

THE TALON

SEPTEMBER 2010

A NORTHWEST PUBLICATION WRITTEN BY STUDENTS FOR STUDENTS

VOLUME 3. ISSUE 1



Photo Credit: Thien Lai



Photo Credit: Google Images

Tribute to Judy Burrow
Always to be remembered (p. 3)



Photo Credit: Thien Lai

Student Health
Mariesa takes us to the next level (p. 10)

NU Housing Policies Hammer Students With Few Options

Timothy Edward Smith
Senior Staff Writer

Financial struggles and frustration over policies continue to fuel ongoing disputes between students and the NU Housing Department.

"We can be an office of 'no', because most of the time when a student is coming here, they are trying to get out of something they have read or they feel the university is making them do as far as a policy goes," said Housing Director, Nicole Kelly.

In her third year here at NU, dorm resident Michelle Brown turned 21 in September. Her hopes were high that she would be able to move up to the student apartments, but she was denied.

Brown thinks the reasons were because, last year, she had some health problems causing her to drop a couple classes and fail chapel, putting her five credits away from being a junior; and technically she was not 21 on the first day of school.

"I just feel like their policies are a little bit complicated and should have a little more exceptions and leniency," said Brown, who is from Wyoming

and is being forced to live in the dorms, having no other place to go.

Off-campus junior, J.R. Fells, came to NU as a freshman and has never lived on campus, getting approval to be off-campus every year.

"It is a little restricting to be here on campus," said Fells.

Furthermore, he suggested that the school should change the policy that a student must be 21 years old to move out of the dorms and they should allow sophomores, juniors and seniors to find housing that best compliments their bank accounts.

"If there are things that we can do better that make sense to do better, things that students are interested in having, and it makes sense to do that, we make those changes," said Vice President of Student Development, Paul Banas.

At the beginning of the school year, some student apartment residents had problems with housing's decision to only allow residents to move in on Friday. If they missed that day, they had to wait until Monday, or be charged a \$100 improper check-in fee if they had a roommate let them into the apartment.

"We tell them back in May, 'hey, plan for this one day...you can show up anytime between 10am - 5pm [on Friday]," said Kelly.

She also stated that, her department sent out more than enough information to students on when and how to check in. According to Kelly, it is the student's responsibility to know the information and follow through.

"There is no need for a Saturday time because we give you so many hours for Friday. Basically what they [the students] are saying is, meet my need when I want it," said Kelly.

NU senior Emily Stuart had to take the day off from work so she could drive up for check-in, then drive back to her hometown, finish packing her stuff and drive back to campus on Saturday.

"I just think it would be really nice if housing was considerate of the students' needs, because most students work during the summer. It would be really nice if they were open on a weekend and were able to kind of cater to what we need," said Stuart.

Banas said he would like to hear students' concerns and suggestions of how to make this school

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Opinion

Shelbe's Soapbox: Making Sense of Politics



Shelbe Kukowski
Guest Writer

As your new political columnist, it's my desire that you will begin to think about and debate current events and issues.

Politics matter to Shelbe

In case you haven't noticed, the economy is not in the best of shape. People are jobless, it is harder to get loans, and many banks are closing.

"How does this affect NU students," you may ask. Some students are not returning this year due to financial constraints, and enrollment for the freshmen class is down.

Stock markets are driven by emotions. When the markets appear uncertain stockholders begin selling their shares (out of fear instead of the desire to make a profit), and a panic ensues.

As a result, the value of that company's stock decreases. When stocks are performing poorly, that company is losing a considerable amount of money. When the markets perform poorly, the banks begin to withhold loans. When loans are withheld, entrepreneurs cannot receive the funds needed to start a new business.

With new businesses, or at least companies

hiring, unemployment rates will go down. In August 2010 unemployment was 9.6% nationwide, up from 9.5% in July.

Federal Reserves Chairman, Ben Bernanke, said in July that the economy remains "unusually uncertain."

The numbers and the Reserve Chairman himself show that people are afraid, and at the very least, uncertain about the economy and how to respond.

The key is this: if people believe in the economy, such as investing and spending within their means, the banks begin to give out loans and people begin to get hired. Everything is connected.

What does this mean for an NU student? The better the economy, the better the chance of having a job during the summer and after graduation. Without a job it is hard for many students to continue their education at NU.

In this economy it is easy to see why individuals are pessimistic, clutching onto their hard-earned dollars. However, in order to get out of the recession, wise spending needs to occur - a word I'm sure every girl on campus doesn't mind hearing.

In order for spending to occur, people need to be confident with their finances and not panic if stocks end lower than expected for the week.

Everything is connected. If one part of the economy does not perform well, the other parts suffer too.



Like what you're reading?
Write a letter to the editor and get
your name in the paper!
E-mail
taloneditor@northwestu.edu

A LETTER FROM THE EDITOR:

Christy Wolyniak
Editor-In-Chief

It's the middle of September. Seattle reminds us that summer is clearly over by putting a damper on our fun.

Amidst books, papers, and upcoming assignments, by now I am slowly stretching into my own routine as many of you might be.

For those of you who are NU newbies, The Talon is here to deliver news, sports, campus events and opportunities for involvement, and intriguing opinion pieces right to your door.

I am excited to see what will happen this year at Northwest University as we grow together as a community.

I urge everyone to dive into campus life for all it's worth. Show off your Eagle pride by attending sports games and campus funtivities! Some of the best college memories will be carved out because of them!

As I am swallowing the realization that this is my final year at NU, I am realizing more now than ever that college is what you make it. You ultimately decide whether or not you will have a great experience at NU.

Do as much as you can. Learn as much as your brain will let you. Take the time to get to know your professors over a warm cup of joe, compliments of the Aerie. Network with them - you'll be glad you did.

The Talon has a fantastic staff this year who works hard to generate accurate news that matters to you. Our goal is to keep you informed, entertained, and to keep you reading!

In order to keep this up, we need to hear from you. Please send us ideas for what you want to see appear in the upcoming editions of The Talon. After all, this paper is for you students!

E-mail taloneditor@northwestu.edu

Talon Staff



Satomi Ito, Adam Thalhofer, Kelsey Horn, Danielle Mercier, Shelbe Kukowski, Jessie Fast, Timothy Smith, Josh Bollinger, Matthew Moroni, Jennifer Jensen, Anuheha Akamine, Andrey Malskiy, Mariesa Walberg, Kristi Henderson, Doug Harkness, Thien Lai, Kara Heinrichs, Christy Wolyniak, Mason Wheeler. Not Pictured: Racheal Arteaga, Janae Lovern, Brad Brown.



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Photo Credits: Thien Lai

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operate more smoothly, and he is open and willing to make adjustments.

"I feel like they [housing] are really relaxed on their end of what they say they are going to do. They get it done, but it usually takes them awhile or they are late; and it is okay if they are late, but if you are late on something, they really come down on you hard and they start charging you fees...why can't we start charging them fees for being late?" said dorm resident, Matthew Hodson.

