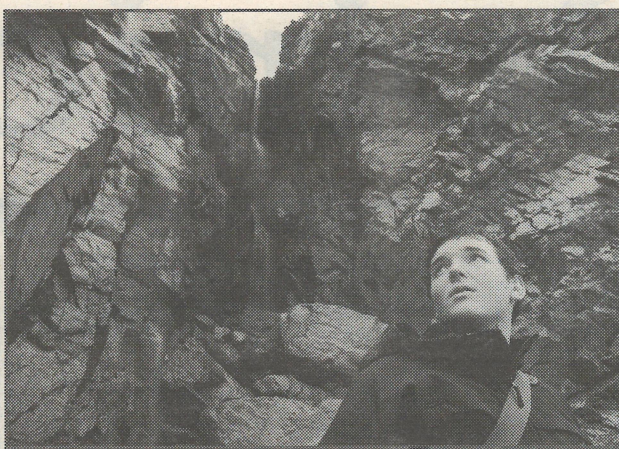




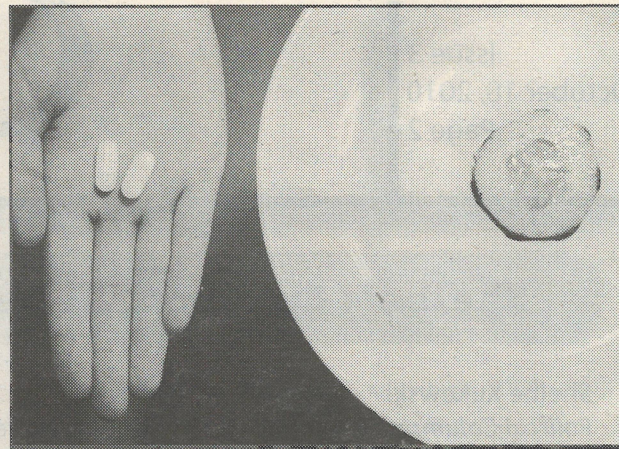
Love Seattle Campaign
Let's do something different (8)

Photo Credit: Thien Lai



NU Students' Extracurricular Activities
Hiking crews and riding in style (7)

Photo Credit: Thien Lai



HCG Diet Healthy?
Mariesa does her research to find out (10)

Photo Credit: Thien Lai

THE TALON

OCTOBER 18, 2010

thetalon.squarespace.com

VOLUME 3. ISSUE 3

Unsung heroes make a difference to NU and beyond



Professor Graetzer uses his car as a portable food bank for students and others

Photo Credits: Thien Lai

Manna on Wheels: A professor offers provisions to community

Kelsey Horn
Staff Reporter

Professor Daniel Graetzer is not only employed at Northwest University, he is also the founder and president of Hidden Manna Food Bank.

Loving and serving people are the fuel that drives this nonprofit organization.

"Humility in life is not thinking less of yourself, it's not thinking of yourself at all," said Graetzer.

Hidden Manna began in 1996 through the vision of Daniel Graetzer.

"I met the Lord at the age of twenty-seven and I was instantly embarrassed about how selfish I was before. The Holy Ghost

reached out and touched me and gave me a heart for other people," he said.

Hidden Manna is a ministry birthed out of recognizing and meeting the needs of hurting people.

"I'm a blessed person and I want to spread the blessing around," said Graetzer.

Former Northwest University student Brittany Schulz reflects on the impact of Graetzer's teaching and generosity.

"As a student, I felt Dr. Graetzer was not just here to help me learn, but also to serve his students and give back to the community," said Schulz.

Not only do his efforts reach the students of Northwest University, but also the greater Kirkland area.

continued on page 3

Student impacts soles in Cambodia

Jessie Fast
Staff Reporter

In an age of self-centeredness, one student advocates a cause beyond herself and her present concerns through SHOES.

Kaitlyn Clouse, a senior English major, has recognized a need in the world and is working to alleviate it.

In May of this year, Clouse finalized the paperwork to create the nonprofit organization, SHOES. An acronym for Sending Hope Overseas to Every Sole, SHOES functions to supply shoes to orphan children in Cambodia.

Clouse conceived the idea for SHOES when she was in Cambodia two years ago.

