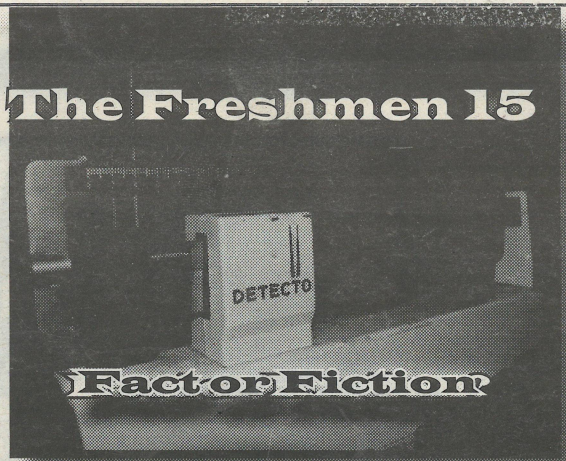


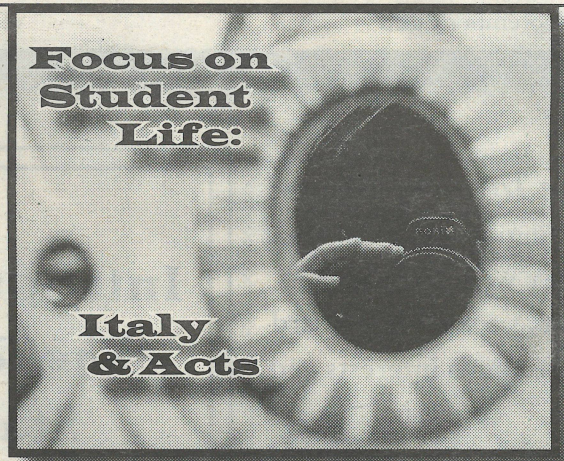


**Player's
Passion
Shifts
from
Game
to God**



The Freshmen 15

Factor of Fiction



**Focus on
Student
Life:**

**Italy
& Acts**

THE TALON

HURST LIBRARY
Northwest University
Kirkland, WA 98033

Peering Into The Future

**Dr. Castleberry's
Campus Vision**

Campus Integration

**Parking and
the Seahawks
Facility**

**Millard Hall
Renovations**

Trivia Contest Inside

Ask Abby's Advice

**Student Picture
of the Issue**

**Meet Your Student
Government Reps**

A Year to Unfold...

The Talon is dedicated to bringing students' what they want to hear. We exist as a sounding board for students interests and concerns.

We know you have to read for class, so we want you to read for fun.

We are determined to work diligently to produce a publication students look forward to reading.

We are written by students, for students.

Which is why we want to hear from you.

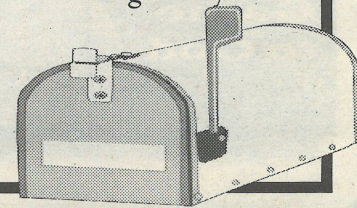
See something you like? Or don't? Want to write for the *Talon*? Have a topic you'd like to see in our next issue?

Contact us at Talonstaff@Northwestu.edu

Introducing *The Talon* Staff

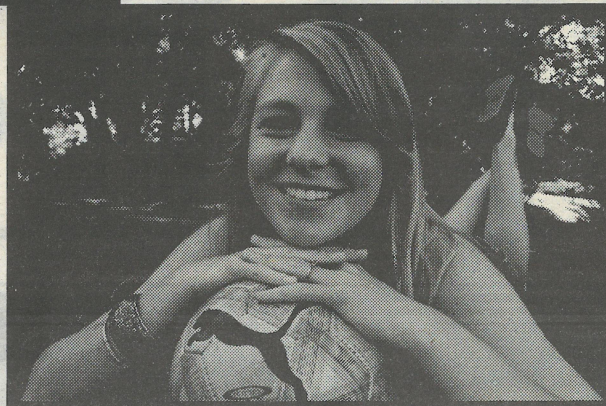


Our office is located in the Pecota student center. Our mailbox is located outside the NUSG offices. We look forward to hearing from you!



Lindsey Cressey,
Editor-in-Chief
(Above)

Michelle Meade,
Editorial writer
(Left)



Rachael Harris,
Editorial writer
(Right)



Rebekha Smith,
Photographer
(Bottom Left)



Stephanie Tell,
Publisher
(Bottom Right)

Yeah, that's right,
all girls



Photo Credit: ReBekha Smith

President Joseph Castleberry describes his vision to *Talon* Editor-in-Chief Lindsey Cressey during a walking tour of campus. The two walk near a street light that Castleberry had placed on campus last year to increase safety for students walking between the campus and the apartments as part of his plan for the university.

Lindsey Cressey
Editor-in-Chief

Myspace pages are due to change as an impulsive summer wraps up and a new school year dawns upon us with absolute unpredictability. The elongated days comprised of sunbathing, traveling, working, lounging and anticipation lie in the past as the calendar flips toward a recognizable month of new beginnings.

Friends close to the heart will part, pursuing individual passions and callings at the universities of their choice.

And it is here, at Northwest University, where a gathering of intelligent, passionate students will unite in fellowship and community. It is here where lasting memories will be inscribed, and it is here where rapid change surrounds us in a whirl of anticipation and caution.

To put your mind at ease, it is also here where faculty, staff and administration have clasped those same elongated days, in tedious preparation and planning for the upcoming year and years to come.

Northwest University is changing. It is a year to unfold.

At this University, students are taught and encouraged to be critical thinkers, to question, study and validate all activity regarding truth and application.

President Castleberry's genuine concern for integrity between administration and students only adds to his credibility in leading the campus to a whole new level of success.

It is easy for students to create individual checklists of all the shortcomings surrounding us. And perhaps it is even easier to inflict this criticism on friends and fellow classmates.

The metaphor of the Body of Christ

applies to all ages, genders and races. Community is all around us. Why stand alone in criticism when we can join together in change?

It is with great pleasure that I stand beside a president whose contagious heart for the school stands sturdy and grounded in faith and submission to the One with bigger plans. A president whose legacy will be written on the paths of our campus and whose awareness of the burden set before him motivates each new prayerfully made step.

It is with this image that I urge the skeptic in us to be simmered as we

embark on an "adventure in submission." I plead for unity among students and staff, as this Body readies itself for a year of obedience and zeal. It is with privilege we are part of a multigenerational community extending beyond our years of higher education and into the remaining chapters ahead.

Let us cherish the current moments on campus with little regret and look forward to the future moments where Northwest will continue to remain in our higher callings.