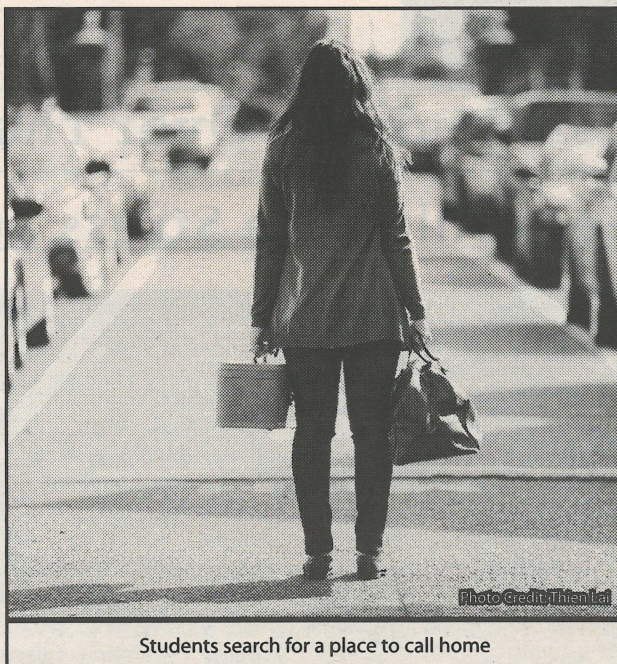
"No change will ever be seen at NU, if students do not join together as one voice to discuss the continual problematic issues with housing and this school," said Hodson.

"For the amount of people and stuff they [housing] go through, I think they do a pretty good job," said NUSG Treasurer, Taylor Martin, who now lives off-campus paying \$315 a month with three other roommates, after living in the dorms for three years.

According to Kelly, 40% of NU students are choosing to live off campus. The most common reason is finances.

"It is outrageous!" said Brown, in response to living costs on-campus, which for her, are \$3,362 per semester in the dorms.

Student apartment rates are \$2,135 per student each semester. With roughly four months in a semester, and four residents on average in each apartment, rent is around \$2,135 a



Students search for a place to call home

month.

"You don't feel the bill every day," said Kelly, The reason rent is so high is due to a \$20,000 water bill last year, as well as utility rates increasing this year, she continued.

"If there is something I can change, I want to change it, I'm all about process improvement. If you have a process you feel can be done a little bit better I want to know," said Kelly.

Looking ahead, students can only wait to see if any changes will be made by next semester or if things will be the same.

See ya, Love ya, Mean it

Timothy Edward Smith
Senior Staff Writer

Judy Burrow, Director of Human Resources and NU Alum, passed away from pancreatic cancer at the age of 63.

"See ya, love ya, mean it," was one of Judy Burrow's favorite ways of saying goodbye. On September 2nd, the Butterfield Chapel hosted a gathering of people joining together to say it back to her, one last time.

Dan Neary, Executive Vice President Chief Administrative Officer, gave the eulogy to a room full of people that considered themselves Judy's favorite friend.

"It seems that Judy had a way to make everyone feel that we each had a special relationship with her. It turns out that each and every one of us was her favorite," said Neary.

Judy Burrow was married for 38 years to her husband, Johnny Burrow. Together they have five sons, Matt, John, Joel, Jeremy, and Jared, and six grandchildren.

"I miss Judy terribly and do not know what I would do if it were not for the Lord, the kids and grandkids, and friends," said Mr. Burrow.

Judy Burrow has worked in Human Resources since 1998. She earned a Bachelor of Arts Degree in Business from NU in 2010, and during graduation, she also received a Distinguished Service Award for her dedication to the school and for her exemplary walk with Jesus Christ.

Donations in memory of Judy for student scholarships can be made to the Judy Burrow Memorial Fund at Northwest University, PO Box 579, Kirkland, WA 98083, or visit www.northwestu.edu/give.

Faculty Voice:

Jim Jessup's Guide to College Success

"Everything I need to be successful in college I learned in the Navy"

Jim Jessup
Guest Writer

I had the privilege of serving in the military for nearly 10 years and perhaps some of my Navy experiences might speak to principles for success for learning here at Northwest U.

What have I gotten myself into? I will never forget my first day at boot camp. I and 50 very strange strangers from every walk of life were thrown into a long, cold room late at night and told to go straight to sleep. Oh the sounds and smells!

Then at the ungodly hour of 4:30 am, I was shocked awake by the cacophony of trashcans careening down the linoleum hallway. For a brief disorientated moment I laid in my rack forcing my mind to grapple with the surroundings. I must be dreaming. I hope I am dreaming. I quickly came to the realization that life had drastically changed. Long phone calls and late night bull sessions and sleeping late when I wanted to were obviously not going to remain a part of my new chosen life.

So it is at a university. Although the RAs seek to minimize trashcan flinging, you are now in the university. Northwest is a very expensive hotel hangout for those not seriously pursuing defined academic goals. Skipping class is wasteful and stupid. Missing an assignment because of sleep deprivation will never make the list of approved excuses for not meeting academic obligations. However, class and homework and class and the library and class and assignments are what YOU have gotten yourself into.

I'm not in Dallas anymore. In one day I went from a calm, cool, collected youth pastor's life in Dallas, Texas to Recruit Training Command, Orlando, December in Florida! Yes! What a wonderful way to

spend the winter. NOT.

Seriously, how many times marching around a parking lot in the rain is required to become a Navy Man? Come on, I was going into submarines.

The last time I checked you really can't do much walking in those narrow tubes, and as long as you keep the windows shut it never rains.

I went from a stable life in Big-D to a crazy life in RTC. However, to reach my dream of becoming a sub-mariner, I had to trust that those who kept shouting at me to do this and stop doing that knew what they were talking about.

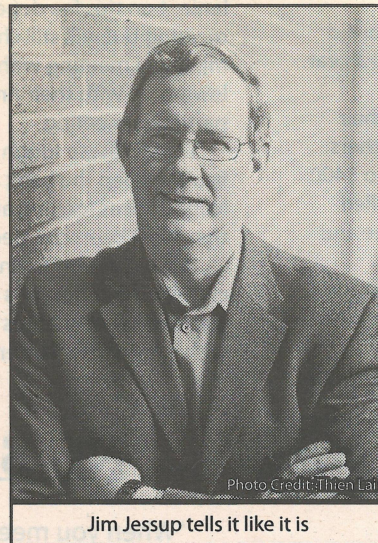
You too must approach university life differently than you did in high school or community college.

Were you successful with minimal outside study? Were you content with mediocre grades and the occasional "A" thrown in to appease your parental units? Did you hang out with friends

who dragged you down rather than inspiring you to be more?

Now is the time to change – a new beginning. Your future employers don't really care about your HS GPA – they will, however, look closely at your NU GPA, your choice of courses, the number of withdrawals and D-minuses on your transcript, and your typical academic load. They will interpret how seriously you took your college education as an indicator of the type of employee you will be. Look around. You are not in Dallas or Duvall or Puyallup or Portland anymore.

I became a part of something bigger. Over the next few weeks and months the system slowly transformed me from civilian to sailor. After a while saluting those of higher rank (everyone is higher rank



Jim Jessup tells it like it is

than a recruit) became natural. I grew to appreciate the brave men and women who had served before me, many of whom had given their last full measure to provide the freedoms I had taken for granted.

