



# The Talon

Northwest University's Student Magazine

April/May 2013 - Issue 6



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Standings

2012 Women's Soccer Standings

School	Conf
Northwest	7-1-1
Concordia	6-2
Oregon Tech	5-2-2
Southern Oregon	5-2-1
Corban	5-3-1
Northwest Christian	5-4
College of Idaho	4-5
Evergreen	2-6
Eastern Oregon	1-6-1
Warner Pacific	0-9

## #memories @northwestu

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# Editor's Letter

## Thank You!

It has been an incredible honor to serve as Editor in Chief of *The Talon* this school year. In my last Editor's Letter, I would like to specifically thank those who helped me along this journey and made it all possible:

- President Castleberry: Thank you for supporting our change in format from a newspaper to a magazine and for encouraging us in our vision. Your words of wisdom and your prayers were instrumental in our success.
- Dr. Banas: Thank you for challenging me to do more than I thought I could and for always believing in me and my team.
- Dr. Heinrichs: Thank you for inspiring me to dream big and giving me this opportunity to serve as Editor. I have learned so much from you.
- Andy Hall: Thank you for helping us with important decisions and with creating the new Student Media Center. Your kindness and helpfulness have been greatly appreciated.
- My amazing staff: It was an honor to lead you and to learn from you. I could not have done this without you. Your friendship and your hard work have been such a blessing to me.
- NU students, faculty, and staff: Thank you for your constant encouragement this year as we took *The Talon* in a new direction. Your support and enthusiasm kept us going and made our work a joy!
- and finally, to My Heavenly Father: Thank You, God for making my dreams come true and blessing me with this opportunity. It has been a wonderful adventure in learning how to trust in You more and how to serve others. I praise You for Your unending love and faithfulness in my life; You dream greater dreams for us than we do! I pray that You would bless next year's Talon staff and that *The Talon* would always glorify You.

As I graduate this year, I know I will always remember my time at Northwest University. I have absolutely loved going to college at NU. Thank you to all of my classmates, friends, and professors who made these years some of the best years of my life!

Have a great summer, everyone!

*Colleen Weimer*

**Colleen Weimer, Editor in Chief of *The Talon***



*Special thanks to my best friend - my twin sister, Kristine - who always encourages me!*



*So many hours spent working in this office... and I have loved every minute!*

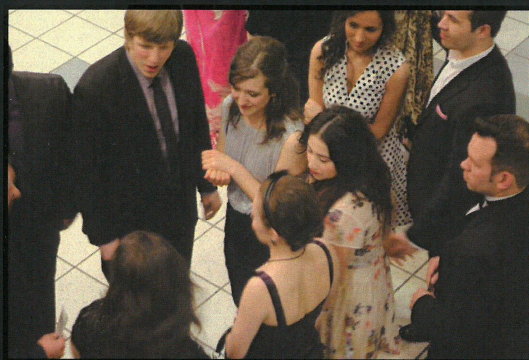


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Photos by Leslie Newman



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# My Story

by Rachel Klas

*Area Coordinator for Guy, Perks, & Crowder Halls*



**T**his is my story—a story of WITH. It probably seems strange to define my life with a preposition, but WITH was not always mine. No journey is clear-cut enough to be split neatly into three parts, but allow me to simplify.

I started with a life ABOUT. Growing up, my parents were Christians—pastors, actually—so my entire life was ABOUT God, ABOUT church, ABOUT ministry, ABOUT giving and giving and giving, ABOUT exhausted Sundays, ABOUT smiling anyway... The problem with ABOUT was that it never required any direct contact; I lived all ABOUT God but was nervous to actually interact with him.

By the time I got to high school, I realized that my faith had to become my own if I wanted it to be real, so I started living FOR: living FOR God, FOR his Kingdom, FOR his people, FOR “The Call” FOR my life... except God never “called” me. He never pronounced what I was supposed to do FOR him.