"I went to a dump there...and just spending time with the kids who live in

filth and needles and garbage without [having] shoes broke my heart. Then I spoke to the woman who runs the orphanage I was working at, and she told me how it 'eats' shoes," said Clouse, "I finally said, 'Okay God, what about shoes?' And within 30 seconds, I had the name, idea, everything."

After the initial concept, Clouse created the corporation. She completed all the paperwork to make SHOES a legal nonprofit, crafting by-laws, a business plan, and a board of directors.

"I wanted to offer tax-exempt status, I wanted it to be its own entity so it could reach a broader audience," said Clouse, "it could go into other schools, other churches, other organizations, and the general public."

In order to promote SHOES at Northwest, Clouse has a crew and encourages

continued on page 3



Kaitlyn Clouse buys shoes for Cambodia

INDEX

| | |
|----------------------------------|----------|
| OPINION | 2 |
| Shelbe's Soapbox | |
| NEWS | 3 |
| Financial gift to university | |
| Ron Herms at Regis Award Lecture | |

| | |
|--|----------|
| MINISTRY | 5 |
| What If Game | |
| SPORTS | 7 |
| NU students and their extracurricular sports | |
| Eagle Highlights | |
| EDITORIALS | |
| Revamp Roomies | 8 |

| | |
|------------------------------------|-----------|
| STUDENT LIFE | 10 |
| Eagle Eye | |
| Health | |
| THE SCENE | 11 |
| Florence Acres Review | |
| Editor's Choice: The French Bakery | |

Opinion

Shelbe's Soapbox: Newspapers' Campaign Bias

Shelbe Kukowski
Political Columnist

Campaign season has entered its last month and newspapers aren't afraid to promote their favorite candidates.

On October 15, ballots were mailed directly to Washington state voters. Within the first two weeks of being mailed out, 30-40 percent of people have voted and submitted their ballots.

This means that it's imperative for politicians to be reminding people to vote for them.

As a result, more yard signs are put up, volunteers are waving at street corners, door-belling, and calling at you.

Let's not forget the non-stop broadcasts of T.V. and radio commercials.

However, there is another form of advertizing that is even more sinister. Newspaper

articles.

Now, it's one thing to have a newspaper that is supposed to represent fair and balanced news. It's quite the other to have newspapers underhandedly endorse a certain politician.

The Seattle Times wrote their October 2 cover story on Patty Murray, the incumbent

"Long gone is the time when one could turn on the T.V. and watch an objective news channel."

Shelbe Kukowski

running for the U.S. Senate.

While they are planning to cover a story on Dino Rossi, the challenger, they have implicitly endorsed Murray.

It's obvious that if they weren't going to play favorites, the Times could've written a special section on

both candidates at the same time. Better yet, they could've written about all the taxes to clarify issues for readers.

Long gone is the time when one could turn on the T.V. and watch an objective news channel. Apparently the same is true with newspapers.

It's a sad day when the common person wants to know the facts of a case and opens the newspaper to find a one-sided story.

Remember, elections are right around the corner! You have a right to vote, make sure you make the most of it by reading about the issues and vote for whom YOU think is best!

Questions or comments about this article? Contact shelbe.kukowski08@northwestu.edu.

Drawing Attention



Unsung Heroes in Action

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

Unsung heroes are people who choose to move beyond a mundane life. They notice a world in need of help, and take it upon themselves to act, to make a difference. Because of their selfless acts, they reap the deep joy that comes with possessing a servant's heart.

How are we at NU good neighbors and good stewards of what God has blessed us? Do we consider how we can help those around us, or are we so self-absorbed that acts of service don't even cross our mind?

Every day, whether it's something as small as getting an elderly person at a coffee shop a glass of water, or something big like getting involved with an actual charity, we should be showing Christ to the world around us.

Some of the stories you will read in this third issue of The Talon reflect people who value others over themselves. These people have set aside their needs in order to bless someone or many, who, through their benevolence, model the humble sacrifice we should be demonstrating daily as an NU community.

It's so easy to underestimate the people around us who work extremely hard in order to provide the services we enjoy, the blessings we receive, and the education we seek.

Through these stories and beyond, let us as NU reach out more and show the community of Kirkland, Seattle, Bellevue, and wherever we may travel, who we are and what we represent as a Christian university.

Enjoy this edition of The Talon. Tell us your comments on what you're reading through a letter to the editor.