I began to realize that I was not merely swabbing a deck, repairing electronic gear, steering a ship, or monitoring a nuclear reactor. Instead I was a small and significant cog in an extremely complicated and important machine which carried the initials of USN.

Being a college graduate is a big thing. Those with a degree earn double of those with only a HS diploma over their lifetime (\$1.2M vs. \$2.1M).

There is a reason that the current unemployment rate for those with a college degree (4.5%) is nearly half that of those with an AA degree (8.3%), and much lower than those with only a HS diploma (10.1%).

A BA degree is still the greatest insulator from the inevitable and periodic economic shocks. And remember, one course away from a BA degree is just like having all the external valves in a submarine hull closed - except one.

"Almost graduated" is like a ship being nearly able to float or a submarine being just about able to surface. Almost means almost.

Stick with it and finish your degree! Don't leave NU without it. Join the societal

minority WITH a college degree.

God has led you to NU just as He led me to the Navy. You wouldn't be here if you weren't able to be successful.

In the Navy I earned rank and promotions and recognitions not because I was smarter but because I quickly learned and followed the game's rules.

Others never did and left angry while blaming others for their failure. If you can't join the Navy, perhaps you can learn from my experiences.

"You wouldn't be here if you weren't able to be successful."

"Northwest is a very expensive hotel hangout for those not seriously pursuing defined academic goals."

Professor Jim Jessup

THE NEST DIVIDED :

Do Fees Push Students Over The Edge?

Fees Are Punishment

Doug Harkness
Staff Reporter

As a new school year gets under way, it is clear that finances are quickly becoming a major concern for students. We, the people, of Northwest University are not exempt. Prices have risen, the campus population has decreased, and miscellaneous fees have continued to deter students from participating in the things they wish.

It is becoming more and more difficult to keep afloat financially, and students are feeling the weight of their student accounts as they try to make their way through life at NU.

While some people believe fees are a great way to enforce certain rules and procedures, I believe they are a little harsh.

When glancing through the list of fees applied to different forms of damages,

"Have the housing and financial aid offices forgotten that we are paying nearly \$30,000 a year to attend this school?"

applied methods classes, and other miscellaneous expenses, it can start to feel a little bit like you're being taken advantage of. Have the housing and financial aid offices forgotten that we are paying nearly \$30,000 a year to attend this school?

Almost every department on campus also has their own barrage of fees—some less noticeable than others. Any music ensemble has a fee ranging from \$100 to \$400 per semester, there are fees for any art class or applied methods course, as well as the usual registration fee and activities fee.

Although administration sent multiple emails on the subject, students were caught off-guard by new fees introduced last year.

If students missed the all living area meeting, they were

Fees Alleviate Stress and Motivate Students

Jessie Fast
Staff Reporter

The old adage, "money is a great motivator," holds some truth. If you want people to perform a task, come to a meeting, or do the right thing, you offer money as a reward or charge money as a penalty for not meeting the expected criteria. When caught breaking a traffic law, a fine is issued. The same principle applies to NU.

Anyone living in the on-campus apartments this year is aware that the mandatory meeting the weekend of check-in was, well, mandatory. Many emails were sent to students reiterating this fact - emails which also informed students that the penalty for not attending the mandatory meeting was a hefty \$50 fine.

Students struggling under the financial constraints of expensive tuition and a suffering economy may feel the weight of this as administration utilizes common sense to

Students struggling under the financial constraints of expensive tuition and a suffering economy may feel the weight of this as administration utilizes common sense to

fining \$50. Residents will be slapped with a \$15 fine for missing any hall meetings.

Housing appears

lenient on this fee depending on reasons for missing the meeting but will still charge if they are informed of someone missing a meeting without providing a good reason or following up with their Area Coordinator within 2 weeks of that particular meeting.

During these tough economic times, it can be very difficult to keep the bank accounts from going "in the red". Nobody likes looking at their bank statement just to discover they have been charged with an overdraft fee.

It is important to understand that many students are accumulating thousands of dollars in debt, and the addition of fees and other charges is the last thing anyone wants to deal with. A fee-free student account equals a stress-free student!

motivate residents to respect the sacrificed time of those in charge of the housing department and recognize the privilege of their apartment living situation.

Meetings that may induce student boredom, despite the importance they have to the community more generally, and which have no penalty if they are skipped will be skipped.

There are more exciting weekend occupations for a student than reviewing the rules of living on campus. However, this attitude brings to light the selfish and lazy tendencies of the student body as a whole and, therefore, the need for a fine.

For every student who does not attend a meeting, a make-up meeting is scheduled, during which the information covered *en masse* is covered individually. One might imagine such a process to be quite time-consuming. This clogs the schedules of administrators and students, who could be focusing on more important tasks.

Although the fine does not, and for obvious reasons cannot, target the unfavorable attitude which inspires the initial skipping of mandatory meetings, it can cut down on such negative attitudes affecting everyone involved.

"The implementation of fines as penalty is far from unjust and, in fact, works to motivate and simplify the lives of students and faculty."

cannot, target the unfavorable attitude which inspires the initial skipping of mandatory meetings, it can cut down on such negative attitudes affecting everyone involved.

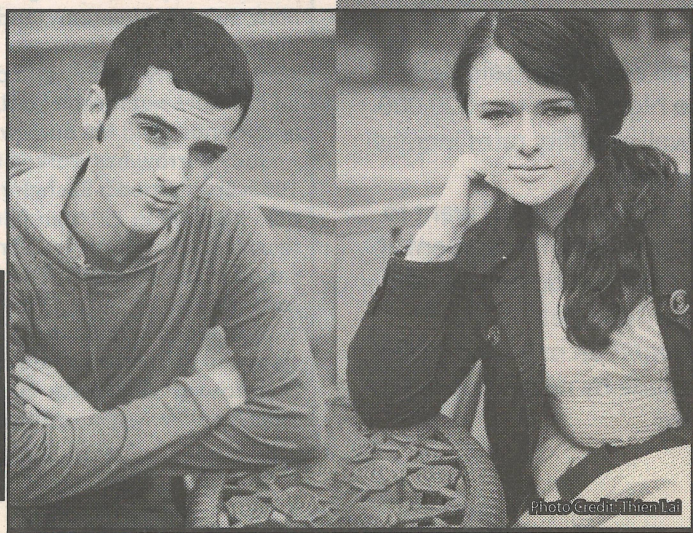
The purpose of the fine is streamlining the

induction of students into apartment life and reducing the number of students who skip the meeting simply because they do not "feel" like attending.

If students had a legitimate reason for skipping, administrators made it extremely simple to set up an alternative meeting and therefore avoid the fine altogether, provided students gave 24-hour notice to administrators of their absence.

This approach to fees does not reflect badly on administration. Rather, it shows the unfortunate tendency of students to think only of their own time and not that of others.

The implementation of fines as penalty is far from unjust and, in fact, works to motivate and simplify the lives of students and faculty. With a fair system of arranging alternative meetings, charging students for missing mandatory meetings is a smart method of both influencing attendance and inspiring cooperation, thereby simplifying the schedules of everyone involved.



