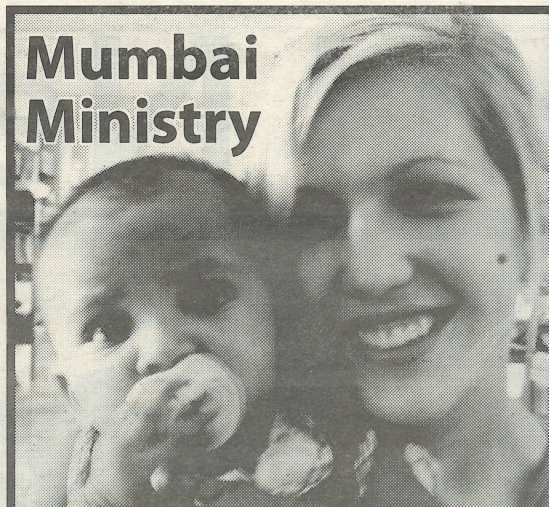


Be Resolved:

A Photo  
"How-To"



Mumbai  
Ministry



Winter,  
Weight,  
Wellness



# THE TALON

February 2008

A NORTHWEST PUBLICATION WRITTEN BY STUDENTS FOR STUDENTS

Volume 1. Issue 5



NU IS  
A STEP  
AHEAD

## NU POLICIES ARE LESS RESTRICTIVE THAN OTHER AG SCHOOLS

Lindsey Cressey  
Editor-in-Chief

Northwest University's student policies are some of the most permissive in the Assemblies of God network of colleges, according to The Student Leaders Conference held in Springfield, Missouri.

Of the 19 universities in the network, Northwest requires the least chapel attendance, has the most relaxed dress code, and allows open dorm visiting hours more often.

Responding to student requests, administrators partnered with student government leaders last year to establish a system where students can bring questions and concerns to the student senate.

"NUSG Student Senate has already passed proposals this year that have influenced the 1) open dorms policy, 2) spouses of FIRs residents' participation in intramurals, and 3) the creation of a university mascot," said Paul Banas, vice president of Student Development.

Still, some students are dissatisfied with the

university's regulations and student life policies.

"In my time at Northwest, I have been disappointed at times with our lack of ability to freely express ideas and foster a community where students are allowed and encouraged to discuss and even challenge policies at times," said student Gabriel Molinaro, who attended the leadership conference in November.

"Unfortunately, this is one issue that we do share with other AG student leaders," he said.

Continued on Page 3

## More Open Dorms at NU



Kirsten Phillips  
Staff Writer

It is a new semester with new classes, new people on campus and so much more. If you live in the dorms, then the days, times, and circumstances in which you

will be able to have visitors of the opposite sex in your room are also new.

The former open dorms will be vacating its current role except for once a month, and the new visiting hours will be moving in. Visiting hours will allow more time per week for residents to have guests of the opposite gender visit their dorm room.

After a community discussion last semester discussing the topic of open dorms, NUSG drafted a proposal to change open dorms to visiting hours, said Jadon Haynes, NUSG president.

The proposal asked for open dorms to occur twice a month and for two nights a week of visiting hours. They requested that each session be three hours long.

"The proposal does a good job of creating balance and compromise between all parties involved," said Haynes, "It works for administration and all groups of students who either want open dorms or visitation."

The proposal was changed slightly by administration, and the new format will take effect this semester.

"We changed very little in the proposal," said Bethene Engelsvold, director of student development. The changes that did occur were changed due to demands placed on resident assistants and time transitions for quiet hours.

According to a document released by Engelsvold, visiting hours will be held in the women's dorms from 7pm to 9:45pm on Mondays and Thursdays and in the men's dorms during the same time on Tuesdays and Wednesdays. Open dorms will occur once a month in each dorm.

The new visiting hours will require that visitors give a form of I.D. to the RA on duty, sign in, and then call the person they are looking to visit to have them open the door and let them in, according to Engelsvold.

Open dorms will run the same as it has in the past.

"I think this format will work well. Having a guy come visit us and vice versa should be normal not something extravagant like open dorms has made it. Visiting hours will give us more freedom," said student and resident Katy Reed.

When asked what he would like to say to students about the new format, Haynes said, "Don't abuse the freedom that is being given to us right now. Having been able to speak to other sister schools of ours, we have a lot of freedom to express ourselves freely that a lot of other schools don't have."

Southwestern Assembly of God University does not allow residents to have a visitor of the opposite sex in their room.

According to their housing regulations, "Single students are not permitted in the residences of single students of the opposite sex. Students who are found to have been in the residence of a member of the opposite sex may be terminated from enrollment at Southwestern."

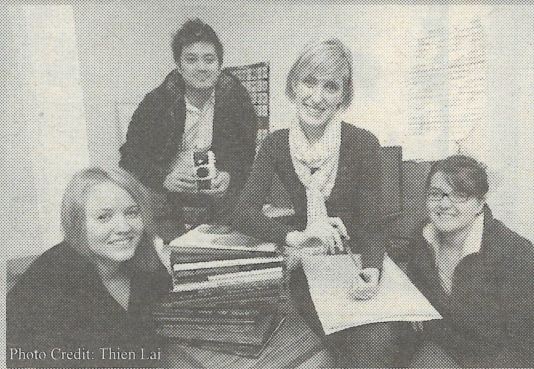


Photo Credit: Thien Lai



Photo Credit: Thien Lai

From Top Left: Karisma Staff, Talon Staff, Past and Present Members of NUSG at Evening



## Student Fees: Where is your money going?



Shinheye  
Guest Writer

What does the student activity fee mean to you? Every year, all students who attend Northwest University pay their tuition, which

includes student fees. Because students pay their fees, they can become involved in and experience a variety of school activities.

Annually, the total student activity budget is about \$177,000. The highest three budgeted items, which are Karisma, Evening, and the Talon, amount to roughly \$89,200, which makes up 50 percent of the budget.

Among the highest three items on the budget, the biggest portion of expenses is Karisma, which accounts for nearly \$41,500, or 20 percent of the total budget.

The student activity budget also includes a general fund, miscellaneous, intramurals, activities, student ministries, missions, leadership, senate, Screaming Eagle Week, class funds, and men's and women's retreats.

Student activity fees are managed by the Northwest University Student Government and are tightly controlled. "If there is left over [money], then it goes to next year. That's part of the reason why we now have a senate budget," said Brooks Josephson, NUSG treasurer, "We are not only trying to focus on this year, we are also trying to do the best we can to set next year up for a good year."

Tuition is charged by educational institutions to assist with the funding of staff and faculty, course offerings, lab equipment, computer systems, libraries, facility upkeep, and to provide a comfortable student learning experience. Additionally, student fees are a part of school activities to promote stu-

dents' communities.

NUSG raised \$110 per student this year, which is more than last year, meaning that student fees have increased. However, other universities' student activity fees are actually higher than NU's.

"There are a lot of other universities whose student activity fees are a lot higher than ours," Josephson said, "Our [increasing fees] help to pay for increased number of activities that we are doing."

Another reason the student activity fees have increased is that the student government added new activities.

"Student fees hadn't been changed in a long time. What is happening is people want more activities, so we are doing more activities. But the amount of money we had to do these activities hadn't changed in the last number of years," said Josephson.

However, some students don't attend any activities at all.

"I think it is kind of a waste since I myself do not participate in a lot of the activities," said Noah Madigan, an NU sophomore student. Rachel Redfield, a junior, said, "I don't care about paying student fees, if I compare it to tuition. I don't even know where student fees are going."

NUSG tries to get as many people as possible to be involved in student activities. This is so students are not just paying the student activity fee, but are involved and making the most of their college experience. "We are trying to make convenient times for people who live off campus," said Josephson.

All student activity budgets and activities NUSG manages are under Paul Banas, Northwest University vice president for student development.

"He is sort of the one who oversees student government to make sure we are not doing anything too crazy," said Josephson.

## THE TALON STAFF HAS GROWN! MEET THE NEW MEMBERS:

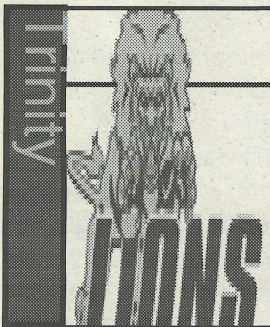
Kirsten Phillips: Staff Writer  
Peter Vertefeuille: Web designer, Staff Writer  
Olivia Moormeier: Staff Writer  
Andrew Tolson: Staff Writer  
Josh Desimone: Sports Writer

Satomi Ito: Advertising Assistant  
Jared Burrow: Assistant Photographer  
Rachel Buchman: Staff Writer  
Dan Redwine: Staff Writer

## Northwest Compared to Three Other AG Schools

## Why is Northwest Assemblies of God?

### Chapel

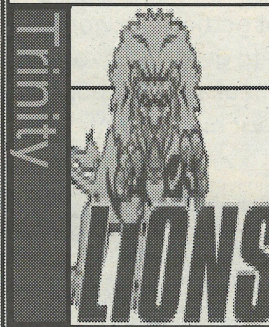


Chapel is offered four days a week.  
A student is required to attend 48 of 60 chapels

### Open Dorms

Trinity allows no open dorm policy

### Dress Code



"Avoid excessive amounts of jewelry or make-up."  
No holes in jeans above the knee, No tattoo or body piercing, no hats.  
No Extreme hairstyles and colors

Michelle Meade  
Senior Staff Writer

Northwest University is an Assemblies of God school by "history and tradition," said Jim Heugel, NU Provost and an ordained A/G minister. The regional districts of the Assemblies of God founded the school to train ministers, and the Northwest Ministry Network still owns the school. This means that the school reports directly to the regional A/G districts.

