



NU Track is off to a winning start



Who's in Charge anyhow?



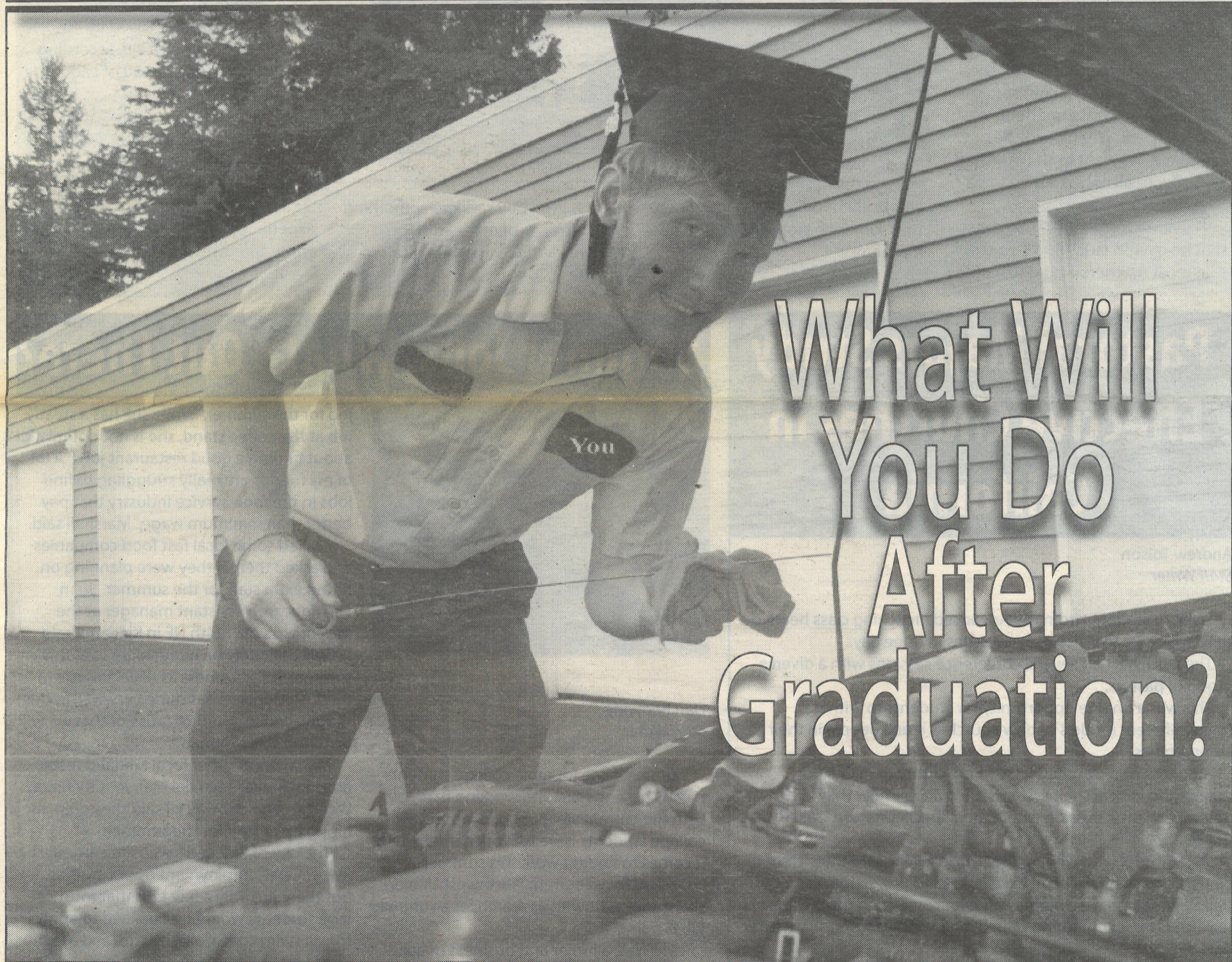
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THE TALON

APRIL 2009

A NORTHWEST PUBLICATION WRITTEN BY STUDENTS FOR STUDENTS

VOLUME 1. ISSUE 7



What Will You Do After Graduation?

Northwest Graduates Jump into a Tight Job Market

Lindsey Cressey and Tristan McCoy
Editor-In-Chief

It's difficult for Brooks Josephson to be excited about his walk across the stage in four weeks as he joins 213 other Northwest graduates. He is apprehensive because when he stops walking he doesn't know where he'll end up.

"As someone about to be fresh out of college, I am facing a job market where there are more applicants, fighting for fewer positions, for less money, and against people with more experience," he said.

Josephson is feeling the tight squeeze that has left college graduates fighting for jobs in the toughest economy since 1982, according to economists.

Employers plan to hire 30 percent fewer college graduates than in previous years in this region of the country, according the National Association of

Colleges and Employers report out in March.

Internships are being cut by nearly 21 percent, and nearly half of all employers surveyed said they don't know what their hiring plans will be this fall.

"It has been difficult. Many companies have a hiring freeze at the moment so I have been looking to other alternatives to just applying at various companies that I am interested in," said Jeff Dickison, a Northwest business major graduating in May.

The application process for jobs has become drastically competitive, according to a recently published Seattle Times article, "New College Grads face frustrating job market." Employers normally receiving 100 applications are finding their boxes overflowing with 200-250 applications for a single position.

Continued on Page 3

NU Education Graduate Fights to Keep Her Job

Rachel Buchman
Staff Writer

Alisa Clark, a first grade teacher at Heritage Christian Academy, learned firsthand how the economy has affected the job market.

After working a year for Heritage, Clark was informed that the school could no longer pay her to teach.

"He [the principal] came in and cried as he told me that the school did not have enough money to pay my salary for the rest of the year," said Clark. Then he, "... left me to prepare my classroom for the next day of teaching."

Clark was expected to teach for the next three weeks without disclosing the news to her students.

"Students knew something was up," said Clark. When one little boy found out, he went to the principal and offered all of his money to pay for Clark's salary.

"I'll never forget the \$2.84 cents that he gave," Clark said. "It's a story that most teachers would work their



Alisa Clark teaching her first grade class

whole life hoping to hear, hoping that someone would do the same for them!"

The little boy sparked something in the hearts of other students, parents and teachers. They raised

enough money to keep Clark and one other teacher to stay on, though at a reduced salary. Every month a few families still contribute funds to help.

"Every bit helps financially," said Clark. "I feel so blessed by their giving."

Clark is not the only education graduate to pay the price for the shriveling job market. Unemployment in education and health careers increased by 40 percent in 2008, according to a U.S. Bureau of Labor Services report.

Now, Clark is back at NU and in the process of earning her master's in teaching degree.

Through all of her experiences, God's call not to worry about tomorrow has held strong.

Pastoral Majors Study Effective Churches in California

Andrew Tolson
Staff Writer

Over 20 students from the Advanced Preaching class headed to Los Angeles to visit seven churches in three days

The students had several conference sessions with a diverse group of pastors.

This was a unique opportunity for students to witness seven different models of how churches reach people in their communities.

Students were, "excited to see how churches in Cali do ministry, to look at their systems and witness how they accomplish their mission within their specific culture," said Ryan Gilbreath.