Doug Harkness and Jessie Fast agree to disagree

Photo Credit: Thien Lai

Student Profile:

Jennifer Jensen
Staff Reporter

Having lived in the poverty stricken communities in Guatemala and the fenced-in communities of Baltimore, Johanna Henningsen now comes home to the comforting walls of her Northwest University residence hall.

Growing up in a missions-minded family, Henningsen has been exposed to an array of cultures from a young age, giving this 17-year-old a diverse worldview.

Adjusting to a new time zone is not the only obstacle that she has had to face. Culture shock set in upon her arrival in Washington.

Whether it is the simple difference in common courtesies or the lack of chickens literally crossing the road, there have been numerous shifts in culture for her.



Johanna Henningsen adjusts to life at NU

Photo Credit: Jennifer Jensen

"When you meet someone, you go up and give them a kiss....and people don't do that here," said Henningsen.

Learning social norms has only been the beginning in her adjustment to the culture of the States.

"This is a very calm, safe place and I have never been used to that...you don't have to worry that your family is going to get kidnapped by the communist guerillas or that you are going to get killed by the drug-lords," said Henningsen.

Prior to her move to the States, Hen-

ningsen lived in a walled-in community where it was not unusual to see guards with guns drawn.

"It's like two parallel universes...seeing the contrast is difficult," said Henningsen, "I've always lived in dangerous areas. I'm used to guards on every corner with shotguns, walls

NU Student Overcomes Culture Shock

with barbed wire. Freedom is hard to get used to."

While it could be easy to fall into extreme culture shock considering these vast differences, Henningsen chooses to use her experiences to not only shape her passions, but to discover her calling.

"I have to do something with people, I have to do something with people that can't help themselves," said Henningsen.

It is evident that she has a perspective and wisdom that is well beyond her years, that she sees the world and the people in it differently than the typical college student.

"I see the corruption, the poverty and the hopelessness, and I get angry that nobody does anything, [but] how can I get angry if I'm not doing anything," said Henningsen.

She brings not only a fresh and dynamic worldview to the Northwest community, but also a challenge.

"You never know who people are until you take the time to look them in the eye, because that is when you see how hungry they are, how lonely they are. You can see their life through their eyes," said Henningsen.

Henningsen is a dynamic freshman here at Northwest University, and though currently undecided, she is looking into studying English.

The New Face of Campus Ministry

Racheal Arteaga
Guest Writer

The Campus Ministry team is excited to announce new changes, updates, and staff for the 2010-11 school year. Several Campus Ministry interns from last year are continuing in their roles, serving and being faithful to the areas of ministry that they lead. Many new faces have also joined the Campus Ministry interns, both filling the shoes that were left behind and moving teams forward in fresh new areas of ministry and outreach.

The seven student-led branches of Campus Ministry remain the same, but welcome 15 new interns to represent and strengthen the existing teams of communication, crews, media, missions, outreach, prayer, and Pursuit.

Janae Lovern will be taking over the communication needs of the Campus Ministry team, writing and editing the Ministry pages in the Talon and creating new ways to successfully communicate ministry and outreach opportunities to Northwest students.

Kristi Henderson, Kyla Hedge, Leah Thompson, and Lilya Semenyuk will be joining returning leader, Danielle Lyndes, to encourage and support crews on campus. Check back on small group ministries happening across campus (and off-campus as well)!

Doug Harkness and Brady Beard will be teaming up to use their collective skills in audio, video, and other mediums to support many other teams through multimedia help. Jonathan Maxwell is currently working hard to or-

ganize short-term international missions opportunities for students at NU. Be listening for updates on how to serve over breaks and summer vacation in places like Haiti and other locations.

Intern Brittany Smith joins Lindsey Bruner to continue reaching out to the lost and hurting through outreach ministries. The outreach interns will continue to lead Embargo, NU's social justice team, focused on supporting ministries that work with survivors of human trafficking.

Devon Carroll and Natalie Dooley remain committed to creating a weekly atmosphere of prayer and worship on campus with the help of Breanna Miller, Christina Barrowman, Linda Banda, and Tasha Swinney. Pursuit continues to make Mondays a day to look forward to, thanks to much-needed worship and fellowship at the beginning of each week.

Returning interns Kramer Rasmussen and Taylor Martin will be working with Angela Crawford, Jared McKinney, Jeremiah Helfer, Kylie Sandberg, and Sean O'Leary.

To keep each of these teams running smoothly, Jenny Lubanovici is now serving

as Campus Ministry's Student Director. We are thankful for her leadership and willingness to step into a role that requires hard work and dedication to making ministry happen at Northwest University. We can't wait to serve you in this school year!

Have thoughts, suggestions, or questions? Contact us at: communications@northwestu.edu for help on getting involved or to connect with the Campus Ministry Interns.



The NU 2010-2011 campus ministry team

Beneath His Wings

Finding comfort amidst the chaos

Janae Lovern
Staff Reporter

With the start of the fall semester comes an almost bittersweet emotion.

For some students, the semester brings unwanted and overwhelming feelings, homesickness, and even doubt that they will be able to complete the semester.

However, we are blessed to be on a college campus where we are able to be reminded of the saving grace that Jesus Christ brings us and that through Him we can accomplish the tasks He has planned for us.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11).

To have a relationship with Christ is the most amazing thing, but in order to

keep that relationship strong we have to completely trust that the Lord knows what He is doing.

In John 16:33 Jesus says, "I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

I would like to just remind all my fellow students who may be struggling at the start of this semester to put their faith, strength, and trust in Jesus.

It is Him alone who will provide what you need to endure the trouble you may be feeling.

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matt 6:34).

May God bless this year for you!

