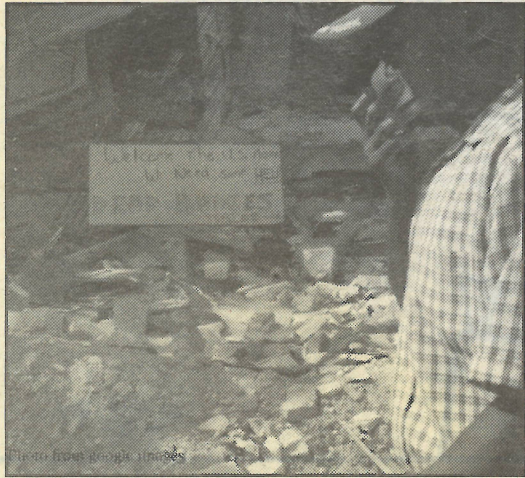


THE TALON

FEBRUARY 2010

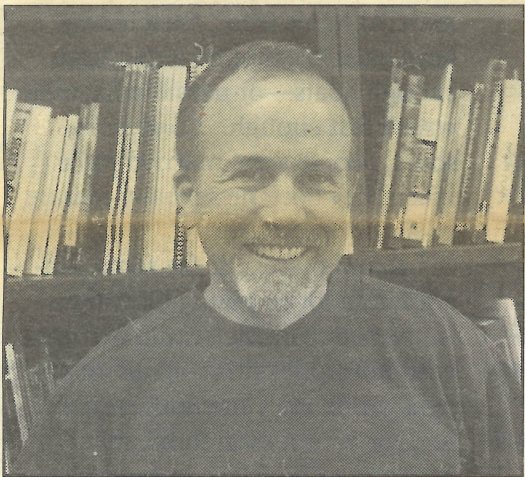
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VOLUME 2. ISSUE 5



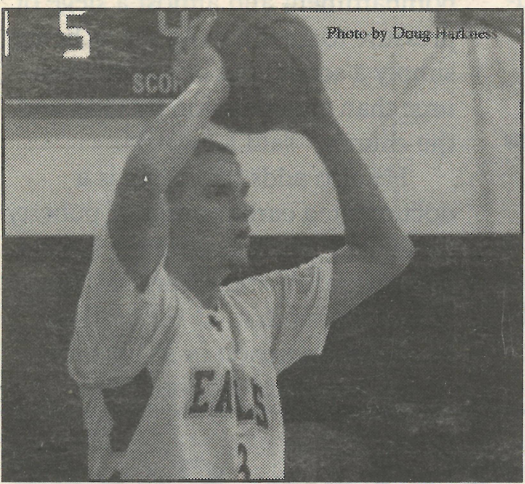
NU students look for more ways to help Haiti

Page 3



NU professor brings international business insight to students

Page 7



Eagle men work hard for a winning season

Page 9



NU BREAKS SILENCE ON SEX

Christy Wolyniak
Senior Staff Writer

Administrators seek to open discussion as the spring NU focus on sexuality launches and students grapple with sexual issues and moral dilemmas.

"Many people are [uncomfortable] when talking about sexuality, and we want to be able to have safe environments for students to process and think christianly about sexuality," said Paul Banas, vice president of student development.

Although administrators said they want to encourage open discussion, many students do not feel comfortable sharing their personal lives.

"I don't feel like if I had a problem with sexuality that I could go to leaders at NU to talk about it," said junior Danielle Nath.

Some students also say that they feel pressure to conform to a set of standards based upon NU social expectations.

"A lot of students feel that they have to fulfill this role of being this 'white gown' wearing, pure-minded, virgin Christian," said sophomore Andrea Kishline, "And that's not a reality for all NU students."

Students come from a variety of different backgrounds and lifestyles. The university culture shapes the social standards that are outlined in the student handbook.

"People are hesitant to come out and say who they really are," said senior Josh Desimone. "They

are pushed to represent NU by a certain model of perfection."

Through the community covenant, faculty and administrators encourage students to live Christ-like lives not only in their academics, but also in their personal lives.

Banas said that some issues may go unaddressed until they are brought to an administrators attention or until a student seeks out help.

Because of this, there has been a gap between administration and student life in past years, according to Desimone.

"I don't feel like administrators have as big of say into each of the students' lives personally," he said.

Faculty urge students to share openly; however, most students are not seeking out leaders within the Northwest community for help.

"I think that almost everything in life has circles of honesty and there are certain aspects of our lives that have a pretty small circle of honesty," said Provost, Jim Heugel.

Secrecy seems to be a common theme for students. Some students said they fear repercussions from the administration if they share about an unacceptable issue and thus, continue to keep their struggles secretive.

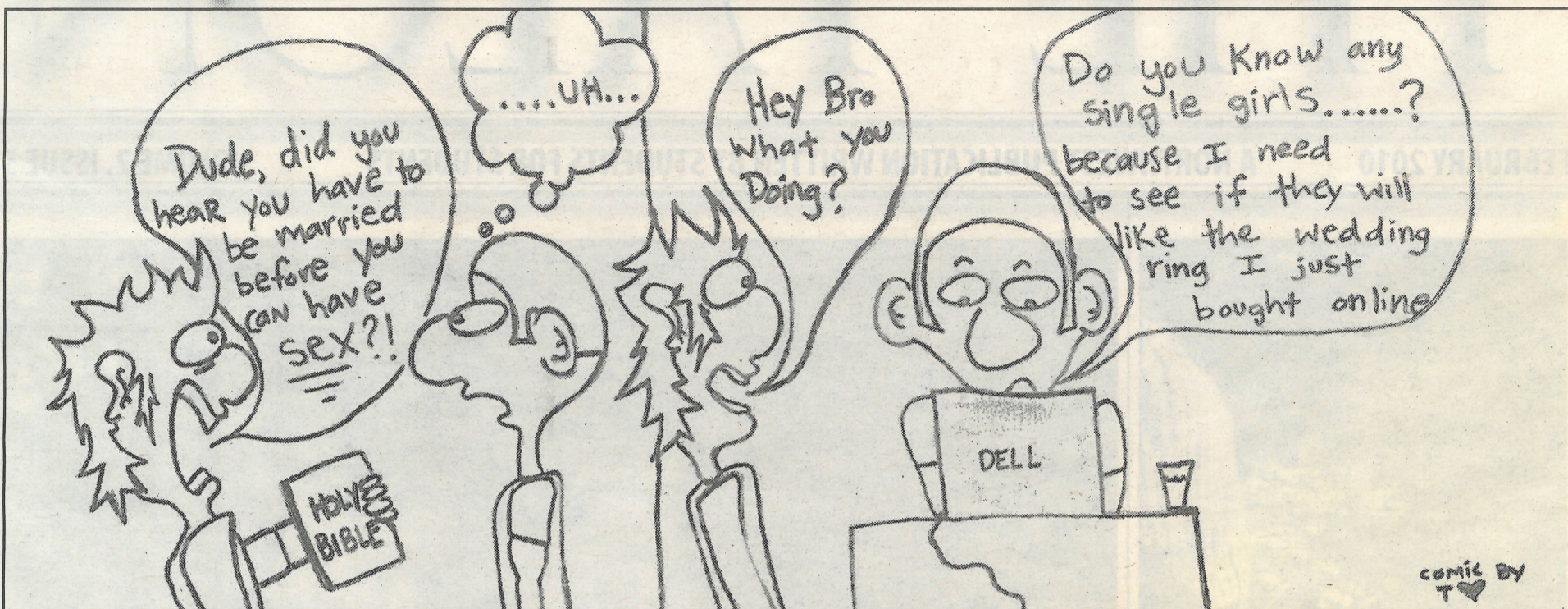
The counseling services at NU offer support and complete confidentiality at no charge for students. However, not many students feel safe using these services.

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Opinion



Clashing Sides: Are We Mature Enough For Sex?

Anu Akamine
Staff Writer

Many teens today struggle with the pressures of sex. But the question remains: Are they mature enough for sex?

Just because a teen has reached puberty does not mean they are mature enough for sex.

In the US and the UK, it is illegal for two minors to engage in sexual intercourse with one another. Why should this particular demographic be targeted if they are in fact considered to have reached "adulthood?" Regarding the cognitive responsibility of young teens, Hatim Omar, a leading doctor in the study of adolescent medicine said, "[a child doesn't reach the] final adult stage of cognitive development, [until] 16 years."

Although many people consider a teen who has reached puberty to be an adult, it does not mean they are physically or emotionally mature.