E-mail taloneditor@northwestu.edu

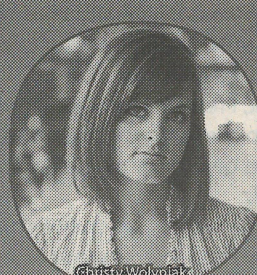
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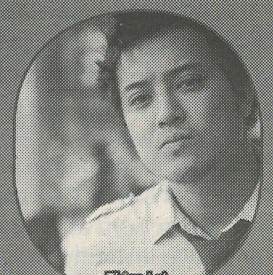
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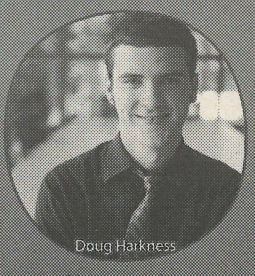
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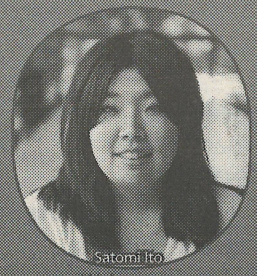
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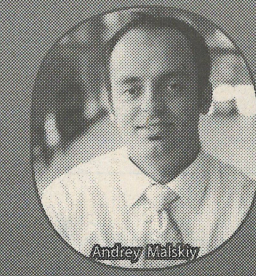
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Senior Photographer



Doug Harkness
Photographer



Satomi Ito
Webmaster



Andrey Malskiy
Advertising Manager



Lauren Holtz
Advertising Manager

Graetzer gives continued from page 1

"Really only about 1 percent of our outreach is on campus here at Northwest," said Graetzer.

This organization's primary motivation is providing for widows, orphans, and the working poor.

"There is not a widow or an orphan that I know about that doesn't get all they need from our ministry. I'll do whatever it takes to do that," he said.

According to Graetzer, true ministry is getting involved with people's lives.

"Charity is God's love working through you and there is no feeling in the world like having God touch you and give you the words to say to someone else to encourage them," said Graetzer.

He believes words alone aren't sufficient unless they're accompanied with actions.

"That's one aspect of ministry that I think is neglected in the church...there are people who are really hurting in this economy...they need to see hope," said Graetzer.

When operating a nonprofit like this, there is the challenge of giving without enabling lazy behaviors, cautions Graetzer.

"We work with people for a while, give them natural needs, but then we assess if they want to get a job and work," he said.

Hidden Manna strives for efficiency in distribution.

"We're same day giveaway, everything we get is given away...nothing goes to waste," said Graetzer.

Building a relationship of trust with donors is essential.

"I actually have people calling me to come and pick



SHOES bring joy to an orphanage in Cambodia

Photo Credit: Thien Lai

up, just because of reputation," he said.

Hidden Manna is not associated with Northwest University.

"We're [Hidden Manna] a registered nonprofit corporation," said Graetzer.

For more information about Hidden Manna please contact Daniel Graetzer directly at daniel.graetzer@northwestu.edu

Student SHOES continued from page 1

students to get involved.

"The crew is open to people who want to get involved in any way, whether they're interested in advertising, fundraising, online computer stuff, brainstorming, or if they want to promote it at their church or area of leadership," she said.

These efforts will be used directly to benefit needy children.

"This year's efforts will benefit Love in Action Orphanage in Phnom Penh, Cambodia, the orphanage I worked with," said Clouse.

"It's exciting because it's something new, and it's very much a need being met in a tangible and creative way. And it's just cool," said Lindsay Horne, SHOES treasurer.

Clouse, along with her vice president, Kaitlyn Clancey, will be going to Cambodia next summer to distribute shoes to orphans with the funds raised this year from donations and drives. These will take place not only on campus, but also locally and out of state.

According to Clouse, churches will collect offerings for SHOES and schools will participate in events as well. There will be a shoe drive at Northwest February 28-March 5.