Dan Gibson, who went on the trip last year, said that, "the churches gave off a vibe of excellence and professionalism. People tend to have a higher value for something that's done well, and this is something I can directly apply to ministry I'm a part of"

"It's one thing to read a book and it's another thing to listen to a podcast, but there's nothing like actually being there and watching great preachers impact the lives of this generation," said Dr. Alan Ehler, professor from the College of Ministry.

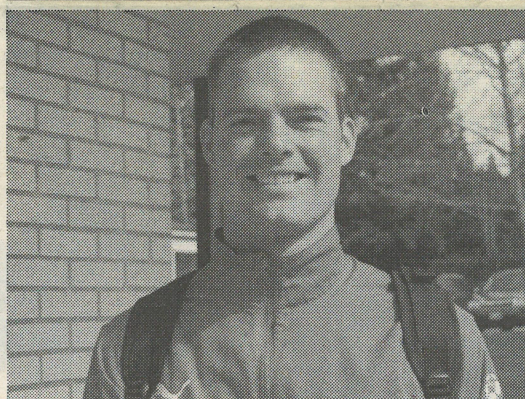
Ehler, who is overseeing much of the trip, likes to emphasize how important it is to understand that there isn't just one way to do ministry.

Often, churches have a specific way they go about their ministry, but Ehler wants to make sure that future preachers and leaders of the church from NU recognize that there is no one way to reach the world.

The group did not visit a single Assemblies of God church while in California. Although they met with different AG pastors, they did not attend any services.

This trip demonstrated the heart of the church as a whole. It shows that congregational barriers are breaking down even in an AG school, according to one senior traveling with the team.

Summer Jobs: What's Out There?



Dan Redwine
Staff Writer

Summer time for most college students means playing hard and working hard, but with the current state of our economy will college students have to work harder when it comes to finding work this summer?

I asked some current Northwest University students how their search for a summer job is going.

Kyle Wall, a junior and business major at NU felt the downturn the economy has made an impact on his summer job search:

"It is really tough to find anything decent right now when it comes to work. I have been looking for a summer internship and some of the big companies that have always had good internship programs have totally cut internships from their budgets. Even entry level labor jobs in the construction industry are harder to come by because less people are building or remodeling and it seems like older, more qualified guys are filling the spots college students used to fill."

Brittney Marshall, a junior and communications major at N.U., is already working full time at an espresso stand in Snohomish, but would also like to find a restaurant

job for the summer. While she has a steady job at the coffee stand, she is not optimistic about finding a good restaurant job. "A lot of my friends are really struggling to find jobs in the food service industry that pay better than minimum wage," Marshall said.

I called some local fast food companies and asked them if they were planning on hiring extra staff for the summer. Juan Rodriguez, an assistant manager at the McDonald's off 124th NE in Kirkland, said he will definitely be hiring extra staff this summer. "It is business as usual for us, I think McDonald's has done very well in this tough economy and because of that we will be hiring this summer."

Managers at other local Kirkland restaurants including Taco del Mar, Jet City Pizza, Wendy's, and Subway all said they plan on hiring extra staff for the summer.

The city of Kirkland's website currently lists several "employment opportunities", but there are only a few jobs that most college students would be qualified to apply for - a swim coach, a life guard, and a facility program attendant. On average, these jobs pay approximately \$11/hour.

Perhaps the best place to look for a job is on Craig's List (www.craigslist.com). Craig's List simple website may not blow you away at first, but it is easy to use and so well organized you can narrow down your job search in just a couple of clicks. Craig's List also has a lot of jobs posted that could get you thinking "outside the box" when it comes to a summer job (and if you're really dying to flip burgers they can help you find that too).

If your plans for the summer include finding a job, I would take Kyle Wall's approach to heart: "I am looking early because I know the job market is only going to get more competitive as summer approaches."

Students Faced With Few Career Opportunities

Continued from Page 1

Senior Malori Horn is feeling the pressure to find a job using her degree in education.

"Teachers are getting laid off left and right, new teachers especially because they are going by experience and credentials," said Horn. "They don't cut the teachers that have been there for thirty years, they have cut the ones that have been there a year or so."

More than just employment woes, the Economic Policy Institute found a five percentage-point decrease since 2001 in college graduates receiving health insurance and fewer than half of college graduates getting any form of pension coverage, according to the Seattle Times.

"College graduates are now being affected by the kind of squeeze being put on the middle class and blue-collar workers for a long time," said Lawrence Mishel, president of the Economic Policy Institute.

The Seattle Times article reported that 38 percent of college graduates are doing work they are overqualified for, according to Northeastern University economist Paul Harrington.

The tight job market and declining economy has pushed some Northwest soon-to-be graduates in new directions. Jamie Ahlstrom, who plans to graduate with a degree in organizational communication, is looking to graduate school for opportunities.

"When the economy goes under, Human Resources are one of the first jobs businesses cut down on. I know an HR woman who just got let go from Microsoft because of the cutback," she said. "It's hard enough to keep your job as an HR let alone find a new one. Instead of facing an impossible market, I am considering going straight to getting my master's degree until the economy looks a little more promising for us HR people."

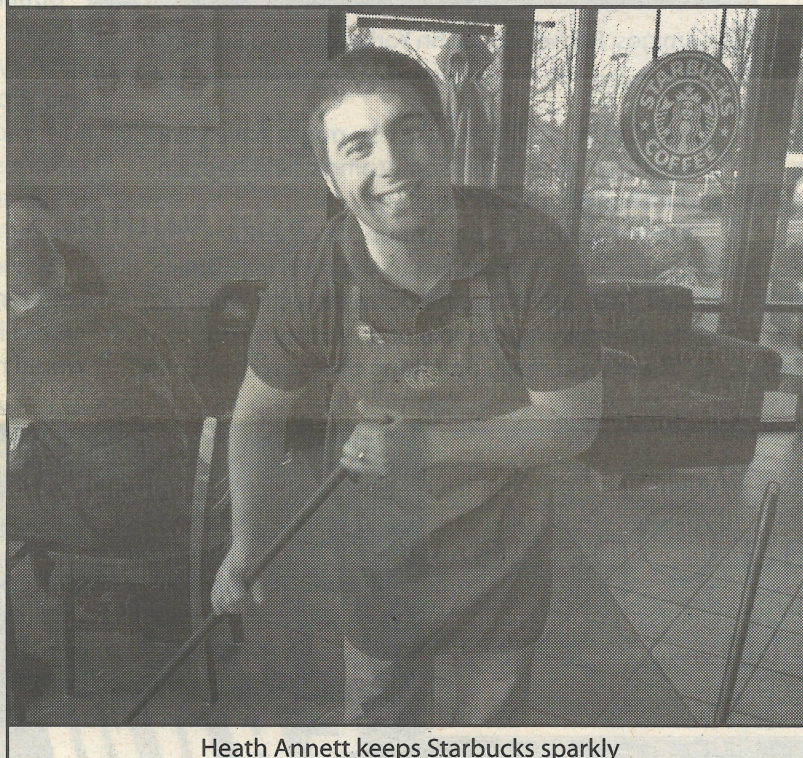
Some economists are wary of graduates jumping right into graduate school, because it can put students deeper in debt.

Time magazine reported in March that college graduates end up owing an average of \$21,000 in student loans. Graduate degrees cost thousands more to obtain.

Still, Northwest University Provost Jim Heugel said that an advanced degree



Tristan Herman tries his hand at landscaping



Heath Annett keeps Starbucks sparkly

can help students in a tough economy.

