

THE TALON

MARCH 2010

A NORTHWEST PUBLICATION WRITTEN BY STUDENTS FOR STUDENTS

VOLUME 2. ISSUE 7



NU student uses musical talent to lead others closer to God.

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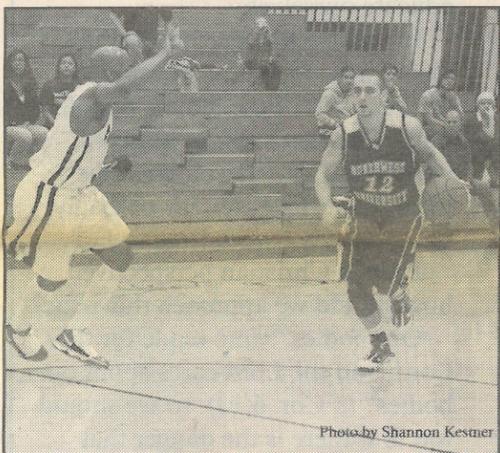


Photo by Shannon Kestner

Men's and Women's Basketball teams compete in playoffs.

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Matthew Moroni travels to the Olympic City.

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STUDENTS BATTLE MEDIA INFLUENCE ON BODY IMAGE



Students struggle with body image and the pressures of today's society.

Anu Akamine
Staff Writer

As the NU community takes greater strides towards health this year, students find that they are not exempt from the media's influence on their view of body image.

"Now, more students [use the EFC] to attain their personal fitness goals, to gain the body image they've always wanted. They take up the Kanye [West] workout: 'get it right, get it tight,'" said Jason Hatcher, manager of the EFC.

While working out is a positive experience for most students, some still battle against eating disorders and struggle with dissatisfaction with their appearance. The EFC can act as a double-edged sword for those students.

"I would say body image is a struggle for people at NU, there are people who eat next to nothing in the Caf then work out all the time; or they try to hide themselves under baggy clothes... I know I'm one of them," said Shelbe Kukowski, a sophomore at NU.

"In high school I was already concerned with what I ate. Then after I got injured my junior year, I kind of took a drastic turn. I would throw up sometimes and definitely not eat. I would only throw up when I had to—if I could get away with not eating, I preferred that. Either way it felt like something I had to do then," she said.

Though the number has never really been quantified because of

the vast nature of the subject, Shannon West, counselor at NU specializing in the struggle with body image, said that, "for most college students, [body image] is a meaningful and powerful conversation."

Although many people attribute body image struggles to women, it is just as prevalent for men, according to Robert Valdez, a sophomore at NU.

Bitter shock hit Valdez last year during his freshman year at Central Washington University. After having an athletic figure for years, he quickly discovered that less activity found him with clothes that no longer fit.

But not only his wardrobe was affected, the way he perceived his social life took a hit.

"When you're bigger you can't really take it to the next level. People notice it and you start to feel insecure about yourself and insecurity is what kills your relationship with people," said Valdez.

He saw guys at his school with the 'ideal' body image getting the attention from girls that he desired.

"I was really jealous, and I know the Bible says not to be jealous but, I noticed that I did get jealous because they were the ones with the girls and I wasn't."

However, the media has a big effect on what society considers ideal, according to students.

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Opinion



Clashing Sides: Your Body-- Temple or Idol?

Josh Bollinger
Staff Writer

With the new convenience of the Eagle Fitness Center, comes the question of why would a Christian want to work out?

There is no doubt that God has a deep desire to see us in great shape, feeling good about life, and having ample physical energy, but where is the line drawn from those good, God glorifying things, to sinful vanity and an over desire to fit pop culture's ideal body image?

Caring about how you look is perfectly normal—sane even. If I walk around Northwest in a Sunday dress because I only care what God thinks... well, you get the idea.

There needs to be a strong balance in certain things we do, we cannot be so spiritually minded that we forget about our body image.

Most Christians know and believe that their body houses the very Spirit that created their physical being and taking care of that creation honors the One who made it.

One argument says that Christians risk forming an obsession with body image and place that above God, but that can be said about almost anything: video games, music, a Choralon's solo, cars, sports, clothes, and all the other countless things that people idolize.

Should we not work out because of the obsession that may befall us? No, the Bible says that is the reasoning of lazy people (Proverbs 22:13).

Any father that buys his kid a car expects that child to take good care of it. If the teenager trashes it and never checks the oil, that probably would displease any dad.

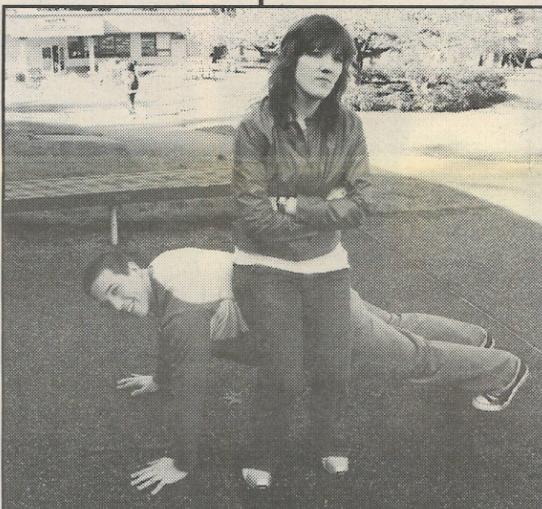
In the same respect God expects us to maintain our bodies. I mean think about it, He gave us incredible vessels which can regenerate, predominantly function almost without our thinking about it, adapt to incredible circumstances, and truly are remarkable in all the chemical reactions, microscopic functions, and individual systems working together to maintain our lives.

If we so choose, we can put them through stress, either from weights or treadmills, and they adapt, building back stronger and leaner.

If there is one thing we can agree on, it is the responsibility we have to take care of what our amazing Creator has crafted for us to live in. So I ask you the question: are those steps on the treadmill—or rather, those couch cushions—bringing you closer to God?