In the purely biological sense, teen pregnancies often carry many risks including high blood pressure for the mother and a premature birth and/or low birth weight for the child. Moreover, many girls around the ages of 12 and 13 are only just beginning the menstruation process, meaning that their pelvic bones have not yet widened.

On the other hand, while early

sexual activity poses no physical risks for boys, "[they] usually reached their life peak in terms of orgasmic frequency within a year or two after the onset of puberty," said Heino Meyer-Bahlburg, a leading psychologist in the study of sexuality.

While they may be physically able and even eager to engage in sexual activity, they lack the restraint and self control of mature men.

Furthermore, the argument can extend to a faith-based argument. From what I know, have seen and experienced, God does not allow us to do anything without first going through a sequence. That is, we can't go straight from crawling to running, nor should we go straight from puberty to giving birth. Although we have the physical ability, we don't have the emotional maturity.

Josh Bollinger
Staff Writer

Few Christians are completely comfortable talking about the issue of sexuality, yet it is a part of life, ingrained in our creation, and a

necessary element in our husband and wife relationships. Why did God create us to be sexually mature so young if we're not to marry until later on in life? It just seems to set people up for failure.

Young Christian people are in a difficult situation. Here we are, our

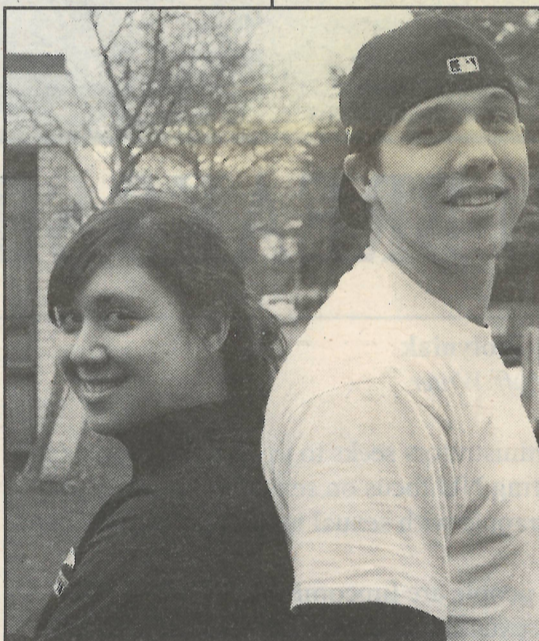
bodies designed and created to be sexually mature roughly from years 11 to 15, and our society which is aligned with the standards of waiting until our twenties to wed. I often asked myself why God would do this? My answer: Because in the biblical days that is when people were typically married, or shortly

thereafter. Professor Kowalski adds that "for women, it was permissible from age 12 1/2, and pretty normal to be wed at 15." It seems that if a man in the biblical times was not married in his teens, then it may have been because he didn't have enough goats—or possibly his mule wasn't fast enough. Long story short, people were married right when they became sexually mature or shortly thereafter.

I found myself in the same situation as a lot of young Christians: In the prime of my sexual maturity with hormones firing on all cylinders, while my Christian culture told me to not even think about it. Young Christians in general are placed in a difficult situation, couple that with the pressures of modern culture towards sexual behavior and we are in a bind.

"I agree that we're in a pressure cooker, generally, but I would see the problem as being more societal bombardment and almost a siege of pressure to treat having sex as being simply a scratching of a biological urge than as repression by God and the church," said Kowalski.

He also adds that there is a documented earlier onset of puberty these days where hormones in food and certain chemicals are to blame. "Can't blame that, or the barrage of sexual innuendo in all sorts of media, on God," he concludes.



Akamine and Bollinger clash views on sexual maturity.



Photo by Angela Crawford

Spring 2010 Talon Staff

From R to L: Back Row- Tyler Hart, Graphics; Tim Smith, Staff Writer; Andrey Malkiy, Staff Writer; Matthew Moroni, Senior Photographer. Middle- Kara Heinrichs, Faculty Advisor; Racheal Arteaga, Ministry Editor; Doug Harkness, Photographer; Shayn Fite, Staff Writer. Front- Kirsten Phillips, Editor-In-Chief; Alexa Breidenbach, Staff Writer; Christy Wolyniak, Senior Staff Writer; Anu Akamine, Staff Writer; Janie Kliever, Senior Staff Writer; Jennifer Jensen, Staff Writer; and Jessica Orr, Staff Writer.

Not Pictured: Josh Bollinger, Staff Writer; Krissa Partridge, Publisher; Kyle Wall, Publisher; Liz Rodriguez, Staff Writer; Satomi Ito, Web Master; and Jessie Fast, column writer.

Students Struggle Over Focus on Sex

Continued from Page 1

"I personally would probably go to someone closer to me first before I ever went to a counselor on campus," said Nath.

Since NU is a private, Christian university, the rules governing the school differ from those of secular universities. For example, rules governing behavior between the sexes.

The Community Handbook states: "We do not condone sexual relations before marriage or outside of marriage. Further, we do not condone homosexual behavior."

There are no clearly defined examples of what defines "homosexual behavior."

These statements regard sexual relations, but there are many other issues regarding sexuality that students struggle with.

"Unfortunately, in our society, if the sin of one's struggle is homosexuality, it carries a lot of social baggage with it. For that reason, I think that someone who struggles with homosexuality needs to be careful who they share that with," said Heugel.

The university provides guidelines to help students avoid sinful temptations and unnecessary problems.

"We don't think that the role that we have as a University is to police students' lives," said Banas.

The university has chosen its rules in hope

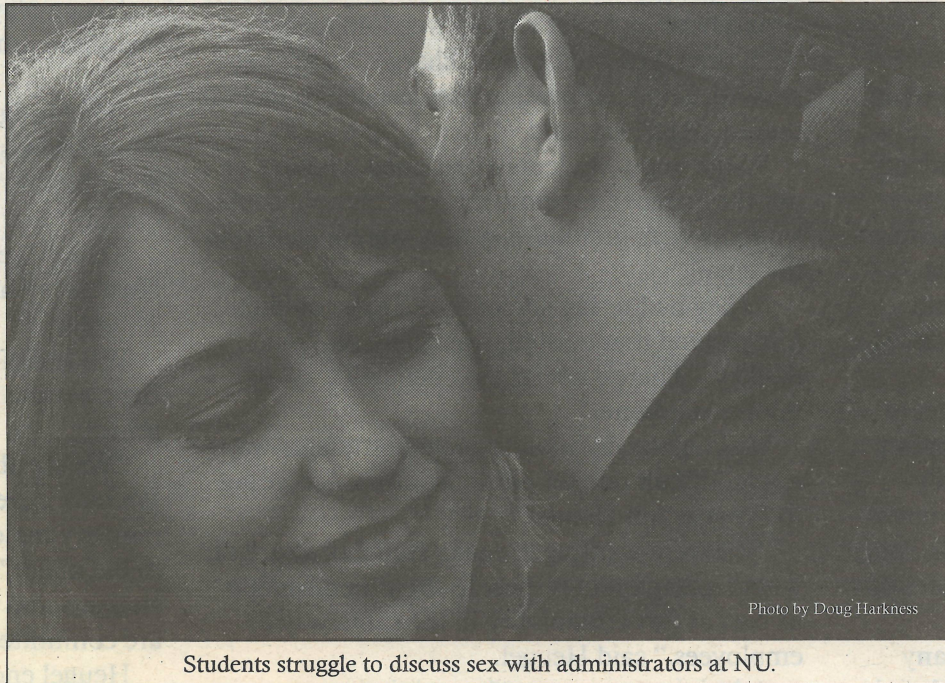


Photo by Doug Harkness

Students struggle to discuss sex with administrators at NU.

that students will grow spiritually and mature during their college years, according to administrators.

"We want to create the healthiest, and most constructive, and encouraging atmosphere that we can [during] your time here on campus," said Residence Life Director, Jessica Daniels.

Any questions students may have regarding purity and Christian lifestyles can be addressed in the upcoming Back to Eden series.

As discussions become more frequent and natural, Daniels hopes students will feel more relaxed approaching other leaders and peers about their secret battles.

"I think that a lot of people don't really think about sexuality. [The NU focus] will hopefully get students to ask questions, and help them fig-

ure out who they are as a person and their identity in God," said Nath.

Kishline suggests setting up a forum where students could text and email in questions instead of asking questions in person.

"Students need to be willing to ask the hard questions and faculty needs to have time to prepare their answers," said Kishline.

Although some students struggle to be open with administrators, other students still find a safe relationship with faculty and staff.

Josh Desimone has found a mentor in one leader in particular: Residence Director, Jonathan Yorkowitz.

"He has been very helpful. Him and I have created a good relationship," said Desimone, who lived in the dorms freshman year.