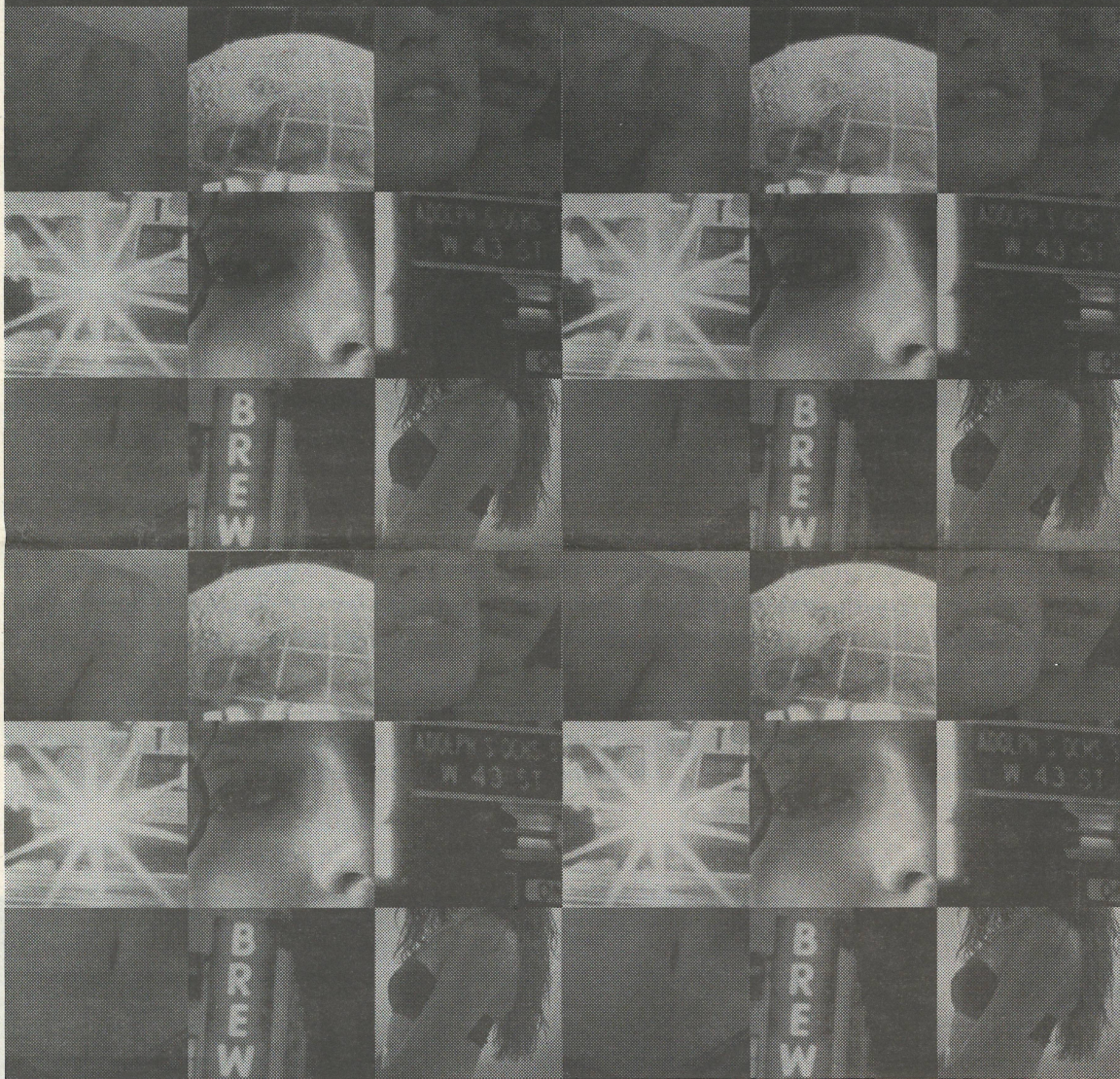
UPCOMING CAMPUS MINISTRY EVENTS

SEPTEMBER 24: HOT TOPICS LECTURE SERIES BEGINS

SEPTEMBER 24: ALL-SCHOOL MOVIE NIGHT!

THANKS TO ALL WHO PARTICIPATED IN THE SEE YOU AT THE POLE AND BLOOD DRIVE EVENTS

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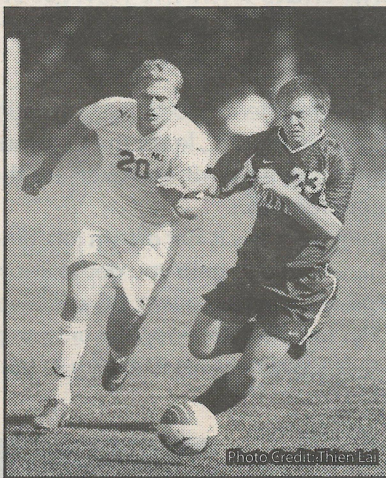
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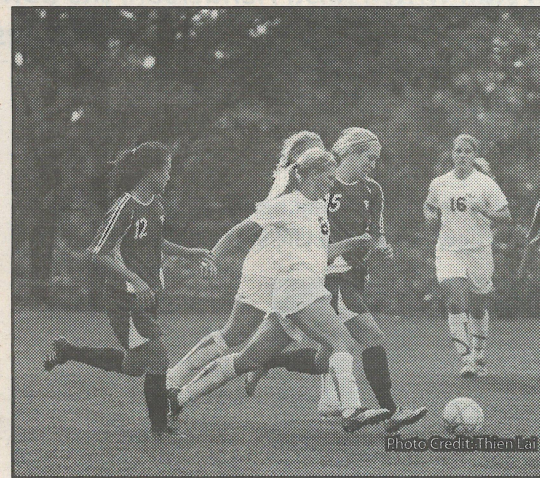
Eagle Men and Women's Soccer Kicks Off



Nickey Ricks (#15) takes a shot at the goal against Walla Walla



Drew Jensen (#20) steals the ball



Abby Brauer (#8) pushes past WC opponents

Gary McIntosh
Guest Writer

We are very excited about this season. The guys came in to training camp with a lot of enthusiasm and a great attitude and it proved to be an awesome time for the guys to bond and build the team chemistry necessary to be successful for this season.

The theme for the team this year is "play for your teammates not for yourself."

The guys have embraced this motto and it has already shown through our first three wins.

The coaching staff hands out Hustle Awards, black t-shirts with the title emblazoned on the back, honoring the player or players that have shown a superior work ethic, a positive attitude, and a selflessness while on the field.

R.C. Sproul once said about Christian athletes, "a Christian athlete should out work you, out fight you, and out love you."

I hope that my team will accomplish all three this season.

Rachael Harris
Guest Writer

Positivity permeates the NU Women's Soccer team as we launch into our 2010 season.

With a solid core of 18 returners and six promising newcomers, the team is one of the most mature and talented in the program's history.

Our new formation (5-4-1) is optimal for winning games because we have a stacked defense, but can also quickly transition large numbers up on the offense.

Resilience is the underlying attitude of all we do this season, whether at practice, on the road, or playing games.

Our goal is to finish in the top four teams in our league, and we have the potential to earn the conference championship title. Come support your soccer ladies!



Jordan Holmes passes to team



Shayn Fite (#5) breaks away to take control of the ball

UPCOMING HOME SOCCER GAMES:

Men's Soccer:

9/24 - Concordia University 3:00 pm

9/25 - Corban University 3:00 pm

10/1 - Oregon Institute of Technology 3:00 pm

10/2 - Northwest Christian Univ. 3:00 pm

10/9 - Evergreen State 3:00 pm

Women's Soccer:

9/24 - Embry Riddle Univ. (AZ) 1:00 pm

10/2 - Evergreen State 1:00pm

10/8 - College of Idaho 3:30 pm

10/9 - Eastern Oregon 1:00 pm

Lauren Holtz
Guest Writer

In all four years playing volleyball for the Eagles, I am confident to say that this is the most impressive team our program has seen.

Not only do we have the fire to clench a spot for play offs, we now have the talent to back it up.

The talent is equally spread throughout the team including a solid freshmen recruiting class and returning athletes who bring maturity to the team - something sorely lacking in previous years.

We train hard every day, making sure we are in the best shape to compete.

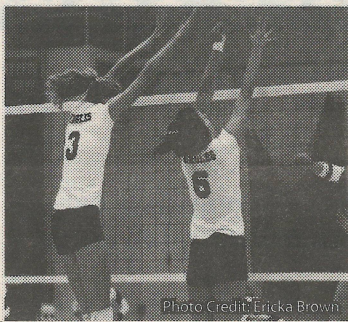
The coaching staff this year has expanded to include Ali Simmons and Ted

Buck, who both complement Coach Dietrich's knowledge and love for the game.