He said that several master's degree programs at the university help students move in a "new direction."

Heugel said the master's degree in Social Entrepreneurship from the School of Business and the master's degrees in the College of Social and Behavioral Sciences are "great for folks wanting a new start," because they, "offer a slant on these fields that other graduate schools don't have."

Even though the economy has weakened significantly, some employers are still seeking college graduates. The College Employment Research Institute at Michigan State University said that employers are currently looking for graduates in business, engineering, computer science, marketing, advertising, and communication, according to the Scripps Howard News Service.

"I am not excited but it is not the end of the world," said Dickison. "All we ever hear about are the massive layoffs from large corporations and the small businesses failing, when in reality there are still a lot of jobs still out there."

Seattle Times advised students to get as much experience as they can in their fields through internships or part-time work, even if it is unpaid.

Interning in his church landed graduating pastoral ministries major Nick Wallsteadt his job. After serving under the 5th and 6th grade director at Timberlake Church, Wallsteadt found an opening in the program.

"Basically I just talked with our lead pastor and told him what I wanted to do and where I was at and there was a need for a high school director because my supervisor was overwhelmed. And so I got hired," he said. "The job market in the pastoral area is pretty bleak, I am really glad it worked out the way it did because it is taking off a lot of the anxiety of graduating while trying to find a job out of the picture."

"I am not expecting to get my dream job right out of college," said Dickison. "I know that I am probably going to have to work my way up and gain experience before I can demand the perfect job."

Faculty Voice: Finding a Job in a Down Economy



Dr. Teresa Gillespie
Faculty Guest Writer

The economic news sounds grim. "Economy in Worst Fall Since 1982."

"Unemployment rate could go up to 10 percent."

Dr. Gillespie offers this advice to students:

1. First, don't panic. Periods of economic growth and retreat come in cycles. Slow times are actually normal

and they can also be healthy. Our economic system needs to purge the toxic debt and out of control spending. Economic cycles are a bit like breathing. We've been breathing in - expanding at a frantic pace - for years. Now our economy needs to exhale. This contraction may be steeper and longer than in previous cycles, but eventually it will bottom out and re-energizing times will come back.

2. Use your time well. School is probably the best place to be during slow economic times. Take classes that will help you develop marketable skills. Hone your writing, speaking and critical thinking abilities. Take a business course that will help you understand the market economy, such as Macroeconomics, which will be offered next fall. If you need help in managing your own finances and setting a realistic budget, take Personal Finance, also offered next fall. For some of you, this might be a good

time to consider graduate school. The Northwest Graduate Enrollment office would be glad to help you consider this option.

3. Find an internship, even if it's unpaid. An internship is a valuable learning experience because you have an opportunity to apply your skills to a real life experience. Interns are more likely to get hired as they can demonstrate their value to an organization. An internship will also help you develop confidence and contacts so that you can land a job when the hiring starts.

4. Develop and use your personal networks. Target a field you'd like to work in. Conduct informational interviews. Volunteer. Ask about student rates to join professional associations. If you need help with these, talk to the counseling center or your academic advisor.

5. Know that age and time are on your side. When the turnaround

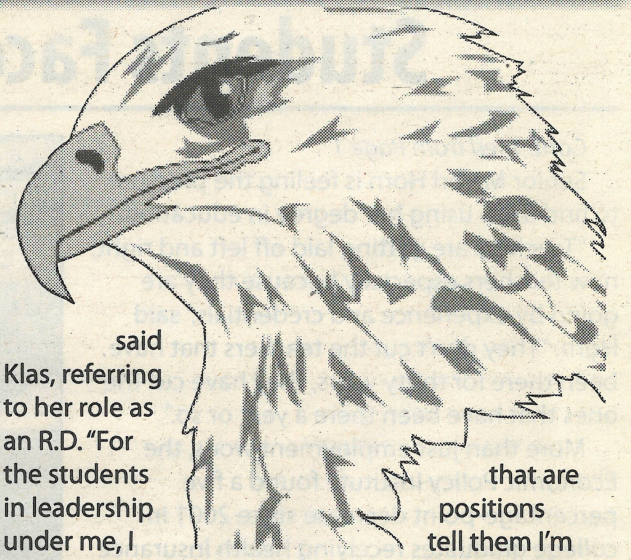
begins, most businesses will likely hire entry level managers at a lower salary than a more senior person. Those aging baby boomers will eventually retire. When that happens, businesses will be competing to hire the very best of an ever smaller pool of qualified applicants. Make sure you're in that top group.

6. Pray and trust God to guide You. God brought you to Northwest for a purpose: to train you for effective service and leadership. He isn't going to waste this time. He cares about your future. You can trust him to provide for your needs now and then lead you to a position of service and opportunity. This doesn't mean that you'll automatically find your dream career right away. But this is a great opportunity to deepen your faith. Eventually, we will all look back on this time with grateful hearts for God's provision.

Photo Credit: Merlin Quiggle

Student Life

EAGLE EYE: Resident Life Staff - Dorms



Rachael Harris
Senior Staff Writer

The average college student doesn't apply to move back into the dorms post graduation, but then again, the resident life staff at Northwest University is not an average group.

The average job description calls for a 9-5 work day. Resident Directors – or R.D.'s – are involved in their jobs 24 hours a day, seven days a week, 365 days a year.

According to John Yorkowitz, R.D. for the men's dorms, this is both the best and worst aspect of his job.

"When you're living where you work, it kind of forces you to be in that particular role all the time," said Yorkowitz. "I actually get to see the lives of men changed and get to pour into them. . . but I am here all the time . . . and it's difficult to make sure that my life is balanced."

Every day is unique for the R.D.'s. I posed the "average day" question to Sonja Korum, R.D. for the women's dorms, hoping to get an idea of her daily schedule. "Average day?" she said, "Well I don't think there is an average day in the life of an R.D."

All three resident life staff members listed off a plethora of responsibilities that take place during their week.

"Meetings, meetings, meetings!" said Yorkowitz with a chuckle. "Interview processes for R.A.'s (resident assistants) and C.B.'s (community builders) . . . R.A. training development class, and campus committees for chapel and orientation." Rachel Klas,

Assistant R.D. for the women's dorms, added group, individual, and community meetings to the list, and all three emphasized spending time on the various floors with students.

"In this position you have to be very flexible and



Tres Amigos: Rachel Klas, John Yorkowitz, and Sonya Korum

open," Korum said, "because you might have your entire day planned and something could happen and it changes the entire plan."

While flexibility is paramount to schedules of the R.D.'s, it is just as important to their job identities as well. They are living the dorm life with students, while maintaining the role of an authority figure.

"There's not really one thing that you could pick,"

said Klas, referring to her role as an R.D. "For the students in leadership under me, I their super-riend," she said with a smile, "because I am their supervisor . . . but I wanted to do this because I love interacting with you guys."

that are positions tell them I'm visomentof-riend," she said with a smile, "because I am their supervisor . . . but I wanted to do this because I love interacting with you guys." Speaking of interaction, the R.D.'s gushed about how much they enjoy spending time with students, including stories about their craziest moments on the floors. The women's floors are apparently tamer than the men's with the most outlandish events ranging from deep conversations to movie nights (though I've heard rumors of crazy pranks involving bathroom stalls, bugs, and slip 'n slides), while the men have, according to Yorkowitz, "developed different cultures of more craziness than others." He didn't cite specifics, but mentioned a prank where his car was egged and a tire punctured with screws.