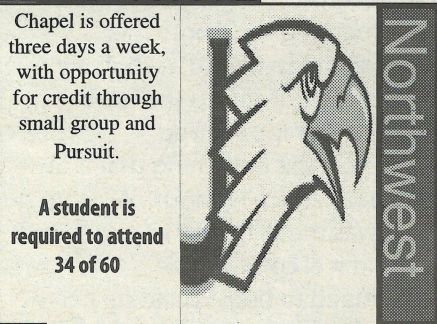
Northwest University is also endorsed by the National Alliance for AG Higher education. This means that it must meet a set of criteria that ensure it reflects the doctrine and mission of the Assemblies of God. David Moore, Assistant VP for Institutional Relations at the Alliance, sent this summary of the more important requirements:

- Alignment with the mission of the Assemblies of God - world evangelism, discipleship, and worship
- At least 3 chapel services per week
- Requirement for all students regardless of major to take some courses in Bible and Theology
- Requirement that students be involved in student ministry for at least part of their undergraduate experience
- Specified proportion of faculty teaching Bible and Theology courses to be Assemblies of God
- Specified proportion of governing board to be Assemblies of God
- Assurance that college is sponsored by a district or districts of the Assemblies of God

Exact numbers for requirements, such as the number of Bible classes required, vary depending on major and on the type of school. A 31-page endorsement manual details the criteria and can be viewed at [www.colleges.ag.org](http://www.colleges.ag.org).

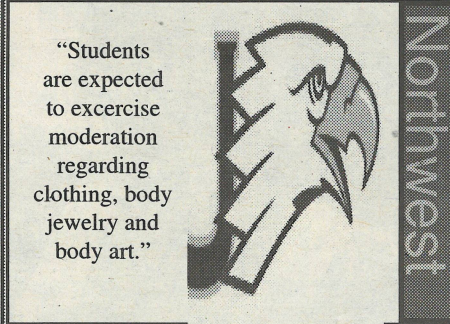
Endorsement allows schools such as NU to advertise in AG publications and conferences. Only students at AG-endorsed schools can receive scholarships funded by the national office, said Moore.

Denominational loyalty has other, less tangible benefits for a school like NU. Jim Heugel compares the Assemblies of God to a family. "It gives us a place to belong, a place of support out of which one can support others," Heugel said.

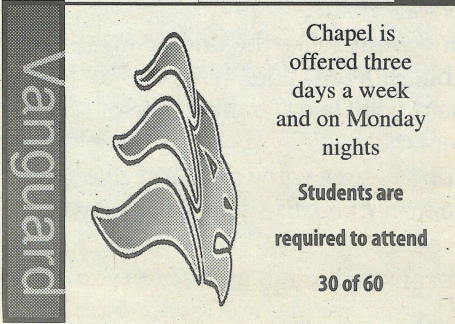


Chapel is offered three days a week, with opportunity for credit through small group and Pursuit.  
A student is required to attend 34 of 60

Northwest allows two open dorms per month and 4 total days of visitation hours

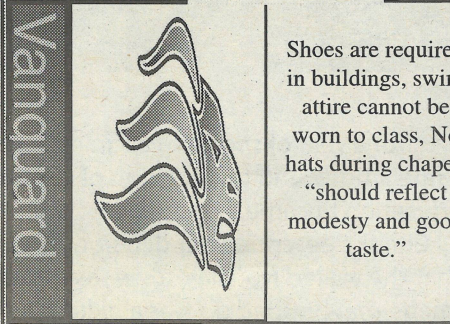


"Students are expected to exercise moderation regarding clothing, body jewelry and body art."

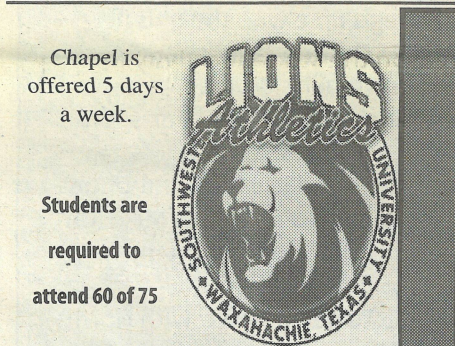


Chapel is offered three days a week and on Monday nights  
Students are required to attend 30 of 60

Vanguard allows open housing to privileged students. Doors must be open.

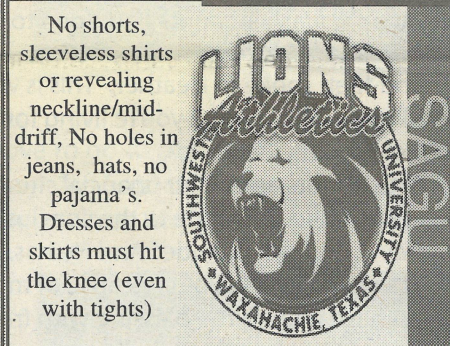


Shoes are required in buildings, swim attire cannot be worn to class, No hats during chapel, "should reflect modesty and good taste."



Chapel is offered 5 days a week.  
Students are required to attend 60 of 75

SAGU allows open dorms once a month, for two hours



No shorts, sleeveless shirts or revealing neckline/midriff, No holes in jeans, hats, no pajama's. Dresses and skirts must hit the knee (even with tights)

## NU IS AHEAD OF MOST AG UNIVERSITIES' LIFESTYLE POLICIES

Continued from Page 1

Still, some student government leaders were surprised by how conservative other AG university policies are compared to NU.

"I would say that we are quite a bit more liberal," said Student Government President Jaydon Haynes. After talking to student leaders from other AG universities, Haynes said that "we are 10-15 years ahead with the freedoms that we have here on campus."

"I can say with almost complete certainty that our school is more liberal than any other AG school in the country with the possible exception of Vanguard in California. Generally, our policies allow students much more freedom than our unfortunate AG counterparts," said Molinaro.

At the time of the conference, Northwest's student leaders said they were stunned to hear that Southeastern University's men have just gained permission to wear shorts. And they live in Florida.

At Southwestern University, students' rooms get checked by R.A.'s every Sunday morning because of their requirement that all students attend church, according to student leader Brandon Schulz.

"I had a self-imposed view that all Northwest students lives were being ruined by our guidelines, and that our rules were so unjust, when in reality, we as a school have come so far and should be thankful for the liberties that they have given us," said Shulz.

"Part of me felt like all of us here at Northwest were big whiners, myself included, in comparison to the complaints that other students of other schools have," Haynes said.

The largest differences between most Assemblies of God schools include open dorm and chapel attendance policies as well as the dress code.

"Many AG colleges have more frequent chapels and stricter attendance policies, rules against wearing shorts, and no open dorms whatsoever," Molinaro said. "Regrettably, we have the great and unique privilege of taking part in this glorious open dorm ritual multiple times a week now."

University leaders point to the differences in the culture of the northwest as one reason for the differences in NU's policies.

"Northwest has a unique culture that is influenced by the region that we live in, the politics of our state, and the economic situation that our city is in," said Provost Jim Heugel. "I think it is good to understand where we are at and act accordingly."

Heugel said that NU is not afraid to engage the culture, citing the fact that NU was the only campus that invited the Equality Riders to speak to the student body.

"We don't feel the need to prove that we are Christians by behaving in markedly different ways," he said.

Although some students complain about NU's student policies, most are satisfied with them, according to Bethene Englesvold, director of Community Life.

In a recent student survey, 83 percent of respondents said that they understood the student lifestyle policies and believed that they were beneficial, according to Englesvold.

Only 12 students out of 327 surveyed said that they were completely dissatisfied with the student policies.

"The majority of students understand that the community standards are in place to help everyone enjoy an optimal experience during their years here at Northwest," she said.

"I left the conference with a reassurance that our school is doing its very best to meet the needs of students and listening to them when they have problems," said Haynes.

**"Many AG colleges have more frequent chapels, stricter attendance policies, rules against wearing shorts, and no open dorms whatsoever."**

-Gabriel Molinaro

## Meet Heather Cheuka: Straight from the South

By: Lindsey Cressey  
Editor-in-Chief

Waiting patiently in the Aerie, dressed in an adorable pink pea coat, Heather Cheuka sips her coffee and greets me with a warm hug and a southern, "Hey girl!"

Cheuka, a freshman psychology major at NU, left the comfort and coziness of her hometown, Humble, Texas for the college experience at Northwest.

So how does a Southern belle from the Houston area end up in the diverse city of Seattle?

Because Cheuka was already taking classes through running start in high school, she had decided community college wasn't for her.

Growing up in the Assemblies of God, it was only logical for her to choose the sister school, Southwestern Assemblies of God University in Waxahachie, Texas. Upon visiting the school, Cheuka explained, "I loved it, but it wasn't for me."