Starting off the season with two wins on the road, we are working hard to defeat teams on our home court.

We want to give the NU community another reason to be proud to be at NU.

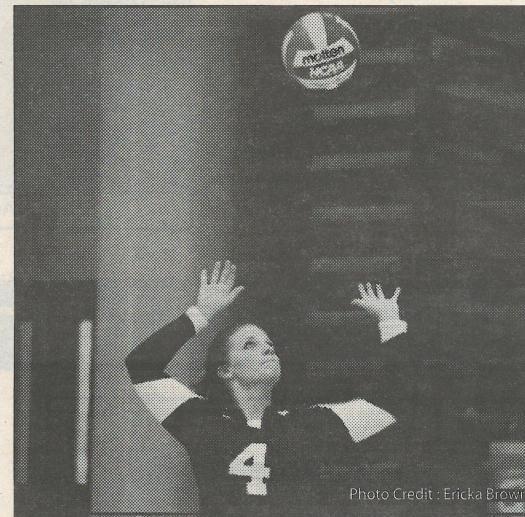
Come support us at our next home games! We will be playing College of Idaho and Eastern Oregon University on October 1 and 2.



Sarah Stoker (#3) and Lauryn Ernster (#6) block hit against Lewis & Clark



Molly Boyle (#11) makes a kill against Whittier College



Heather Shulke serves at L&C invitational tournament

UPCOMING VOLLEYBALL SCHEDULE:

9/24 - Concordia University Portland, OR 7:00 pm

9/25 - Warner Pacific College Portland, OR 7:00 pm

Home Games:
10/1 - College of Idaho 7:00 pm

10/2 - Eastern Oregon 7:00 pm

10/8 - Northwest Christian 7:00 pm

10/09 - Corban University 7:00 pm

10/15 - Evergreen State 7:00 pm

Student Life

Who Are These People!?

Talon staff writer, Kristi Henderson, sits down and chats with the newest staff additions to NU's resident life.

Kristi Henderson
Staff Reporter

The start of the school year brings new students and a brand new Residence Life staff: Bellevue native, Andy Hall, NU Alumna, Haley King, and former SPU staff, Levi Davenport.



Director of Student Programs

Andy Hall (left) is the new Director of Student Programs this year. His job includes working with NUSG, Act Six, development of career services, leadership development, and a bunch more.

Born in Olympia and moved to Bellevue in second grade. "After high school, I lived in Spokane, Rochester, NY, and Harrisburg, PA. Look out, I'm back," warns Hall.

Before NU, he served as an RD and Coordinator of the First-Year Experience at Messiah College in Pennsylvania.

Andy and his wife, Kelly, are expecting their first child in November. The luxury that Andy cannot live without is a Grande double chocolaty chip with raspberry Frappuccino. Mr. Hall says he is on Team Jacob, though initially had no idea what Twilight was.

Haley King graduated from Northwest University last year and is now our very own Assistant Resident Director and Commu-



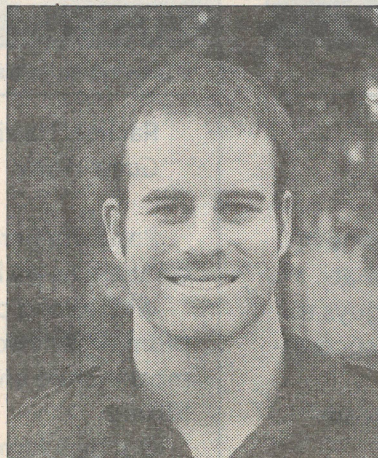
Women's Assistant RD

nity Development Coordinator, assisting Rachel Klas in running GPC, leads the Community Builders Program, advises SAB, and oversees the Orientation Leader Program.

Haley says this is her dream job. King would like to share a little to help you get to know her better. She grew up in Vancouver, BC and loves roller coasters. Her favorite otter-pop flavor is grape. She loves avocados and believes if you try to fail and succeed, you fail.

Levi Davenport came to us from Seattle Pacific University. He is the Area Coordinator for Gray/BeattyHall.

That entails, "discipleship, coordinating programs, community building, student conduct, supervising RA's, and listening to Cat Stevens," says



Men's Area Coordinator

Davenport.

Things to note about Levi: The biggest thing going on in Levi's life right now, besides his recent engagement, is street racing the 40-something divorcees on Lake Street. He has no pets, apart from the "lone jalapeño in the back of the fridge".

If Levi were an animal, he would be a crustacean because, as he says, "you are never far from the couch."

For more information, visit <http://eagle.northwestu.edu/s/>

Photo Credits: Doug Harkness

What's New at NU?

Adam Thalhofer
Staff Reporter

A new school year is marked by change as our campus has seen its share of transformation since last spring.

A new music program, Creatio, has made its home on the first floor of the 11220 building (previously known as the Seahawks building.) The half-million dollar Creatio project brings new majors to campus.



Photo Credit: Thien Lai
Inside the new Creatio studio in the 11220 building

Music is merged with other studies to create a harmonious blend of talent, school, and opportunity. There are two studios: one located in the 11220 building and the other in the 6710 building across from the Houghton Starbucks. Both studios are designed to teach and record music.

The Seahawks building is also home to a new lounge that sits across from the EPC. Whether it's relaxing after a hard workout, waiting for a class, or just talking to friends, it's a nice place to relax and rejuvenate.

The parking lot above the Dickey Plaza has also been recently repaved and re-curbed. Years of water damage had caused the parking lot to sink in and crack.

The new draining system was installed this summer and covers the length of the parking lot to ensure that rain and ground water drains properly.

NU is continuously working to improve its campus at large through these and many more improvements to come.

Thank God It's THursday

TGITH!

[thank God it's Thursday]

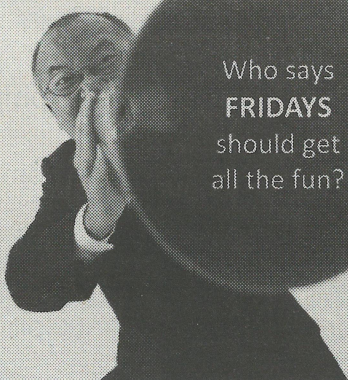
The Gold Rush—September 2nd

Sundae Hunting—September 9th

Bunko—September 16th

Open Mic Night—September 23rd

Bigger Or Better—September 30th



Matt Moroni
Staff Reporter

This fall, Fridays aren't the only days getting credit around the Northwest University community.

Sponsored and led by NU student leaders, there is a weekly event being hosted across campus called "TGITH - Thank God it's Thursday."

These events ask the question, "Why should FRIDAYS get all the fun?"

TGITH is a "series of all-campus events during the month of September", according to Rachel Klas, Area Coordinator of the women's residence halls.

Student Life wanted to mix up the living areas of campus as well as bring interaction amongst various majors, and class standings.

As most students can relate, school and its expected anxieties, is already starting to pick up.

TGITH was started so that students could engage in some fun activities before the pressure of school really sets in.

Every week, the event is different, ranging from the September 2nd "Gold Rush" sponsored by CBs and Commuter Representatives, to "Sundae Hunting" on the ninth, sponsored by the Resident Assistants of the women's residence halls.