PRESIDENT'S CAMPUS VISION COMES TO LIFE

University leaders focus on campus integration and renovation

Lindsey Cressey
Talon Editor-in-Chief

Northwest University President Joseph Castleberry is leading the charge to transform the campus by integrating the Seahawks facility and renovating Millard Hall. University leaders are starting the process of connecting the 10-acre parcel of land and the 45,000-square-foot building, managed by the Seahawks for the last 25 years, with the main campus later this month.

Maintenance crews will start pulling down the fences that line the property as early as November and creating clear access for students. "The brush will be gone so that the apartments and Firs can have direct access to the chapel. We're getting started on that right away," Castleberry said.

"It's going to feel like the campus just got a whole lot bigger," said Executive Vice President Dan Neary. "The biggest benefit of having the Seahawks on our campus for 25 years is receiving that property with all the improvements back."

Pending zoning approval, 120 parking spaces will be added between the student apartments and the chapel. "The removal of the brush and addition of parking spaces with lighting will allow easy access between the student apartments and the rest of the campus," said Jim Jessup, Dean of Academic Services.

"Currently there is a natural separation between the chapel area and the Firs/student apartments. With some walkways and areas to drive through, I think the campus will feel a lot more unified," he said.

All faculty and staff from the 6710 building will move to the third floor of the Seahawks facility later this semester. Some key administrators from the Davis building will also join the move to the Seahawks facility.

Athletes will take advantage of the changes right away. Immediately, soccer and track athletes will gain "access to the fields," stated Neary.

More than just athletes will be affected by the upcoming plans. Neary described plans to renovate Millard into "better theater space," including a video editing facility and a recording studio.

"As we give something to the athletes, we want to also give something to the artists," Castleberry emphasized.

With nearly 1,000 undergraduate students, Castleberry said the "amenities arms race" weighs

campus. "I would like to know, in the time that I am here, that we regularized the quality of the buildings and eventually bring the whole campus to the HSC standard," Castleberry said.

Castleberry sees the immediate needs on campus. "I think that our facilities are remarkably good, with certain exceptions: the cafeteria, the gymnasium and the student center."

When asked if changes to the dorms were in the upcoming plans, Castleberry didn't see that as an immediate need.

"When I look at dorms at big state universities, I don't think

may see "significant upgrades" in the next few years.

Although focused on the future, Castleberry remains grounded in the daily need to raise funds for the university. "It eats at me all the time. We have to raise millions and millions of dollars to make this campus what it could be," he emphasized.

The administration is prepared with multiple fundraising strategies. "We have demonstrated that we can build a really impressive building [HSC] without putting it on the backs of tuition. That will continue to be our commitment," Neary said.

Tuition dollars are not fueling these new changes. One major source of income will result from university officials leasing the 6710 building. Neary clarified that the "revenue from this building is what is keeping us from making the HSC a burden on tuition."

With the financing costs paid off through the planned lease of the 6710 building, the Seahawks' negotiation of an early release from their contract ultimately "worked out to be financially advantageous for us," Neary said. "We will use all that cash to help us renovate the facility. It won't be enough, but it will help."

Raising the remaining funds for the changes on campus remains a priority for Castleberry. "This period of time is the core of my career. This is the time that I worked my whole life to be ready for. The story of the working part of my life is going to be told here. The burden of that is huge, but the opportunity of that is even greater."

Castleberry says he finds meaning in this challenge because it ultimately benefits the students.

"College is for students," he said, adding, "if we don't have the students and their priorities in mind, then we lose track of what the college is here for."

Comments? Email Lindsey Cressey at talonstaff@northwestu.edu

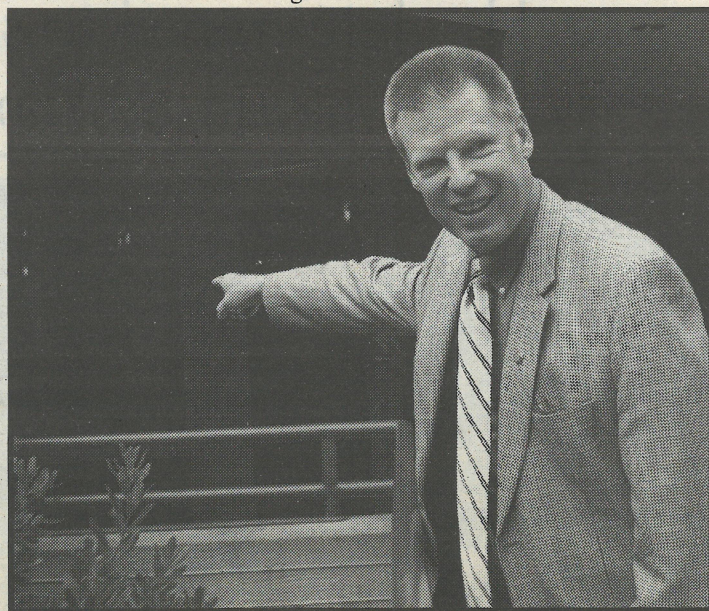


Photo Credit: ReBekha Smith

President Castleberry stands at the Seahawks Facility entrance, which will be integrated into the campus this semester.

heavily on the minds of university leaders. Students are increasingly lured to universities with campuses that feature attractions like expansive workout facilities and restaurant-like dining experiences. "It's hard to exaggerate how important it is for college students to enjoy their time here," he said.

"Students study, worship and live here. We have enhanced the studying, we have enhanced the worship; now it is time to enhance the living," Neary said.

When he first arrived last fall, Castleberry noticed "a real difference in quality from building to building." This realization focused his vision for the future of the

they're better than we are. It isn't true that we have inferior dorm space, they're just inferior to some of the homes we have come from."

Still, Castleberry knows that changes are on the minds of students.

"It's hard for anyone to come up with an idea we haven't already thought about and don't have somewhere in the master plan," he said.

Neary said a redesign of the resident halls is being discussed now. Univeristy leaders originally considered a suite-style redesign, but the physical dimensions of the buildings wouldn't allow for it. Still, Neary said the resident halls

Chapel Line-Up Marked By Diverse Range of Speakers

Michelle Meade
Talon Editorial Writer

A former Vegas stripper. A powerful Washington D. C. advisor. The head of the Assemblies of God. Though you might not expect to find these people in the same place, they will all be in Butterfield Chapel this semester.

October will begin with a week of ministry and missions, headed up by Harmony Dust, a woman who once danced

in strip clubs. Dust leads a ministry for those caught in that lifestyle, and by a missionary couple, Mark and Shelly Hollis, from Sri Lanka.

Another special guest, Dick Foth, will instruct the campus on building relationship networks. Foth, formerly the president of Bethany University in Santa Cruz, CA, has spent his recent years in Washington, D.C. as a spiritual advisor to some of the political leaders there.

"In my personal opinion . . . I would call him probably the most influential person on Capitol Hill," said Rasmussen. Foth will speak in Chapel in October with a message about how to reach out more powerfully to the people around us.