While the life of an R.D. is unpredictable, one concept remains consistent: community. "The opportunities I have on a daily basis to interact with people I would not give up for the world," said Korum.

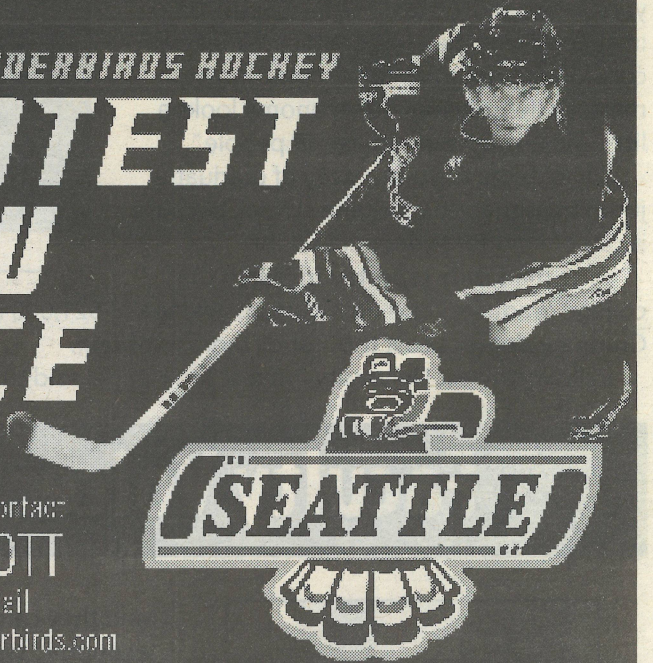
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AVEDA

The Caf: Un-trayed

Olivia Moormeier
Staff Writer

The Dining Hall often finds itself a target of student complaints and griping.

"This food is too cold."

"It's making me fat."

"Is this banana organic?"

Well students, it is finally time to put down the rocks and embrace the Dining Hall's newly discovered silver lining... NO MORE TRAYS!

That's right, the "Go Green" bandwagon swept through the Northwest campus, and we hopped on enthusiastically.

Students welcomed the change and have spoken out positively about how it affects their dining experience. (quote?)

Other frequent cafeteria visitors, like freshman student Carlee Harris, are

oblivious to the change.

"I didn't even notice they took them away," she said.

"I used them for sledding, not food," said Danielle Lyndes.

While very few pout in the corner over their kid-napped tray, others like Tristan McCoy have taken full advantage of the challenge.

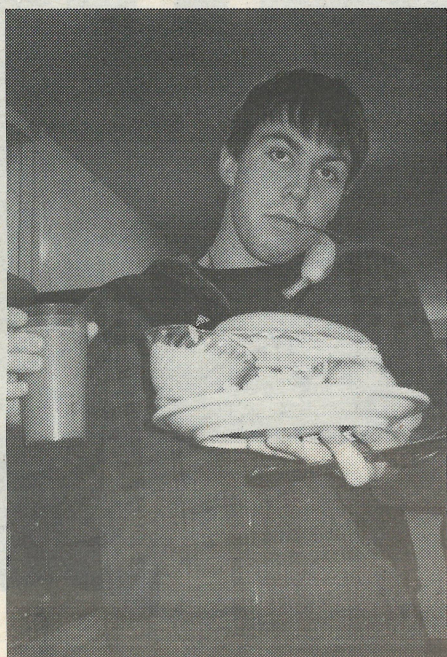
"It doesn't affect me... I can juggle," he said.

There are even students who have thought through the eco-friendliness of the plan.

"Not washing the trays will save water and consequently will save more fish,"

said Kramer Rasumussen, "and that means more fish for me to eat!"

Whether you view the change as a convenient diet strategy, juggling practice, saving the planet, or recreational opportunities, it is a win - win situation for everyone, so go green NU!



John Striker carrying food trayless



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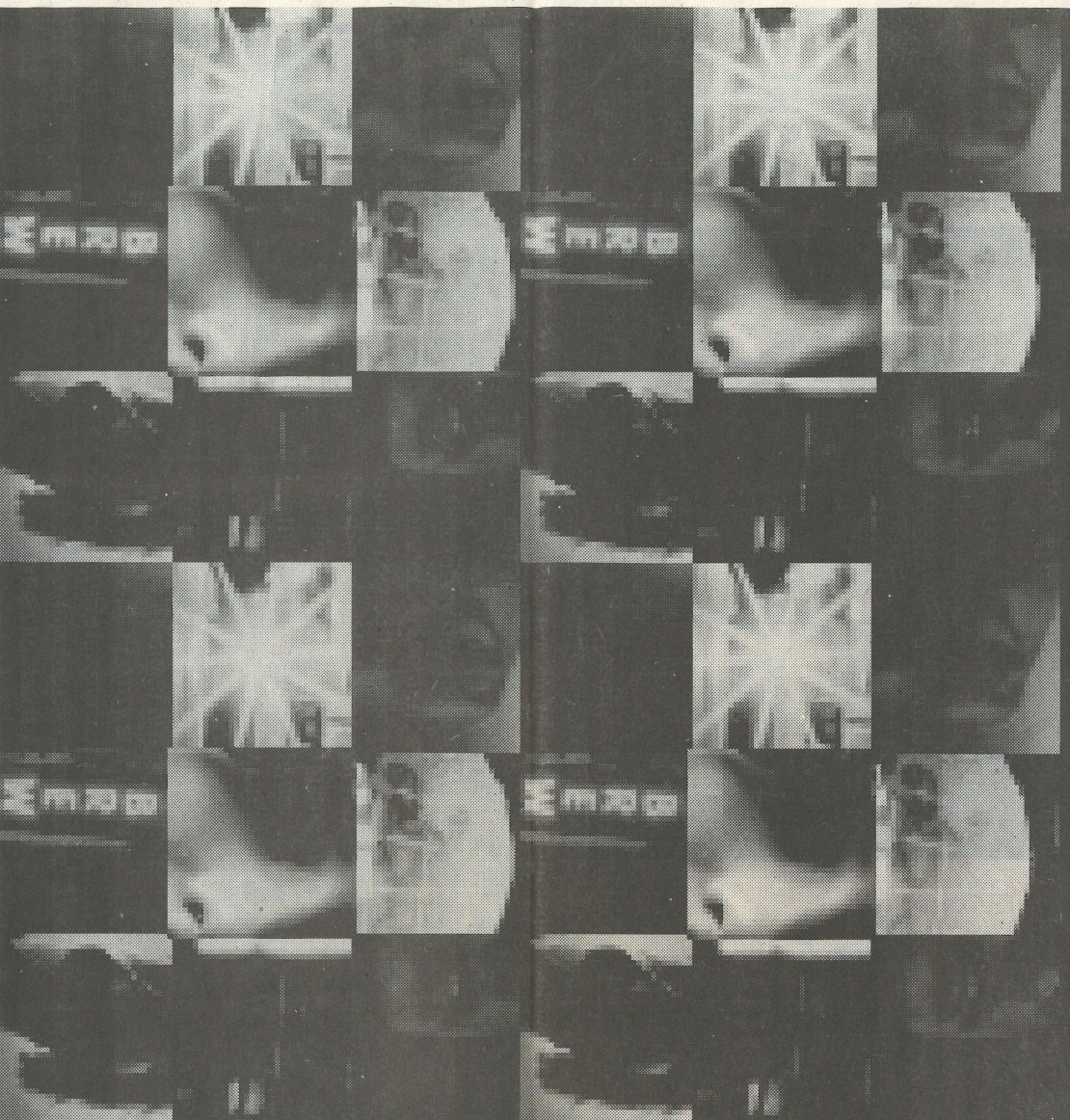
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Featured Artist: MGMT

Tristan McCoy
Guest Writer

What happens when the children of hippies finally grow up? Andrew Vanwyngarden and Ben Goldwasser, the imaginative minds of band MGMT, which has taken the music and fashion world by storm in 2008, is what happens. Oracular Spectacular, MGMT's first full album, is not a concept album, claim band members, but it might be a dip into the fantasy world of a future post-apocalyptic world where only the youth have survived.