So far, the events have been a great success with pretty sizable turnouts.

Recently, students gathered in the community room of the apartments to play 'Bunco'.

The next event you won't want to miss is "Bigger and Better" on September 30 at 6:30pm in Perks Lounge. NUSG is sponsoring these events.

Students are invited to get out of the dorms, come down from their apartments, and join the Northwest University community in taking a break from homework and studying and having some fun on Thursday nights.

Fridays aren't the only days to have a good time with your friends and peers.

Why should FRIDAYS get all the fun? TGITH.

START COMMANDING ATTENTION.

START OUT ON TOP.

START RAISING THE BAR.

START HIGHER.

START ONE STEP AHEAD.

START MOVING UP.

START LEADING FROM DAY ONE.

START STRONG.SM



ARMY ROTC

There's strong. Then there's Army Strong. If you want to be a leader in life, joining Army ROTC at Northwest University is the strongest way to start. It provides hands-on leadership development. Plus you can earn a full-tuition, merit-based scholarship. After graduation, you'll begin your career as an Officer. With a start like that, there's no limit to what you can achieve.

To get started, contact Captain David Proctor or www.uwarmyrotc.com.



ARMY STRONG.

WELCOME TO ALL NORTHWEST UNIVERSITY FRESHMEN AND TRANSFER STUDENTS!
Gain **LEADERSHIP SKILLS, DISCIPLINE** and **CONFIDENCE** to succeed in **COLLEGE** and in **LIFE**.
Call **206-543-9010** to find out how to enroll in a Military Science Class this fall term!

Health: Give Your Body What It Deserves



Photo Credit: Thien Lai

Mareisa provides healthful advice

Mareisa Walberg
Staff Reporter

Although a healthy diet is essential to lowering blood pressure and cholesterol, exercise is an integral part of a healthy lifestyle.

Studies have been conducted to confirm that regular exercisers live

two to four years longer than inactive individuals do.

Benefits of regular exercise include: Improved cardiovascular function, lowered blood pressure, decreased body weight, decreased body fat mass, improved high density lipoprotein (the good cholesterol), improved blood sugar control, decreased anxiety and depression, increased feelings of well-being, decreased cancer risk, and decreased incidences of osteoporosis.

These are all great benefits of starting an exercise program, but where do you begin?

As a certified personal trainer, I recommend starting with walking 30 minutes a day.

Doctors everywhere have agreed that even walking two miles a day would decrease the incidence of most

chronic diseases such as diabetes and heart disease.

We are fortunate enough to live in a beautiful neighborhood. Invite some friends to go on a walk with you daily.

After two weeks, try adding a jogging interval every 3 minutes, which will burn more calories and increase your metabolism.

Practice this routine and soon you will start feeling stronger, more fit, and even feel happier due to increased endorphins running through your brain.

Participating in exercise not only benefits your body, but helps your mind, too. We need that as busy college students.

30 minutes of exercise a day is all you need to start on a road to a healthier you.

Intramural Sports Approaching: Is Playing Worth the Pain?

Josh Bollinger
Staff Reporter

In our contemporary society where gladiator coliseums have turned into football stadiums and basketball arenas, human beings seem to gravitate towards grown men running into each other at full speed. As such, athletes, are bound to collide, and with those collisions, comes injury.

Over the years NU has held intramurals for those students who want to hone their kinesthetic intelligence, or work on their trash-talking skills.

The question is: Should NU eliminate the intramural sports program because of the injuries?

Every student who participates in intramurals signs a paper declaring that they are responsible for themselves and NU holds no liability.

This seems like it should be the end of it, yet each year that someone breaks a finger, jaw, or stubs their toe, and the question gets brought up again.

T.J. Duffy is the student in charge of intramurals. "Intramural sports is an essential part of growth and fellowship at NU...and although there are risks of injuries and sometimes rising tensions, intramurals provide an outlet for students to escape the stresses of schoolwork," said Duffy.

Duffy said that he loves the sports program because of the friendships that he has formed through it.

In NU's publication, "Northwest Pas-

sages," President Castleberry writes an article titled, "The Myth of the Dumb Jock," which outlines that athletes possess a crucial piece of knowledge, kinesthetic intelligence.

This form of human intelligence should not be limited to the select few that make the varsity sports teams in schools, but rather be available to everyone who wishes to enjoy its benefits, according to Castleberry.

Greg George, an NU basketball player for the last 3 years, got his front teeth knocked out during a game a few seasons back.

"That was a small price to pay. I love the game and the competition, any player knows there are risks," said George.

"Although there are some risks of injuries...intramurals provide an outlet for students to escape the stresses of schoolwork."

Brandon Duffy

Tell us your opinion and you could be featured in the next

EAGLE EYE

Just answer this question:
Compare the Aerie and the Caf.
Advantages and disadvantages to both.

Email your answers to talon@northwestu.edu by Friday, October 1st.

Eagle Eye: EFC's Girl's Only Night

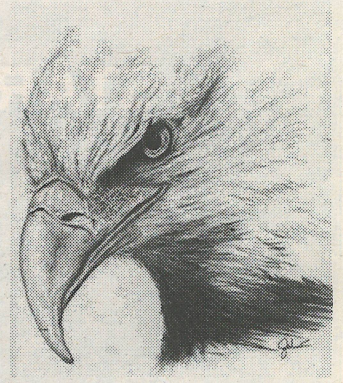


Photo Credit: Google Images

Anuheia Akamine
Senior Staff Reporter

The Eagle Fitness Center caters to the women on campus by providing new "ladies only hours." Every Tuesday and Thursday from 7-9 pm only estrogen is allowed in the gym as a hope that the EFC will see more action from its female recipients.

"Our motivation of the ladies' hours are to allow those ladies who wish to have a bit of privacy in the gym setting as well as to accommodate requests that have been voiced by students and attempt to reach some ladies who have passed up using the EFC," said Jason Hatcher, EFC manager.

As expected, according to Hatcher, the feedback has been across the board. Lindsey Wagner, a Junior at NU worked during those hours at the EFC the first week of the 'ladies only' time changes, feels that though the intention behind the 'ladies only' hours seemed to be good, the execution was something to be desired as too much time is taken from the guys to accommodate females who barely utilize the fitness center.

"Seven to nine is the busiest time in the gym each night. There is a core group of guys who workout almost every night and without access they are either stuck waiting till later or not working out at all. I feel like an hour would be a much better time slot as most girls aren't in here longer than an hour anyways," said Wagner.

Another goal of the ladies only hours is to make the women of Northwest University feel more comfortable in the weight room.

"I fully understand how intimidating a weight room can appear to those who are unfamiliar with how equipment is supposed to be used, and this is coming from someone who has been involved in weight training for over 12 years," said Hatcher.

Whether or not the ladies of NU will actually use the weight room just because there is no longer guys in the room is up for debate.

"Most girls spend their time on just the cardio machines," said Wagner, "not because they're intimidated by guys but because they don't know how to use free weight and weight machines. In order to change this they should have someone come in and lead workout during the ladies only time to help the girls learn how to use everything, this comfort level in using the weight room would inevitably carry over to the regular gym hours."

The ladies only hours are only the beginning of the changes here at NU's community in the realm of living an active lifestyle.