See, in my faith tradition, God is supposed to call you FOR a specific work, whether that’s a call to do things FOR him as a businessperson or a dental hygienist or a missionary to a tribe in deepest, darkest

somewhere... Without The Call, I was terrified that I wasn’t doing enough FOR God—that I could never do enough—that my life would be an eternal failure if I couldn’t do enough—and do it perfectly. Basically, my best (and/or worst) efforts were driving me toward fear and despair, broadening the gap between me and this God I was trying to live FOR.

I sought God earnestly FOR years—through high school and college—hoping desperately FOR The Call. And I sought it earnestly. Anxiously. Desperately. Angrily. Helplessly. I felt forgotten and forlorn.

The problem of FOR was that—eventually—God became a means to an end. The purpose, the mission, The Call, the FOR, became the ultimate prize—God was only a way to get it. I knew it was wrong, but I didn’t know how else to live.

Meanwhile, I got hired right out of college at a university with the motto “Carry the Call.” The painful irony was that I was trying to help students carry a Call without one of my own.

And then, over Thanksgiving break, I was sitting on the corner of my sofa, finishing a book, and I encountered what I hesitatingly dare to call an epiphany:

God’s call is for me to do life WITH him and to be fully present with people.

WITH.

Because—if I can be WITH God, truly WITH him, and then be fully present WITH people, that means, wherever I go, GOD CAN BE TANGIBLY PRESENT. Wherever I go, God will show up (not because I’m so cool but because GOD CHOOSES omnipresence, nearness, and communication). In anything I do—anything at all—God can be present and active. If my Call is not to accomplish some specific task—some specific FOR—but rather to be WITH God and WITH people... Well, the implications of that are exponential—and astounding.

And it makes me think of the incarnation of Jesus Christ. God placing himself WITH us: EMMANUEL. The God who came near enough to touch. The God who tore himself open and sealed his wounds with scars so that he could be WITH us. The God I serve. The God I love.

The God who invites me to live WITH.



# Delta Mu Delta's End of the Year Celebration

The School of Business celebrated a great school year with a party at the Kirkland waterfront.

Photos by Colleen Weimer





@beckersann



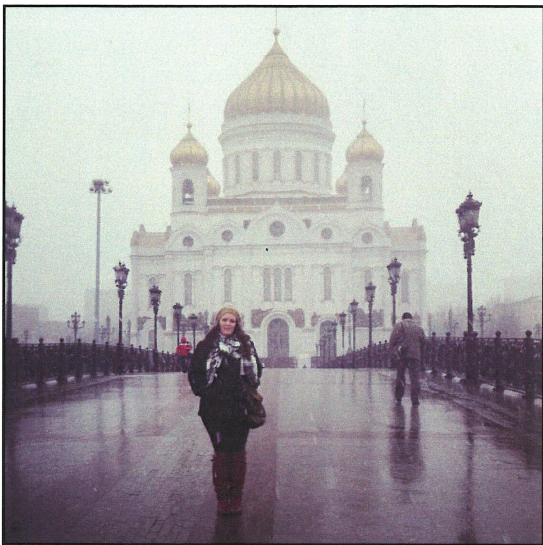
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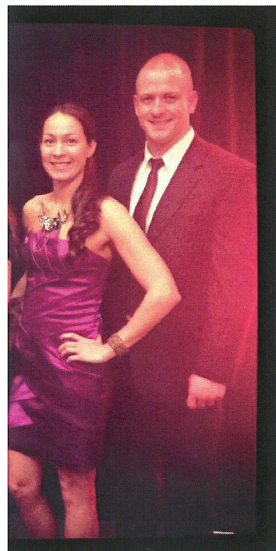
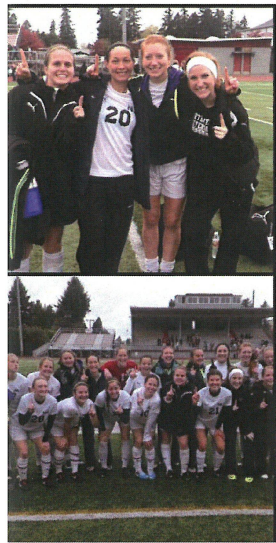