Reviewers have dubbed MGMT's music the "new psychedelia," and members call it the "future 70's." With heavy synthesizer and constant creative percussion this band will never lose the attention of listeners. Thick choruses are reflective of Polyphonic Spree, which hails two dozen members, whereas MGMT has only two. MGMT pumps out a psychedelic sound that makes one understand what would have happened if Syd Barrett of Pink Floyd did not go crazy.

MGMT's music reflects their antics and attire. Gucci's creative director Frida Giannini's spring 2009 collection was profoundly inspired by these psychedelic pop stars whose dubs include a blending of all past decades to create a gypsy-hippie chic fashion of their own.



MGMT is a little more poppy than Boy Crisis and a little less than Natalie Portman's Shaved Head (and of course less annoying). There is a healthy blend of disco and "new psychedelia" where the past decades of pop and rock and roll merge with the current indie stream. Every song on Oracular Spectacular is genuine, distinct and incitive, but familiar with a unique sound that will keep listeners begging for more.

Taproot Theater

Michelle Meade
Staff Writer

Taproot Theatre offers \$10 student tickets.

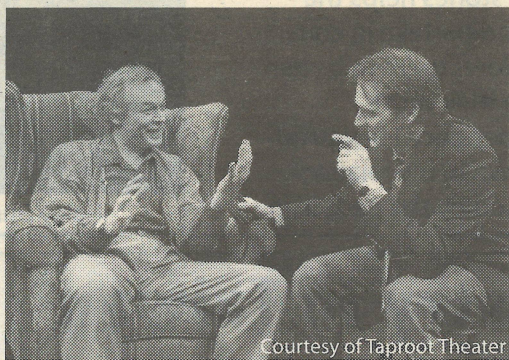
For less than the cost of a movie and popcorn, you can go see a live play! If you go on the right night, free dinner is also included.

Taproot Theatre is offering \$10 tickets to any show for students under 25. Evening performances usually cost \$30-33 per ticket, so this special offer proves that Taproot is serious about making live theater affordable for students.

On Pizza and a Play night, students aged 18-25 can get a ticket and free Romio's pizza, all for \$10. The next one will be on April 2. The pizza party starts at 6:30; the play starts at 7:30.

The next Taproot production, Tuesdays with Morrie, opens on Friday, March 27.

Taproot's press release describes the play: "Based on the best-selling autobiographical book by Mitch Albom, Tuesdays with Morrie invites you to pull up a chair and join Mitch and his beloved, vibrant but terminally-ill



Courtesy of Taproot Theater

professor, Morrie, for some of the greatest lessons life can offer. When you lose your way, sometimes you find it again in the most unexpected places."

To learn more about Taproot, I attended their special student matinee production of Gee's Bend, which is unfortunately no longer playing.

The small stage, surrounded by seats on three sides, eliminates barriers between the actors and the audience. The best seats bring you close enough to feel the breeze when the actors walk past.

By the end of the play, I felt as if I knew the characters personally and understood what it was like to live in their world.

Taproot Theatre's mission is "to create theatre that explores the

beauty and questions of life while providing hope to our search for meaning."

For a calendar of show-times and special deals, visit www.taproottheatre.org.

Inside the Person

Kirsten Phillips
Staff Writer

More than 100 students, faculty, and staff showed their hearts and souls in the halls of the HSC for the groundbreaking "I Am" project last month.

"There's an old saying, you should never judge a book by its cover," said Director of Community Life, Bethenee Engelsvold, "the 'I Am' project celebrates our richly diverse, multi-faceted community in a unique way."

The project is a compilation of many poems written by students, faculty and staff. The poems were written from a template entitled "I Am" and each person wrote their poem to fit their stories about life,

culture, and diversity.

"I think this project is helping many of us to go beyond superficial acquaintance to a sense of real understanding and appreciation," said NU President, Dr. Joseph Castleberry.

Castleberry completed a poem along with his two daughters, Jessica and Jodie, who are both students at NU. He said that after discussing each other's poems over coffee, "we all learned things about ourselves and each other."

Students shared deeply personal information in these poems. One student began her poem with "I am the daughter of an alcoholic." She continued to explain her fears for her father and her hopes for what Christ can do in the situation.

Another shared their struggle to love their gay brother. Others talked about their struggle to feel loved and accepted.

Engelsvold, the "I Am" project coordinator, said the poems are powerful, moving, and very personal. She said that they can be very therapeutic for many people.

"My purpose in creating this project was to emphasize the individuality of culture, and the importance and impact of individual story," she said.

Engelsvold found the template for the "I Am" poems online and she modified it to encourage an emphasis on culture and diversity.

One hundred and forty poems were displayed in the HSC for over two weeks.

Poets "Slam" Their Own Work in the Aerie

Michelle Meade
Staff Writer

Dozens of students and faculty gathered in the Aerie on March 4 to watch 10 aspiring poets perform their own pieces.

A poetry slam is a competition in which poets are judged based on both their writing and their delivery. The audience cheers and boos for the competitors' scores, and the spirit is more like a sporting event or a concert than a stuffy poetry reading.

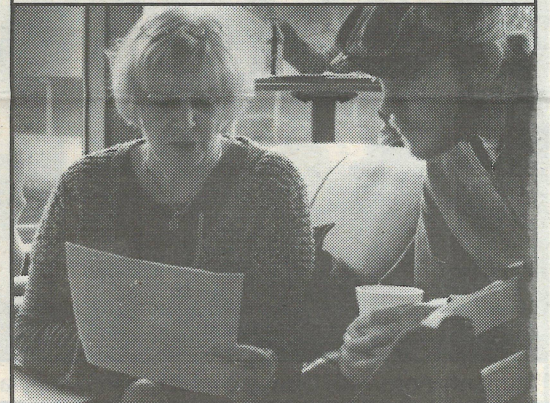
"What you get with a poetry slam is the writer's passion behind the poem, and that's what makes it so much fun. It really takes poetry off the page," said Randall Templin, who helped to organize the slam.

The event was sponsored by NU's chapter of Sigma Tau Delta, the English Honor Society.

English professors Julia Young and Martha Diede and two student judges, Brenda Keen and Teresa Garcia, scored each performance on a scale of one to ten, determining who would move on to each new round.

The top three finalists, in order from first to third place, were Randall Templin, Katrina Ong, and Ryan Monahan.

Sigma Tau Delta hopes to sponsor one more slam before the semester ends, according to Ryan Monahan, Vice President of the Alpha Lambda Kappa chapter.