Administrators and faculty are creating many opportunities for students to engage in open discussions about sexuality and other issues this semester. Activities that students can attend include Back to Eden's lecture series, movies, and relationship workshops.

Sy Rogers, an internationally-known speaker on sexual issues, is returning to NU as a chapel speaker in February. He once said:

"Change is not your goal—that's an inevitable byproduct of growth. Growing in God is your goal. As you grow things can change," said Rogers on his website.

Comments? Email taloneditor@northwestu.edu

Monetary Support of Haiti Not Enough for NU Students

Janie Kliever
Senior Staff Writer

As the world reels at the news of the devastation caused by recent earthquakes in Haiti, Northwest University prepares to lend its aid to the Haitian relief effort.

A 7.0 magnitude earthquake rocked the small country of Haiti on January 12, demolishing the area around its capital city, Port-au-Prince. The area has also suffered consequential aftershocks. As of January 23, USAID, a government agency, reported estimates of 111,400 deaths and three million people affected by the disaster.

In response to this tragedy, NU collected a donation during both chapel services on January 15. Members of Northwest's community contributed over \$880 to send to Haiti through Convoy of Hope, a nonprofit relief

organiza-
tion affili-
ated with the
Assemblies of
God. Con-
voy of Hope
has already
distributed
more than
300,000 meals
in Haiti since
the earth-
quake and is
in the process
of sending
an additional
one million
pounds of
food to the

disaster site, according to their website.

Now, NU students are weighing in on the university's reaction to Haiti's need.

"I do not believe that it would be incredibly beneficial to send a team of us over there right now to help them physically since it is utter chaos at the moment. There is relief on its way

and in my opinion we are best serving them through the giving of our money and our time spent in prayer on their behalf," said sophomore Traci Kendrick. "I think if there was one thing that could be done that has not been done by Northwest to my knowledge is to devote a specific time to prayer for Haiti corporately."

The consensus seems to be one of support for the monetary donation accompanied by a desire to do something more if possible.

"I support NU's decision to take a chapel offering for Haiti, and I hope we can find more ways to get involved and help those who have lost their homes," said senior Meghan Bardwell. "Although the earthquake happened hundreds of miles away, real people are dying and desperately need help."

In a campus-wide email, President Castleberry recommended an immediate response through prayer, financial aid, and learning about Haiti and its people. Lastly, he proposed an eventual relief mission to Haiti.

"We can mobilize to go to Haiti in the months ahead to address the situation directly and personally . . . the damage to the Haitian people will last long into the future. We will consider in the coming days how we may be able to respond best," he said.

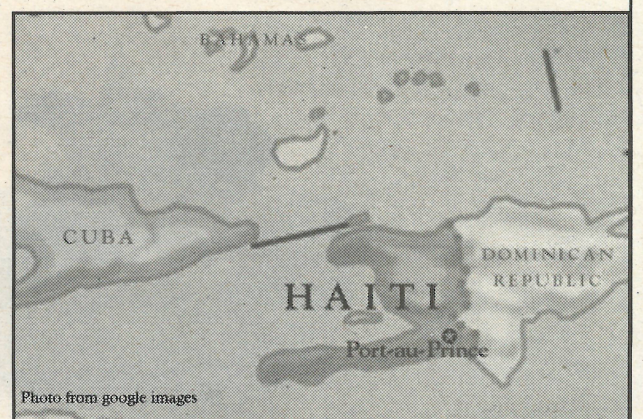


Photo from google images

Haiti is located between Cuba and the Dominican Republic.



Photo from google images

Millions struggle to recover from the devastating 7.0 earthquake

Students Upset Over Administrator's Candid Email

Kirsten Phillips
Editor-in-Chief

Students struggle as administrators try to do what is best for the university.

Administrators sent an email on to students on January 15th notifying them that Professor Terry Jensen had been placed on leave because he had notified administrators that he was unable to fulfill his duties this semester and a pending investigation of sexual misconduct was occurring.

"I certainly was shocked when I first heard what the allegations were. I certainly didn't expect that at all," said student Geoff Sankey.

The email detailed the ongoing police investigation at Westgate Chapel. The Edmonds Police Detective in charge of the investigation said that no charges had been filed.

As this information became public, many students found themselves questioning administrators' decision to send out the email.

"I was surprised and a little upset that they included as much detail as they did," said senior Jessica Weaver, a former student of Jensen's. "I think sending an email to his [Jensen's] students with more information and providing someone they could talk to would have been a little bit more tactful instead of sending it to all students."

Weaver believed that including the specifics of the allegation was not necessary for those who did not know Jensen.

"If charges had been pressed, I think they would have had a little more freedom to say what they said, but because charges hadn't been pressed, I don't know that they needed to include that in there," she said.

While many students questioned whether or not they needed to know the information, some students were grateful that they were included in the email.

"They had to say something. They couldn't just pretend that nothing was going on," said Sankey. "There's not really a delicate way to inform everyone."

Making the decision to include students was not a difficult one for administrators, according to Provost Jim Heugel.

"We were wanting to make students aware of what's going on in respect to their membership as part of our community in the same way as employees," said Heugel.

Administrators wanted to minimize rumor and gossip from spreading around the university by informing all students of the details.

"We were fearful that the rumors would actually be worse than the truth," said Heugel. "In the day and age we live in, I think most people imagine and were imaging worse things than what was disclosed in the email."

Jensen had been a full time faculty member in the children's ministry department since fall 2009. However, he had been an adjunct for two years prior, according to Dr. Kent Ingle.

Jensen played a major role in developing the children's ministry program at NU, according to Weaver.

"He brought a fresh perspective. He challenged things that no one had the guts to challenge before. He asked questions of children's ministry that no one else really asks," she said.

Kevin Geer, who has been an adjunct at Northwest, has taken over Jensen's classes for the semester.

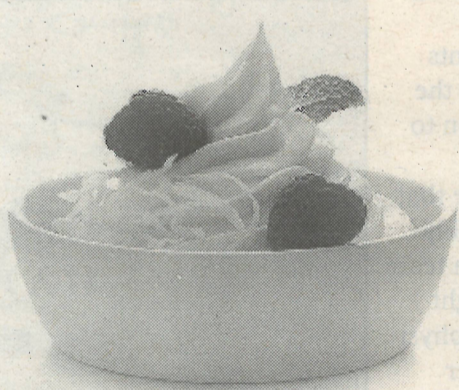
While children's ministry has lost a key player, Ingle assures students that they are still the top priority.

"We are absolutely committed to the major. We have developed an outstanding children's ministry major so we are absolutely committed to the major," said Ingle. "We care about them as students and we care about their journey, and we are committed to them."

Heugel encourages students to not let this situation affect what they have learned from Jensen or let it alter how Jensen may have impacted their lives.

"The good things that people learned from Professor Jensen and the godly things and the true things they learned are still true, and they are still useful and are still worth incorporating into one's life," he said. "It's a situation that shakes one's foundation but my prayer is that in the long run, it leads to greater strength and maturity."

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New Interns Bring Sex Out of the Dark

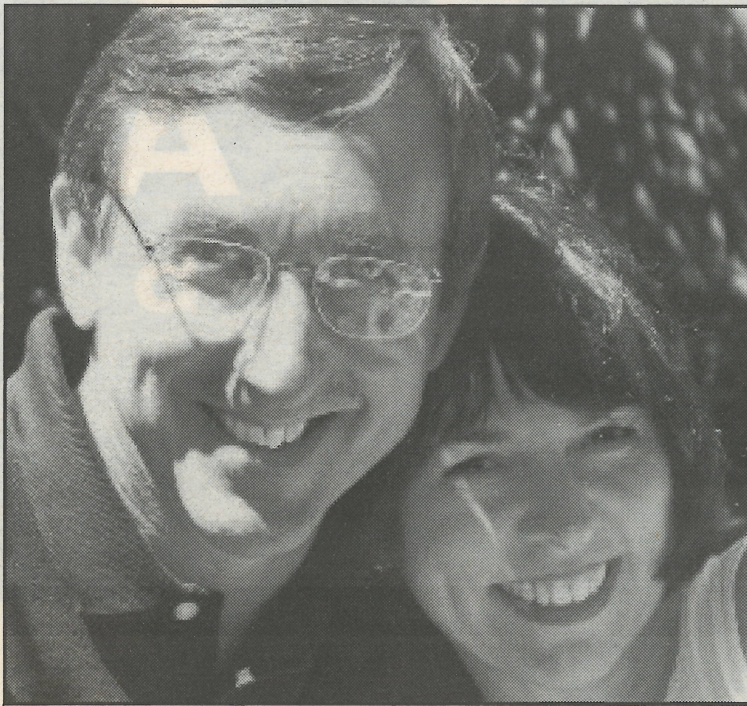
Racheal Arteaga
Ministry Editor

What do you do when God asks you to leave everything you ever knew to serve Him more fully? For Greg and Kathy Moore, it meant leaving lifelong careers and starting school all over again. Ultimately, a three year search (plus prayer, concerns, and godly counsel) led them to the Marriage & Family Therapy graduate program at Seattle Pacific University.