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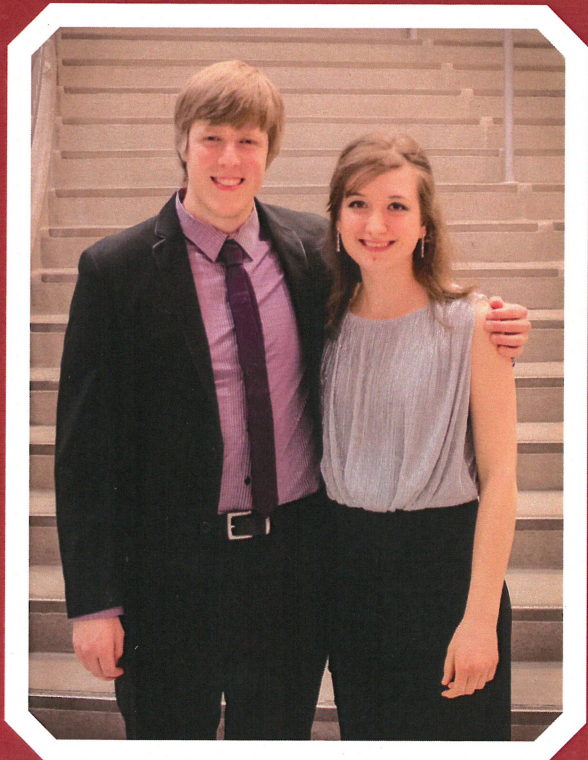
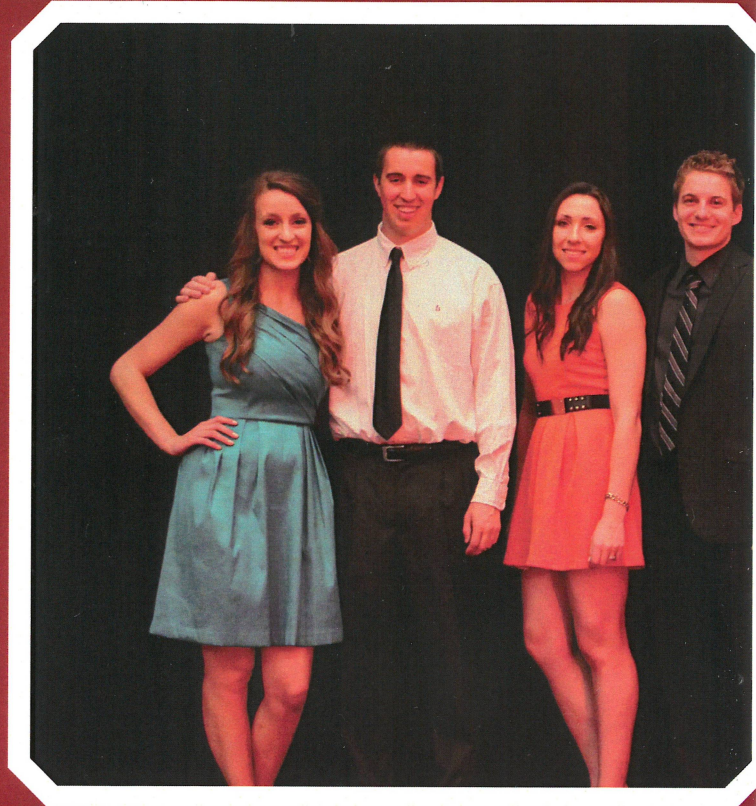