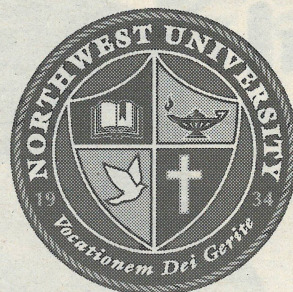
Later in November, Northwest University will meet the new General Superintendent of the Assemblies of God, George Wood.

The campus ministry team hopes that all of

the chapel events this semester will help students to live out the chapel theme, "Awaken," and become more aware of God's work and calling.

Rasmussen expressed their goal for the year, emphasizing, "We really want to see the hearts and souls of students wake up to what God wants them to do this year and the rest of their lives."

EAGLES FLY HIGH IN ACADEMIC SUCCESS



Brittany Bowsher
Josh Desimone
Dani Drivstuen
Guest Writers

The Northwest University Eagles are perched on top of the western region as a Tier I four-year college, according to U.S. News and World Report's America's Best College Report 2009.

NU was ranked 16th overall in the western region, which consists of 319 four-year colleges.

"It is an honor to be listed among America's best colleges," said Northwest President Joe Castleberry.

"Great Schools, Great Prices," is a top ten award the Eagles fly away with. The only colleges that are recognized for this award have to be above average academically and in the top half

of their category. Academic excellence, peer assessments, retention rates and graduation are a few of the qualifying categories. Financial resources, alumni giving and faculty resources are also taken into account in this unbiased rating system.

"This ranking confirms the capabilities and commitment of our faculty, and it is a tribute to them," Castleberry said. "As Northwest University adds programs and gets bigger, we are even more committed to getting better, providing the highest quality education."

Dan Neary contributed to this article.

Campus Changes Checklist

- Lights on Campus**
Completion Date:
Fall, 2007
- Fee Hall Renovation**
Completion Date:
July, 2008
- Williams Hall Renovation**
Completion Date:
August, 2008
- Seahawks Ballfield Use**
Start Date:
September, 2008

To Do...

- Brush and Fence Removal**
Start Date:
November, 2008
- 120 Parking Spaces**
Start Date:
Pending Zoning Approval
(6-18 weeks)
- Move into Seahawks Facility**
Start Date:
December, 2008
- Millard Hall Renovations**
Start Date:
As early as 2009
- Dorm Upgrades**
Start Date:
As early as 3-5 years

Information provided by:
Jim Jessup & Dan Neary

Chapel Dates to Remember:	Harmony Dust October 6	Dick Foth October 22	George Wood November 22
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An International Experience



"Cattedrale di Santa Maria" in Sienna

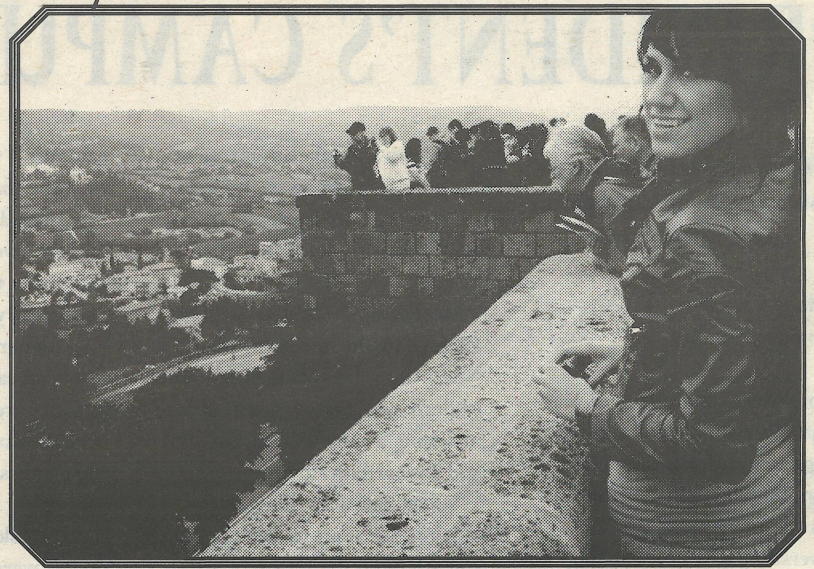
Italy 2008 A Photo Essay and Reflection

ReBekha Smith
Talon Photographer

In my three years at Northwest University, I have attended three international trips: to England with Concert Choir in 2007, Thailand for class last January, and Italy with the choir this past summer.

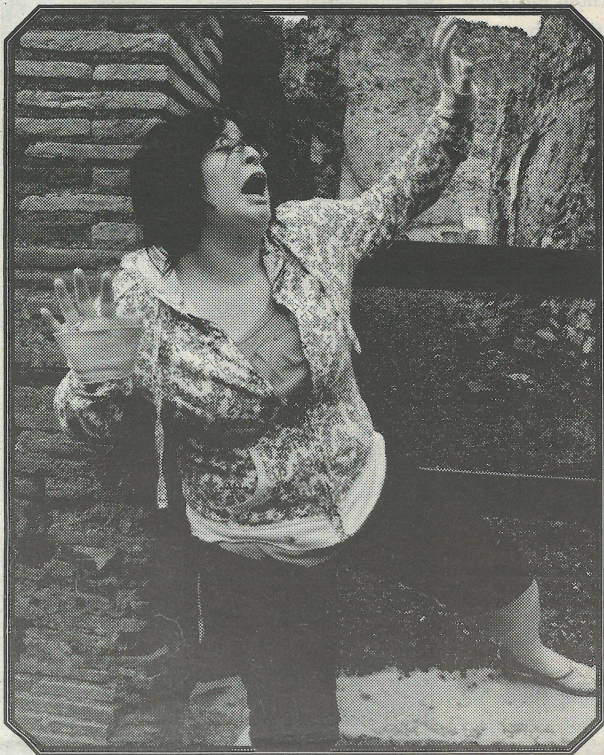
I love the flexibility of international trips, the variety of experiences possible. At times, I wear myself to the bone chasing after the experience of a place, whether on a shopping spree in Bangkok, performing in a Roman cathedral, or madly scribbling notes on a guided tour of London, my goal is to capitalize on every exhilarating moment. At other times, I relish simply being in a new place. Strolling along the River Avon in Stratford, leisurely exploring the trails of Chiang Mai, or lounging pool-side on the coast of Sorrento, I bask in the experience, determined to savor each glorious moment.

Whether capitalizing or basking, one truth defines every trip I have taken: whether educational, missional, or "vacational," each trip transforms my perspective of and appreciate for our world.



Hannah Moreno enjoys the view in Orvieto

"I bask in the experience, determined to savor each glorious moment."

