Women's Softball Home Game, 1pm (Everest Field)	28 Improv, 9pm Millard Hall	29 Good Friday NU Closed, No classes	30
31 Easter Sunday						



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