Her independence was demonstrated in her motivation to choose the right school. She traveled, alone, to numerous schools (Northcentral, Baylor, ect.), but never felt a peace about going to any.

After choosing to spend more time researching and attending Kingwood Community College in Humble, Texas, Cheuka took the year off as an opportunity to get involved with her women's group at her church.

"I was out of the youth group and trying to find a way to stay involved," she said.

It was during a women's conference in early September that God softened Cheuka's heart to the women enslaved in human trafficking. She received a prophetic word regarding her upcoming year.

"I bawled. But anyone would," she said. "But God touched my heart, and when I have a heart for something, it is all I want to do. It was then when I realized God was keeping me here for big things, and He spoke to not doubt His plans. He is in control."

It was this conference when Cheuka realized she wasn't at home for community college, she was at home for human trafficking.

Cheuka took charge of her passion and met with the South Texas Youth District leader about what south Texas youth could do for human trafficking. With her passion obvious, Cheuka was offered the position of South Texas Youth Representative for

Human Trafficking; a title allowing her to speak and encourage southern Texans to acknowledge human trafficking and raise funds to build a home for victims.

"I was all about getting the word out. I wanted to build a chain link to get people to care enough to do something," Cheuka explained, "I was going and going and going for human trafficking."



Photo Credit: Michael Willard

After a year of speaking at grade schools, July came around and the decision of continuing her education became a priority.

Cheuka described her decision by explaining that she visited Northwest's website, and the first image that popped up was a picture and story about a car wash students had done to raise money for human trafficking.

God then spoke to Heather, "This is where you need to go. This is what you're living for and the school is doing just that."

With doubts about her financial situation, Cheuka hesitated but came to the conclusion, "Oh the money... God will provide." And He has.

"It's been stressful, but because of my faithfulness, I have reaped the blessing with friendships and jobs," Cheuka said.

Making the transition was hard but Cheuka was able to see the house for human trafficking she had been working toward the Monday before she left.

"I got to see all my standing at women's conferences, collecting money, pay off. It was hard to leave, but the restoration I knew was coming for the girls there drove me to come do something here,"

Cheuka explained.

After getting off the plane in Portland, Heather was already homesick, but upon pulling into campus she said, "Oh my gosh, this couldn't be any better."

Cheuka described her first weeks at NU: "God got me here and then everything gets taken away from me," she said, referring to the comforts of home.

Cheuka's boyfriend of two years was attending a school in Oregon, and that gave her more comfort to make the big move. After a breakup in the beginning of the school year, though, Cheuka began to rethink her actions.

"This was my big adventure, but it wasn't home," she said. "I wanted something familiar to me."

After two weeks of trying to fit into a whole new world, Cheuka realized the only place she felt at home was in a church, worshipping God.

Cheuka prayed, "I know the only thing that is familiar to me is being in a service with You. Worship is the same here as it was there. I know I can get in that place with You and feel comfortable."

Cheuka was determined to begin building her foundation in her new home.

"I wanted to find women like the ones in my women's group, but more my age." In regards to Northwest, she said, "I felt like I couldn't talk to teachers or students."

Cheuka filled up her time with work, and when the floor retreat approached, the girls really wanted her to go.

"They kept asking me, 'Are you going? Are you going?' I realized I was missing out on something."

After getting to spend time with the girls here, Cheuka has made some lasting friendships like the spiritual friends in her women's group.

"They aren't just girls - I know their hearts," Cheuka explained.

Cheuka's maturity revealed itself in her thoughtful expression as she reminisced, "I know Mike (Cheuka's boyfriend) was HOW God brought me here, but not WHY God brought me here."

Cheuka cannot wait to get involved with Northwest's efforts to stop human trafficking in Seattle and India.

Cheuka passionately ended, "I know that if God can take me through this, He can take me through anything. There are more things we can do. I want Northwest to have a coalition for a cause."

## How is Media Impacting Northwest?

Anuhe Akamine  
Guest Writer

NU Media survey reveals reliance on technology.

Twenty years ago cell phones were known as "mobiles" and the Internet was nothing more than an idea in the minds of its creators. In less than one generation, communications technology has inundated the world and NU's campus is no exception.

"I'm pretty much dependent and I don't know what to do without it," said Joe Arnhold, a junior at NU.

NU students spend an average of 2.5 hours per day on Facebook alone, according to a recent media survey of over 200 students conducted members of the university's mass communication course. This does not include time spent online for other activities, such as using other social networks, shopping, watching the news, or catching missed episodes of their favorite show. Even the primary way to listen and collect music is through online sources like Pandora Radio and iTunes.

"Students are spending a total of eleven hours of each day engaged with media and are constantly on the go," said Dana Markow, vice president of Youth and Education Research for Harris Interactive.

"A majority of students have a paid job in addition to being a student and traveling from class to class, and most own a car, so accessing media 'en route' is critical for them," she said.

On average, NU students send and receive 100 text messages a day. This statistic is consistent with national averages which indicate that students spend about 20 full minutes text messaging per day.

"My phone is basically an extension of my hand, I never leave it," said Arnhold.

Providing a realistic look at students today, NU freshman Alisha Larion revealed the reliance she finds in her phone.

"I text probably more than 200 and 300 times a day, I'm so dependent upon it to stay in contact with people."

The fact is that, for today's student, instant access to communications technology is a normal part of the fabric of their lives that is not just expected or convenient, but actually needed to meet the academic requirements of the university. And, until a battery dies or a server goes down, having access to this technology is taken for granted.

"My life would be dramatically different if all my technology were to be taken away," said Arnhold. "I mean, I'm sure I could survive, but it would be really difficult, kind of 'Old School'."

## Featured Artist: TV On The Radio



### Science Is Cool, Style Is For Losers

Michael Utz  
Guest Writer

I love reading different year-end top 10 lists of albums so I can agree or argue with the compilers about the year's music. When the lists started rolling in last month, I noticed a disturbing trend: an album I had never even heard of kept popping up in the top five on everyone's lists. Rolling Stone, The Guardian, Pitchfork Media's reader poll, Relevant Magazine, and Entertainment Weekly listed this album as the best of 2008. I was sold, immediately turning to iTunes to download this mystery album entitled Dear Science by a band called TV On The Radio.

As I began to listen to the grainy electric guitar drones and playful drum patterns of the opening song Halfway Home, I was skeptical. But in a few short bars, lead singer Tunde Adebimpe caught my assumptions off guard as he transcended the frantic backing track with a soft, rich, almost lazy melody. The contrast is immediately noticeable, and completely different than anything I'd heard before.

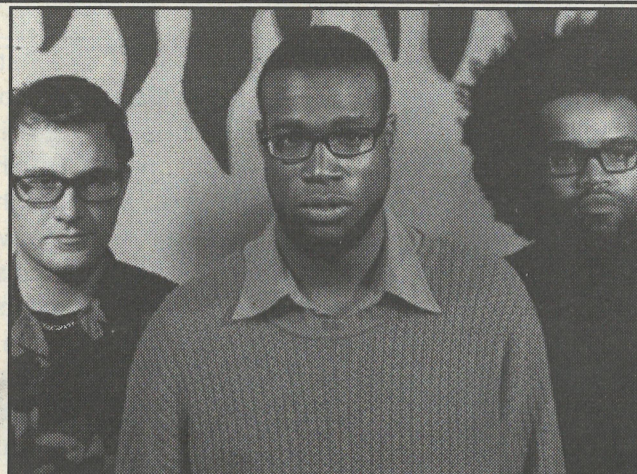
While the album rolls along, you begin to realize that it is an artistic statement and not a "radio-friendly unit shifter." In fact, only one song on the whole album is shorter than the unspoken time limit for radio singles of 3:30 long, perhaps explaining why it never got the airplay that it deserves.

There is, however, one much larger problem with the album that makes it unsuitable for radio play. It absolutely refuses to conform to a genre or style.

The minute you think you're listening to a Radiohead album, you're confronted by a Motown horn section and the need to dance around. You begin to tap your foot - nearly ready to shake your groove thang - when you get slowed down by a 404 drum machine that sounds like it should be heralding the intro to

Justin Timberlake ballad. Adebimpe is constantly changing forms from a punk band shout-verse singer to a smooth R&B tenor or a rich, soulful baritone. Truly, the personality of this music grows out of its unique artists (four African-American men and one very Caucasian synth player/programmer) and is always spacious, honest, and genius.

If you're a fan of music - from R&B to Alternative - there is something on Dear Science for you. If you're bored with the music you've been hearing and want to listen to something totally different, this is a great place to start. And, despite the fact that it wasn't nominated for any academy awards this year, this album is well worth being awarded your time and money.



### Movie Review: Marley & Me



Zac Calvo  
Guest Writer

I walked into a matinee showing of Marley and Me with my two younger sisters this past Christmas break,

sure that I knew exactly what kind of movie it would be. I had seen enough sappy pet movies to brand this one as generic and bland, and I was resigned to viewing the movie on autopilot. However, I discovered that Marley and Me is much less about the trials of family and dog and much more about the wear and tear of married life, the joys and frustrations of raising children, and the aches and pains associated with juggling career and family. In other words, Marley and Me is about life; it is a balanced look at the quirky and the upbeat, without sparing or shielding

us from the letdowns or the disappointments.