Janie Kliever
Senior Staff Writer

TV, movies, billboards, ads—we are constantly bombarded by media that endorses a physical ideal that is largely unattainable and even unhealthy.



In a society that tends to idolize celebrities and athletes, appearance has become an obsession for many. Caring about how you look is perfectly normal, but

how much is too much?

The Social Issues Research Centre (SIRC), a nonprofit organization, suggests that the degree of concern over appearance has skyrocketed in recent years.

"Advances in technology and in particular the rise of the mass media has caused normal concerns about how we look to become obsessions," Kate Fox, co-director of SIRC, reported.

Everyday that I turn on the TV or flip open a magazine, I see the expectations of a self-focused culture brainwashing people, particularly

women, into conforming to an unattainable representation of beauty. It often feels like there's nothing we can do to stop it—but we can educate ourselves.

In reality, "the current media ideal for women is achievable by less than 5% of the female population—and that's just in terms of weight and size. If you want the ideal shape, face etc., it's probably more like 1%," according to Fox.

From a Christian perspective, how should we approach this issue?

Our bodies "were made for the Lord, and the Lord cares about our bodies" (1 Cor. 6:13), so we should too. But there is the danger that our "temples" can turn into idols if we're not careful. If we don't guard ourselves against the pressure to be "perfect," natural cares can easily turn into obsessions, even addictions.

Statistics show that the 17-34 age group is predominately at risk to have an unhealthy view of body image.

A BBC survey of 25,000 people in this age range indicated that over 50% of women would have surgery to improve their appearance, and 20% of men in their early 20's admitted to having taken protein supplements to bulk up.

Since the media's standard of perfection is unrealistic, why try to fit into a mold that doesn't exist?



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.

Media Gives Students Wrong Idea on the "Ideal"

Continued from page 1

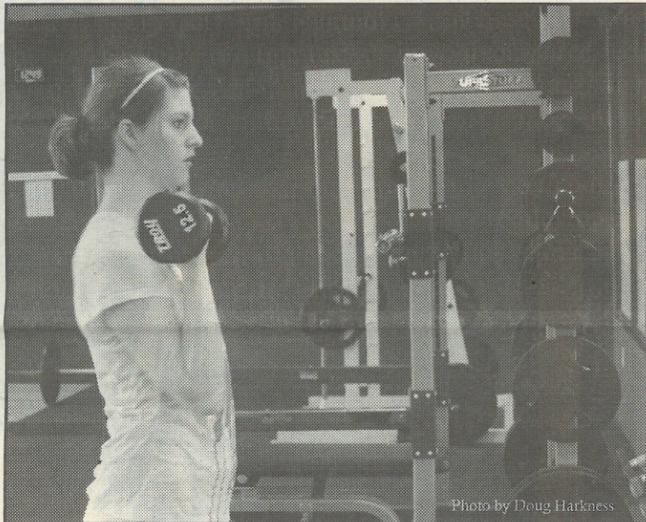
The mind-set in which most Americans and those of western cultures hold has a lot to do with the quality and type of media that they consume on a daily basis, said NU Psychology Professor Kevin Leach.

"We're hard-wired to admire a certain body type. In our culture, in terms of it's values and electronic media, it has become much more efficient at communicating a narrower body image as the ideal, more compellingly and more broadly to everybody," he said.

At NU, the effect of the media hits the campus in different ways.

"You'll have people that never want to go shopping or you'll see girls always looking in the mirror and fidgeting and making sure that everything looks just so," said Kukowski.

For men pressure comes differently.



Students use the EFC to attain a body image they desire.

"We have this sense. We think that girls don't like big guys, and though that might not necessarily be true we still believe it," said Valdez.

"The media puts an image on girls [that] they're drop dead gorgeous. In order to get the girl, you need to be up to par with her. You need to look good to be with a good looking girl and it becomes a competition to look better than the other guys," he said.

Some students find that the EFC is helping them reach the 'ideal' image that they feel they need to attain.

These mindsets are common among students, according to West.

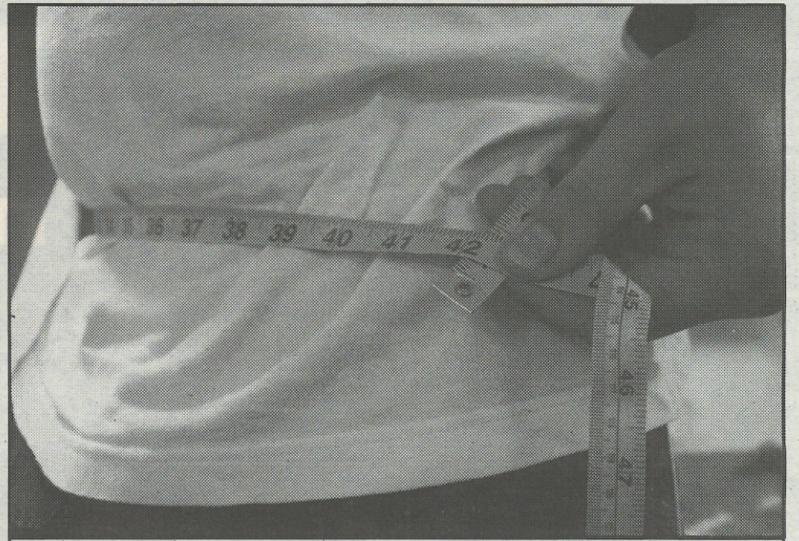
"Often in communities whether they're Christian communities or not, there is an idea of living in a particular way or with particular standards. One of the challenges is gaining a level of perfection, being 'good enough,' and often times body can tie into that," she said.

However, what's necessary to live a healthy and balanced life is to come to the realization of what your body should look like, according to West.

"After dealing with the eating disorder, it's always a struggle now. Coming into college and being an athlete, you need to be fit, lose weight and it's hard," said Kukowski.