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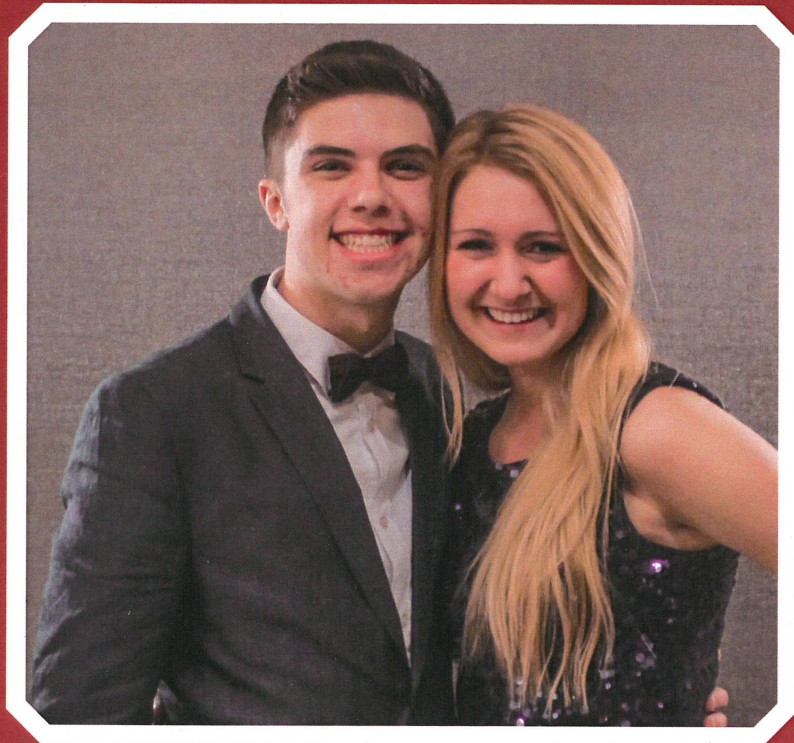
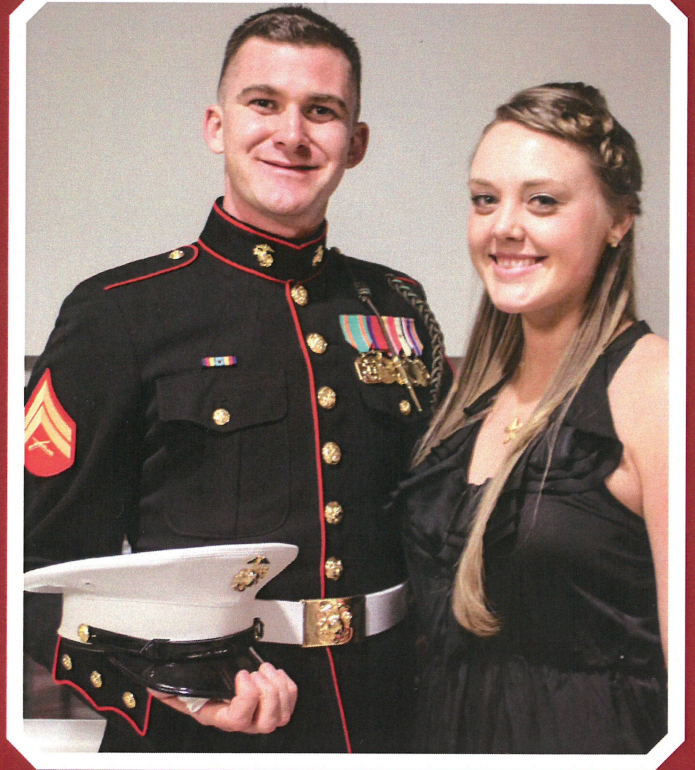
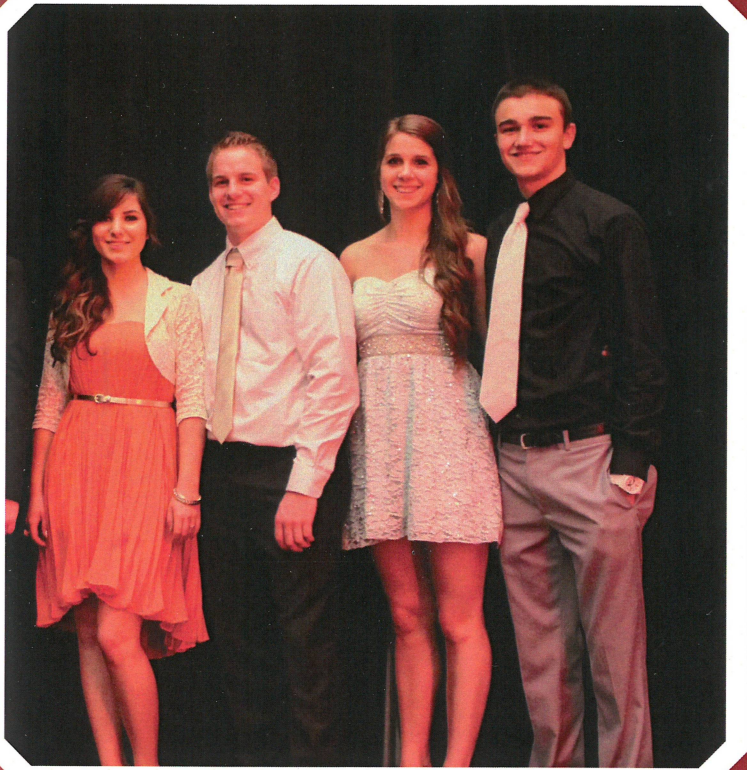
# Evening 2013