Owen Wilson and Jennifer Aniston play a married couple, John and Jenny Grogan, who move from Michigan to Florida seeking employment, where they are both hired at two different competing newspapers. John, hoping to temporarily alleviate Jenny's desire to have children, decides to adopt a golden lab that the two affectionately name Marley. As one might guess, taking care of Marley proves to be more of a challenge than the Grogans anticipated. John is offered a twice weekly column on everyday life that he accepts with hesitation, on account of his aspirations to become a news reporter, but a series of mishaps and accidents with the new puppy provides him with more than enough material. The rest of the movie follows the Grogan family through the births of their three children, the rollercoaster ride of a developing marriage, and the rewards

and exasperations of a rambunctious and ill-behaved family pet.

Wilson and Aniston convince us that they are both real people, flesh and bone, and that is what makes the film. Wilson does not whine his way through the movie, nor does Aniston play merely an extension of Rachel from Friends.

You might also be surprised that while Marley is an important part of the story, this unruly canine is not necessarily the centerpiece of the film. It is more about John and Jenny's relationship with each other and their children. Their family isn't portrayed as perfect, but instead, as all families are: human; Marley just comes along for the ride. It would be easy to dismiss Marley and Me as another family film to distract the kids while mom and dad breathe easy, but if you look a little bit closer you might walk away contemplating some poignant and relevant life lessons with a tear or two.

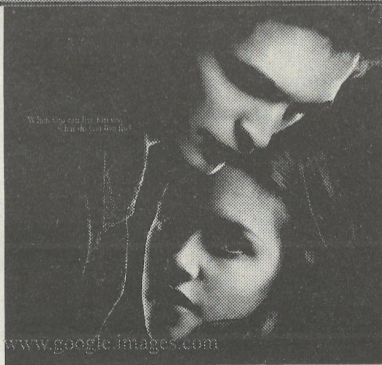
### Album Review: Twilight Soundtrack



Andrew Tolson  
Staff Writer

The soundtrack to Twilight is an unusual bit of music that captures a rare audience. After it was announced that the bestselling novels would make the trek to the big screen, talk quickly arose about what the soundtrack might look like. Every avid reader knows that Stephanie Meyers is influenced heavily by the music she listens to during the course of her writing. Throughout the process of each book, she creates a playlist of songs and each song influences a different section; this playlist is then put on her website for the readers to listen to in hopes of enhancing the reader's journey. So, if she's already created a list of songs that helped inspire the movie, one would easily make the assumption that this would be used as the film's soundtrack... but no.

With the exception of one song, there is an entirely new list of songs from both popular and no-name bands. The sound flutters back and forth, and no continual stream of thought is ever captured. Although each song has some intrigue of its own, as an album the flow is constantly broken. For an album like this, I recommend picking out a select few songs that have been created specifically for the album and not bothering with the rest.



## Calendar of Events

### Comedy Improv:

#### JET CITY IMPROV

*This Improvised Life*  
Thursdays & Fridays @ 8 pm  
\$9.00 @ the door

The Historic University Theatre:  
Home to Comedy  
[JetCityImprov.com](http://JetCityImprov.com)

#### Theatresports

*Seattle's Longest Running Show!*  
Fridays and Saturdays @ 10:30 pm  
\$12 @ the door  
The Market Theatre

[unexpectedproductions.org](http://unexpectedproductions.org)

### Theatre Shows:

#### Memphis-The Musical

1/27-2/15 @ 5th Avenue Theatre  
**Playhouse Disney Live!**

1/31 Paramount Theatre  
**The Lion King**

Feb. 11-Mar. 15 @ The Moore. \$19.50

### Concerts:

#### Danger:Radio

Jan 27 @ El Corazon  
\$12 @ the door

#### Etta James

Jan 28 @ Paramount Theatre  
**MPX**

Jan. 31 @ El Corazon  
\$12 @ the door

#### Sharon Jones & The Dap Kings

Jan. 31 @ Showbox at the Market  
\$25 @ the door

#### Stephen Michael Newby:

**Worship Arts Ensemble**  
Feb. 8 @ The Triple Door  
\$42.50

#### Hilary Hahn

Feb. 11 @ Benaroya Hall  
**That 1 Guy**

Feb. 14 @ Tractor Tavern

#### Smash Mouth

Feb. 20 @ Snoqualomie Casino

## Ministry and Art: Bridging the Gap

**Daniel Rice**  
*Art Professor*

From my earliest memories I have always been interested in the arts; all of them. There are times, though, when I experienced heightened awareness. Those are many, and they go all the way back to my childhood. I have always loved art, and my fourth grade school teacher, Mrs. Stein, a good Lutheran lady who was passionate about the arts, really showed interest in me – both in the choir and in my drawings. She really got the ball rolling in my art life.

My faith affects everything I do, just as does anyone's world view. This translates into my art. But nothing compares to the transcendent nature and Christ and his work of creation. Christ, the Creator, entered his creation and participated within it; living and dying within it, in order to bring it to its highest expression.

Christ's art was personal, not impersonal. It was hands-on and intentional, not detached or accidental. When God created, the Bible tells us, the Sons of God sang and shouted for joy. There was overwhelming joy and elated passion that filled the heavens and earth with reveling and amaze-

what an infinite imagination might be capable?

Look around you at this amazing universe; and this is not all, there is a New Heaven and a New Earth coming. WOW! The Christian imagination ought to be an echo of God's tremendous imaginative powers, and it ought to reach for expressions that honor the breathtaking qualities of God's great heart.

In respect to Christ's example, art must be as transcendent as the artist can make it if it is to be worthy of acceptance. But, it also must never lie about the pain and suffering in this world. It must never gloss over the horrible fallen nature of this world, and the pain that touches us all. That is real too, and it must be said.

Great art addresses these things. For an artist to gloss over the immanent condition of our world would be to fail as a Christ-follower. There are artists who paint only pretty pictures of pure fantasy; who only "make nice" all the time. This is unfortunate. The believing artist must tell the truth in all things, but with authentic love and never with despair. Art must tell the Truth, but tell it with hope. This is my philosophy of art.

In this way, I offer the art world an alternative to the "lesser" messages out there, and, in my own feeble way, I try to subvert the kingdom of despair in order to prepare the way for God's life, nature and kingdom to become noticeable in this world. I aim to get them to look up. To direct their thoughts to Jesus Christ. Whoever says that art should be objective is not telling the truth about art.

All art has content, even if it is purely conceptual. One of my favorite sayings is, "Art is the language of culture." If we care about those in the world in which we live, art ought to be one of the "languages" we learn in our attempts to communicate the love of God to this world. I use art to communicate with others.

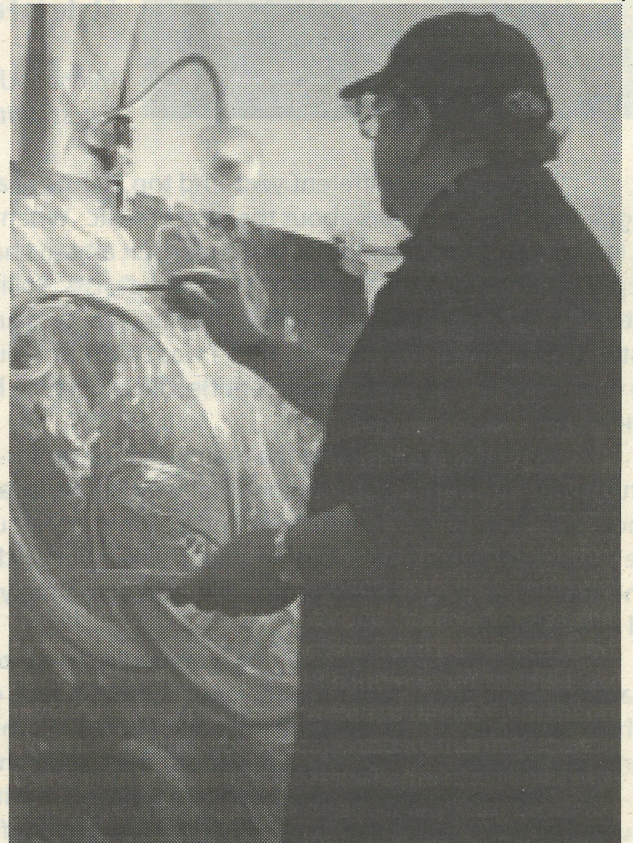
Last summer, Connie and I went to China. One of the things we did was to connect to people through the arts; she through reading literature out loud to large groups of people, and me by painting for them in public while she read. It seemed to work beautifully. Plus, we had many significant conversations with other artists in China. We do the same thing everywhere we go. Art is always welcome, and it creates a bridge on which people may meet each other without fear.

Because of this we are launching a church in Seattle which we will call EMMANUEL. Our goal is to reach the Seattle art community through the arts by offering a community art studio, an art gallery, music concerts, and an internet - café / tea house with art shows.

Getting back to the process of my work, nature, of course, is my primary inspiration, but I also use narrative (stories), the Bible, other artists, good books, philosophy, and just my own imagination. There are many things I have done that no one will ever see, not because they are poorly executed, but because they are too intensely personal.