However, leaving behind old mentalities doesn't come easy and persistence and perseverance is key, according to Valdez.

"Just the other day I looked in the mirror and I was sitting at my computer with my



The media plays a major role in students perception of body image.

shirt off and I got upset like how I felt last year when I was overweight, but I'm definitely losing weight right now – I checked my weight and I lost 10 pounds. I'm feeling pretty good about myself, and when you feel good about things you want to do it again. You got to keep at it and that's what I'm trying to do," he said.

In terms of living a healthy and balanced life as Christians, there are some simple truths.

"We need to appropriately care for the body that God created. We need to refuse to be mastered or obsessed with the body and we need to recognize that there are some limitations – genetic or physical limitations – and He can work and be glorified despite or through those," said Kristi Brodin, physical education professor and long-time coach.

Comments? Email taloneditor@northwestu.edu or Visit the Talon online at eagle.northwestu.edu/talon

New Leadership Positions Offer New Opportunities

Shayn Fite
Staff Writer

Students need it. The school could use it. And there never seems to be enough of it to go around. What is it?

The bright student in the front row might raise her hand and cry, "Money!" While the Northwest University Student Government (NUSG) President Eric Wade, sitting behind her, might shrug and suggest, "Student Government positions?"

According to the university as a whole, they would both be right, which is why NU made the decision to kill two birds with one stone and offer scholarships for additional NUSG positions. This new plan will create more than 30 new leadership positions, all of which come with complimentary scholarship money.

"Some of the new leadership positions will include five executive officers: a Senate Chair, a Communication Chair, an Activities Chair, an Athletics Representative, a Ministry Representative and a Treasurer position," said NUSG President Eric Wade.

During a trip to Missouri, Wade, accompanied by Ryan Gilbreath, Kramer Rasmussen, and Angela Crawford, was informed that NU's scholarship funds were higher than other Assemblies of God universities. Especially since NU has the lowest tuition compared to other AG schools, according to Wade.

"Basically, the student government, as it stands, has eight positions with scholarships. By having these additional positions, more students will be involved, more will be heard, more will be able to have an impact," said Secretary of Student Activities, Krissa Partridge. Partridge mentioned the additional positions would also relieve the current eight NUSG members

of their overwhelming amount of duties.

"I'm not sure if people are aware of how crazy it is for the eight of us to make all of the decisions for the entire student body," said Partridge.

Even though students were informed through multiple mediums of the situation and voting ballot on Discovery, less than 25 percent of the student body participated in the vote. According to NU's constitution, the small number was not sufficient, so the eight NUSG leaders were faced with a decision: either go forth with the majority vote, (those who voted were strongly in favor of the new positions) or hold another ballot during chapel—which they did. The results were tremendously in favor of the new positions and their complimentary scholarships.

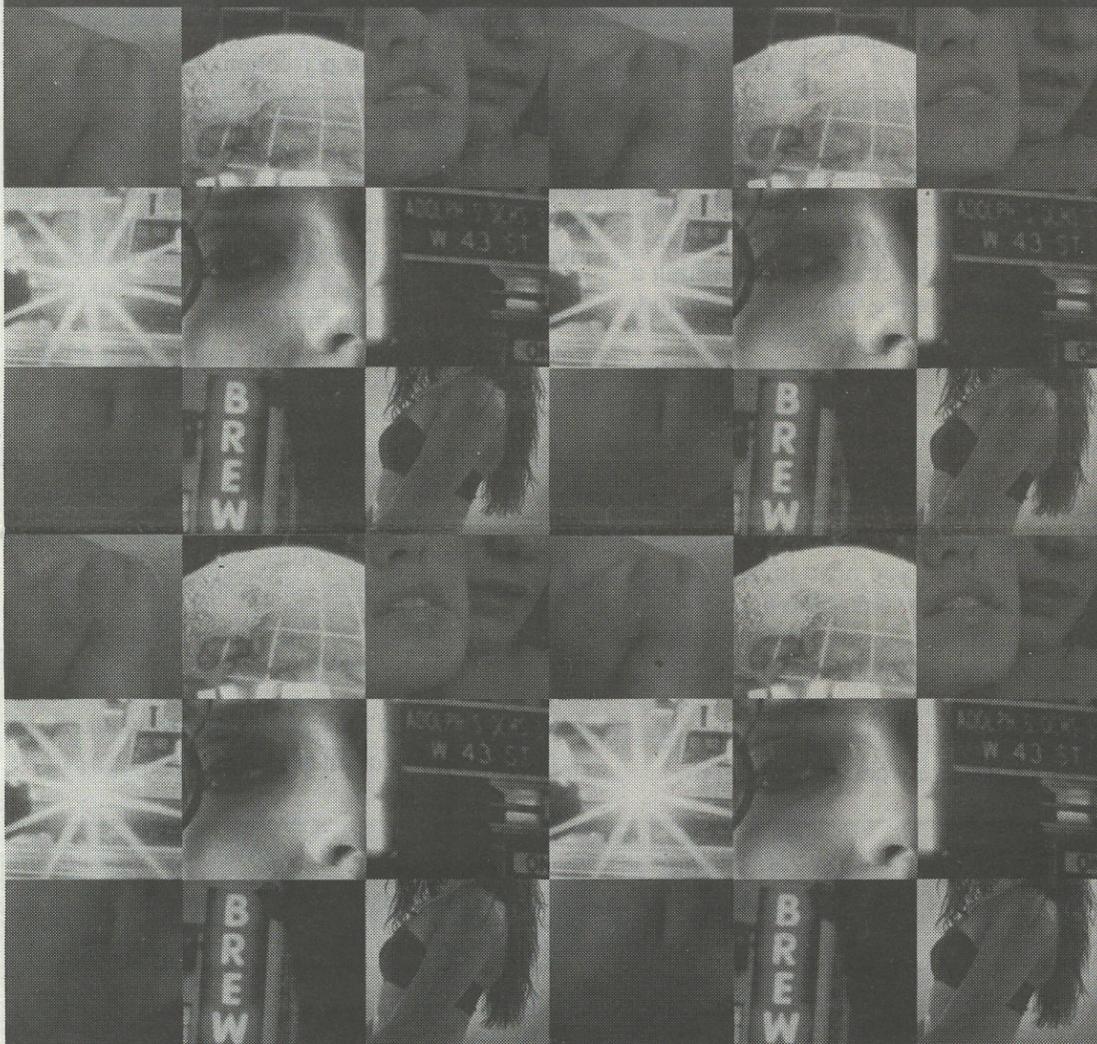
"I honestly know nothing about it," said junior, Jeremy Nelson when asked about the vote on Discovery. He did mention that he participated in the Chapel ballot by voting "yes."