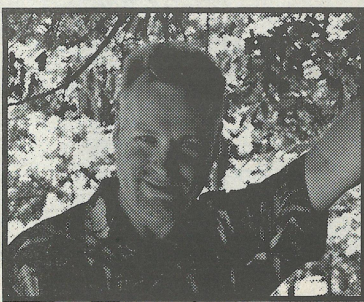


Angelica De Anda in Pompeii



A Typical Night in Venice

NORTHWEST'S MUSIC DIRECTOR LEADS WITH PASSION



Bill Owen led the Concert Choir to Italy in May

ReBekha Smith
Talon Photographer

He is called "No-Bull Bill" and at first he may seem a little intimidating. But a closer look may surprise you. A self-proclaimed "teddy bear," Bill Owen's straightforward style gives way to an amiable, sincere personality.

Bill Owen, Northwest University Choral Director and Music Department chair, "knows how to be very personal, approachable, and fun," said Amanda Halvorson, a junior who is part of the university's music program.

In a light-filled office in the belly of the chapel, Owen greets me warmly, as always. He calls me "Bek" and is one of the few people who could get away with such a nickname, for he also insists I call him "Bill" instead of "Mr. Owen" or "Professor." As I take my seat across from him, he leans back in his desk chair, crossing one leg over the other knee, and smiles.

Relaxing in his comfortable office, I ask what sets Northwest University's music department apart from the rest. Owen points to his colleagues as a key factor.

"I work with a group of faculty in the music department who are very passionate about what they do," he said, adding, "and that love is infectious."

Certainly the same can be said of their chair, a man who claimed, "I'm doing everything that I've always wanted to do."

Students claim they can see that passion in the program's leader. "Bill really cares about everyone in the choir," said Susan Tamfu, a senior.

It is that same passion which inspires Bill to develop the music program continually, first establishing the Concert Choir, and then planning and organizing two international choral trips in the past three years.

In the summer of 2006, a collection of students traveled across England, singing in historic cathedrals and enjoying the history and culture of the country. The second trip, which took place this last May, he led a two week tour spanning much of Italy and including various concerts and tours.

These international trips have been a focus of his leadership since he came to Northwest. "I don't think these things were on the radar ten years ago, and now they're not just on the

radar, they're in the past" he said. "We've done them. We have started something that has a great future."

Indeed, these trips have not just transformed the music department, but are transformational experiences for students, as well. It is nearly impossible to have a conversation about the Italy trip without someone describing it as "life-changing." Bill himself cited this last trip to Italy as containing "some of the greatest musical moments of my life."

Bill forecasts that more international trips will take place every other year, making the summer of 2010 the next possible opportunity. Where to? "We have invitations to go to various places. Most recently we have invitations to go to South Africa, and I might follow them up on that one." He also listed Beijing and Spain as possibilities. Wherever the next tour takes place, it is clear that students believe the trip will be worthwhile with Owen in charge.

"His heart is for his students... [and] he has a huge, HUGE heart," said recent graduate Bethany Shaw.

Owen is described in many different ways, but one characteristic that is apparent to all is his love and concern for his students. Those who know him also know that they can come to his office anytime with concerns, complaints, or even just to, as he says, "shoot the bull."

Our chat ends well after the recorder stops, and I walk away thinking that conversations with Owen are like emotional bear hugs: powerful and full of warmth.



Bill Owen and his wife tour Italy with Concert Choir in May.

Student Life

STUDENT DIARIES LOOK AT THE LIVES OF STUDENTS THROUGH JOURNAL ENTRIES. YOU MAY SEE MEMORABLE MOMENTS OR BRIEF A GLIMPSE INTO THEIR WORLD.



View of the Mediterranean and Mt. Vesuvius from Sorrento

Ripped from ReBekha's Journal
22 May 2008
Sorrento, Italy

After thirteen hours of sleep, I hop of out my hotel bed, skip across the tile floor, and pull back the heavy curtains. I stop. Freeze. Then groan, out loud, "Are you serious?!"

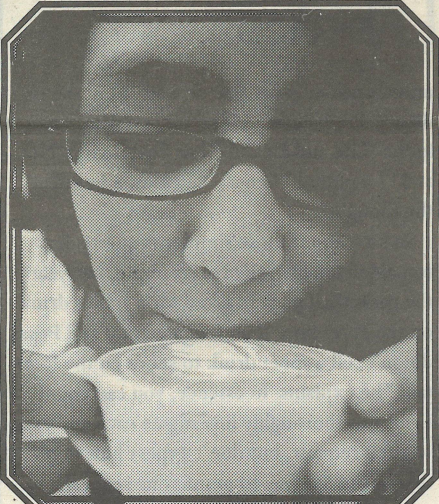
I opted to stay behind today, to sleep in, veg. out, and enjoy yet another cloudy day from the warmth of my hotel room. The view which startles me this morning is not what I expected. The Mediterranean sparkles and carelessly flows to a flawless horizon while palm trees sway and birds chirp to the real-life soundtrack labeled "Paradise."

At first, I despair. Most of my choir mates are, at this very moment, soaking up this pristine day while touring the Amalfi coast, dipping their toes in that jovial Mediterranean, lounging on the beaches. Then, my sleepy eyes rest on another sparkling body of water and my spirits lift. Fifteen minutes later my toes relish their refreshing dip in the hotel pool while I recline with a good book.

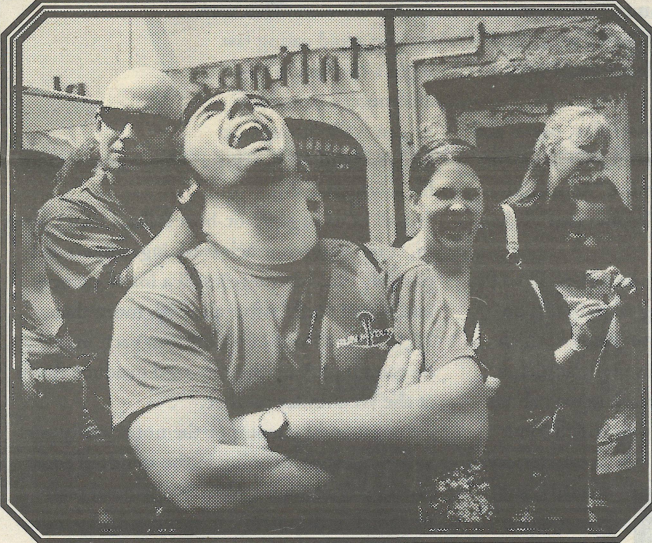
Maybe I missed an incredible Italian experience today, but I am having an experience of my own, as I am blessed to have at each step of this, and every, adventure.