They are the two newest interns to join the staff at Northwest's counseling center in Greeley. And they have plenty to say about love, relationships, and most of all, sexuality and how to handle it the right way.

Regarding how Christians tend to treat the topic of sex, often as immoral or dirty, the Moores aren't afraid to speak the truth. "God gives us this gift--He created it, it's special. We tend to segment it from the rest of our lives, but in reality, it's as much a part of our humanity as eating and drinking," said Kathy Moore.

God made sex, and He is pleased when it is used according to the way it was intended, within a committed marriage, according to the Moores. "We often do not get enough information from parents and end up with information from the culture—not Christ," said Greg Moore. "The information is skewed by society's inappropriate and inaccurate views, but we try to bring in God's truth about sex, which is that sex is a



New couple helps students to deal with sexual issues.

good thing, something God made, and a beautiful thing in a committed marriage."

In order to prepare for the lifelong covenant of marriage, Greg and Kathy suggest pre-marital, and even pre-engagement counseling for couples who desire a solid relationship foundation with each other and with the Lord.

Pre-engagement counseling helps couples assess and work through any red flags that might cause problems further down the road.

The sooner couples come in to receive godly

counsel about their relationship, the more equipped they are for marriage, and according to Greg, those who receive pre-marital counseling have more successful marriages, meaning a lower divorce rate. "Fewer surprises happen this way," said Kathy. "Working with marriage counselors can help you understand and work through unfair expectations...before a public engagement is announced."

One of the talents that set Greg and Kathy apart is their tried-and-true approach to marriage counseling. The Moores first discovered their passion for helping marriages succeed as they themselves visited a biblically-based marriage counselor during their 34 years of marriage. "We went way beyond working on the one issue and came back for more sessions on God's intent for men and women and their differences," said Greg. "We saw the value of counseling from the Christian perspective."

As for Northwest students who may not be considering marriage yet, the Moores have some simple encouragement. "Guard your hearts," Kathy says, quoting Proverbs 4:23, "Society only offers a shallow view of sexuality, one with no consequences or love...God has something precious in mind [for your sexuality], but our culture doesn't treat it as the sacred and precious gift that it truly is. Treat it appropriately."

Valentine's Day: The Unconventional Way

Racheal Arteaga
Ministry Editor

I don't know about you, but my favorite holiday is Valentine's Day. This year, though, is going to have to work hard to top the one I had last year. It was unconventional, to say the least, but it was the best night of my life.

My date met me at Starbucks, read to me from my favorite book, gave me a love note and told me all kinds of wonderful things. He swept me off my feet. We danced, too! A sweet dance, like nothing I've ever experienced before. I told Him all about my day, the good and the bad. We sat and sipped an apple-chai, then my Valentine showed me this insanely gorgeous present that He made for me. I'm pretty sure the stars danced when their Maker held my hand and pointed to the ones that dazzled the most, like diamond earrings cut just for me.

You heard right. I hung out with God—and it was the most wonderful Valentine's Day I've ever had.

"The Lord my God is always with me. He celebrates and sings because of me, and He will refresh my life with His love!" —Zeph. 3:17 CEV (emphasis added)

The love note that He gave me was incredible. It was huge, and must've cost a ton to buy. I realized that I had actually had this love note tucked in my purse for a long time, and I hadn't given it the attention I might have given it if it had been from one of the other boys I've liked over the years. No, I had just read the few lines I liked the most, even committed a line or two to memory, but I hadn't explored all the beautiful words of God before.

As Shannon Ethridge said, my Bible holds God's declarations of love for me, written straight from His heart to touch mine. He knew it had been a busy day for me, but I am still blown away that He took time out of His enormous schedule just to remind me how much He loves me. One of my favorite words in the English language is "beloved", and He makes a point to call me that when we spend time together.

I needed that sweet reminder of a love that never grows dim, that never needs an annual bouquet of flowers or box of chocolate to prove itself.

Every time God and I talk, I think I fall deeper in love with Him.

(based on a journal reflection from V-Day 2009)

HAPPY VALENTINE'S DAY!

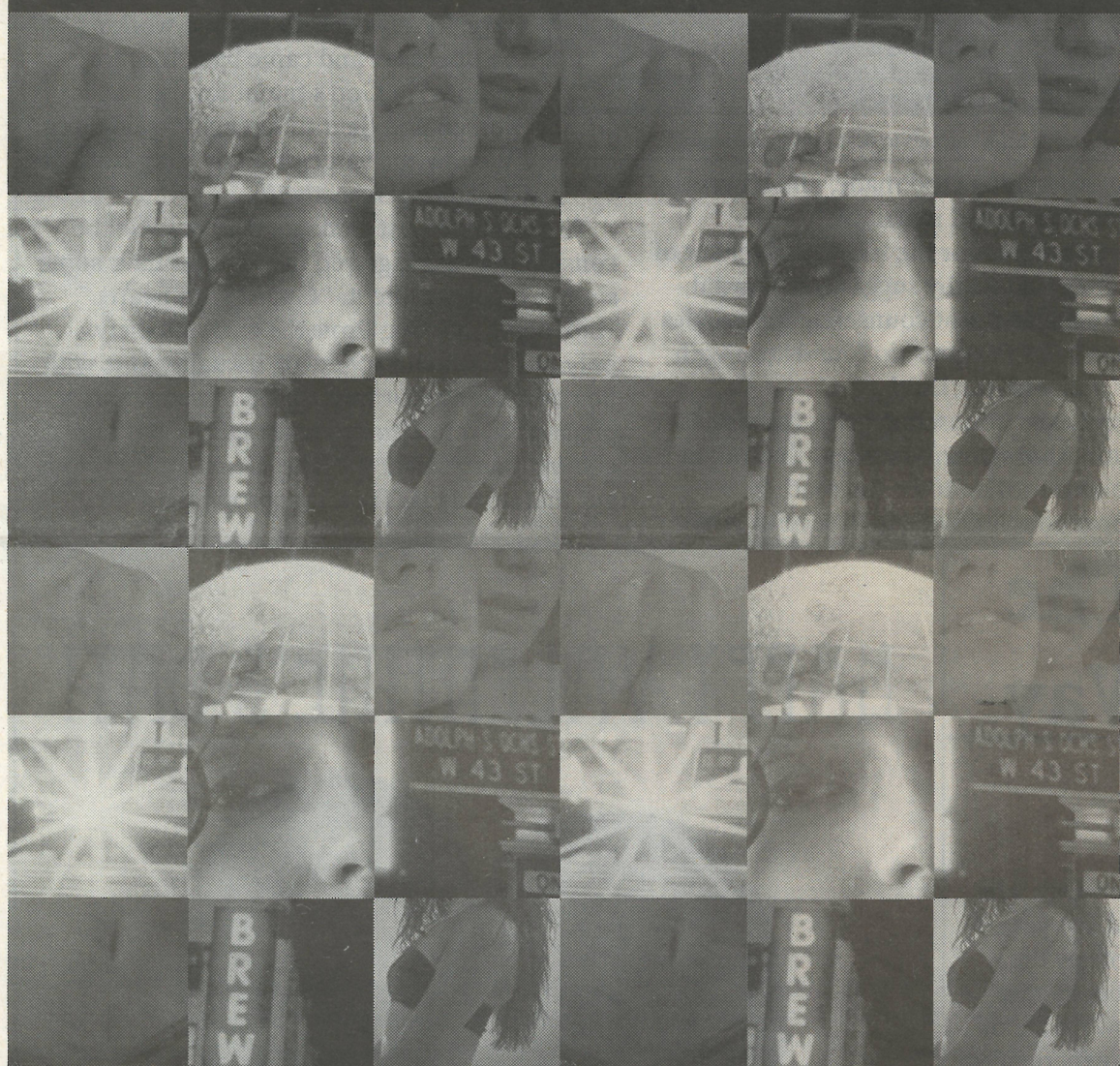


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NU Professor Brings Business Savvy and International Flair to Classes

Janie Kliever
Senior Staff Writer

Fifty countries. Three academic degrees. Three published books. Two trips around the world. One professor.