"I voted 'No,'" said freshman, Chelsi Pennington. "I didn't know much about it. I'm not the type who is going to participate if I don't have more information on it."

Currently, the school is making preparations to create new scholarships and leadership positions. The goal being to establish a more capable student government.

"We recognized a little bit of inefficiency in the work, only eight people, they were so focused on everything, they couldn't really focus on anything. We wanted to create a better way of doing things," said Wade.

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Outreach: Triumph Prison Ministry

Tiffany Granger
Guest Writer

"Remember those in prison as if you were their fellow prisoners..." Hebrews 13:3

I'm sure by now that most students have heard of Triumph Prison Ministries. We are a NU crew that goes into juvenile detention centers to bring the Gospel to the incarcerated youth. But what you might not know is our vision and what we are about. We are covered by a local ministry called Prisoners for Christ, based in Woodinville. They arrange for many ministries to go into prisons and juvenile detention centers to bring the Gospel in the state of Washington. Triumph is unique in the sense that we are one of the only young adult teams that consistently goes to do outreaches. It works in our favor because our target group is youth and we come with a perspective that older adults might not have.

We go to a juvenile detention center in Chehalis called Green Hill School, which houses young men, aged 14-21. We have an hour to do an outreach, and we can pretty much do what we want in that time. We usually have a time of praise and worship then do some form of drama, usually improv or human videos, and finally we have a student speak. Sometimes when we are finished the guys ask us questions about God, so we sometimes have a question and answer session. We always give them a chance



to accept the Lord in the end and it is totally amazing to see the amount of guys who respond and receive Christ. The car trip to Chehalis can seem long, at first, but once we get there and do our outreach, we see that God takes over and it all seems worth it. The car rides also allow for our team to grow as friends and often times turn into refreshing times of fellowship and reflection. It really gives you a different perspective on life and is effective at getting you out of the NU leadership bubble.

Our goal is to show them God's love and to let them know that we have not forgotten about them and we don't judge them. They are human beings just like we are. The first time I went to Green Hill I didn't know what to expect. I had

always filed prisoners away in my mind as "bad people" and didn't view them as peers, but when I got on stage and looked out at them I immediately was reminded that they are people, that they have hearts that beat like mine. I no longer saw them for what they did but rather for who they are; God's creation. I realized that the only thing that separated me from them was the prison walls. Sure they have made bad decisions and broke the law, but in all honesty haven't we all?

Triumph is always looking for students to get involved and use their talents. We especially need speakers and those who feel comfortable sharing in front of a group. If you are interested, email me at tiffany.granger08@northwestu.edu.

March Ministry Calendar

3 Wednesday
Crew Chapel

5 Friday
No Chapel

15 Monday
Dan Neary in Chapel

19 Friday
Deadline to apply for Campus
Ministry interns

19-20 Friday/Saturday
Seattle Missions Trip
(Information to be announced)

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Student Pranking Crosses Fine Line

Christy Wolyniak
Senior Staff Writer

It is that time of semester when boredom peaks for students, resulting in mischief and pranks.

Recently, students have been pranking their friends and rivals in seemingly humorous and cunning ways. However, some pranks can go beyond amiable teasing.

"I think that pranking reveals unexpected immaturity," said senior JP O'Connor.

Following Screaming Eagle Week, two Facebook groups were created and exchanged videos back and forth concerning the disappearance of the Stump: the Screaming Eagle trophy. After a prank took place, it was disbanded.

According to sophomore Joseph Gannon, pranks can either be humorous or harmful, and this particular prank went beyond humorous.

Freshman Kramer Kelly describes the horrors he discovered upon making his way to the bathroom one morning.

"Apparently they peed in one of the sinks, and put tuna fish in the other sinks and heater," said Kelly.

The toilet paper and paper towels were missing and there was defecation in one of the showers, according to Kelly.

Kelly said that the perpetrators returned to the scene of the crime the following day to help clean everything up.

"No fights were started after, I just hope that the lesson learned from this whole ordeal is that pranks can be fun but they can also get out of hand. People need to think about their actions more before they do them," said sophomore Doug Harkness.

Resident Assistants, JP O'Connor and Brookes August, resolved the issue quickly.

"We brought resolution to the conflict through an epic Facebook video that explains everything that happened, called The Stump: An Adventure, A Friendship, A Discovery."

Other pranks that have taken place include girls capturing a large, live spider in a jar with breathing holes in the lid, placed behind Heather Fried's pillow on 600, according to witness Juliana Melin.

"It was so big, that with its legs spanned out, it covered the entire bottom of the jar," said Melin.

According to Melin, while the girls involved were excited about pulling the prank on Fried,



Student pranks increase as boredom sets in.

they feared the repercussions of a giant spider on the loose.

"I think pranks can be funny if it's an intelligent prank, such as a spider under a pillow in a jar. These pranks [in dorms] were very situational pranks that were purposed to incite anger: the intention was to provoke a response," said August.

No retaliation followed, according to August.

Though others are still pranking their friends.