Professor Julia Young with student Randall Templin

Student Poetry

I am the daughter of an alcoholic
I wonder why he chose this life
I hear his slurred words with undertones of misery
I see the pile of bottles in the dumpster
I want to tell him how he's hurt me, but
I look at how he's hurt himself and can't bear
to add my grief to his

I remember when I was naïve
I pretend it hasn't affected me, like it hasn't
shaped who I am
I feel like my story isn't good enough, powerful
enough, when
I touch girls whose struggles surpass mine
I worry it will kill him like his father and
I am afraid my brother will not break the
curse

I cry at the sound of bottles clanging into the
trash, with them goes my father
I have known what it means to hide behind a
mask of smiles
I believe God will heal my heart
I pray He will turn it out for His good

I dream of one day reaching others like
myself
I try to open my ears to their silent pleas
I hope to fully forgive him

Ministry

It's Not Just a Choir, It's Choralons

Angelique Sofie
Ministry Editor

From the soulful melody of "Inhabit Our Praise" to the powerful lyrics of "Jesus Never Fails," Northwest University Choralons rocks every venue they perform at with their musical prowess as they share the message of God's love and grace with their audiences.

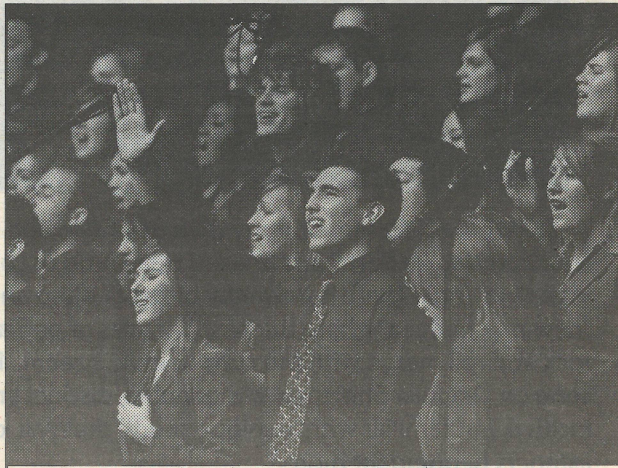
Choralons is a student choir and ministry directed by Brenda Rasmussen. The group is a blend of 118 musicians and singers who are passionate about sharing the power of the gospel. Their musical performances are marked by high energy, meaningful worship, and include prayer, testimonies and narrations.

"When students audition, I talk to them about the three main goals of Choralons," said Rasmussen. "These three things include recruiting on behalf of Northwest University, striving to become musically excellent and allowing others the opportunity to accept Christ."

Over spring break, the group travelled to southern California where they embarked on their Surrender Tour. This tour consisted of eight concerts that took place at various schools and churches, including Valley Christian High School, the largest

Christian school in the entire Los Angeles area.

According to Rasmussen, the students experienced and witnessed a large number of miracles on the trip. One man that attended a concert believed he was healed after the show and testified to his healing in an email saying, "I went forward for prayer regarding Crohns disease. We prayed for complete healing and I have been totally healed from Crohns and everything that it brings. I be-



Members of Choralons worship during a concert

lieve that God accomplished this."

Choralons is not just an external ministry, but an internal one as well. Students regularly break up into small groups and discuss their lives openly and honestly.

"A lot of people look at us and think we are a perfect group but that is not the case. We have our ups and downs. We are in the process of learning and growing and have all been honest with each other. We help each other share hurts and pains," Rasmussen asserts.

Openly sharing personal stories helps the students open up to others and partake in community. This cohesion then allows them to better witness to audiences through their music.

"This has been the best experience I have had at Northwest. I feel I have grown in my relationship with God and been blessed by the people in

Choralons. The words of the songs have become a part of my life, especially in difficult situations," said choir member Natalie Dooley.

This excitement radiates to those who witness the talented singers and musicians take the stage.

"One audience member, a 70 year old woman, said she felt like a young girl again and praised the students for using their gifts for good," said Rasmussen. "I agree that the students are spectacular this year. The hotel staff said they were the finest group of students they had ever hosted, and the wait staff said they had never been thanked and appreciated so much by any other group."

This year's tour was not all business as the group was able to experience Disneyland. For 27 members of the choir, it was their first time visiting "the happiest place on earth." Through this experience, students built new relationships and got to enjoy some of their well-earned spring break.

In the future, Rasmussen hopes to embrace the new doors God is opening, bring the choir to new places and expand their ministry.

As Choralons grows to be bigger and better, the possibilities seem endless. One thing, though, remains concrete: Choralons will continue to use their music to minister to those in need and touch the hearts of all who hear them perform.



Students pose with Disney characters in Disneyland



Haley Durrett leads the Choir in a song

Nursing and Ministry in Taiwan

Casey Fowler
Guest Writer

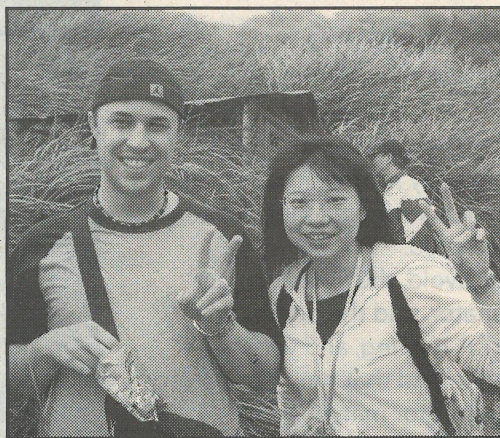
My trip to Taiwan as a nursing student was a life changing experience. The people there are absolutely amazing! I have never seen such hospitality like the kind offered to us while we were there. The nurses from Cheng Hsin General Hospital, the hospital we worked in, are great teachers and they were all willing to answer any question about nursing in Taiwan and about the Taiwanese culture. I have kept in contact with three of the nurses I worked with, and I am planning a return trip with my fiancée, Casey McCormick.

Everywhere we went, we received gifts from our hosts, to the point that some of us had difficulty packing them all back. It was such a humbling experience to enjoy the generosity and the hospitality of these people.

We saw and did many things while we were in Taiwan. We went to Taipei 101, the tallest building in the world, we traveled to the cherry blossom forest on Yangming Mountain, we visited a bamboo forest in one of Taiwan's national parks and we enjoyed a beautiful sunset from the

mouth of the Danshuei river.

One night five of us had the opportunity to see a heart transplant. We got to stand at the head of the bed during the whole operation! The weirdest part was seeing the open chest with no heart in it! The surgery went from 8:00 p.m. until 2:00



Casey takes a moment to capture a memory



Students in medical gear at the hospital

a.m. and needless to say, we were all extremely tired the next day from the lack of sleep.

One of the most life changing experiences was when I was standing in the metro rail transportation station. I was listening to a song by DC Talk called "What Have we Become?" While I was listening, I watched the people coming off of the escalators into the station. As they stepped off,

each one looked me straight in the eyes. I felt like I could see into their souls, and it did not matter whether or not they looked happy, because all I saw was darkness and despair. Then I remembered that in Taiwan, it is estimated that only 4 out of every 100 people knows Jesus. My heart broke for them. From that point, I have not been able to get enough of the Taiwanese people! I feel compelled to go back. I do not know for what purpose or how long, but I do know I am going back to visit.