Dr. Kevin Cooney, Northwest University's newest professor of business and political science, is uniquely qualified to help students at Northwest engage the world.

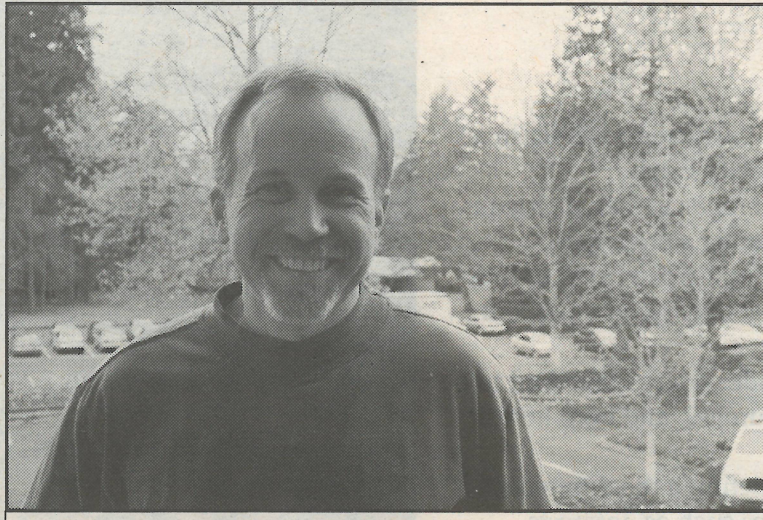
"Students need to have the realization of all the tremendous needs and responsibilities and opportunities that exist in the wider world . . . what I'm trying to bring is just the awakening of the opportunities," he said.

Cooney is a self-proclaimed wearer of many hats. No, not literally—but in addition to his many years of teaching around the world (he has traveled to or lived in 50 countries), he also has a strong research background. He has published three books, two on Japan and his most recent one on China, which are all available in Hurst Library. Cooney is currently serving his last year as president of Christians in Political Science, a professional organization.

While Cooney knew he would teach early on in his education, teaching at a Christian university was not always on his radar.

"As a Christian, I recognize if God wanted me teaching at [the] University of Washington or UCLA, or some big secular institution, I would be there. Right now, I believe God has brought me to NU," he said.

Cooney's teaching experience at the university level extends across the United States, reaching into China and Japan. He has taught a total of four years overseas and 12 years in the U.S. During his travels, Cooney has circled the globe twice, teaching, researching, serving others, and even visit-



Professor Kevin Cooney brings worldwide experience to students.

ing family. His wife is from Japan and Japanese is his second language.

Kirkland is an ideal location for students to be able to reach out into the world, according to Cooney.

"Northwest University is so strategically located here on the Pacific Rim. We have so many cultures in the Seattle area, so many resources, and the Asia Pacific, in many ways, is so open to developing things, not only for the gospel . . . they don't have to even just be for the social good, there's business opportunities and other things like that; it has that potential," he said.

It seems that Cooney wants to encourage students to "share the love," so to speak, to take their faith, learning, and talent around

the world, particularly to teach.

"I really think that Christian colleges and universities need to be able to seed the larger academy with Christians," he said.

Some of the courses he has taught this year at Northwest are American government, business ethics, and international relations. An undergraduate degree from Oral Roberts, a Christian university in Oklahoma, paired with extensive international teaching and travel experience lends Cooney a distinctive ability to help give students at Northwest a global outlook on business and outreach.

"I admire Dr. Cooney both as a colleague and as an educator. He has an amazing amount of experience in international affairs and business that students will find both engaging and enlightening," said Professor John Bacon, one of Cooney's associates in the School of Business. "We are privileged to have him as a part of the Northwest University community."

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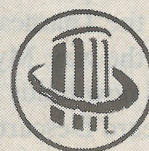
Mars Hill Graduate School is no exception to that rule.

MHGS has invited me to step out of my comfortable theology and reformed my faith in a beautiful way. As a result, I have found new strengths and come to cherish profound weakness. *I am learning to listen well, speak truth, and to do so with the humility that comes from loving the story of my gifts and failure.*

These days many of us are about the work of redefining what it means to be the Church by holding loosely to the traditions that have informed our best worship and worst fears. We view the stories of God's people as gifts to the church of yesterday, today and tomorrow. *MHGS students like myself come to understand how to live out of the Biblical text in a way that responds to the call for continual healing in the Body of Christ.*

Abigail Jimenez

3rd year Master of Divinity Student



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Student Life

Faculty and Staff Heat Things Up with Lecture

Jennifer Jensen
Staff Writer

Dr. Jim Heugel and Professor Peg Achterman partnered together in a lecture event kicking off the 2010 NU Focus: Back to Eden.

About 50 students from around Northwest's campus gathered to gain perspective and discuss the issues surrounding gender stereotypes.

Students were able to ask questions of Heugel and Achterman as they presented not only their personal perspective on gender stereotypes, but how they react to society's gender stereotypes.

Students were challenged to examine the "gender boxes" that tend to be drawn around them, in their families, in their churches, and even here at Northwest University.

A common question that surfaced dealt with defining the difference between gender stereotypes and simple tendencies such as, interests, strengths, and abilities. Everything from gender roles, to women in ministry, to egalitarianism within marriage were topics that were open for discussion.

Dr. Heugel concluded by stating, "I desire to live in a world without sexual stereotypes."

In light of this discussion, Northwest students, staff, and faculty are bringing attention to gender-defined lines that seem to stereotype so many people.

Similar discussions are expected to continue as this is only the first of the three part lecture series encompassed by this semester's NU Focus.



Dr. Jim Heugel and Professor Peg Achterman kickoff lecture series on sexuality.

Screaming Eagle Week

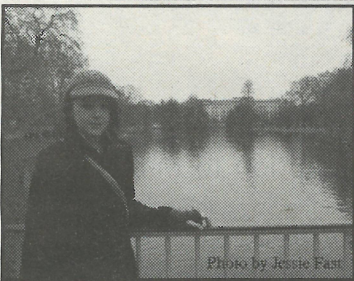


Devon Carroll as a mouse during floor decorating for "Mouse Trap."



TJ Duffy with his luxury item, a horn, during treevivor.

Only in Oxford: Jessie's Story



Jessie studies at Oxford in England.

Jessie Fast
Staff Writer

Oxford, England: the City of Dreaming Spires. Although I have only lived here a few weeks, I can already feel the centuries of implication carried in that title emanating from the elaborate architecture, rigorous academic regime, cultural identity, and superior level of intellect I engage with each day.

First of all, I walk everywhere. Despite the unaccustomed physical exertion, the practice allows me street side contact with the paths of Lewis, Tolkien, Sayers, and other Oxford greats, and it gives me a level of familiarity with the surrounding geography lost when viewed through the glass of an automatic car window.

Walking inherently leads to thinking, and these dual activities are a time honored pair in this established city. The journey from my house to the city centre is a long one, involving crossing a bridge over the Thames River and down a street whose name changes four times along the way. My house, the Vines, originally belonged to an English lord and now holds 31 humanities students from all over the States. I have never heard Descartes, Hume, magic realism, and moral objectivity brought up in conversation as often as they seem to in the many friendly debates we hold around our kitchen island.

These conversations only spur on my enthusiasm for the works I am reading and the works I am writing. The texts of Virginia Woolf occupy a large stack on my desk, and I see philosophy books and history tomes strewn on tables throughout the house. The snow has finally melted from the trees outside my bedroom window, and I itch to plunge myself more fully into the academics I am here to perform.



Rose Livermore competed in a relay involving flour and water during floor olympics.

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NU Men Look to Finish Season Strong

Alexa Breidenbach
Staff Writer

Northwest University's men's basketball team has shifted their focus away from wins and losses and looks instead to their hard work at practice to fuel their fire.

Coach John Van Dyke has been coaching the men's team for the past 10 years at NU and said he relies on the basics of basketball to create a successful season.

"In practice we emphasize fundamentals of basketball, I take a look at the things that are going to happen the most in the game and focus on those. For instance shooting, blocking out, passing, etc.," said Van Dyke.

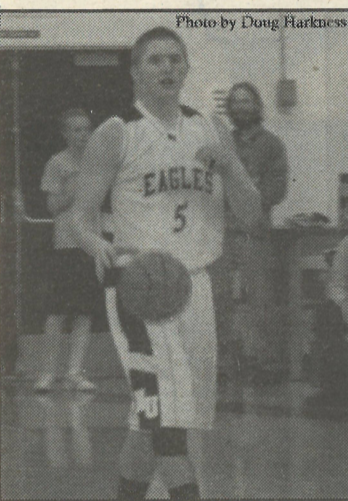


Photo by Doug Harkness

Rich Skillman brings the ball down.