# *Cirque de Lumières*

Photos by Matthew Zwicker





## CAMPUS CREATIVITY

*Art  
by  
Northwest  
University  
students*



*Photograph by Micah Wenzel*

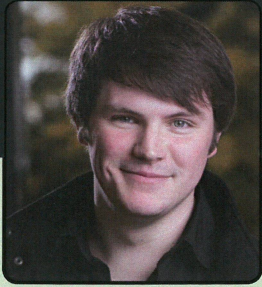


*Painting by Lindsey Field*



*Painting by Kelsey Greene*





## Peter's Perspective: Why We Sing

Staff Writer Peter McMurray interviews Christian Dawson about music and worship

For those of us who have been attending church for a long time, it's easy to start going through the motions in chapel and during weekend services. When this begins to happen, I think it's important to remember why we do what we do. Since this is an "arts" opinion column, I wanted to specifically look at why we include corporate worship into our services and why we choose music as the means of worshipping together. But rather than me dumping a series of my own personal thoughts upon you, I decided to get other opinions and thoughts on the subject. So, I asked NUMA Worship Director Christian Dawson for some of his thoughts on the matter.

### What is Worship?

Prior to discussing the involvement of music in the process, it's best to ask the question, "What is worship?" I think a common answer to this question is that worship is a lifestyle. This idea has some merit, but is not the most accurate description. During my discourse with Christian, he brought this common response up, "People say that worship is a lifestyle. I love and hate that statement. It implies that there are other lifestyle options, and I don't think that is true. You can't turn on and off your worship or switch lifestyles like it is a dietary plan. Worship is our life not just our lifestyle."

With this in mind, Christian went on to define what it means to him: "Worship is our natural response to whatever we serve, value most, are satisfied by, and/or are fixated on. In other words, worship is our

natural response to whatever we place as God in our life." Basically he is saying that we as humans are created to worship, and are worshipping at all times. Whether it be at school, at your job, or anywhere you are, you are worshipping whatever you are putting first in your life.

### Why the Music?

So this brings us to the question, "Why do music in chapel?" I think some people, especially those not so fond of music, might ask this question from time to time. If we are worshipping at all times with everything we do, then why do we have to do it in music? There are a few different reasons really. For starters, I think corporate worship is important. We worship most of the time on our own. Musical worship in a church service invites us to join as the body of Christ to worship together. This builds us up as a whole and unites us. The church has always been meant to be one strong unit, not millions of individuals. Furthermore, out of all the things that we participate in, music is probably the most practical way of engaging in corporate worship. It would be difficult to break out into a giant soccer game in the middle of a church service, and we already work and go to school during the week. Music provides a practical means to come together.