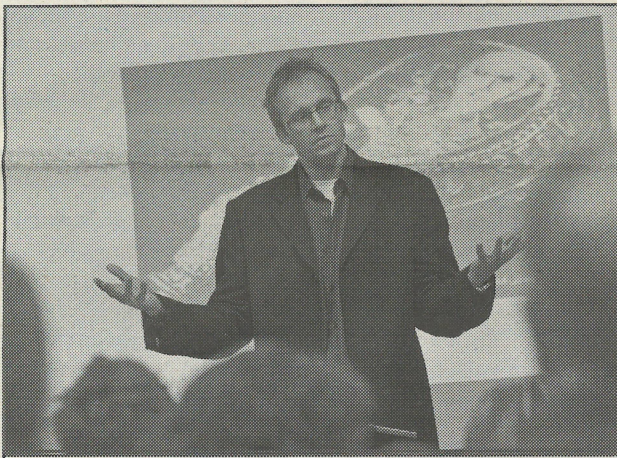
Clouse encourages students who are interested to contact her and to get involved with the cause.

"When God opens your eyes to a need, that's him inviting you to part of the solution," she said.

Clouse's proactive spirit and visionary attitude work to bring the needs of the world to the forefront of the minds of NU students.

Contact kaitlyn.clouse07@northwestu.edu for details about how to get involved.

Regis Award Event



Professor Ron Herms speaks at Regis Award Lecture

Photo Credit: Mason Wheeler

Jessie Fast
Staff Reporter

Northwest University hosted the Regis Award Lecture this fall to recognize graduates for outstanding work.

According to the brochure, "the purpose of this award is to recognize graduates who demonstrate outstanding professional accomplishments and commitment to both learning and service."

This year's winner was NU graduate, John Ridge. Ridge currently teaches Constitutional Law at NU.

Ron Herms lectured on the topic of, "Seeing in the Spirit: What kind of spirituality does John's Apocalypse encourage?"

"[Ridge] graduated from NU in Religion and Philosophy and completed a MA and Phd in Philosophy at Boston College," said dean of Arts and Sciences, Darrell Hobson.

"Ridge served on faculty at NU and was responsible for shaping the legal studies program. Since leaving NU he has practiced law with Stoel Rives LLC in Seattle," said Hobson.

The Regis Award "signifies the highest level of recognition of quality work and contribution," according to the brochure. The university is proud to present this award to this year's worthy recipient, John Ridge.

Unexpected Gift to University Brings Hope

Christy Wolyniak
Editor-In-Chief

As the university struggles to manage the largest budget deficit in its history, two donors have stepped up to relieve some of the burden on administrators, faculty, and staff.

In the same week that NU administrators were instituting salary cuts and furloughs for faculty and staff members, Chancellor Don Argue announced that a friend of the university was providing a major financial gift, according to President Joseph Castleberry.

"We didn't know the gift was coming, but it has come and it's going to be a great help," Castleberry said. "It won't fix all of our problems, it's certainly not as much money as we had to cut out of the budget," according to a Northwest Vision podcast October 8.

Hobby Lobby Stores Inc. also made a donation of 1.3 million to the university on October 15.

According to the faculty newsletter, Northwest News, this is the larg-

est gift in NU's history.

Because of these large donations, the university will no longer be making salary cuts for this fiscal year, according to Castleberry. Faculty and staff members were facing a 6.5 percent salary cut, and staff members were also facing seven furlough days starting in December.

Two faculty members and two staff members were laid off as part of the budget cuts. Retirement and healthcare contributions were stopped for faculty and staff members. Several positions that were supposed to be filled were frozen and every college made program cuts.

Administrators discussed how best to spend the donations.

"[We want] to make sure we get the best benefit for all of us here at Northwest and especially the best benefit in getting more students into our house in the spring and in the fall," said Castleberry.

Although Northwest University is still faced with many of the same financial dilemmas, these unexpected donations will help keep the universi-

ty afloat for the rest of this fiscal year, according to Executive Vice-President Dan Neary. Administrators are still working to plan for future budgets.