Most people do not understand that the creative process is a long and arduous one. It takes thinking, prayer and experimentation. I feast on the great works of other masters. I look at lots of art, from all categories and ages. Even though I have become something of a Renaissance scholar, I don't really have a favorite period of time. I love it all. However, most of what I actually do echoes the Renaissance. It's just the thing I do.

Lots of research goes into everything I do. I quote a lot of other artists in my work, just like a writer will quote another writer. The artistic



Daniel Rice completing an on-site painting



Resurrected Christ

ment on the day God MADE the worlds.

This kind of view certainly affects the way I approach the subjects of the arts in general, and the way I personally do art. God did not find the earth floating in space; he MADE it with His own hands! He designed it. He formed it with his intellect, wisdom, love and imagination. Can you imagine of



Painting by Daniel Rice

process changes with each vision. I can dash a watercolor or a drawing in minutes, but an acrylic or oil painting takes days.

I am working on an oil painting right now that will take me the better part of a month. I am meticulous in my production. If something is not right, I will either paint it out and redo it, or will throw the work out and start from scratch.

### Upcoming Events

**January 29:**  
Prayer Breakfast, 7 a.m.

**January 30:**  
NUSG and Crew Chapel

**February 12:**  
Freedom Reigns at Mill  
Creek Church

**February 27 - 28:**  
24 hr. prayer

**February 6 - 7:**  
Men's Conference

**February 20 - 21:**  
Women's Conference

## Missions in Mumbai

Lindsey Bruner  
Guest Writer

"We're not in Kansas anymore," I jokingly said to Lily as we stepped off the plane. I immediately felt 10 pounds heavier as the humidity hit us. We drove through the bustling city streets, and I could feel my face burning from the hundreds of dark eyes that seemed to stare through me. Some smiled. Some looked as though I'd just killed a man. Most, however, just gawked unashamedly. Welcome to India.

When we arrived at Ashagram, our new home for the next two months, I couldn't believe how unprepared I was. I was an American girl displaced in the Indian jungle, complete with cobras, jumping spiders and beetles the size of my fist. The excitement quickly wore off when I realized toilets were nothing more than a hole in the ground and I stood in the middle of a courtyard in the ladies quarters, looking up at almost 60 women who stared down at me from their balconies. These were the women I had hoped for, dreamed about and prayed that God would send me to.

The first 3 weeks were the hardest. I thought immersing myself in this culture would broaden my understanding. I was regretting that sentiment as I held my stomach and leaned over the toilet multiple times in the second week. The feelings of displacement were hard to bear as well. I'd never felt like a victim of racial discrimination until I went to India. I couldn't go anywhere without people blatantly staring at me. It got so uncomfortable and all I wanted to do was play with the babies that had contracted HIV from their mother's who worked in the brothels. All I wanted to do was to walk through the red light district and tell young girls there was hope. All I wanted to do was save someone... anyone. And then I realized, what I wanted to do was impossible. I would have to merely watch, and not be seen. I would have to disappear, because these places are dark. And I don't mean that lightly. I mean dark in ways most people can only imagine.

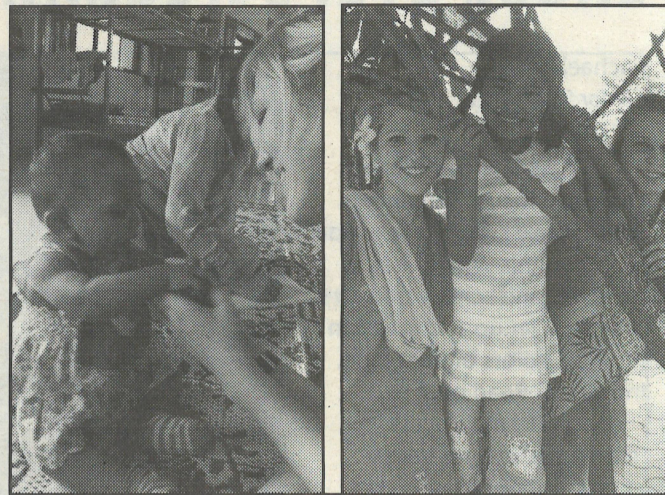
We went to Mumbai quite frequently by means of a two hour train ride. Unlike the villages, in Mumbai we were a target. We were tourists. No doubt, we had

money, and probably more than we knew what to do with; at least, that was the assumption. I found Mumbai full of confusing paradoxes. As I sat in our car, I was startled by a young boy tapping on the glass outside, no more than a foot away from me. He'd spotted me from across the street as we sat in never ending traffic. If I gave him money, what would he spend it on? Who might own him and take it without regard? Would I be furthering some larger organized crime? Or, would I simply be Jesus to a hungry little boy? I reached for my coins but it was too late. Traffic started to move and he ran back across the street to a disheveled little girl no more than 3, who was crying for him to come back.

My heart was broken that night as we returned to our home in the jungle. I was violently ill for the second time, had been bitten by some unknown creature in my sleep, and now laid awake in the sweltering humidity. The language barrier was getting to me and I was away from my loved ones. I sat in the bathroom for an hour and cried "what good can I possibly do?" At that point, I was ready to come home, but something inside me said to hold on just a little while longer. To my disbelief, things started to get better. I picked up enough Hindi to communicate with the women. Between my Hindi and their English, we had some very humorous moments.

I can't pinpoint the moment that I finally felt at home, but it did happen. Maybe it was when I sat with Lolita on the steps leading out into the courtyard and we said nothing, she just braided my hair and sang as the sun set. Or maybe it was when I danced barefoot and completely unashamed with the little girls at the orphanage in the red light district, watching as they stretched their hands toward the sky and tightly shut their eyes in worship. Maybe it was when I laughed with Reshni, my first vocal student, as I tried to teach her exercises she'd never seen. I began to see that I was learning more than I was teaching. I was being changed.

One of the most powerful moments occurred as I walked through a collection of brothels, an unimaginable labyrinth of hallways and dirty curtains. A woman



Photos submitted by Lindsey Bruner

called from a doorway and invited us in. Never did the world seem as small as in that moment. There I was, from small town Eastern Washington, standing in one of the very brothels I had read about for so many years. I looked into the face of Sira, the brothel owner, as I sat on her bed and played with her babies. I had done nothing to deserve such an honor.

The entire two months I had been waiting for something incredible, something dangerous and something uncharted. What I didn't realize was that I was living that dream every day with the women at Ashagram. These were the little girls who had been sold into slavery, forced to work 20 hour days and sleep with at least 30 men each day. These were the little girls that had been abandoned, beaten and used. Suddenly, I didn't care about "saving the world." I didn't care about what I could do, or what I would bring to them. Knowing how they valued their freedom changed me from the inside out. I was the one who was blessed. I was the one who had been taught a lesson in grace and humility. Suddenly, the world I thought needed saving was at my door every morning singing in a bellowing voice, a wakeup call. It was my wake up call.

*Bethany*  
CHRISTIAN ASSEMBLY

*Sunday Services at  
9 AM, 10:30 AM, 5 PM*

*Wednesday Night  
Classes at 7 PM*

*Young Adult Gathering  
on Tuesdays at 7:30 PM*

2715 Everett Avenue • Everett, WA 98201 • 425-339-3303

[www.bca-online.com](http://www.bca-online.com)

NU MEN'S CONFERENCE



RENOVATION  
SPEAKER: MONTY HIPPI  
FEBRUARY 6-7<sup>TH</sup>

Northwest  
UNIVERSITY

NU WOMEN'S CONFERENCE

*Tailor Made*



2009 Women's  
Conference

February 20<sup>th</sup> and 21<sup>st</sup>

Guest Speaker  
Joanne Portmann

More details to follow

## EAGLE EYE: Screaming Eagle Week

Rachael Harris  
Senior Staff Writer

What's this month's eagle eye focus? Screaming Eagle Week! I've got the inside scoop on this year's week of craziness and school spirit. It's time to layer up and invest in multiple colors of duct tape. Intrigued? Read on...

### Theme

The Pages of Time. Vague at first, but once explained, cause for much excitement among the collection of Harry Potter and Twilight fans. Each R.A. selects a book as a theme for the entire week.

Books offered include: Dr. Suess, Where's Waldo, Curious George, Twilight, Lord of the Rings, Harry Potter, Magic School Bus, Narnia, Romeo and Juliet, The Great Gatsby, Sherlock Holmes, The Lord of the Flies, and Holes.

### Day One

Points will be awarded for decking out oneself in floor colors – the more outlandish, the better. The traditional kick-off dodge ball game takes place at 9:30pm in the Pavilion. Competing floors dress up in garb related to their theme for the week or floor colors and bring the heat for valuable SEW points. Dress has been observed to range anywhere from large, fluffy chick hats to neon-colored aerobic suits (men, please spare us that skin-tight experience).

### Day Two

For all of you twin wannabes, day two is your big chance. Dress up as twins, triplets, or quadruplets for floor points. Then, help deck out your floor in whatever theme you've been assigned from 4-8pm. Each floor will be granted \$40 for supplies. If you all are high rollers and \$40 doesn't suffice, consider revving up the creative juices. One unnamed floor decided to "borrow" sand from a local park in a pinch last year. Official judging begins at 8pm.