"As of now, the ladies only hours are only a test run to see if the change will positively influence the traffic in the EFC," said Hatcher, "But I do hope to continue to expand into activities and events that will also appeal and benefit the men around campus."

THE CITY HEARS A NEW SOUND

Kelsey Horn
Staff Reporter

One Northwest University student, three Puget Sound musicians, and a shared inspiration unite to bring a fresh new sound to the local music scene.

City By Sound combines new wave and electronic sounds on six tracks in their untitled EP project, set for release fall 2010.

"Everything, you hear, it's live. It's music. It's artsy," said guitarist and lead vocalist, Michael Morales.

Their inspiration comes from a variety of musical genres. Listeners can expect to hear something similar to the

musical stylings of *Empire of the Sun*, *M83*, *Joy Division*, *David Bowie*, and *Does it Offend You Yeah?*.

"The driving force between our band is it has to be danceable," said drummer, Dylan Downey.

All band members had previously been a part of other local bands before forming their current group in May 2010.

"This is probably the most ambitious group of



City By Sound take on the ride of their lives

people I've been with so far," said Morales.

With shared goals and ambitions, they hope to rise out of the ashes of previous disappointments and 'make it' on the music scene.

"To me I know that we've made it... when I can quit my day job and focus full-time on music," said Downey.

City By Sound plans to compete in the EMP Sound Off - the Northwest's Battle of the Bands in February 2011.

"When we have all our recordings, we'll have everything about our songs and all of our info on there," said keyboardist and Northwest University senior, Matthew Lobe.

The Puget Sound and

artistry inspire this unique band.

"A metaphor for life is city ... it's about building your life by the sound, by the music," said Lobe.

Look for bookings and shows at:
www.myspace.com/citybysound

October

2- Jack Johnson @ The Gorge Amphitheater, 6:59 PM

12- Maroon 5 @ Tacoma Dome, 7:30 PM

12- Tyler Hilton and Joshua Leming @ Showbox SODO, 7:00 PM

12- Anberlin @ Showbox Sodo, 7:00 PM

13- Jason Derulo @ Moore Theater, 7:30 PM

16 - The Script @ Showbox SODO, 8:00 PM

19- Never Shout Never @ Showbox SODO, 6:30 PM

19- Say Anything @ Showbox SODO, 5:45 PM

25- Lady Antebellum @ Wamu Theater, 7:30 PM

For more concert info visit:
www.eventful.com/seattle/events/categories/music
www.coasttocoasttickets.com
www.spirit1053.com

Brain Buster Challenge

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Hot Spots Around Kirkland Worth Visiting

Danielle Mercier
Staff Reporter

Burgermaster

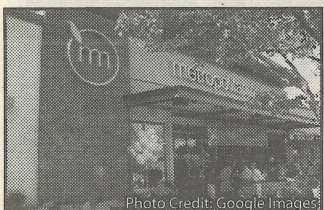
Feeling carnivorous but don't want to drive very far?

Located just a few streets away from Northwest University is a drive-through burger joint worth visiting. Cheap prices for good food. Old-fashioned malts might just change your life.



Metropolitan Market

If you like samples, good coffee, fresh sushi, or anything lux- check out this trendy new market across the street from Houghton Starbucks. New to the Kirkland area, Metropolitan Market received an award for 'Best Grocery Store Deli' in 2010 by Readers' Choice.



Romy

This one is for you girls. Romy is a clothing store located on the Kirkland waterfront and is known around the neighborhood for their low prices and trendy clothes.

TechCity Bowl

Need a fun activity for a cheap date or group outing? TechCity Bowl is less than 3 miles from campus! Bowl your hearts out, you turkeys!

At \$10 all you can bowl from 9:00 pm to midnight, Sunday through Thursday!



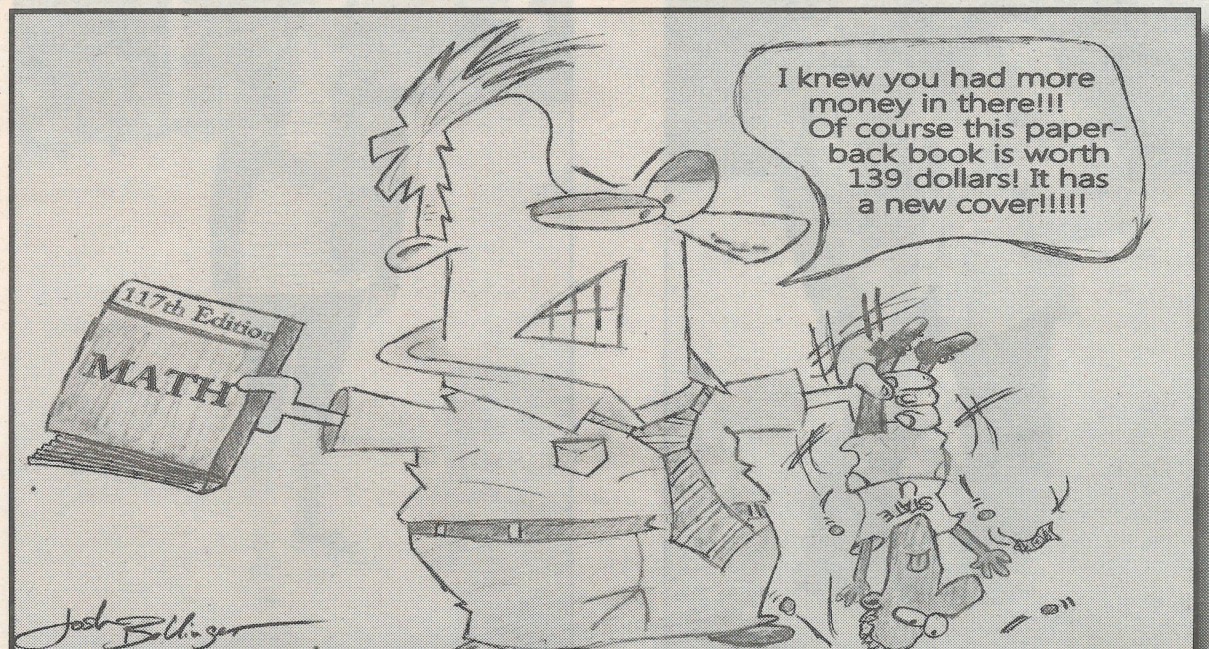
Terra Bite Lounge

Satisfy your caffeine cravings and have some fun while you're at it! Free wifi, games, sandwiches and tasteful espresso. But what makes them different from your run-of-the-mill café? Terra Bite implemented a voluntary payment system; so you pay weekly, monthly, or whenever you choose - but please, be honorable!

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Suggestions for The Scene? Want to see your band, artwork, poems, etc. in The Talon?

E-mail taloneditor@northwestu.edu.

Photo Journal

la nu mode

Photography
& Article by
Talon Lai



The Talon is featuring a new monthly fashion addition to the Photo Journal. La nu mode will be showcasing NU fashion on campus. It is a great way to share your art in clothing and self expression. So be dressed in your best the beginning of each month and be on the look out for the Talon photographers and maybe your art will be in the next issue!