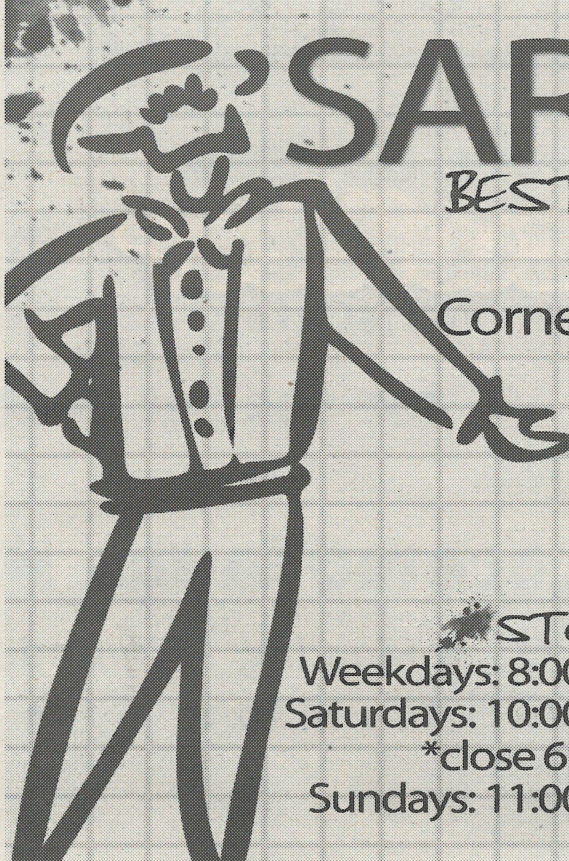
"We have all the same challenges that we must plan to meet and carry forward into our budget planning for the rest of this fiscal year, for next year, and beyond," Neary said in an email to faculty and staff.

Salary cuts and furlough days will not be implemented and employees who receive HSA contributions can expect those funds to be in their accounts this week, according to Northwest News' most recent newsletter.

NU experiences financial hardship, but in the midst of disorder, the president was happy to bring some good news to faculty and staff.

"God is helping, God is providing, and your family budget is safe this year," he said.

For more information on what's happening at NU, check out <http://eagle.northwestu.edu/vision/>

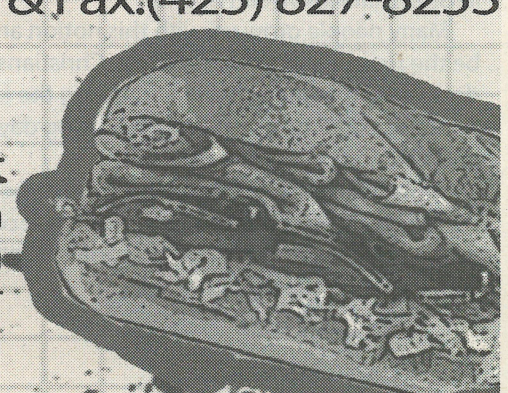


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THE NEST DIVIDED :

Is Halloween a pagan holiday?

Satanic holiday not for Christians

Josh Bollinger
Staff Reporter

After sifting through modern culture's commercialized version of the Halloween holiday, a Christian is left to decide whether or not to celebrate the occult's favorite occasion.

First and foremost, wouldn't it seem odd for a Satanist to be celebrating Christmas? Or how about a sorcerer going caroling? The two just don't go together. Lately our culture has been inundating everyone with vampire movies, sorcerer books, and demon worshiping music, so kids are already dealing with the desensitization of occult messages.

The last thing that Chris-

"The last thing that Christians need to do for themselves and for their children is to reinforce these cultural messages of demons, witches, and sorcerers by celebrating Halloween."

Josh Bollinger

tians need to do for themselves and for their children is to reinforce these cultural messages of demons, witches, and sorcerers by celebrating Halloween.

Granted, almost every single Christian who participates in Halloween activities does not do so to honor the devil, but Satan works in subtle ways. He desires to work in the darkness, slowly desensitizing people until everyone becomes accustomed to the ways of the occult.

If you disagree, take a look at the elevated number of occult-like children's books and movies that are meant for the whole family.

But what does the Bible say about it? The Bible says that God's people should oppose witchcraft, sorcery, and anything that supports those things. Rewarding children with candy for dressing up like devils and demons is counterproductive to the message and mission of God.

There are multiple alternatives for children's fun around the Halloween time of the year. Harvest festivals, corn mazes, and many other events that churches carry out every season as substitutes to Halloween are fun for the family, while they refrain from honoring Satan.

Our capitalist society can place a convoluting strangle hold on certain traditions in order for gain. Our Christian holidays are not exempt from this either, but that is where the deceit begins: our culture lumps Christian holidays in with Halloween, thus creating the illusion that Halloween is "okay."

Many people grow up with this notion and it may be the reason and cause for many Christians to justify donning the monster mask and taking the kids down to the haunted house to scare the living daylights out of them.