When I asked Christian about why we do music, he said, "Music is a means to the ends of worship. Music is not the ends in itself but a means. Notice how I never used music to define worship. Music is a

universal language. It transcends so many barriers. It has a way of expressing thoughts and emotions that sometimes words cannot always adequately do. It somehow has a way of setting a mood or atmosphere. It gives a different way of hearing and thinking about words. Music is a great means to communicate with and without words. I think when talking about congregational worship music helps us so much. When we come together to worship, we find ways to ascribe worth to our shared value, satisfaction, and fixation- Jesus Christ, God. We share the object of our worship so we use the means of music, lyrics, and melody to help unite and guide us. I think there is something worshipful to God about creativity since He is Creator. I think there is something worshipful about singing and playing music. It shows many different parts, things, sounds (like the many parts of the Body of Christ) coming together. Just as the Trinity operates as three Persons in One, music allows us to operate as many parts but one."

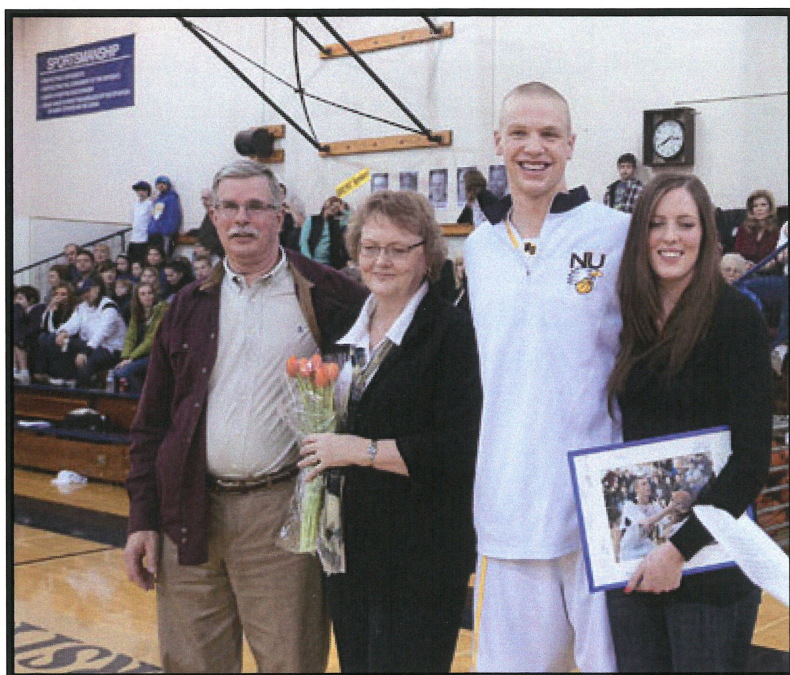
We worship in everything we do. It is built in to us; it is a part of our being. So if you ever feel yourself numbly clapping along with a song during chapel or singing the words to a song that you've heard many times before, I would like to invite you to ask yourself the question, "What am I worshipping?" Because I think if we all honestly asked ourselves that question more often, we as a church could grow to be more authentic and united than we have been in a long time.



## Former Eagle Heading to Afghanistan

*by Al Kawashima,  
NU Sports Information Director  
Photos by Northwest University*

KIRKLAND, Wash. - Former all-conference post and member of the Eagles men's basketball program, Greg George (NU '11), has deployed to Afghanistan for a tour of duty with the U.S. Army. Greg was a member of the Army ROTC during his time at Northwest University and attended ROTC classes at the University of Washington while also playing and attending classes at Northwest U. He was commissioned a 2nd Lt. in the Army upon graduation from NU.



As a player at Northwest U., George played four years scoring 1,518 points and grabbed 856 rebounds and had a career scoring average of 13.1 points per game. He was named CCC Freshman of the Year in 2007-08 along with being named to the all-conference teams three times. In his senior year, the Eagle team made their second trip to the NAIA Division II National Championships in Missouri.