Another place we went was Overseas Radio and Television. This is a Christian media company that spreads the gospel by teaching people English. We got to record several radio programs for them including two radio dramas, one of which we composed. We also gave presentations about health related topics to their employees.

I gave a presentation about pornography addiction to the men there. After, several of them asked for my outline, and one asked to sit down and talk about how he could help his friend who was struggling with pornography.

Overall, this trip changed my life and opened my eyes to a fascinating culture! I cannot wait to go back!

Diary of a Nursing Student in India Reflections from Sara Hardin

February 12, 2009

In the afternoon, we went to a village on the outskirts of Calcutta and visited a small clinic that Mercy Hospital is starting up. It was refreshing to see a quieter town. Cows just roam the streets and literally almost bumped into us!

An elderly couple in their 70's that our guide knew invited us in for tea and told us a little bit of their story. They were running a school of 60 plus students, which is a really big deal in small towns of Calcutta.

Education is not valued at all and boys are expected to work and girls are expected to either help out at home or become servants in the larger homes. Lack of education cripples the girls because the Indian families view girls as burdens, and therefore either makes them work for money or gives them away to be married at a young age. Once they are married, many of them are frequently abused. If the girls have an education, they can provide more money for their families and thus their value increases. They also have more say in who and when they marry so education is very good.

Many of the children at the school also have disabilities and normally would have been left to die if it wasn't for this school that gives them value in society. A few things they teach are sewing, electrical work, math, and music.

It was great hearing this couple's story because they are so happy to serve the Lord, despite their age and the hard work it takes to run a school. We were blessed by the experience.

February 16, 2009

We have new neighbors! A group of 20 new, young nurses moved into the other two bedrooms on our floor. They came from a village up north and are interning for 6 months to get jobs at Mercy Hospital. They are so friendly and want to know everything about each of us.

We feel like celebrities when we are around them. They stare at us, stroke our skin, pinch our cheeks, hold our hands, ask us our beauty secrets, and want to know everything about us and the United States. There are so many of them—but we are having fun getting to know them and their culture.

They do not speak Bengali or Hindi, so they use their English to talk while they are here, which is sometimes hard to understand. We plan to hang out with them soon.



Crystal Wiens and Jenny Turner at the Pediatrics Ward with cleft palate patients

February 17, 2009

Today a woman came and motioned Chantel over to a mother holding her son on the ground. He was mentally handicapped and was born with club feet making it impossible for him to stand or walk. The woman pointed up at the sky, pointed at the boy's feet, and then pointed to her— Although Chantel could not understand their language, she understood that she wanted prayer for the child. Chantel knelt down in the dirt and touched the boy's feet and began to pray out loud.

It was incredible as a huge group of over 30 people gathered around to hear and watch. She prayed that he would be healed in the name of Jesus and prayed for strength for their family.

Chantel took the boy in her arms and the woman motioned for more prayer. Crystal joined in and also prayed aloud for healing.

This was an amazing opportunity as we realized later that this group of people worshipped Hindi gods. We will continue praying for this little boy and trust in God for their family!



Sara Hardin performs a routine check on a young patient

Choralons Spring Concert Schedule

Date	Time	Place
March 30	10:40 a.m.	Chapel
April 19	10:30 a.m.	Bellevue Neighborhood Church
April 27	6:00 p.m.	Faith Assembly, Pasco, WA
May 1	10:40 a.m.	Baccaulaureate

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FEATURED SPORT: Track and Field

Alex Croutworst
Guest Writer

With the 2009 track and field season underway, I am expecting great accomplishments and team unity. This year we have picked up a handful of new athletes, including more throwers, jumpers, and runners.

The first day I showed up to practice I was shocked to see a new throws coach and new throwers. This is exciting as the Northwest track team is in its fourth year of being a full team. The potential is great and the start of a new tradition is underway.

Accomplishments in the conference and at nationals start with team unity. As a fellow team captain with Katie Campbell, we want the team to unite together and really encourage each other all season. After prayer each day, we conclude with a "Go....Eagles." Katie and I lead with encouragement and unity as the team begins to find shape and direction during this 2009 track season. These years are truly the building blocks for a strong tradition.

Beyond team unity and accomplishments, we want unity within our school. This includes encouraging class mates and teachers to come soak in the beautiful track experience. If you have never been to a track meet, I promise you will enjoy yourself. Every year we are encouraged to see Dr. Johnson, Dr. Brodin, and former athletic director Kristi Brodin as well as many others cheering us on. I am thankful for all of you who have come out to encourage us and those that will come for the first time during this 2009 track season.



Tyler Hart and Seth Bridges prepare to explode off the starting line at a recent track and field meet.



Katie Campbell, Rachael Harris, Shayna Prause, and Paige DeLapp pose before their 4x400 meter relay.



Lindsey Wessa placed first in the pole vault at a track meet at Pacific Lutheran University.



Jason Waltman and Greg Peters round the corner during a speed work-out at track practice.

Silly Superstition?

Do pre-game rituals boost an athlete's performance?

Josh Desimone
Staff Writer

A famous motivational speaker once said, "We are all creatures of habit."

Is this especially true with athletes, though? Do athletes have a certain routine when getting ready for a game?

Michael Jordan had several pre-game routines: lifting weights before every game, eating a steak on game days, and wearing his college shorts under his Bulls shorts every game.

Are our very own Eagle athletes similar to Michael Jordan in this way? Can the likes of Greg George, Rachael Harris, Shelbe Kukowski, Craig McCuiston, and Tyler Hart be compared to this basketball icon? Keep reading to find out.

The men's basketball team did not perform as well as some might have hoped, however Greg George is still recognized around the Cascade Collegiate Conference as one of the most dominant posts in the league. He received honorable mentions for the All CCC team.

So what is it that Greg does before every game that gets him ready? For away games, "A Royal Red Robin Burger will never do you wrong!" said George. As for home games, he suggested not eating in the Caf. A pregame nap, meal, and protein shake are additional musts in George's pregame routine. When asked if he thought his pregame routines were almost superstitious, George said, "No, I hate superstitions because if for some reason you can't do them before the game you're SCREWED!"

This year the women's soccer team hosted the first ever playoff game in school history. Contributing to the team's efforts were Rachael Harris and Brittney Marshall.

To help get ready for the games Rachael would listen to upbeat rap, pop, or techno. "This past season Viva La Vida by Coldplay was my pre-game pump-up song," said Harris.

Visualization, prayer and not rushing top Marshall's list of pre-game rituals. "For games I like to be alone beforehand," she said. "It's a time to get focused and not be rushed, or I start getting stressed and frustrated."

The volleyball women seemed to have a much more unusual approach to getting ready for their

matches.

Shelbe Kukowski, a freshman setter, got ready for games by putting on everything starting with her left leg. In addition, "I always wear a hair-tie around my right shoe in the arch. It has to be there," said Kukowski.

Teammates Alisha Larion and Carleigh Newman also had their own pregame notions.

"I used to down a blue flavored amp before games," said Larion.

"Before every home game, Alisha and I would blast techno music and dance," said Newman. "It's just something we did before the game to pump us up. I don't know if it actually helped us play any better."

The men's soccer team defenders Shayn Fite and Craig McCuiston had good luck charms during their season this fall.

"I wear my undersocks inside out," said Fite. "I heard my youth pastor did it, and I started to copy it. It's not even lucky."