Christians need not loog under every rock for a demon or a witch, but they do need to be constantly aware that we are in a battle. A conflict that we all want to be on the righteous side of.

It's all about the celebration

Kristi Henderson
Staff Reporter

Halloween is like many other holidays in that it has, to most people, lost a lot of its original meaning and has been overly commercialized. Very few people could give the facts surrounding the birth of this holiday.

There are some Christians who say that it's the devil's holiday, and that those who partake in festivities take part in worshiping the devil. There are also Christians who take the other approach and celebrate with wholesome parties.

Halloween has its roots in a Celtic celebration called Samhain, meaning summer's end. This festival commem-

orated the end of the harvest and held ties to Polytheistic religions that believed the spirit world and the physical world were able to mingle on this particular night. This was a time when livestock were offered to the spirits as sacrifices and turnips were hollowed to make lanterns and ward off bad spirits.

Christians arrived on the scene and attempted to turn this pagan celebration into All Saint's Eve. Also known as All Hollows Eve, this day was the precursor for All Saints Day, celebrated on November 1 in honor of the saints, known and unknown. Many people still associate October 31 with the Christian version of Halloween, All Hollows Eve. Modern-day culture surrounding this holiday is far from what it used to be.

There's a right way to celebrate Halloween and still be Christian about it. Today, Halloween is an excuse for children to eat a lot of candy. There are always people

"There's a right way to celebrate Halloween and still be Christian about it."

Kristi Henderson

who will take this holiday and make it into something dark, but there's a way to celebrate, have fun and do it in a way that's honoring to God.

There are many different kinds of costumes, games and activities that can promote good conversations and bonding. First off, do not allow children to dress as ghosts, devils, skeletons, or other costumes that resemble death.

Suggest costumes such as animals, super heroes, angels, and cheerleaders. Playing games, like bobbing for apples and pumpkin carving contests with friends, family and neighbors is a great way to share your Halloween experience without getting into anything satanic.

Halloween is a time of year to celebrate fall, have fun with family and friends, and eat a whole bunch of candy without any judgment. Enjoy this Halloween in a safe way this season and just remember that it is what you make it.



Josh Bollinger and Kristi Henderson define Halloween

Photo Credit: Doug Harkness



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Playing the "what if?" game with God

Janae Lovern
Staff Reporter

On September 24, Pastor Phil Rasmussen spoke in chapel about self-esteem. His message spoke very strongly to me because I've struggled with, and still lean on Jesus for strength, in the area of self-esteem.

When it comes down to moments of faith, I pray that everyone chooses to rely on God and what He says is right for our lives. I unfortunately know all too well what those moments are like, when suddenly it's so easy not to care about anything else but the person sitting right in front of you; when it becomes so tempting to replace Jesus as number one priority with someone or something else. It's almost entirely about what is going on in a person's heart that matters more than what everyone else is doing or saying.

When a person chooses to step out on their own, without God leading the way, it suddenly becomes very easy to say yes to things that normally would be an automatic no.

All of a sudden, the response in your head is, "well I've already done this, and that, why not add this to the list?" Suddenly your life becomes about your decisions and less about the plans God has for you.

In Jeremiah 29:11, we read about God's perfect plans, "to give you a hope and a future." Why make the decision to walk away from God's will and step out into choices that don't actually make any sense for your life?



Photo Credit: Doug Harkness

Although there are some enticing situations that seem like they would be hilarious and full of "memory" experiences, the question I have for

you is, in 20 years, what memories do you really want to live with?

God in His awesome mercy forgives us for things that we don't deserve forgiveness for, but we still get to live out the consequences for our decisions.

For some of us, those consequences are memories that Satan uses as guilt to make us feel like we don't deserve to live our lives close to God.

I am the second oldest of eight kids, and for some reason I grew up with the thought that I had lost out in the DNA gene pool, I thought that God didn't get anything right for my life. I wasn't petite like the rest of my siblings, I wasn't tall or short but just in between, I didn't have perfectly straight hair...and the list went on.

I couldn't see what gifts God could've possibly given me because I was so focused on the things He didn't give me.

I never pursued God because I didn't even understand what that meant. I was so focused on my shortcomings that I couldn't see all that Jesus had done for me, or the

fact that He thought I was truly and wonderfully made.