Cameryn Rodney in the Vatican Museum



Marisol Raymundo experiences true Italian espresso



Heath Annett appreciates the tour guide's humor in Lucca

Dear Diary, day 46

31 days left, 17th day sleeping on the ground, 4th day with less than 5 hours of sleep, 2nd week in a row with jr. highers, 2nd night doing security, 7 kids caught trying to sneak out, 1 jr. higher laid out by Nick in a full sprint, 1 plane tour of Alaska leading to 1 teammate (cough Katie Campbell cough) throwing up.

1 hamster almost killed during a sermon illustration, 2 squids used in a game of over under, 6 turtles caught, 1 muskrat almost caught, 1 porcupine almost hit.

Heard 6 sermons on grace, 6 on forgiveness, 5 on sacrifice, 7 on the Holy Spirit and 7 on going into all the world. Responded to 27 altar calls, prayed with 60+ students and seen 2,356 lives changed... 31 days left.

If I've learned one thing so far, it's don't count the days, count the memories.

Andrew Tolson (3rd member of Acts)



Andrew Tolson tours with the Acts team over the summer.

WHAT FACULTY MEMBER DOES FORTY ONE-ARMED DECLINE PUSH-UPS, SIX DAYS A WEEK?

THINK YOU KNOW THE ANSWER?
WIN A \$10.00 GIFT CERTIFICATE TO THE AERIE
IF YOU ARE ONE OF THE FIRST TWO STUDENTS TO E-MAIL US AT
TALONSTAFF@NORTHWESTU.EDU

Olivia Moormeier

Secretary of Ministries

Describe yourself in one word. "Taken."
What's one thing people don't know about you? "I hate collared shirts under Northface jackets."
If you were an animal, what would you be? "A puppy! Everyone loves a puppy, unless he/she is a crankpot, which in that case I wouldn't want to be around them anyway!!"

Meet your Northwest Student Government Team

Brooks Josephson

Treasurer

Describe yourself in one word. "Thorough."
Describe your perfect date. "Jamie Ahlstrom."
If you were an animal, what would you be and why? "Cheetah, because I have the need for speed."

Andy Weber

Intramurals Coordinator

Describe yourself in one word. "Obnoxious."
What's one thing people don't know about you? "I'm the biggest closet nerd you will ever meet."
Favorite NU experience? "Hanging out with the guys on my floor and playing massive amounts of Super Smash Bros."

Jadon Haynes

NUSG President

Katie Campbell

V.P. of Activities

Describe yourself in one word. "Chuck Norris is scared of me!"
What's one thing people don't know about you? "Every time I take a shower I make a smile face in my hand with my conditioner."
What clothing item could you not live without? "My Barbie hair clip."

Eric Wade

V.P. of Ministry

Describe yourself in one word. "Animated."
If you were an animal, what would you be and why? "A dog, because I also hate cats."
What clothing item could you not live without? "Plaid button-up shirts."

Describe yourself in one word. "Simple."
How would your mother describe your style? "She would probably say, 'He has a style?'"
Coffee or tea? "Venti green tea, unsweetened, with two Sweet'N'Low."

Ryan Gilbreath

Secretary of Activities

Describe yourself in one word. "Passionate, excited, driven, motivated, scattered..."
What's one thing people don't know about you? "I hate when the toilet paper is going the wrong direction."
What will be the biggest change this year? "Ring by spring ;-)"

Professors Turned Producers are "Earnest" About the Importance of Theater

Michelle Meade
Talon Editorial Writer

Professors Martha Diede and Julia Young take their humor seriously.

After the highly-praised success of the play they co-produced last spring, they are returning with comedy and cucumber sandwiches.

This fall, the Northwest University drama department will present *The Importance of Being Earnest* by Oscar Wilde. Set in Victorian England, the plot focuses on the prejudices and double lives of its main characters and includes a healthy dose of wit and social commentary.

"This play is really funny," said Young. "It's a very intelligent comedy of manners."

She predicted that, deep into fall semester, when projects are piling up, "it will give a wonderful release of energy and stress."

Diiede added, philosophically, that the art of theater is "one of the ways that

we explore how we're human, and it helps us to laugh at ourselves... When you're worried about exams and everything else, it's good to realize that, hey, it's not the end of the world."

Besides a good laugh and some carefully-

rehearsed British accents, this play offers a chance to get involved in the growing theater program on campus. Young is in charge of the onstage crew, and she stressed that even students without acting experience were invited to try out for one of the

"God gave you a talent, and I will find it!"

-Dr. Martha Diede

minor roles.

While the script has room for only nine actors onstage, "a crew of thousands" will be needed to handle all the aspects of play production, Diede, the offstage manager, explained wryly.

Even if you don't consider yourself a theater person or you think you have nothing to contribute, Diede is quick to point out otherwise. "God gave you a talent, and I will find it!" Diede quipped.

They are confident that this play will be an unforgettable experience for everyone involved. Diede commented, "I think the fun part of it is that sense of community when you realize that what you do is totally dependent on what other people do."

Both professors invite anyone interested in helping to find them in their offices in Fee Hall or contact them via e-mail. As Young put it, "If it takes a village to raise a child," and Diede finished with a laugh, "... it takes a village and a half to put on a play!"

Eagle Eye An Inside Look at NU's Cafeteria

Rachael Harris
Talon Editorial Writer

Imagine preparing 4,000 meals a week. Now imagine a hungry mob of college students playing the role of your patrons.

At the beginning of every fall, this vision becomes reality for Steve Lenart, the head chef of Northwest University's cafeteria. Armed with his apron and vast array of cooking gear, Lenart takes on Northwest University students and their eating habits with vigor and supreme knowledge.

On a daily basis, he faces such trying questions as, "What is that mysterious brown dish in the hot bar?" and "How are our meal prices determined?"

Though fierce in the kitchen, Lenart appears a bit uncomfortable as I pull out my extensive sheet of queries and click the circular, red button on my recorder. That's understandable, I think. I would be a little nervous too if a curious college student sought me out to question my life's work. And that's what serving Northwest University is to Lenart: "I put my whole heart into this job," he said, sincerely.

What exactly does putting his whole heart into our cafeteria encompass? He plans every meal we are served, orders all of the ingredients, handles each request, and adjusts his menu to accommodate our needs.

Perhaps it may be assuring that the beef lasagna and chicken cacciatore we consumed this week are the product of detailed planning from this past summer. While we passed our days perfecting our tans and earning tuition money, Lenart was hunkered down in his office to compose a menu for the coming fall semester. Believe it or not, we actually had a great deal of influence over Lenart's decisions of what to serve.

When we asked for less casseroles, pasta, and starches last semester, our head chef listened. Lenart said we can expect more "Asian and Thai dishes, also known as "beside rice" dishes, in their place."