According to both the team and Van Dyke, the strong team chemistry and work ethic have helped to win games and led to a first half of season play over 500, meaning they have won over half of their

games.

The Eagle men currently stand in fifth place in the NAIA Cascade Conference with a record of 6-4.

With the Eagle men averaging about 58% shooting for the weekend, Coach Van Dyke says the boys need to work on shooting the ball more consistently.

To prepare for the next games, the coaches will spend a lot of time scouting upcoming teams.

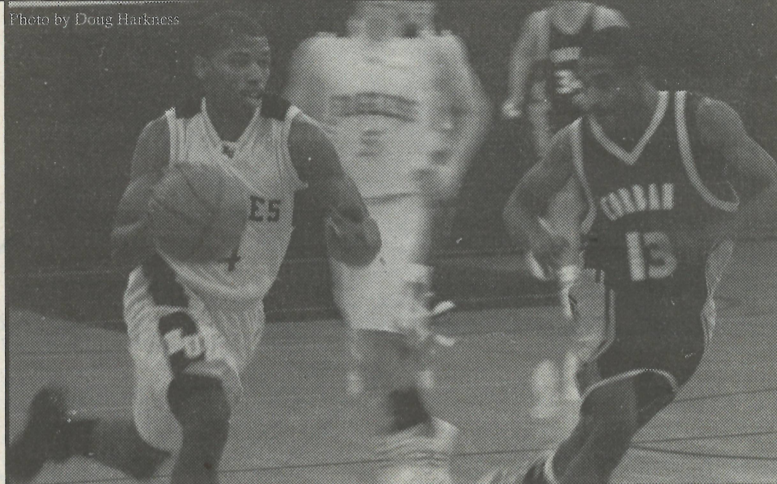
"We come up with a 'play book' of the plays we will run against that certain team as well as defensive drills during practice that will focus on stopping the way the other team likes to try and score," said Van Dyke.

Tyler Mendezona, a sophomore guard, said the team is keeping a positive outlook to finish the season.

"We are definitely hoping to bounce back and make a major dent in the conference this half. Our goal is to keep home court, sneak a few road wins, and ultimately make it to nationals," said Mendezona.

The Eagles season continues until the end of February, followed by Nationals if they finish within the top four teams in the league.

Photo by Doug Harkness



Stedman Richardson dribbles past a defender in a recent game against Corban.



Photo by Doug Harkness

Tyler Mendezona defends the ball in a recent game.

EFC Locker Rooms Need To Change

Tim Smith
Staff Writer

As the Eagle Fitness Center continues to make improvements, some students want to see more improvements to the locker rooms.

"I'm not sure what the girls' set up would be, but in the guys locker room, just putting up some curtains

in that shower area would be very nice," said Seth Bridges, who runs cross-country and track for the men's team at NU.

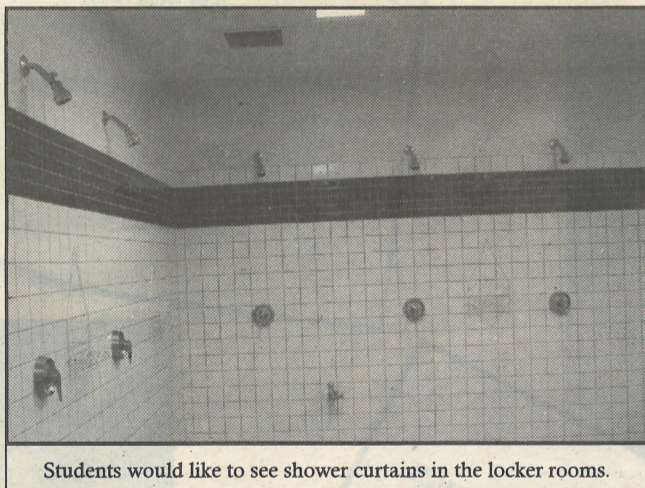
The Seattle Seahawks' former locker room is the largest area available for students to shower and change, but is only available to male students', according to Paul Banas, vice president for student development.

Spaces for the women are located on the first floor in the former coaches' locker rooms.

There is a room adjacent that could be turned into another female changing room.

"In the assistant coaches' former bathroom there are four showers and in the head coach's former bathroom there is one shower, so there are five showers that are available over there," said Banas.

Banas continued by saying that retrofitting the former Seahawks'



Students would like to see shower curtains in the locker rooms.

headquarters into something more practical to students is a process NU is completing one phase at a time.

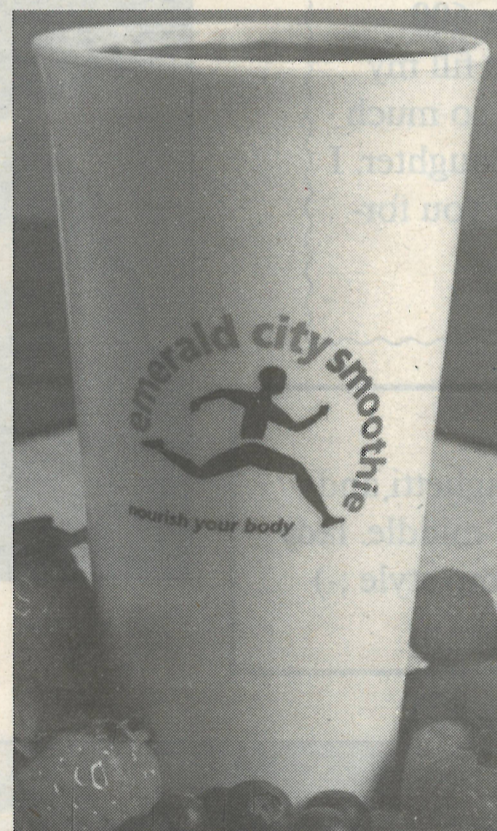
The school hopes to finish the project within the next year.

"I was not informed that we have running locker rooms and showers. It would be great if NU could communicate to the commuters as much as they do the bubble inside," said Andrey Malskiy, one of many students who live off campus and use the facility.

Over the Christmas break, the university added to the fitness center more strength lifting equipment, four treadmills, four ellipticals, three bikes and a step machine, according to Banas.

"I can chill with any of the problems for now, because I know that just having it there is good, and I know that they are going to continue to try and improve it," said Bridges.

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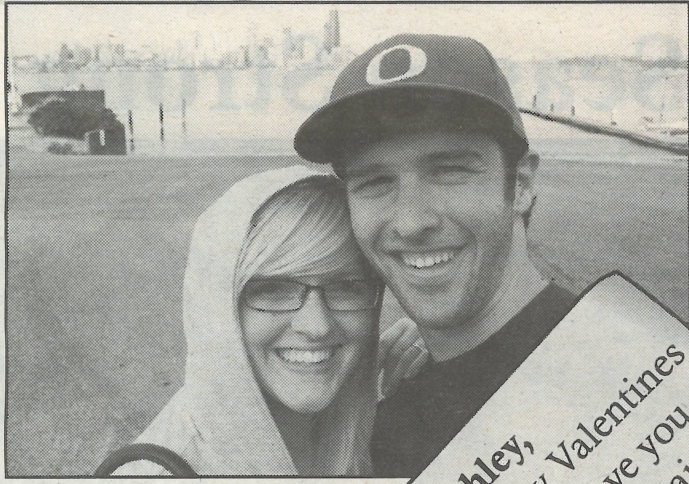
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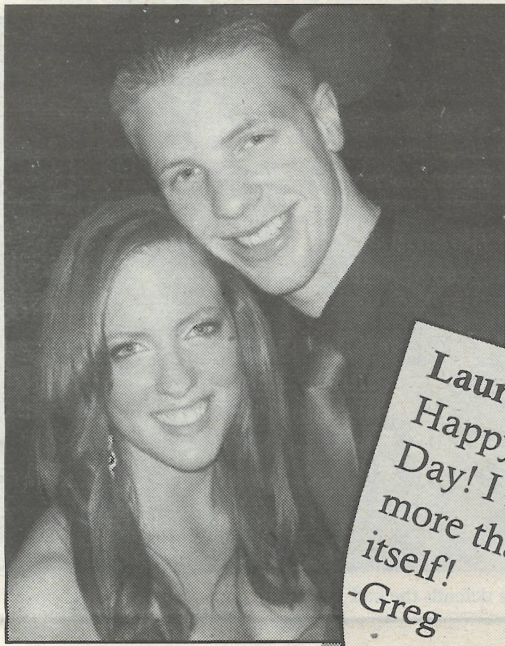
Photo Journal