Christina Mathews recently had a prank war with one of her friends.

"I put butter under his door handles, put pancake batter on the windows of his car because

I didn't want to ruin the paint and I wanted it to be easy for him to clean – even though I ended up cleaning it off because he offered peace for one day and I didn't want him to get me back that day," said Mathews.

If students have any questions about pranking rules, they should talk to their RA or AC.

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Only in Oxford: Jessie's Story



Photo by Jessie Fast
Jessie Fast is spending a semester abroad studying at Oxford, England.

Jessie Fast
Staff Writer

One of Britain's strongest traditions is that of religion. Every college at Oxford has its own intricately designed chapel with stained glass, pictures of saints, and professional quality choirs. The churches are often the most beautiful buildings, and services are performed with prescribed instructions on standing, sitting, kneeling, and coming forward. But in the midst of all this tradition and ritualism, where is faith?

NU prides itself on its spiritual community. Chapel is required, Christianity is integrated, and ministry is encouraged. Chapel services three times a week are structured so as to invoke spiritual and communal times with God and to allow students free expression in their worship. The liturgies and ritualism of the Anglican tradition of England are rejected in favor of a more modern approach.

However, in reaction to this emphasis on ceremony, 'modern' and 'free expression' become synonymous to many Christians with 'superior.' By valuing too highly not being ritualistic, church and chapel become ritualistic, perhaps even for the worse. Structure is disregarded merely for the sake of such disregard, and the purpose of the rituals, to provide a stable environment in which to meet God, is lost.

Granted, every person encounters God differently, as He intended. Some find the ceremony restricting, and others cannot focus in what they see as the chaos resulting from lack of structure. This does not make either system better than another, but it does show how balance between the two is needed.

The British understand that religion and reverence to God should be part of daily life, part of national heritage and identity. They have emphasized God's grand magnanimity by composing a structure of religion that has steps and proceedings, where the worshippers are not left guessing as to what happens next, and repeated liturgies showcase the solidity and omniscient order of our God and also the humility of our finite humanity. Modern church has reacted to this and instead focuses on the communion of God meeting with His people and on the compassion and approachability of a loving Father.

Both aspects of God are true. Both need to be recognized and revered with a healthy blend of fear and familiarity. Being in Oxford and experiencing firsthand the Anglican tradition, the rituals, and the value placed on ceremony makes me wish American church held the same reverence for the patterns of an established religious experience. Either way, let us not forget that God is both loving friend and the omnipotent creator of heaven and earth.

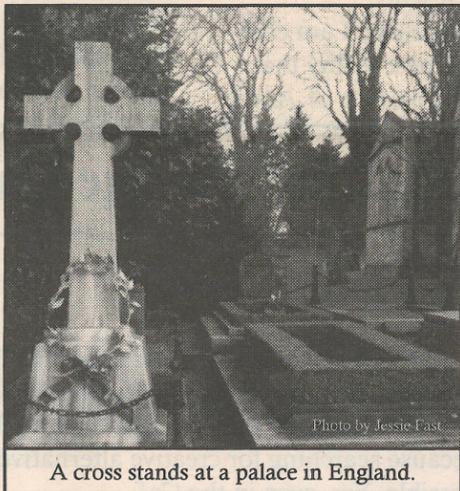


Photo by Jessie Fast
A cross stands at a palace in England.

Choralon's California Ministry

Jennifer Jensen
Staff Writer

Over 110 students of Northwest University will be taking time out of their Spring Break and enjoying the sun as they minister throughout Northern California.

Led by Brenda Rasmussen, the NU Choralons will be ministering in both junior and senior high schools as well as churches throughout the San Francisco area.

In addition to their ministry concerts, students will be partnering with City Impact, an organization serving San Francisco's Tenderloin community. Through this ministry, Choralons will be ministering in a local city park, and then serving alongside the volunteers of City Impact.

Jennifer Pina, a first-year member of Choralons, shares her excitement saying, "We've been touring all over Washington, but to get out of the area and reach new audiences is going to be awesome."

Pina continued by summing up her heart for Choralons, "I really hope we can touch a lot of people's lives while we're there."

Sean O'Leary, a returning member of Choralons, proves to have great expectations as well.

"I'm expecting us as a choir and as individuals to present the Holy Spirit in such a way that will change people's perspective on how they view their relationship with Jesus Christ as well as change the lives of those who don't know him," he said.

Choralons has been ministering in various churches throughout Washington State for the past two months and is currently working on a CD project to be released Fall 2010.

Choralons will be touring March 5 through March 11 but do not miss them when they minister in chapel on March 22.



Students rehearse in preparation for trip.



Graduate School is not for the faint of heart

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

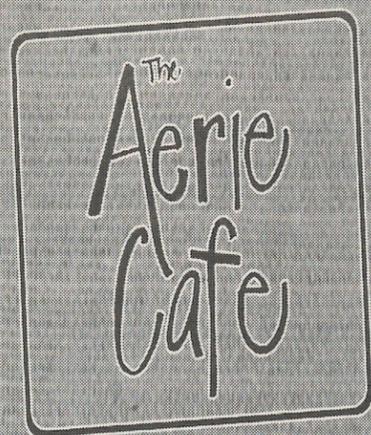


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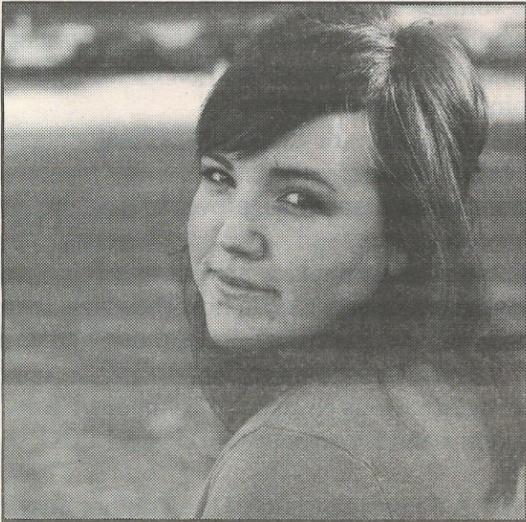
Annie Ashley Shares Her Heart Through Her Lyrics

Alexa Breidenbach
Staff Writer

Annie Ashley is a singer/song writer who captures the hearts of NU students with the uniqueness and individuality in the music she shares through her thought provoking lyrics.