Steve and his assistant, CJ, handpick all of the recipes they use. Try reading cook books on your free time, as CJ does, to discern which concoctions are worthy of us picky students. During our interview, I also ask Lenart about his top priorities when crafting which foods

we'll eat. Variety, quantity, and presentation top his chart. Once our entire meal plan is mapped out on paper, Lenart and his staff start the daunting process of ordering the food. His company spends \$8,000 per week on food and sup-

plies alone. Even with all of the planning that takes place, certain dishes (possibly that mysterious brown dish I mentioned earlier?) may fail to catch the consumer's eye and end up in the recycle rotation that many students complain about. Lenart and his staff aim for no leftovers. That way we can avoid eating last night's chicken in this afternoon's stew, and he can walk through his kitchen without hearing students groan about his salvaged dish.

For all of us organic-or-bust folks, Lenart pipes in, "I try to do as much fresh ingredients as I possibly can, but there's still a lot of canned and boxed stuff." After all, with more than 20,000 meals out of his kitchen each month, he cannot pick up the required produce down at the Wednesday market.

Lenart and I encounter the notoriously pervasive question echoing in the minds of most dormitory residents. Why is our meal plan included, indisputably, in our residency fee?

Ultimately, Lenart has no say over whether the residency fee includes a tag-along meal plan. He explains that payment decisions are contractual, as in Northwest sets the standards.

Unfortunately, Lenart is not gifted with the ability to read minds, so he needs our suggestions. "But I submitted a suggestion last year and nothing changed!" you may be thinking to yourself, bitterly. "I read all requests and work to grant the reasonable ones. Usually, if it's a reasonable request, I don't have a problem," he said.

I ask him what "reasonable" constitutes. Instead, he gives me a two part definition of

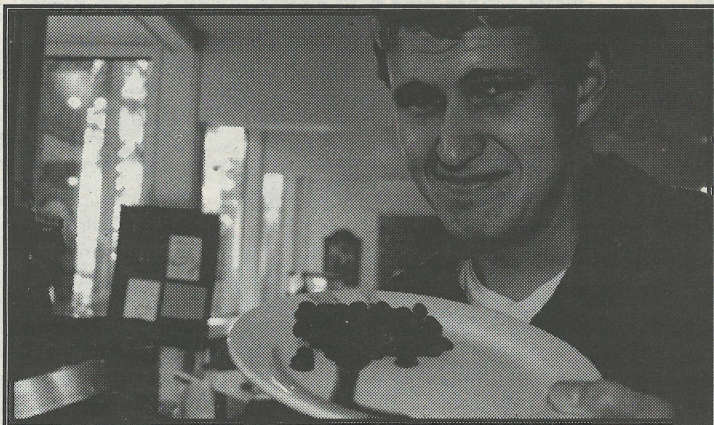
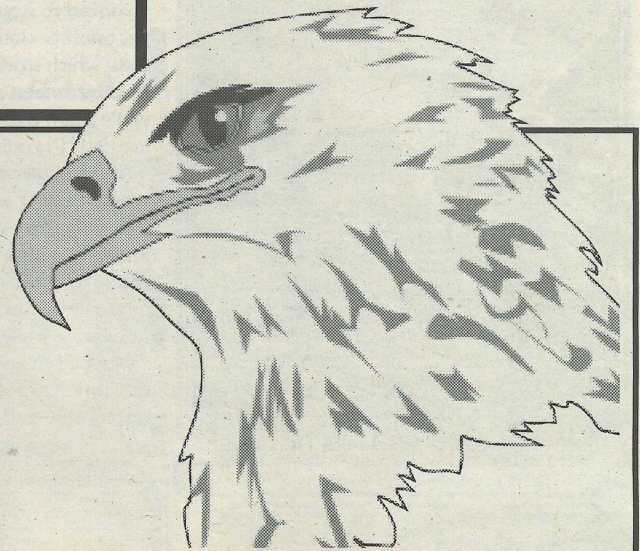
unreasonable: expensive or way out of the ordinary. I sigh, as my vision of fresh King salmon in the "Lite and Healthy" bar floats away. "Not at \$12 a pound," Lenart chuckles, amused at the thought.

So how about those simpler requests that remained unchanged? For example, last year the basketball players asked for a sports drink on the Pepsi line. "I investigated that and Pepsi doesn't sell a sport drink to serve on the fountain," he explains. In essence, you can count on Lenart to thoroughly investigate each and every written request, but don't expect him to play if there's just no way to grant your request.

Speaking of role playing, our head chef switches character and posts his own request to us students: to continue submitting our requests. "I need all the suggestions I can get," he notes, motioning to the Request Board.

The Request Board is located next to the "Cook's Corner." Lenart promised it is always stocked with request sheets waiting to be submitted.

Needless to say, rather than critiquing the mystery meat, perhaps we should get to know the mystery man behind the counter, so we can appreciate what goes on behind the scenes at our cafeteria.



Michael Smith samples a brown dish in the Northwest University's cafeteria.

The Aerie Cafe

Friday night concert in the aerie...
LIVE MUSIC

Friday, Oct 17th @ 6:30pm

Artist: Jenny Vick
Style: Indie/Folk Rock
out of: Bothell, WA
sounds like: Ingrid Michaelson, Colby Cali, Corinne Bailey Rae

Artist statement: "This is about being myself. Writing about what is going on around me and what I think and feel... it's been a really challenging, yet gratifying experience... Enjoy"

BEST CAPTURED MOMENT

"Best Captured Moment" are photos submitted by students that best capture a moment.

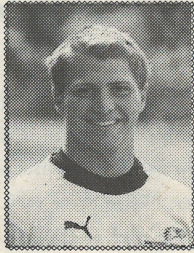
This can be in sports, the dorms, internmentals; anything related to Northwest.

The winner receives a \$10.00 Gift Certificate to the Aerie!

Email us your picture at talonestaff@northwestu.edu



Congratulations to Jackie Welk! Her photo of Nick LeFors (front), Matt Moroni (center), and Andrew Tolson (back) wins our vote.



Kyle Wall
Guest
Writer

The 2008-2009 men's soccer team kicked off the year with a new approach. The eagles added eight new faces going into this season.

Along with the new faces came a new format of training camp. For the first time, three days after arriving on campus the team traveled to Trout Lake, Wa for a week of intense train-

ing and growth. The programs intimate growth derived from the knowledge of each player's unique testimony; something that each player quickly realized goes far deeper than soccer.

Players connected the dots of their individual stories, with the bigger story, which they are a part of, the story of God. The team also focused upon the Gospel, personality traits, and both individual and team goals. Senior captain Micah Williams stated, "We have many goals this year but, as a team, it is our goal to finish as one of the top two teams in the division."

Regarding the week away at camp and the unity that came from it, Senior defender, Jeff

Dickison stated, "Once you hear the story of the guys that you are playing with, their past and their struggles, it makes you care about them and want to play for them that much more."