Ashley,
Happy Valentines
Day! I love you
and can't wait to
get married soon!
- Craig



Ceres,
I am the luckiest nerd ever!
Never thought I would be
able to trick the most beauti-
ful and wonderful girl into
marrying me, but it worked!
Thank you for being you
and Happy Valentines Day!
-Zack

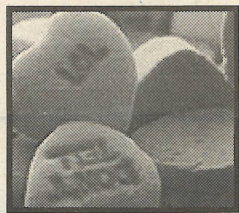


Lauren,
Happy Valentine's
Day! I love you
more than life
itself!
-Greg

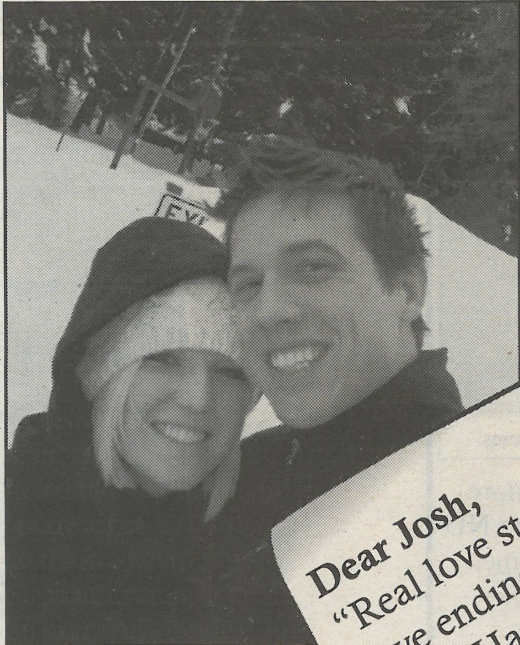
To my dear Tyler Woods,
I am in awe of your
gymnast skills.
Love, Gymnast Enthusiast



To our president,
Mr. Eric Wade:
Missing you all the way
from India. I will be
home soon, lovebug.
Love, Me.

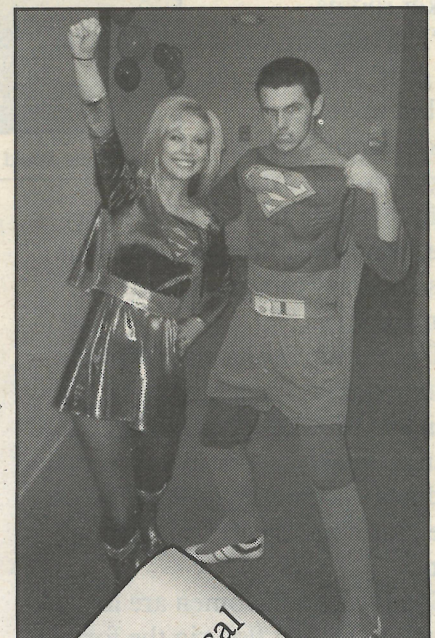


To the completely
amazing girls of
Crowder 600:
You girls fill my
life with so much
joy and laughter. I
will love you for-
ever.
-Mikayla



Dear Josh,
"Real love stories never
have endings." -Richard
Bach. Happy Valentines
Day, Coach.
-Lindsey

Kaitlyn,
Lets get spaghetti, and
meet in the middle. lady
and the tramp style ;-)
Anonymous



We're not a typical
NU couple =)
Kramer + Brittany

Nikki Snyder,
You're the Best
Roomie!
I Love You!
~Angel

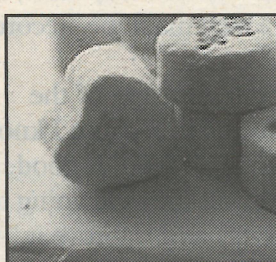
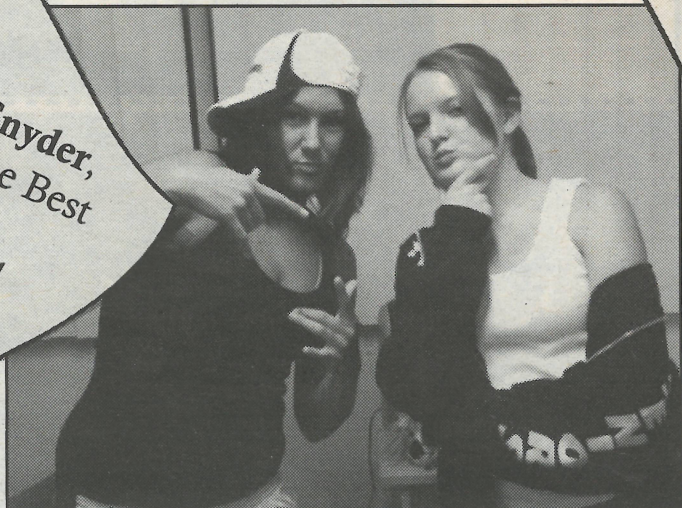
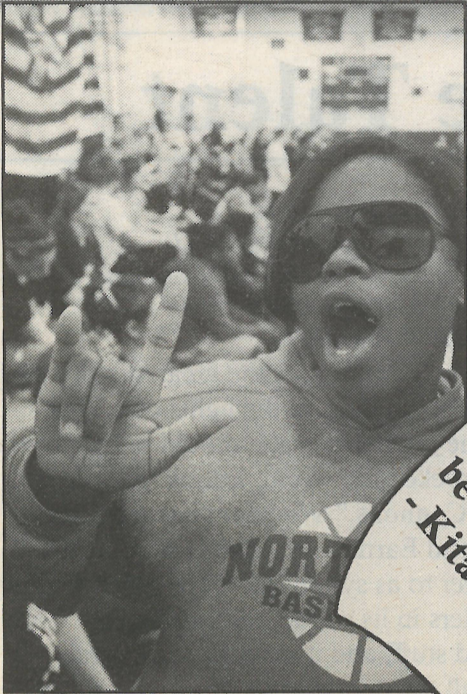
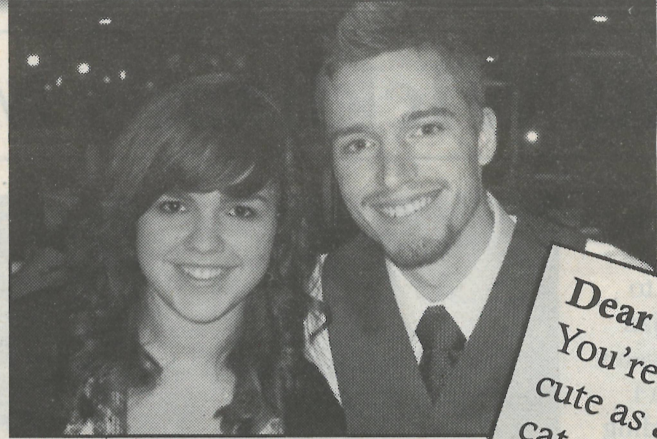


Photo Journal



Jennifer:
When your'e old,
I'll help change
your diaper.
- Super Sexy

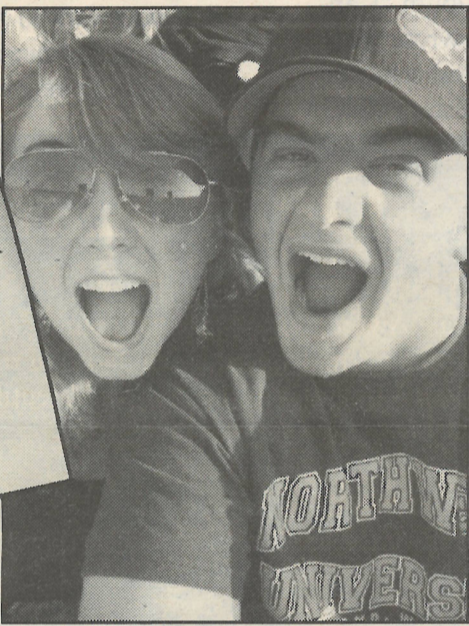
Tiffany:
Like your stinky
feet, I will always
be there!
- Kita



Dear Kyle,
You're almost as
cute as a hairless
cat.
Love, Emily.

Dearest Matthew,
You're a COMM major,
I'm a COMM major.
Maybe.. we should be friends.
Love, Gabebo

Jennifer Jensen,
Your face is lovely.
May I kiss you?