McCuiston's good luck charm is his girlfriend, and he prefers to eat at Subway before each game.

Multisport athletes Tyler Hart and Alex Croutworst, who both participate in Track and Field and Cross Country, have similar routines for the different sports.

"I love listening to the album Weathered by Creed to get me in the mood, or POD," said Croutworst. "Or if I am stressed I might throw on a little Confessions by Usher."

Alex also commented on his eating habits.

"I cannot eat burgers or anything greasy, only energy bars, water, tea, bananas, or bagels," he said. "I don't like to eat much heavy food on the day of the race, but I start drinking a lot of water two days before. Hydration!"

Hart's prerace routines included walking the track to test the firmness or bounciness of the track, and praying.

"Before a race, I tie my shoe laces wicked tight! I mean tight! I've broken my lace before right before my race, and I had to duck tape my shoe to my foot," said Hart.

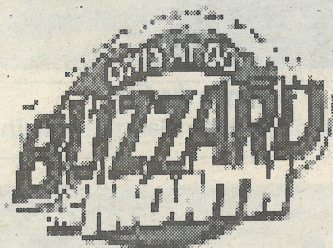
Whether it is borderline superstitious or obsessive compulsive, most athletes have their own preferences in getting ready for competition.



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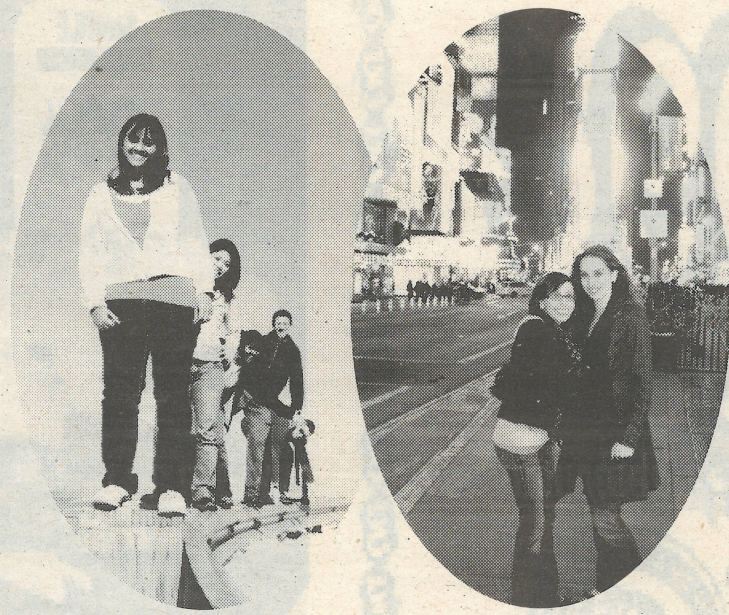
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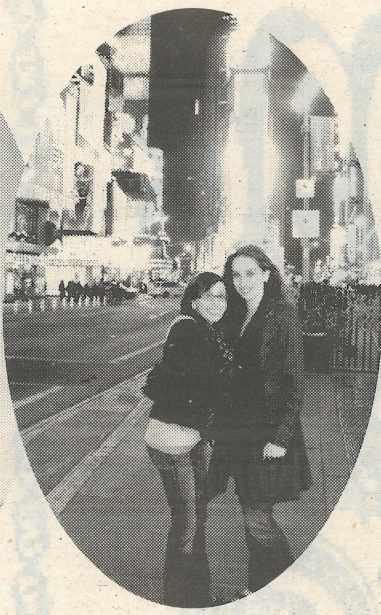
Spring Break Adventures: Come, *Wind*, *Snow*, or *SHINE*



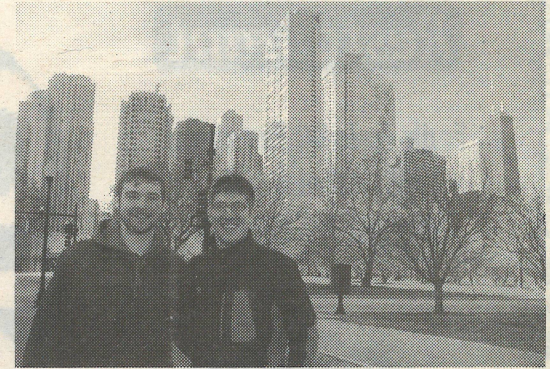
Choralons at the Chinese Theatre in Cali
 Lotsa Ladies and a Gentleman Livin' it Up!



Snowy Stop
 Priya Swai, Yuki Saito, Reena Swai, and Paul Moughamian
 En-Route to Idaho



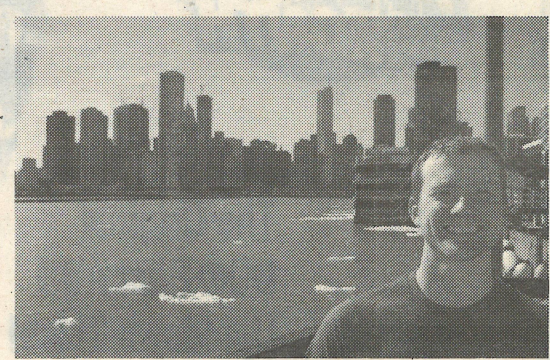
Sisters in Times Square
 Z and Whitney Tyree
 in New York



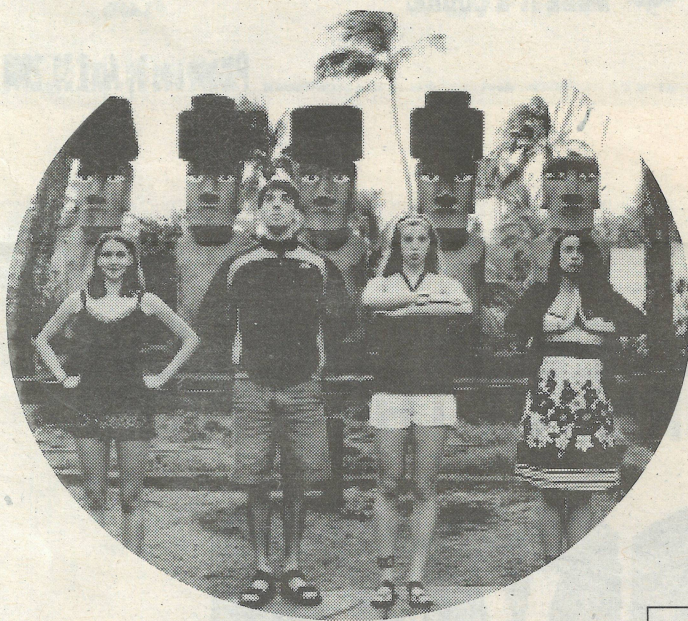
Breezy in the City
 Peter Anderson and John Mahowald in Chicago



Princess Party
 Jessica Pillay, Melody DoRaMe,
 and Angelica DeAnda in Disney Land



Chicago Shine
 Jared Burrow Enjoys the Chicago Skyline



Native Peoples of Hawaii Class Trip
 Brenda Keen, Michael Weber,
 Rachael Harris, Emily Pierson



Roommates in San Francisco
 Hilary Kunnanz, Kira Evanson, Carmen Willadson,
 Amanda Du Ford, Katrina Ong



Crowder Six Girls Loving the Santa Monica Sun
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