### Day Three

Adorn yourselves with creatively constructed duct tape outfits for points. Or, if you've just been swamped with massive loads of reading (a plea of sympathy from the faculty reading this!), simply wrap duct tape around old clothes. The crowd



The 300 Floor Decorations for Screaming Eagle Week last year: Ninja Turtles

pleasing Treevivor also occurs on this day. Ogle at the brave and daring floor representatives who volunteer to sit in the large tree located between the library and Pecota Center. S'mores will be available at 8pm to all spectators in hopes of enticing competing reps out of the tree. Hopefully, we won't fall victim to any exploding diapers this year

### Day Four

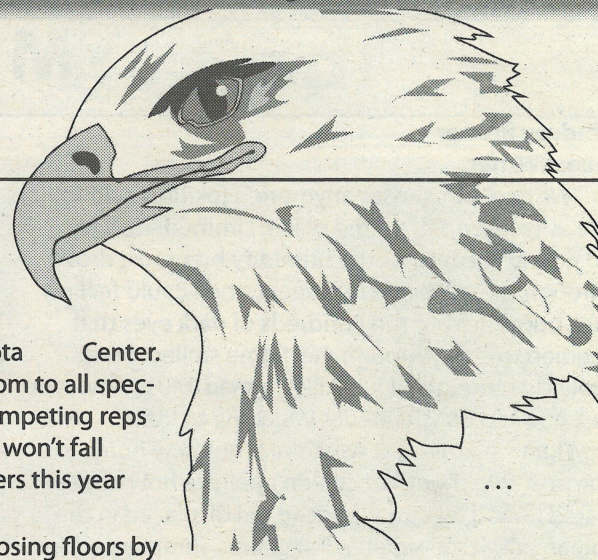
Beat the winter chill and opposing floors by layering up in ALL of your clothes. Judging will take place in the Health and Science Center at 8:30pm. What's your limit?

### Day Five

The final battle! Prepare to wage war at the SEW Finale at 9pm in the Pavilion. But before you face up with your competition, earn last minute points by sporting blue and gold all day long. Each floor will craft a climactic entrance to the gym for points in accordance with their theme. Last year, floors boasted intricate costumes, personalized theme songs, and elaborate props. Come to fight! Screaming Eagle Week champion will hail before the night is over.

For your additional benefit, the NUSG members have compiled a handy list of items encouraged for bribing use. Remember, bribes to the judges can earn your floor big bonus points!

- Katie: A romantic date night with a tall, handsome (blue eyed) man; 7-11 Slurpee; any type of candy, Watermelon Sour Patch, Panini from Houghton market, any fruity EMERALD CITY smoothie, Chicken pad Thai (3 star), Teriyaki Madness, Jr. Bacon Cheeseburger.
- Ryan: Homemade baked goods, tall 2-pump white mocha Americano 1 inch steamed breve, Teriyaki Madness.
- Jadon: Mountain Dew Code Red, A Cherry/Coca-Cola Slurpee, Jr. Bacon Cheeseburger, Swedish Fish, Starbucks Venti Iced Green Tea unsweetened but with 2 Sweet-and-Lows,
- Roxy: Grande nonfat peppermint mocha with 1/2 the pumps, Diet Coke, a fun date with dinner and a movie, great jokes, almond rocas, sushi!
- Olivia: Diet Coke, iced sugar-free non-fat carmel latte, tropical or berry Mike and Ikes or Tootsie Rolls and Smarties, Ritz Bits with CHEESE, encouraging cards or notes, things that rhyme, things that are yellow
- Brooks: Smoothies
- Andy: Grilled cheese sandwich and Mountain Dew!!



## Re-living Past Screaming Eagle Weeks

"The highlight of SEW '08 for me? I'd have to say the herd of angry women fighting over me\*. It was one of the best experiences of my life."

- Taylor Martin (sophomore)

"One week the theme was dress as your major. So I dressed up as a crazy American Idol contestant and went around... campus asking if everyone was a judge from American Idol."

- Angelica DeAnda

"It was the last day of SEW, and I participated in the food contest. I ate a burrito that apparently contained canned sardines, sweet and sour sauce, and cat food."

- Doug Hein

\*Referring to his participation in the SEW finale game "Amazon Woman"

## Mascot Rumors



Olivia Moormeier  
Staff Writer

Walking to class or grabbing a cup of coffee in the Pecota Center, you may have seen the posters hanging on the doors, "NU is getting a Mascot."

Are the rumors true? Is the poster a joke? Will Northwest really have a mascot? These are all questions popping up around campus and the results

are in...Northwest IS getting a mascot!

The plans for purchasing a mascot suit and assigning a student to fill the role have been in progress since the start of the fall semester.

A mascot proposal was drafted, revised, and passed during first semester's monthly student senate meetings. Student senators voted in favor of purchasing a mascot suit, which would appear at school sporting and spirit events.

The Northwest University Student Government feels that a mascot would help increase the student spirit for the athletic teams and fans. Comments from students in the senate meetings reflected the universal feeling that there is a shortage of energy and enthusiasm in the crowds at athletic events, and a general sense of deflated school pride, but they are hopeful that the addition of a school mascot may help turn that around.

The Northwest mascot has not yet been selected, but the student government is accepting applications from students spirited enough to take flight as Northwest University's Eagle.



## Ask Abby

Dear Abby,

With the new year ahead of me and my list of resolutions tucked neatly in my furry journal, I realize how much I want change. But I feel stuck in the mud, with no rain-boots, all nasty and concrete, when it comes to breaching stereotypes. How can I step outside of the box I placed myself in and defy the social boundaries Northwest holds?

Sincerely,  
Static Stacy

Dear Static Stacy,

I know how you feel. It is hard to walk into the cafeteria and see a table of Shakespeare gurus, athletes high-fiving and uproaring, and the center table filled with pretty, plastic girls discussing the latest leggings and scarves. fashion.

But keep in mind, this is an outsider's perspective. Stereotypes and generalizations are the easiest way to stay in the box society labels you a part of.

If you take a chance, you are sure to find out the underlying core of all students at Northwest is the same. We are here to be educated and grow in our walk with Christ. And that unites us.

Try these simple gestures to befriend the people you would have never expected to be friends with:

1.) Keep your eye out for opportunities to get involved. Small groups, drama productions, concerts, forums. Northwest is filled with opportunity for involvement if we would just take the mask of bitterness off.

2.) Attend sporting events and intramurals. What does bonding over the sweat of your fellow students smell like? The sweet scent of victory

3.) Walk up to a table and plop your mysterious green gop next to someone you don't know. Each person brings something different to NU. Find out what it is.

Let us enjoy each others passions and differences, bad breath and all.

Rachael Harris  
Senior Staff Writer

Whoever popularized the idea of the "freshman 15" apparently didn't take into account the rest of us . . . that is, the students who have managed to survive freshman year, but not the lure of a decadent chocolate crinkle cookie over the holiday season.

Yes, weight gain is notorious among freshman, but a recent study released by the Obesity Society noted that waistlines continue to expand through sophomore year.

The prime culprit for bulging bellies is no doubt the freshly acquired freedom to eat whatever, whenever. Food selection among busy students, though, tends toward anything but fresh.

"Tacobell, Jack in the Box, Teriyaki Madness . . . All these restaurants are so conveniently close that it is easy to eat there all the time," said Shannan Kestner, a sophomore.

The expediency of fast food generally peaks in the evening, after classes are dismissed and the cafeteria locks its doors for the night.

"My roommate and I love to go to the U-District because everything is open late," said Emily Holman, a freshman, "We can get snacks to push us through late night study sessions. Bubble Tea and Pita Pit are our favorite because they provide a stress relieving atmosphere."

Ironically, weight gain often causes more stress for students, who feel they have little time or resources to eat healthy and exercise.

"I don't exercise because I am busy and it is hard," said freshman Danielle Lyndes. A few rounds on the Wii fit across the hall satisfy Lyndes' fitness needs, she said.

Freshman Roseann Hein finds working out difficult because quality facilities are not provided on campus.

## Winter, Weight and Wellness



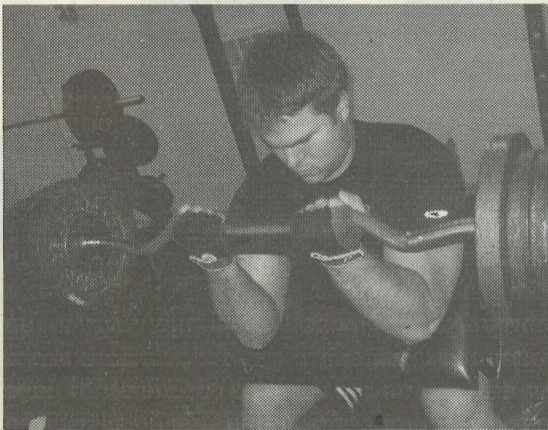
This is often the case for students who are unable to afford gym memberships and do not play for a sports team.

Alternatives to the gym, such as jogging or walking outside, are often unappealing in the freezing temperatures and rain that frequent our region. Still, students find means of exercise.

"I utilize the opportunities given to me through intramural sports," said Jordan Skolrud, a senior, "and I make do with the facilities for lifting down in the guys dorms."

The study conducted by the Obesity Society also noted that the average 15 pound weight gain has been diced nearly in half, to eight pounds.