As Ashley has grown over the years her music has matured and she has found motivation from writing.

"At the end of the night though, it's not the 'Annie Show', it's about Jesus. Because let's face it, He's got way more going on than I do," she said.



Annie Ashley shares her heart through her music.

Ashley favors to write about things that happen to people in everyday life but in an unconventional way.

"Annie is an amazing artist and her music is very inspirational. She definitely lights up the room when she sings," said Kailee Oliver, a freshman at NU.

Throughout the years Ashley has led worship, written hundreds of songs, sang background vocals, participated in musicals, and has performed many solos.

As a consistent leader for NU chapel and pursuit services, Ashley hopes to bring others closer to God through her music and words.

Her writing style is acoustic, simple and sincere, but admits she doesn't have a certain genre in mind when writing.

She is very honest in her writing and aims to show who she really is with an unconventional twist that makes the listener imagine traditional ideas in new ways.

"I don't want people to question for a minute what I'm about. Again, I like to think I'm a pretty honest person, so that's my goal in whatever I write," she said.

Ashley recently led worship at the Northwest University Women's Conference February 19th-20th and played an acoustic set to accompany the theme of "Soaking in His Presence."

"Every time I hear Annie's music I am challenged and inspired by the honest reality that she portrays in her lyrics. The essence of Annie

Ashley is found within the catchy piano, genuine lyrics, and unparalleled vocals that institute the foundation of her music," said NU student Lindsey Wessa.

As for the future, Ashley hopes to continue recording inspirational music that will make a difference in someone's life. She knows that music is just one aspect of the many things she hopes to accomplish in life.

"I've grown up hearing piano lessons, good or bad, in my living room and I guess it just clicked," said Ashley. "I was that obnoxious little girl who would make up her own songs that made absolutely no sense at all. Hopefully that's not the case now."

Ashley will be performing with John Leckenby at the "To Port-Au-Prince, With Love" benefit concert on March 4th at 7:30 p.m.



Ashley led worship at Women's Conference

Confined To The Caf: Healthy Eating

Jessica Orr
Staff Writer

Are you stuck in a chicken nugget rut? Chances are, if you eat in the cafeteria, this defines your nutritional habits perfectly. Be honest, most of the time you walk into the 'Caf' and settle for whatever the buffet serves because searching for creative alternatives is too much work. Nutrition is possible. Yes, even in the Caf.

Explore the salad bar. Salads are extremely versatile so you can adjust how they taste depending on your preferences.

There are two essential rules for healthy salad creation: Rule # 1. Don't let your lettuce be lonely; take advantage of the assortment of veggies and other lettuce-companions you can find at the salad bar. Hard-boiled eggs and beans are great sources of protein, and carrots offer a nice dose of fiber. Rule #2. Don't drown your delectable masterpiece in globs of ranch dressing. Not only will over-dressing your salad rob your veggies of all their naturally delicious flavors, but will also deplete the nutritional value of the salad by adding unwanted fats, artificial flavors, and preservatives.

Italian dressing is a slightly healthier alternative (70 calories per 2 Tbsp. and 9% daily fat value) However, if you feel exceptionally creative, you can experiment with oil, vinegar, and the spice rack found by the sandwich bar to create your own tasty dressing.

When eating sandwiches and pasta choose whole wheat. Wheat has a naturally sweet flavor, giving whole-wheat bread a richer quality than white. Stay away from too many condiments. Hummus is a splendid alternative to mayonnaise on your sandwich. It smells better, it tastes better—it's better for you.

The most destructive, evil, enemy to your happy, nutritional lives—SODA. Pop, soda pop, soft drinks, whichever label you prefer, should all register villain in your mind. Soda contains absolutely NOTHING natural, except exorbitant amounts of sugar. If you think you're doing yourself some kind of service by drinking diet soda, think again. Diet soda replaces the only 'natural' ingredient, sugar, with a chemical sugar-substitute to complete the lovely mixture of bioengineered toxins you will pour into your body. Studies show that high phosphate content of many soft drinks such as Pepsi and Coca-Cola lowers the amount of calcium absorbed by the bones. Replace that soda with water, tea, or juice!

Here is the bottom line: eat things that God originally meant for humans beings to put into their bodies. If you follow this rule, rest assured you're eating healthily.



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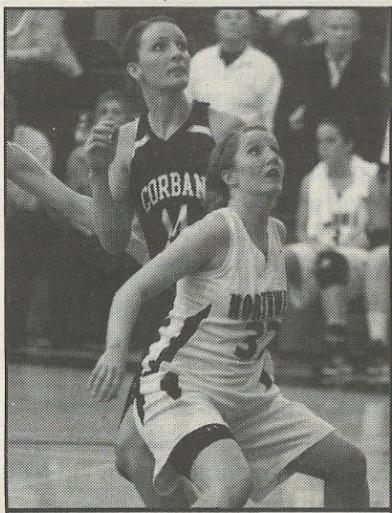
Eagle Women Finish Strong Season

Tim Smith
Staff Writer

The NU women's basketball team finished one of their best seasons in the past seven years last Tuesday.

The Eagles' had a 3rd seed going into the Cascade Conference Tournament quarterfinal versus a 6th ranked Corban. In a hard fought game, the Eagles lost 88-77.

"The girls gave all they had but didn't have the legs. We don't usually make some of the mistakes we did," said head coach, Lori Napier.