Overall, the week unified the team, and the players were both spiritually and physically strengthened. It is the goal that this program will have men of character who show Christ, and are fantastic soccer players, faltering on neither side.

Now after training camp has ended, the team has already had to overcome adversity with numerous injuries and a couple of non conference losses.

The Eagle men are confident as they approach the conference

section of their season, which is what truly matters.

It is apparent that this is not only a new team, but also the start of a new program.

The team has started using their new fields (old Seahawks facilities) and are confident that this season will be a success. Junior forward Brandon Screen stated, "There has been great turnouts for the past few games, and we are very grateful for it, we hope that our student body will continue to have school spirit and keep supporting us."

It is a privilege to be apart of such a special program, and I am confident in the success of the team both relationally and competitively.

NU's Men and Women's Soccer Teams Find Success in New Direction



Shauna Marshall
Guest Writer

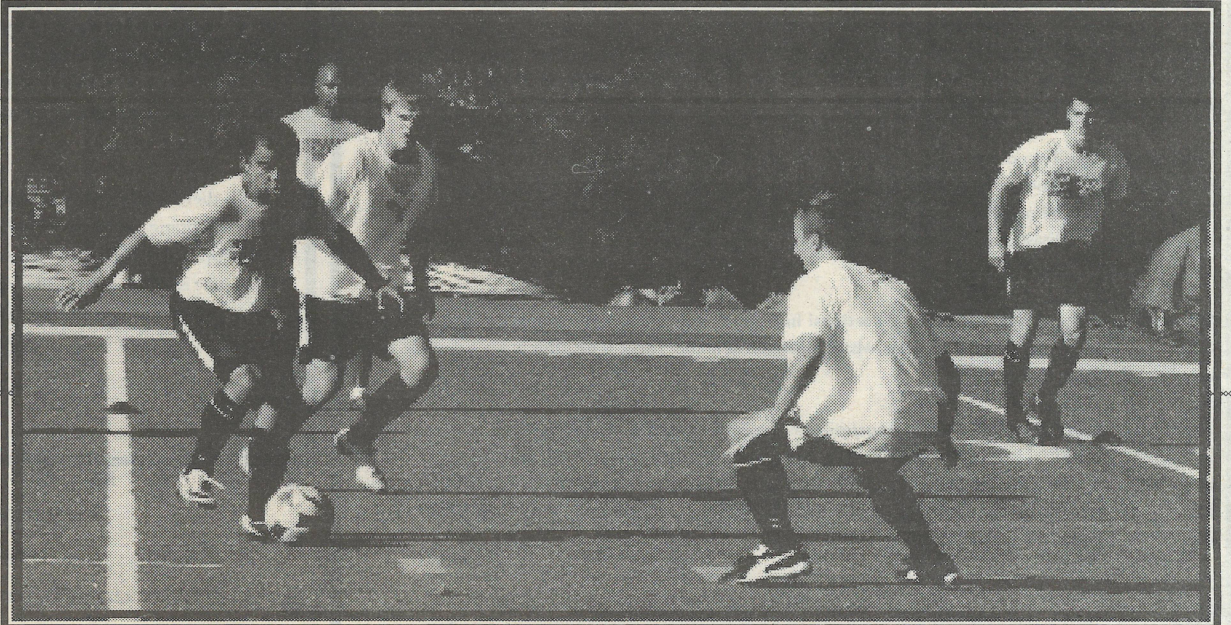
The Northwest University Women's Soccer team is proud to start off the year better than ever before. Welcoming back only seven returning players, and only three from the first year of the program, 2008 is definitely a season of growth. With the help of ten freshmen, the team hopes to make this year better than ever.

Not only has the team added new talent on the field, but the coaching staff has also

gotten a boost of new members. The Lady Eagles are thrilled to see the already strong coaching staff improve with the addition of two

new assistant coaches, Dan Redwine and NU soccer alum Stephanie Amundsen.

Throughout the many changes that a new program customarily faces, the core of the women's team remains unyielding. The relentless passion and perseverant hard work that Eagle fans have come to know and expect from the women's soccer team continues to intensify



each match.

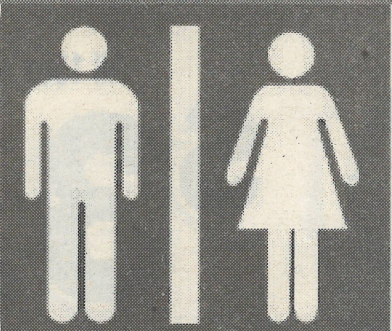
"When we're on the field, we know we're not just playing for ourselves," said junior captain Brittney Marshall. "We're playing for something so much bigger than that. And when you go out there every day playing hard for each other, it's so much more fun."

It does not matter if you are on the inside or the outside of the program, it quickly becomes

clear to anyone watching that these are not just individual women on a soccer field. These are amazing women, refusing to settle, pushing each other to the limit, and ultimately having fun; all while glorifying God in the beautiful process. The NU Women's Soccer team does not simply play for wins and losses; they play for something so much greater.

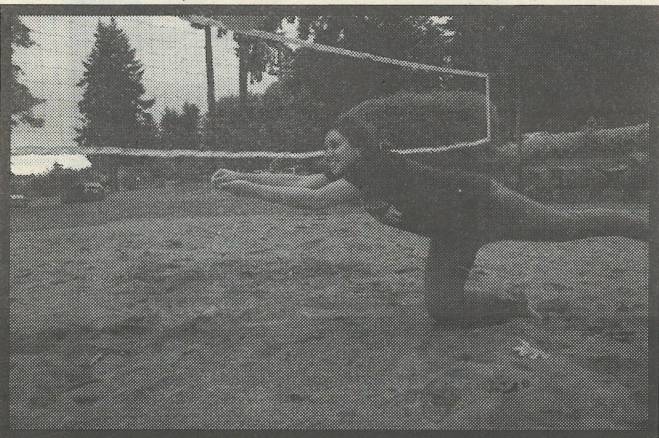
Men's Soccer Games

- 9/24 Concordia University @ 7pm
- 9/27 College of Idaho @ 4:30pm
- 10/7 Warner Pacific @ 7pm
- 10/24 Northwest Christian @ 7pm



Women's Soccer Games

- 9/26 Eastern Oregon @ 7pm
- 9/27 College of Idaho @ 4:30pm
- 10/17 Warner Pacific @ 4:30pm
- 10/18 Corban College @ 7pm
- 10/24 Northwest Christian @ 5pm



Rachael Harris
Talon Editorial Writer

Passion and commitment have landed freshman Anuhea Akamine on top many times in her volleyball career. But her drive to achieve almost cost her everything.

Competing in the 2005 and 2006 Junior Olympics certainly demonstrates Akamine's devotion to her sport, as does her Aloha Region All-Star team's 1st and 2nd placements at the USA Volleyball High Performance Tournament.