To shave unwanted flab from problematic areas or to increase overall physical and mental wellness, consider these tried and true tactics:



1) Start small and build your way up, whether in minutes jogged, weight lifted, or calories cut. This will help you avoid feeling overwhelmed by your health goals.

2) Speaking of health goals . . . consider entering a charity run/walk, and aim to cross the finish line in under X minutes. Having a target often motivates us to exercise or eat healthily when we

don't want to.

3) Avoid parties or events where trouble foods abound. If you can't bear the thought of spending Saturday night in Perks lounge, eat a healthy meal before heading out so you will be less tempted to binge on pizza and snack foods later.

4) Drag a friend out the door with you. Exercising with someone distracts you from discouraging thoughts, and you'll often find yourself energized by the company.

5) Remember that our bodies are God's temple. Excessive cheetos and lack of exercise and nutrients don't quite chrysalize the love we profess for our Savior.

6) Stop thinking about exercising and eating healthy and Just Do It! Let's be honest, starting tomorrow is a chronic lie. Forget "Get ready, set . . ." and GO!



## Upcoming Eagle Events

Jan 26- 30 **Screaming Eagle Week**

Jan 30 5:30 **Women's basketball**  
7:30 **Men's basketball**

Jan 31 5:30 **Women's basketball**  
7:30 **Men's basketball**

Feb 3 5:30 **Women's basketball**  
7:30 **Men's basketball**

Feb 5 3:30 **reading and reflection**

Feb 6-7 **Men's conference**

Feb 13 **Valentine's day party**  
**aka: National Singles**  
**Awareness Day**

Feb 20 5:30 **Women's basket ball**  
7:30 **Men's basketball**

Feb 20, 21 **Roomies Weekend**

Feb 23 -25 **MIR conference**

# Sports

## NU Amps Up Spring Intramurals



Josh Desimone  
Sports Writer

Take off the flags, put away the footballs, and head down to the Pavilion this spring semester to check out what's happening with Intramural sports.

Starting at the end of January, Northwest Students can lace up their basketball shoes and participate in a four on four league that will run till the end of April. Games will be held on Tuesday and Thursday nights, starting with the girls at 8:30pm and the guys at 9:30 and 10:30pm. Each dorm floor will have a team along with a team from Off Campus and the Firs. Wins and losses are recorded and a playoff system is put in place at the end of the year to determine a championship team.

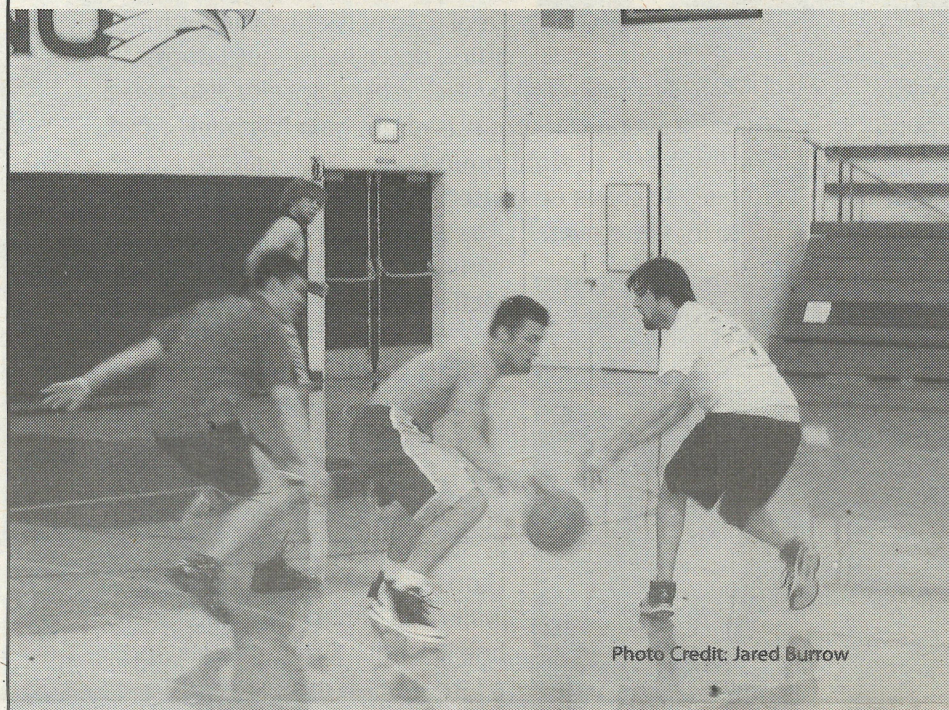


Photo Credit: Jared Burrow

There will also be an all star game, where the best players from the entire league are selected and split into two teams to play in an exhibition game for fun.

"The biggest reason I wanted to be intramural coordinator was to manage basketball" said Intramural Coordinator Andy Weber. "I'm waiting to see how everyone's attitudes will mix. Everyone is real chill this year, so I think it will be better than years in the past."

If basketball isn't a slam dunk for you, or doesn't work with your schedule you might try one of the other two sports offered this spring.

On Mondays and Wednesdays, pickup games of outdoor soccer will take place at the Seahawks practice facility; weather permitting. Games will be held in the late afternoon. "Soccer will start once days are sunnier for longer. Look for soccer in the next month or two" said Weber.

Ultimate Frisbee will also be held on the Seahawks practice field on Saturdays. Both men and women are encouraged to participate. "Everyone will have the opportunity to learn how to play. I'll be learning too as we go along" said Weber. "I'm looking forward to trying out new sports and seeing how they work and also for opportunities to get out and exercise."

From the Seahawks practice facility to the Pavilion, Northwest students gather in large numbers to participate in intramural sports. "Based on the amount of people who signed waivers around 180 to 200 people are a part of intramurals" said Weber. "My biggest concern this spring is injuries. We had a lot in football, so I hope we can cut down on them."

This spring, don't be shy about trying an intramural sport. They are offered five days a week, for men and women of all skill levels.

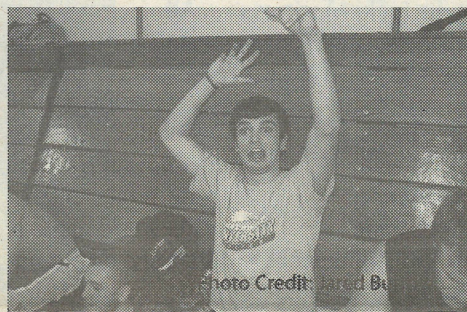


Photo Credit: Jared Burrow

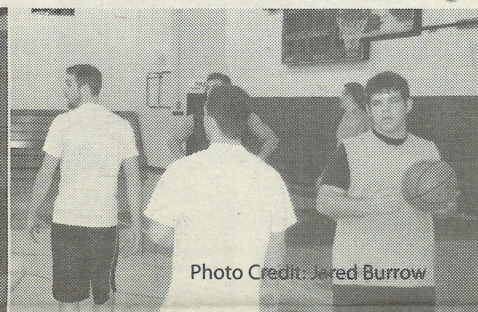


Photo Credit: Jared Burrow



Photo Credit: Jared Burrow



Photo Credit: Jared Burrow

## FIRS Hopefuls



Josh Desimone  
Sports Writer

Andy Weber, Intramural Coordinator for Northwest University is making changes happen in the Intramural world. In previous years, residents from the Firs who are not students were not allowed to participate in intramurals due to insurance liabilities.

Talk has now begun with Paul Banas and the Senate work on a way for those residents to be able to participate. If changed, the insurance policy would cover up to 25 to 30 Firs residents to be active in the Intramural community.

With approval from the Senate and Banas, these changes could bloom as early as this spring.



Deepen your faith. Extend your reach.  
Introducing SPU's M.A. in Theology and M.Div. Degrees

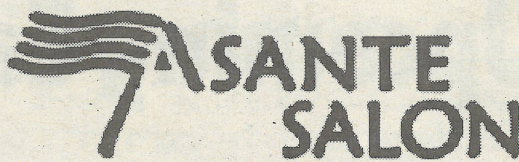


### Can a university change the world?

To equip you for the challenges of Christian mission and ministry in the 21st century, Seattle Pacific University's School of Theology introduces two new graduate degrees: M.A. in Theology and M.Div. Both offer a new vision for theological education: Together in community with faculty and fellow students, you'll stretch your mind, grow in faith, and be empowered to engage the culture and change the world through the transforming gospel of Jesus Christ.