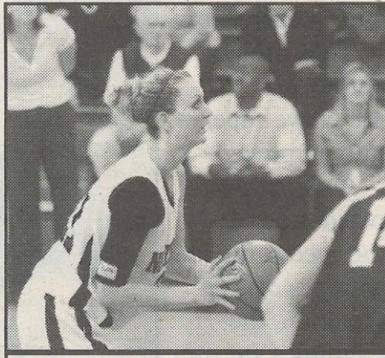
Alyssa Welk defends against Corban.

Coming off one of the longest road trips the prior weekend, the women had only one day to prepare for the game.

According to Napier, a win over Concordia at the end of the regular season clinched home court advantage for the team, bringing playoff frenzy to the Pavilion.

"We had higher expectations for this year and I just feel like our season got cut two weeks short," said Eagle Center Jessalyn Jackson, "It does feel good to say we finished second, and we went 13-5 in the league... that is a pretty big accomplishment."

The Eagles finished the season with a 17-11 overall record.



Wilkerson attempts a free throw in their playoff game against Corban University.

Eagle Women Finish Strong Season

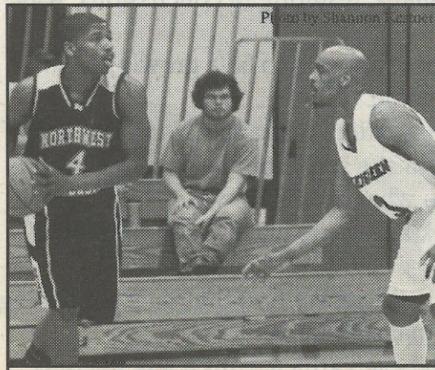
Tim Smith
Staff Writer

After making it to the semi-final game of the Cascade Conference playoffs, the Eagle men's winning season came to an end.

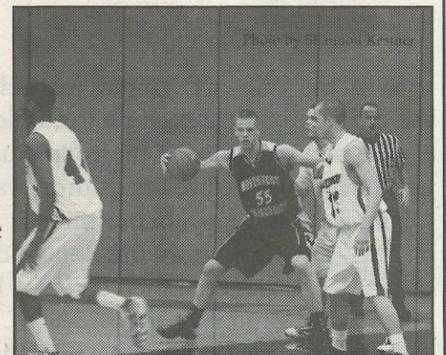
The men played a hard fought game versus the top ranked OIT, who have a 36 home game winning streak. The final score was 71-56 OIT.

Ranked the #5 seed, the Eagles pulled off the upset of Evergreen State College, who was ranked 25th in the nation, in the quarterfinals last Wednesday. The win advanced their season travels to Klamath Falls, Oregon where they face OIT.

"We never gave up and I am proud of our team... our guys really have excellent team chemistry and we just kept getting better as the year went along," said men's head coach John Van Dyke.



Richardson looks to pass the ball in a recent game.



Greg George fights to get the ball to the hoop.

In planning for next season, the team loses two seniors, Blake Solomon and Nate Rheame; however coach Van Dyke is confident that the future for the Eagles looks bright.

"I've never been apart of a team like this, [we are] a family. I love these guys! I'm always going to remember the 09-10 NU Eagles! Especially Nate and Blake," said Eagle Guard Tyler Mendezona.

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Olympians Feel The Pressure To Medal

Liz Rodriques
Staff Writer

With the Winter Olympics just behind us, some people might question the pressures that are put on the athletes to medal for their country.

The remembrance of the young luger who tragically had his life ripped away from him before the cauldron was even lit to mark the kickoff of the Olympics is still fresh in our minds.

The 21-year-old from the Republic of Georgia disastrously lost control of his sled around the final curve of his practice run and flew into a metal post resulting in his death.

In spite of his terror of the track, which was expressed to his father only days before the accident, he proceeded to fulfill his calling of training and practicing on the supposedly named fastest track in the world, according to the New York Times.

With this being the third fatality of Olympic history, a question could be raised as to if there is too much pressure on our Olympic athletes to compete and do anything to be successful?

This might have been the first death of a luger, however there have been multiple records of athletes having mishaps, resulting in concussions, wipe-outs, or injured limbs.

It might be their passion; however there appears to be a growing high expectation of "all or nothing" in this game.

During a Los Angeles Times interview, after Australia's Hannah Campbell-Pegg nearly crashed in a training run she spoke out by saying, "I think they are pushing it a little too much. To what extent are we just little lemmings that they just throw down a track and we're crash-test dummies? I mean, this is our lives."

Spoken from the mouth of an actual athlete, we find that they are feeling the pressure to live up to these exceptional standards.

These, in fact, are extreme sports, and each athlete runs a risk in competing. Just because they are "professional" doesn't mean they are exempt

from any unfortunate occurrence.

They are not perfect nor do they have super human power.

On the opposite side of the spectrum, in a more positive direction, the Olympics are supposed to be a time of competitions between nations, a time for dreams to come true, and for people to join together to congratulate the finest athletes.

Bode Miller described to the Los Angeles Times that the Olympics has the best that sports have to offer.

"It has amazing energy and enthusiasm, passion, inspiration. It's what changes lives. In that sense, it's the pinnacle of what sports and camaraderie and all that stuff is," he said.

These athletes put enough pressure on themselves, to have outside sources added to the stress is unnecessary. Yes, support, encouragement and pride is always welcomed, but winning and being on top is not the most important aspect of life.

It is about taking in each experience and opportunity, doing your best and enjoying them as they continue to come and go. And those memories they made, representing their country in front of the whole world will truly stand the test of time, far beyond the worth of any medal they could win.



Photo by Google Images

Hannah Campbell-Pegg spoke out against the pressures of competing.



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Spend Spring Break North Of The Border

Andrey Malskiy
Staff Writer

Looking for a spring break with thrills, spills, shopping, and a movie theater all under one roof? With a short trip to Canada, you can make it a reality!