In high school, I decided to push my so-so relationship with God as low as it would go to make room for what I thought was the "man of my dreams."

I lived my life based on what I thought this boy and other boys wanted.

He swore-so I did, he smoked-so I did, he drank-so I did, and he did other unmentionable things-so those too...I did.

I surrounded myself with people who didn't expect a lot from me, other than a good time. These were the types of people I wanted as my friends and even worse- these were the types of guys I thought I wanted love from. I didn't understand the idea of love being a gift and not being something that was earned."

I didn't like myself. It is sad to admit, however, I was so angry at myself that I blamed God for my failures and short-comings.

I couldn't see that He loved me more than I could ever imagine and wanted to offer me a life that would make me happy.

If only I would let go of all the stuff the world was telling me was awesome and put Him at the top of my priorities. I just had to have faith, and that thought alone scared me. I thought, "How can I ever let go of all this baggage?"

The best part of the story is that I didn't have to come up with any solutions, Jesus already went through that process for me on the cross.

So often we ask ourselves "what if." What if the decisions I make don't have bad consequences, what if my story ends up with "and they lived happily ever after?"

Well, my question for you is, what if you followed the plans God has for your life? What if God's plans resulted in you being happier than you could ever imagine because He knows exactly what will make you happy, and loves you so much that He only wants the best for you?

It may sound quite simple but when that moment comes and you find yourself forgetting everything that ever mattered to you, what are you going to trust...the words *what if?* Or the sacrifice that Jesus made so you wouldn't have to go through those decisions alone? He loves you so very much! I'm telling you the truth, take it from a girl who tried walking the "what if" road, it isn't worth it.

*Campus Ministries would like to
invite you!*

To Imagine

Women of Faith

Date: Oct. 30 2010

Time: 8 am @ Chapel

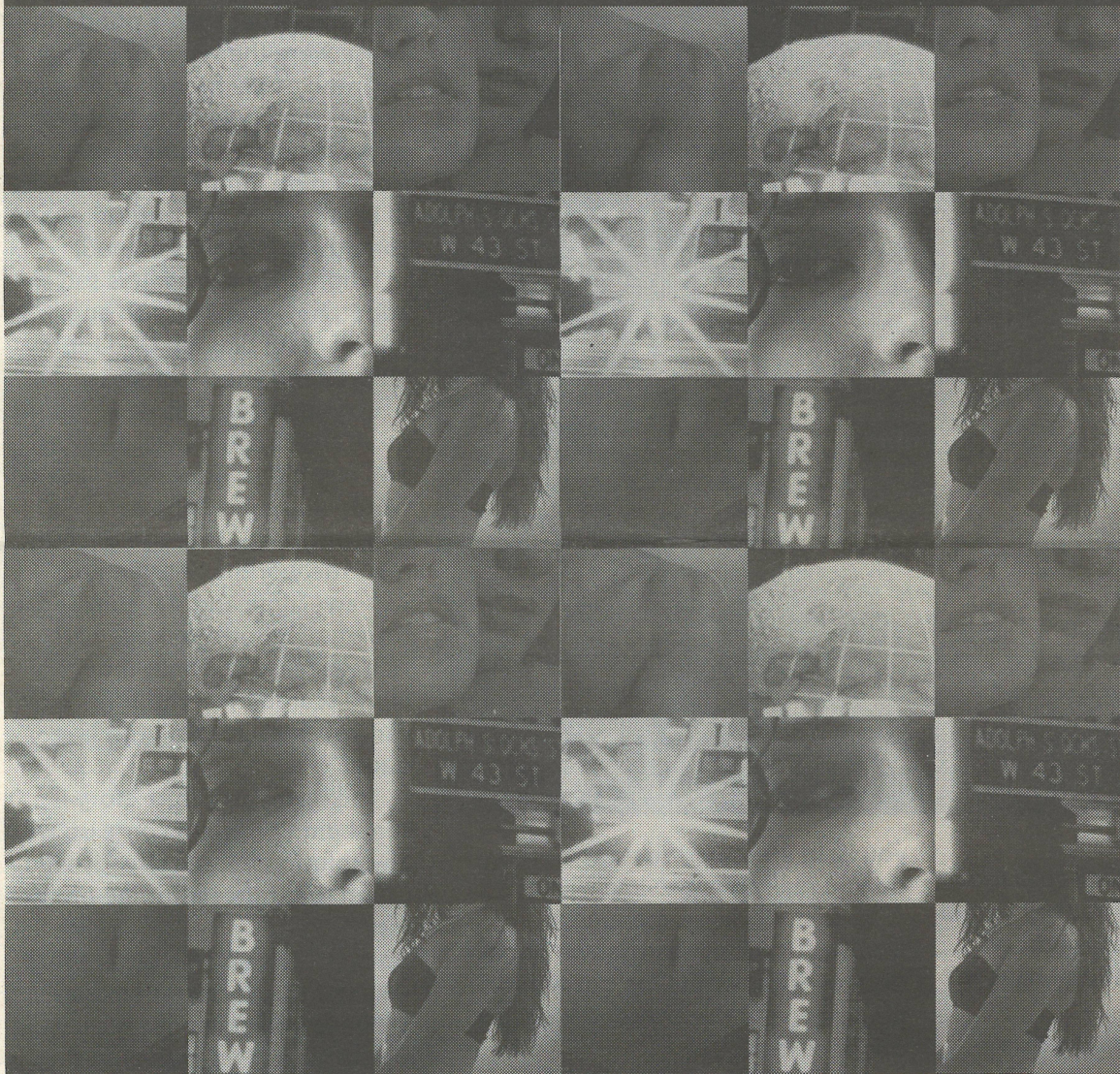
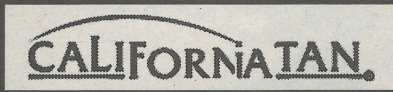
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Questions: Email