Now accepting applications

[www.spu.edu/gradtheology](http://www.spu.edu/gradtheology)



16528 Cleveland St  
Redmond, Wa 98052

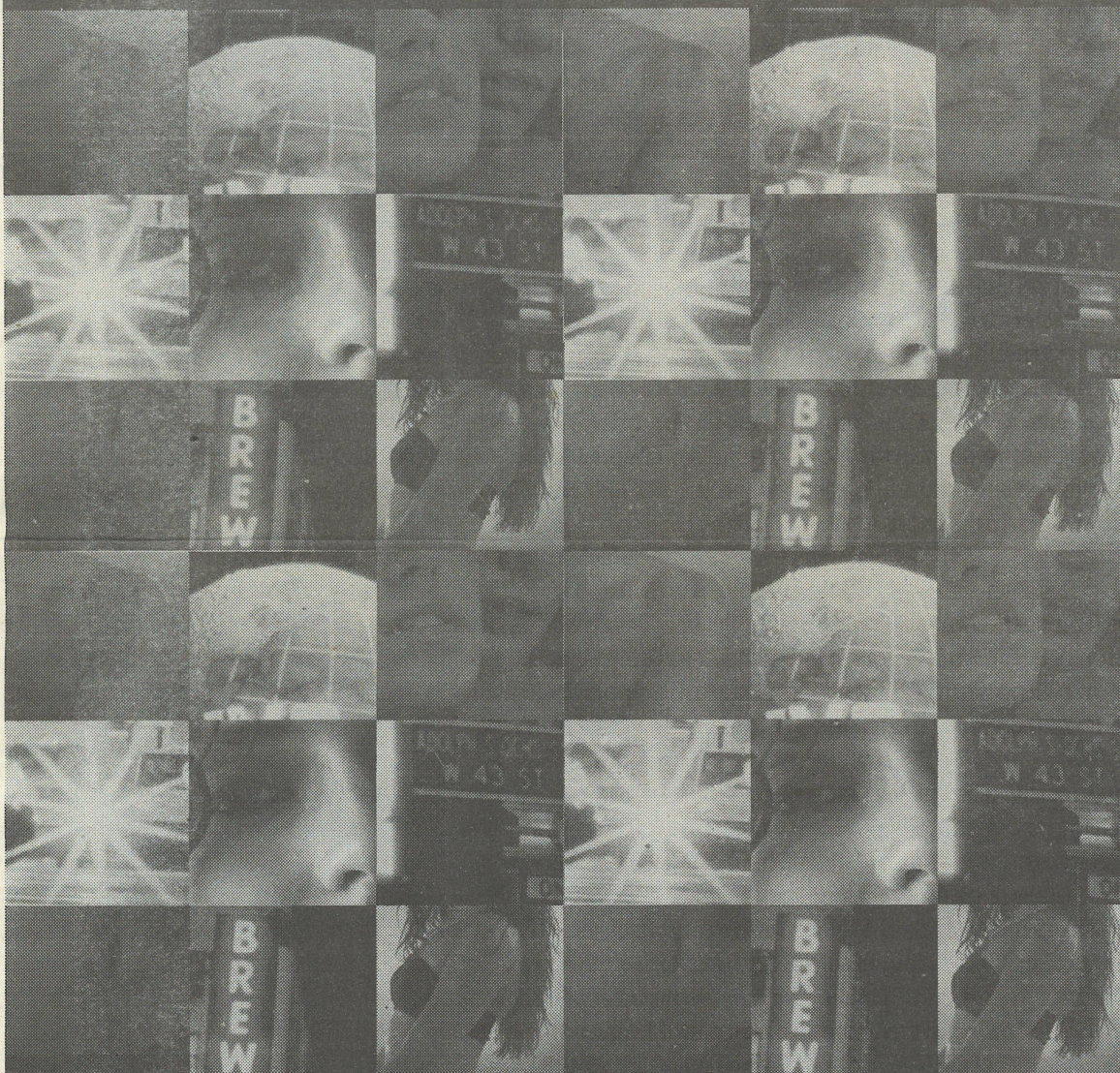
20% off  
cuts, colors, and foils  
for all first-time clients

Call 425.882.1641  
for an appointment

AVEDA



# r o c k S T A R t a n b a r



**open until MIDNIGHT!**

**TANNING**

<p><b>21 DAYS</b> BASE LEVEL BEDS <b>ONLY \$18.99</b> COMPUTER CODE #789</p>	<p><b>7 DAYS</b> MID LEVEL BEDS <b>ONLY \$18.99</b> COMPUTER CODE #348</p>	<p><b>3 DAYS</b> HIGH LEVEL BEDS <b>ONLY \$18.99</b> COMPUTER CODE #886</p>
--	--	---

**TANNING**

216 park lane, kirkland

425.889.8826

www.rockstartanbar.com

# Photo Journal

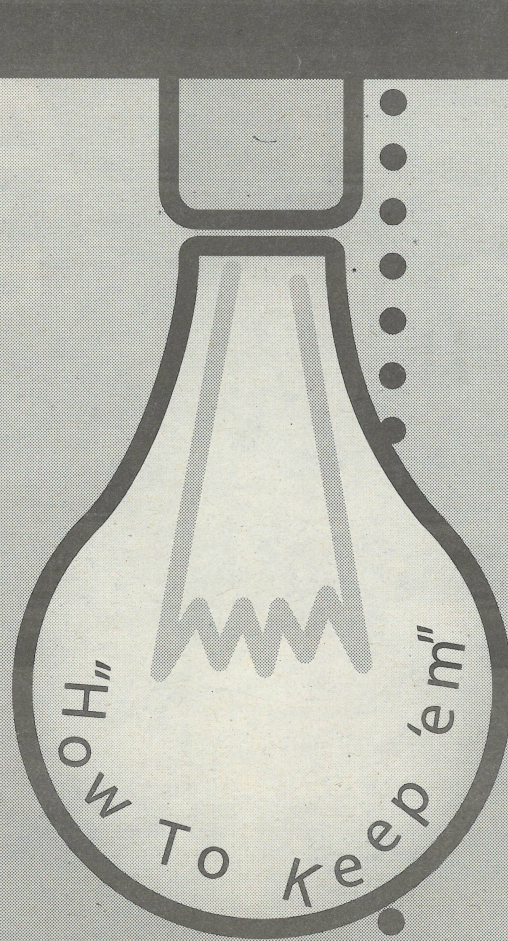
## NO Year's Resolutions:

Curb Caffeine Costs



Alexa Jessee

Do you spend more on coffee than you do on tuition? Has the economy made you rethink your spending habits? Then you need Aerius cards! They go on your student account so you don't have to pay for years to come! Beware the interest, but who wouldn't want to buy a \$20 cup of coffee??



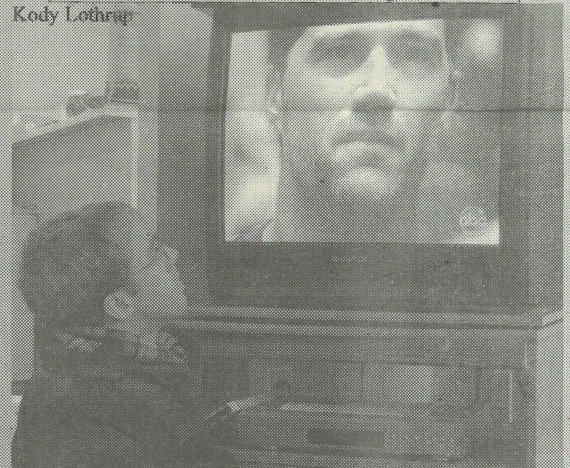
Lisa Boekenooen

Arrange Adequately

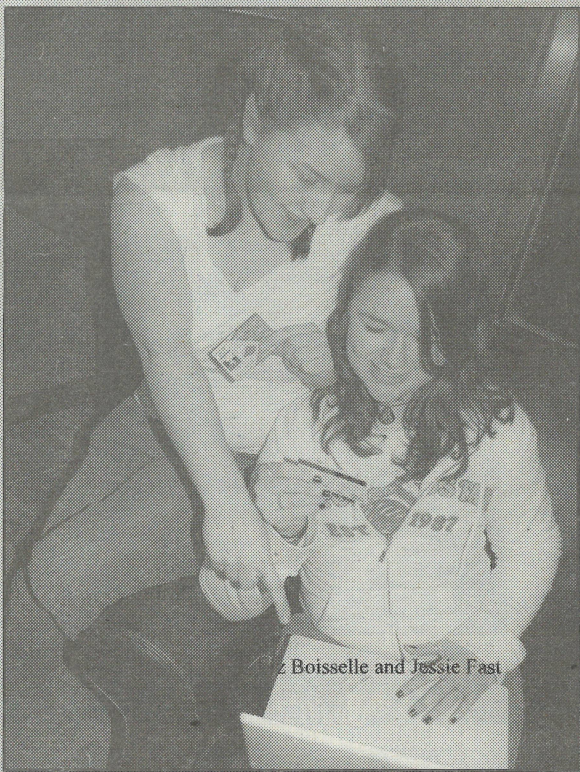
Organization is easy: just dump everything into one convenient pile so it is all in plain view! You will save hours of searching time each day!

### Triumph O'er the Telly

Kody Lothrop



Do you desire to overcome the temptations of television? The solution is easy: rent seasons! That way, you can watch an entire season in one sitting instead of wasting your time waiting for a new episode every week!



Liz Boisselle and Jessie Fast

Budget with Brains

Coffee isn't the only expense you can prolong paying for. If you love to shop but don't have the cash, use credit! It isn't real money, so it doesn't really count! And if you shop online, it is like you aren't really shopping at all! Click, click, cha-ching!

### Prevent Procrastination

## Photo Coming Soon

Text Goes Here. Text Goes Here. Text Goes Here. Text Goes Here. Text Goes Here. Text Goes Here. Text Goes Here.

Snack Smart



Haley Durrett

The cafeteria is the perfect place for a healthy, light meal. Just be sure to avoid the Danger Zones like the salad and "Light and Healthy" bars. Top any meal off with a banana for the perfect, balanced diet!