Greg married Lauren Holtz, former standout Eagle volleyball player, in 2011, and they are expecting their first child this year. His wife Lauren, was also named CCC Freshman of the Year in 2007 in volleyball. She finished with 1,046 career kills and 1,054 digs playing for the Eagles. They were stationed in upstate New York this past year after Greg completed ordnance training in North Carolina in 2012.





## NU Names Ken Crawford as New Women's Basketball Coach

*by Al Kawashima, NU Sports Information Director*

*Photo by NU Marketing Department*

KIRKLAND, Wash. – Northwest University's director of athletics, Gary McIntosh, announced the hiring of Ken Crawford as the new head coach of the women's basketball program at the Kirkland school.

"We are very excited to bring a person like Ken Crawford to Northwest University and lead our women's basketball program," said Gary McIntosh. "His credentials speak for themselves and Ken will be a terrific fit for the university. Add in his experience with the NAIA, Ken will bring a solid core of experience for our athletes both on and off the court."

Crawford brings over 30 years of coaching experience to the Eagles women's program as a high school and collegiate coach. Ken began his coaching career at Davenport High School in Eastern Washington in 1975 as the head coach of the girls' basketball team. He also assisted with the football and tennis teams at DHS. He then moved on to R.A. Long High School in Longview, Wash., in 1976 where he coached three sports: basketball, baseball and football.

In 1979, Crawford was hired as the head boys' basketball coach at Bellingham High School where he also taught social studies. At Bellingham HS, his teams won four Northwest AA League championships (1982, '83, '86, '88). He guided BHS to 11 consecutive WIAA district playoffs and went on to play in the regional and state playoffs for 8 of 11 seasons. His teams made five appearances in the state tournament earning a 4th place trophy in 1983, 5th place in 1988 and 9th place in 1985, '86' and '89. After the 1983 season, Crawford was named the Bellingham Herald, the Skagit Valley Herald and the WBCA District 1 coach of the year. In his 11 years at BHS, Crawford put together a 180-70 record.

Whatcom Community College hired Crawford in 1996 to start the men's basketball program where he remained until 2000. While also serving part time as the Assistant Superintendent of the Lynden School District his teams compiled a 39-63.

He returned to Bellingham High School in 2000 winning two more Northwest AA League titles in 2003 and 2004 while guiding the team to the district playoffs four straight years (2002-2005). In 2003 the BHS team placed 4th in the WIAA 3A State Tournament and 5th in the tourney in 2004. Crawford was named Northwest League Coach of the Year in 2003 and 2004 and had a 59-36 record in his second stint at the school.

Between 2005 and 2011, Coach Crawford served as the head coach of the women's basketball program at Biola University in Southern California while also serving as associate athletic director. He had three consecutive 20 plus win seasons (2008-11) and made three straight trips to the NAIA Division I National Championships (2008-11). Three straight years found his teams ranked in the NAIA Top 25 national poll and finished #9 in the final NAIA poll in 2010-11. His teams were 94-91 in 6 seasons, 65-31 in the final three years. 13 of his players were recognized as NAIA scholar athletes and coached three NAIA All-Americans. Ken is the second winningest coach in Biola women's basketball history.

Prior to arriving at Northwest University, Crawford returned to Bellingham High School for his third stint (2011-2013) a head boys' basketball coach. This past season, his team compiled an 11-10 record, the first winning season at the school in 6 years.

Ken is a graduate of Whitworth College where he earned his B.A. degree and Washington State teaching certificate.





“At Northwest,  
there is a real  
sense of  
community  
that is both  
academic  
and  
spiritual.”

## Kyle Hamar

### Class of 2013 Commencement Speaker

by Alycia Scheidel, Senior Staff Writer

This year's senior graduation speaker is Organizational Communication major, Kyle Hamar. Hamar is a Kirkland resident, originally heralding from Astoria, Oregon. He has been married two years and on top of school and married life, he has managed to start his own successful online marketing and branding consulting company. Following graduation, he will continue on at Northwest through grad school and will also be taking part in launching an online magazine for entrepreneurs.