Freshman Volleyball Player Finds Faith After Defeat

A 10-year veteran of competition volleyball, Akamine knew she wanted to make the sport part of her life in college, and her commitment to the pursuit of collegiate athletics gradually took precedence over all other aspects of her life. "For a while, volleyball was everything to me," she said, "[It] was my primary focus. God took the backseat."

When a torn ACL pulled her out of the game and threatened her career, she grew depressed and as a result, her faith in God dwindled.

"I wasn't going to church anymore. Even the mention of church made me mad," she recalled.

One night, Akamine reached what she called her "breaking point." "I was in my room and so depressed and I was angry too. I felt like there was nothing left." So she laid out all of the pills in her medicine cabinet and sat, contemplating ending her life. "I was thinking about what my mom would do if she found me. It made me realize

that if I tried to take my life now that would be so selfish."

Finally acknowledging how far she had fallen, physically and emotionally, Akamine decided to call for help. Her Savior would answer.

Akamine's mother began taking her back to church, and later that year, at a church camp, a friend prayed over her and she received the gift of tongues. She recalled writing down her struggles and tossing them, wholeheartedly, into the flames of the evening campfire immediately before her renewing spiritual connection.

"I never thought it [speaking in tongues] would be open for someone like me, especially after wanting to kill myself," she said, "I got so stoked. From that point, I've been growing ever since."

This growth eventually led her to Northwest University, although it wasn't a direct path. "Initially, I wasn't even looking anywhere other than California," she explained, "We were at a college fair visiting the admissions people we had met at the school. We were walking past the guy from NU, and he was just super nice and loud and funny and he caught our attention."

Since then, Akamine has healed spiritually and

physically as her focus has turned north - to the NU Women's Volleyball Team, where she will play outside hitter for the Eagles.

Now in Washington, Akamine doesn't let the Northwest rain dampen her passion for volleyball, school, or life at her new home. "I'm really enjoying being independent," she smiled. "I'm an only child, but I told my parents that I really need to get off this island. I think for people who grow up on the islands, they really need to see the rest of the world. It's one of those things where you have to step out in faith."

And step out in faith she will, aiming for a B.A. at Northwest and then possibly onto graduate school. So if you happen to catch "Anu" after smashing her opponent on the volleyball court this fall, consider stopping by for a quick hello. She might even teach you "Pidgin," the Hawaiian slang language she occasionally speaks, or leave you with words of wisdom, thanks to hardships overcome.

"I was praying one night," she said, "and God told me that it doesn't matter where you are, you're still going to be growing if I'm with you."

Ask Abby's Advice

Dear Abby,

I just recently left the life of luxury and comfort in my home for a "once in a lifetime experience" in the dorms. As much fun as it is, I am nervous about the haunting scale waiting in our community bathroom. I toss and turn in nightmares of skyrocketing numbers and buttons popping as the dreaded "freshman 15" lingers above every latte, soft serve and fast food fun run. How do I enjoy the social necessity of eating in college but steer clear from the "sweatpants are the only thing that fit me right now" body?!

Sincerely,
 Loathing Love-handles

Dear Loathing Love-handles,

Losing sleep? Haunting scales? You are letting this falsehood have WAY too much power. Although weight gain is expected after the transition from high school to college, USA Today recently cited a study showing that the freshman 15 should actually be called the freshman eight.

Wait... what? Yes, research has shown that the average freshman college student only gains 5-8 pounds their first year. See? You are already losing weight and didn't even know it!

Stick to these few helpful hints from Freshman15.com and I, and you can guarantee a date in your planner, even with the ever so unfair male to female ratios at NU. (Now that truly haunts girls at night).

Suggestion one: When grocery shopping, make sure to choose healthy snacks to munch on in your room. What is in your room, you will eat. So choose wisely; a large pizza purchased solely for lunch left overs the next week probably isn't the best idea.

Suggestion two: Try not to eat late at night. Research shows eating between 8:00 p.m. and 4:00 a.m. increases the likelihood of weight gain. I know what you're saying: "But I'm a college student!" Yes, understood. If you must munch, choose healthy snacks and put them in a container. Eating from the bag or box is a recipe for disaster. A few here... a few there... a few more here... a few more there and BAM. The whole bag is magically gone.

Suggestion three: Portions! Portions! Portions! Instead of challenging each other to eating contest in the cafeteria, try to only fit on your plate what you would at home. There is no limit in the cafeteria, true, but the scale has no limit either.

Final suggestion: Exercise. The Los Angeles Times recently reported that college students often worry more about their social lives and academics than they do about nutrition and health, putting treadmill time in the back seat. Let exercise have shot gun! Although calorie increase naturally rises, it is lack of activity: hours of video games and movie nights/days/weeks that are the leading cause of weight gain. Muscles are made for movement, so let them move.

Sincerely,
 Abby

Dear Abby,

It's another weeknight in the dorms, and with little to do, I find myself drawn to the hoots and hollers of the room next door. Another Halo session is starting and as I walk to the room, I see it is packed with friends engrossed in the battle of the Halo world; their hands and eyes super-glued to the power held in the plastic controller. Missed phone calls, lonely books, and empty energy drinks start to define me. I take quick glance at the clock on the desk flashing its devious single digits, convincing me, "the night is young." Do I dare venture into level Delta? How much is too much?

Sincerely,
 In Halo Heaven

Dear In Halo Heaven,

Of course hours and hours of video gaming is an obvious addiction. And there is a point where one needs to Just Say No. But I like to think of myself as optimistic Oliver. You would think that I am here to lecture you on the violent, addictive effects of video gaming, but you sir, are mistaken! Recent studies from USA Today report that video games are actually beneficial to the social life of a college student.

The study found that it is in those late nights of yelling at the screen to "go right! go right!" that build long lasting relationships. We, as a generation, have grown up on video games--Nintendo, and Donkey Kong, you name it. So this obsession in college is nothing new. It's these high intensity times of Halo that make or break relationships. There is a bond beneath the controller most girls will never understand.

Still, there is a limit to the madness. Living in beautiful Kirkland, we are surrounded by lakes, trails, shopping and recreational activities. Let's get creative and step outside the box. Rollerblade, jump rope, play volleyball, go to local concerts/plays, bike ride, rent a canoe on Lake Washington. The point is, once you make those lasting friendships USA Today insists video games will help you make, bring them out of the cooped up dorm rooms and give them some fresh air. Allow them to flourish and bloom in the sunlight, away from old, plaid couches filled with last week's lunch.

Sincerely,
 Abby

Got a question for Abby? E-mail it to

Talonstaff@Northwestu.edu

or drop your question off in our mailbox located
 outside the NUSG offices

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