Welcome to the West Edmonton Mall (WEM). Located in Edmonton, Alberta Canada, it is the "largest shopping mall in North America and the fifth largest in the world," according to a study done by Eastern Connecticut State University.

As a student you want to get the most out of your spring break.

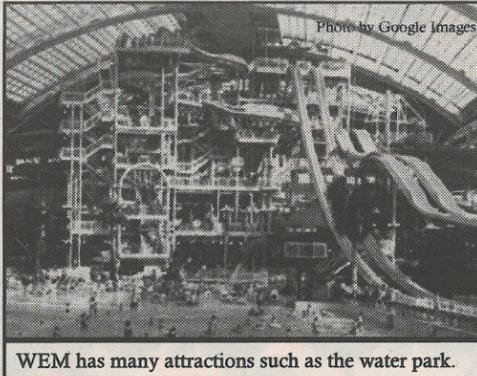
While you might want the thrill of a roller coaster, your friends might want to go swimming, shopping, or just relax. WEM has you covered, literally.

WEM is home to the largest indoor water park in North America!

It is also home to an indoor amusement park, along with an ice skating rink, movie theater and let's not forget the three story shopping mall. The possibilities are endless.

The water park and amusement park put up a good fight.

Both include easy going rides. But if that's not why you're com-



WEM has many attractions such as the water park.

ing; both parks are home to extreme rides that you won't find in Washington state.

The only time you will need to leave the mall is when you're going home. That's right, you get to stay inside the mall! The Fantasyland Hotel is located inside the mall with rates starting around \$150 per night. The hotel offers packages to its occupants which include or discount park entry fees. More information can be found at the mall's website: www.wem.ca.

WEM is a 14 hour road trip from Northwest University. You will need to show documentation to get back into the states.

Grab three friends and head to Canada for a fun and affordable Spring Break.

Whatever you choose to do this spring break, have fun!

SUDOKU

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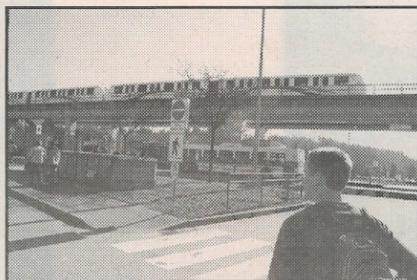
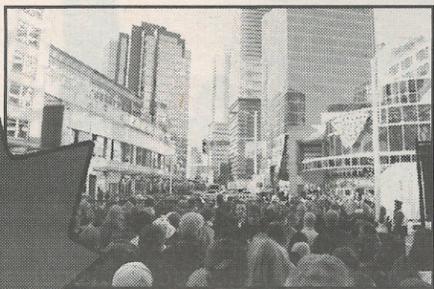
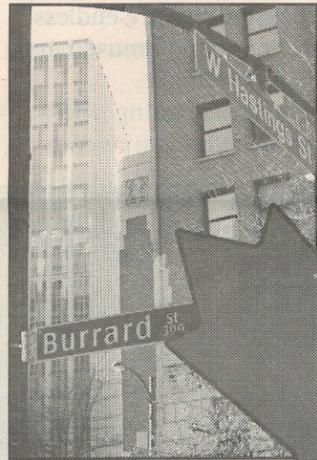
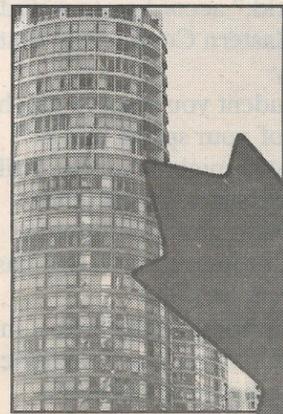
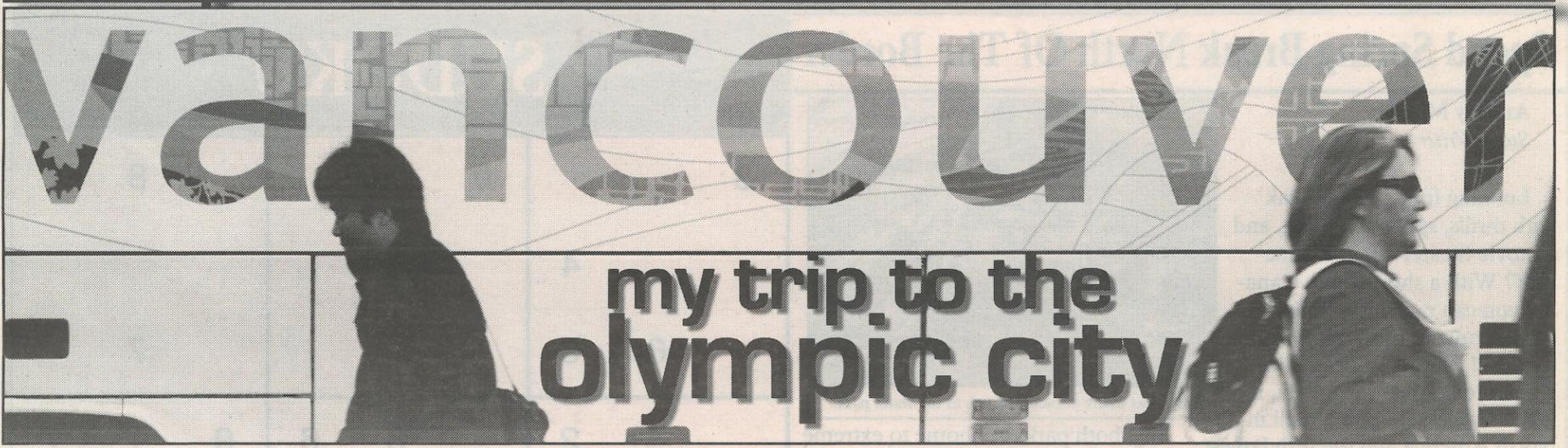
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