You are beautiful
and I like you.
- Brady

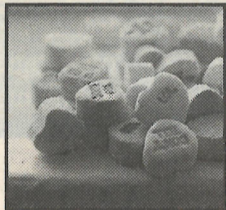


"You're the one that I
want. (You are the one I
want)
Ooh, ooh, ooh, honey!"
Happy Valentines Day,
dear.
-Rex

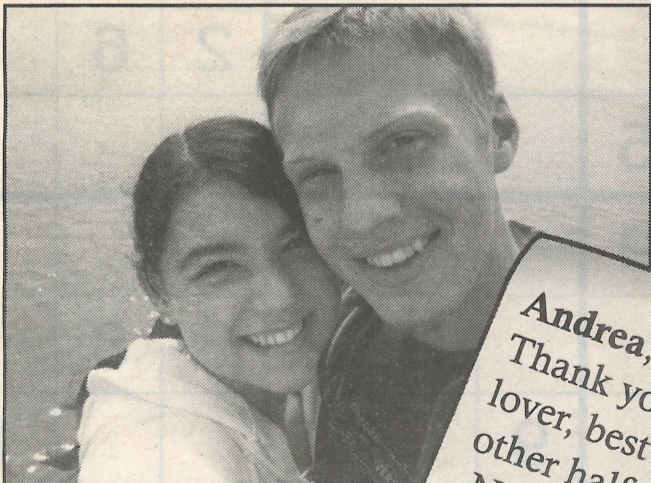
Dear Sherlock,
I could be your Irene Adler and we could
kick butt together. Roomies?
- Anonymous

Rebekah Williams,
Want to date?
From Frankfurt

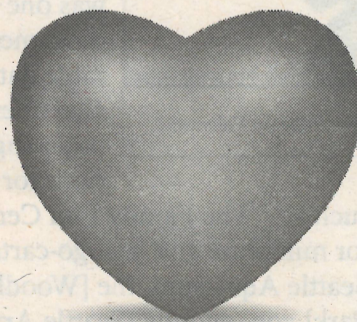
Dearest Todd,
Shall we dance?
Love Love Love,
Your Little Dewdrop



Dear Antidisestablishmentarian,
Sorry to hear about your
pneumonoultramicroscopicsilicovolcanoconio-
sis.
-Sincerely, Logophile.



Andrea,
Thank you for being my
lover, best friend, and the
other half of my heart.
-Nathan



Jason K.,
We could happen.
-Love,
Admirer from not
so far away

Moses Wondra:
Your red hair is
hot!
Love, Future Man

My Dearest Annie,
Your smile brightens my day and your kind-
ness touches my heart.
Be Mine.
<3 Your Secret Admirer
P.S. Meet me in Perks @ 8 on Feb 11th

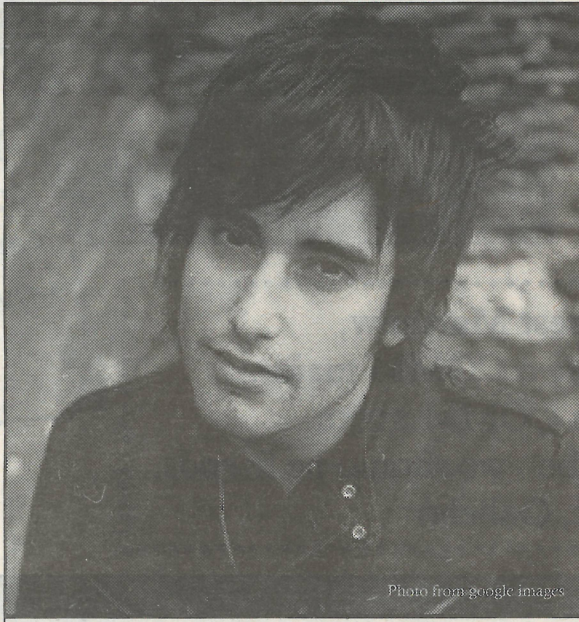
Phil Wickham's Music is True Talent

John Leckenby
Guest Writer

I don't often listen to contemporary Christian music outside of the genre of worship. But when I do, I find myself weeding carefully through stagnate lyrics to hear a good guitar riff. Or just as bad, hanging on precariously to good, wholesome lyrics while canned music thuds lifelessly away, considerably killing off the impact of the message intended by the writer.

But then, just when Christian radio had lost all hope, just when all seemed lost...POOF! It's Phil Wickham!

Wickham is not a super-hero. But I wouldn't



Phil Wickham breathes new life into Christian music.

has become one of my favorite musical representations of the gospel, "True Love," a story rich in

complain if other artists started trying to match his standards.

In the opinion of this reviewer, Phil Wickham is the man. He might be the best Christian songwriter on the market today. His music does what I don't see very often, and has what so many artists can't seem to create: an equal marriage between musical quality and an explosive desire to share the story of Christ, from beginning to end, and back to beginning again.

On his album "Cannons," Phil wrote what

its metaphors and imagery.

*When blood and water hit the ground
Walls we couldn't move came crashing down
We were free and made alive
The day that true love died*

Glorious. It's truth, it's the greatest story ever told, and the band rocks the lights out. That's the way the gospel message should be, because if anything rocked the world, I think that did it.

Since "Cannons," Wickham has released "Heaven and Earth," an album I have heard friends refer to as synonymous, or at least similar to the Killers in its sound and production.

It's hard stuff, and it's catchy stuff. And amongst all the perfect rock riffs and walls of sound, Wickham's incredibly gifted tenor voice pierces through, injecting doctrine and a contagious passion into the airwaves. And I can honestly say, every single song is great.

So, if you want to hear a great worshipper and all-around performer at work, take a listen to Wickham as he delivers the message his way.

How To Have The Perfect Date

Andrey Malskiy
Staff Writer

Going to school puts a drain on your finances with books and tuition. However, it shouldn't put a drain on your date.

Valentine's Day is quickly approaching and it is time to start thinking about planning that perfect night.

Luckily, Valentine's Day falls on a Sunday this year. You know what that means? Free parking in Seattle! While

in Seattle, you and your perfect date can explore the sights and sounds of Pike Place Market. A quick trip up the street gets you to the City Center. Both of you can enjoy being little kids again playing carnival games, bumper cars, eating cotton candy, and so much more.

If cotton candy and carnival games aren't your thing here is another suggestion. Start your date earlier in the afternoon. Parking under the Alaskan Way Viaduct is free on Sunday's, so you'll have time to walk around the boardwalk. Don't forget to stop by the Ye Old Curiosity Shop where you can get your names written on a grain of rice and pick up some salt water taffy next door.

The Seattle Metropolitan Maga-

zine also recommends Bainbridge Island. Tickets run about eight dollars and the trip takes roughly 40 minutes. Once at Bainbridge, enjoy a stroll in the park or explore the island. Bike rentals are available at Bainbridge for your convenience.

As your date comes to an end, enjoy a bayside dinner at Doc's Marina Grill. Doc's offers exceptional food at realistic prices ranging from \$11 to \$30 a plate. Reservations can be made in advance (206.842.8339) and more info can be found at www.docsgrill.com



Don't forget roses for your perfect date on Valentines.

Whatever you two choose to do on Valentine's Day, remember to keep it simple and fun.

Sophomore Sarah Knight said, "Tangent parasailing" was one of her most memorable date. She also offered other suggestions for dates

such as, "The Family Fun Center for miniature golf and go-carts, the Seattle Aquarium, the [Woodland Park] zoo, and the [Seattle Art] museum."

The Northwest is filled with many parks and landmarks. You can hike Mount Si in North Bend, about a 40 minute drive from NU. On your way back, stop by Snoqualmie Falls.

Whichever route you choose just one last bit of advice. DON'T FORGET THE ROSES!

Dear Kate...

Dear Kate,

With Single Awareness Day (SAD) coming up, I really would prefer not to be alone on a normally depressing night for those without valentines. So what do I do if I find myself dateless for Valentine's Day?

Sincerely, Dateless Downer

Dear Dateless Downer,

Not to worry, there are many options for Valentine's Day to avoid feeling the pressure of being single. After all, Valentine's Day isn't only about romance and roses, but about showing and appreciating the love between family and friends. So to take advantage of this special day, get a group of your single friends together and check out the upcoming movie, "Valentine's Day" starring many famous celebrities such as Julia Roberts and Ashton Kutcher at Lincoln Square in Bellevue and then treat yourselves to a fun dinner afterwards. Or if you are looking to spend the night in, order take out, grab some friends in the dorms and check out some movies that Amazon.com has placed on their "Best Valentine's Day" movie list: How to Lose a Guy in 10 Days or Sleepless in Seattle. If anything, remember that there are a handful of people in a one mile radius that are feeling that exact same way, so embrace your singleness by skipping the lonely gallon of ice cream and head right for a night of fun with friends.

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Answers can be found online at eagle.northwestu.edu/talon