Hamar took a ten-year break from school and was apprehensive about returning.

“Was it going to be super weird sitting in freshman classes with 18-year-olds?” he had asked himself.

It appears that his doubts were unfounded, for after his first semester, Hamar felt that he was where he was supposed to be.

“There is a real sense of community that is both academic and

spiritual,” Hamar said. “This creates a very unique learning environment in which to develop and grow. I have also been impressed by the faculty's academic excellence and commitment to their students' success.”

On living the married life while also juggling school and work, Hamar says that it has been amazing and that his wife has been a wonderful supporter of his academic pursuits.

“The hardest part was going on debate trips without her.”

He counts his time on the debate team as one of the highlights of his career at Northwest.

“Debate has challenged me to think critically about all of the issues our society faces. I would highly recommend every student to try debate.”

Hamar is looking forward to graduation when he can address his fellow graduates and guests, and counts it as an incredible honor to represent the graduating class of 2013.





## Dr. Kara Heinrichs

### Connect in Real Time

By Dr. Kara Heinrichs  
Communication Professor  
&  
Talon Advisor

Smartphones and social media may seem even more important now that you are moving out of your dorms and apartments and leaving many of your friends behind. We naturally want to stay connected to the people that we've had fun and exciting experiences with this year. It's not wrong to want to text and chat online with our friends who we are missing, right?

New research shows that may not be true. You see, it's not bad to want to connect with people close to us. But doing it online may be negatively impacting our brain chemistry and creating dangerous habitual experiences that have long term consequences to our own health and the health of those around us.

Barbara Fredrickson and teams of scientists have recently found that we

are altering our ability to meaningfully connect with people face-to-face because we're getting too much screen time in.

So how much time do you really spend online each day? Last year, an article in the International Journal of Computers and Education found that on average college students spend 10 hours surfing Facebook every day. Add that to the texting, emailing and searching online and it's clear that more than half of your day is likely devoted to focusing on a screen.

The problem is that texting "Lols," sending smileys, and reposting funny videos for your friends is not fostering real connection. Let's look at a different type of connection you might typically have. Imagine that you walk into a coffee shop and see a barista behind the counter that you've never talked to before. After you tell her your drink order, she asks you if you have any fun plans for the day. What you tell her reminds her of something she did recently or maybe you laugh about something funny you both notice.

Researchers say there is a critical difference between having a connection with someone in front of you versus having a connection online. In the exchange with the barista, you respond to her facial expressions and vocal tone. Likely your

own expressions will start to mirror hers even in that brief exchange. Fredrickson calls this a moment of positive resonance with another person. You are empathizing with her and reacting to her in a unique, real-time sort of way.

A moment of positive resonance is powerful for both of you. Brain scans of similar types of exchanges show that both people in a conversation release small amounts of oxytocin and other hormones that reduce stress and create optimistic feelings. Your heart rate changes when you have this face-to-face encounter and your breathing rate actually shifts. All of these important changes in your physical state promote health and connection. Unfortunately, the same changes don't happen when you laugh at a friend's texts.

Most importantly though, when we spend too much time online, we train our brain to react and respond less. After spending a long day focusing on a screen, your body may be physically challenged to produce positive resonance in a face-to-face encounter.

So take time to look up and away from your phones and your computer screens. Connect in real time. Feel the true benefits you can make for yourself and the person in front of you.



# May 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Chapel: Russell Johnson	2	3 One-Chapel Schedule: Baccalaureate Chapel, 10:40am  NU Block Party and Garage Sale	4
5	6	7	8	9	10 Commencement Rehearsal, 10am	11  <b>Class of 2013 Commencement</b> Overlake Christian Church, 10am
	May 6-10: Finals Week				Graduation Celebration, 7pm	
12 <b>Mother's Day</b>	13	14 Summer Session Starts	15	16	17	18
19	20	21	22	23	24	25
26	27 <b>Memorial Day - NU Closed</b>	28	29	30	31	



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Colleen Weimer