studentministries@northwestu.edu

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TANNING

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Eagles #8 Abby Brauer takes a shot against College of Idaho

Photo Credit: Thien Lai



The 300 girls support their brothers in intramural football

Photo Credit: Thien Lai



Lizzie Perkins, sophomore midfielder, races to steal ball

Photo Credit: Thien Lai

Recent success and team standouts bring NU hope for playoffs

Anuheka Akamine
Senior Staff Writer

Rounding out my third season on the NU Volleyball team, I can honestly say that this year's team is the most competitive team I've played on yet at NU. With four new solid additions to our team for the 2010-2011 school year, as well as solid performances by seniors Kacie Simpson and Lauren Holtz, the team experiences great achievement and sweet victory.

Freshman middle blocker, Sarah Stoker, is currently listed as the Cascade Conference leader in blocks, and is ranked fifth in the nation for number of blocks per game, according to NAIA National Statistics. Stoker is the only Cascade

Conference player listed on the NAIA national Individual leader list, which pulls statistics from across the nation and compiles the leading five players in each skill category.

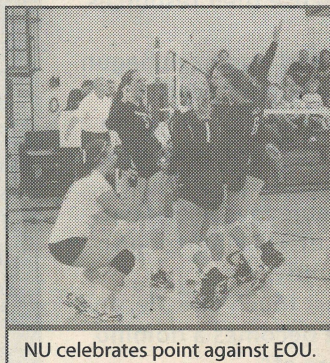
On the game front, our win against Evergreen State College this past Friday marked our fourth consecutive conference win. This places us in fourth place in Conference Standings with

six more conference matches to play, making playoffs this year a very real possibility – the top four teams in the conference make playoffs.

Currently, we are 8-4 in conference play and 13-6 overall. Surpassing our total wins of last year by five matches, our record was 8-19.

October 29 and 30 are our last home matches and we will be playing Warner Pacific and Concordia, respectively. October 30 is also

our senior night, so come support our four seniors as they play their last match on the NU court.



NU celebrates point against EOU.

Photo Credit: Mikinzi Fudge

Eagle Sports Highlights

WINS AND LOSSES

- 10/16 Women's Soccer vs. Concordia University; 0-0 OT, T
- 10/16 Men's Soccer vs. College of Idaho; 2-0, L
- 10/15 Women's Volleyball vs. Evergreen State; 3-0, W
- 10/15 Men's Soccer vs. Warner Pacific College; 2-1, W
- 10/15 Women's Soccer vs. Warner Pacific College; 3-1, W
- 10/9 Women's Volleyball vs. Corban University; 3-0, W
- 10/9 Men's Soccer vs. Evergreen State College; 1-0, W

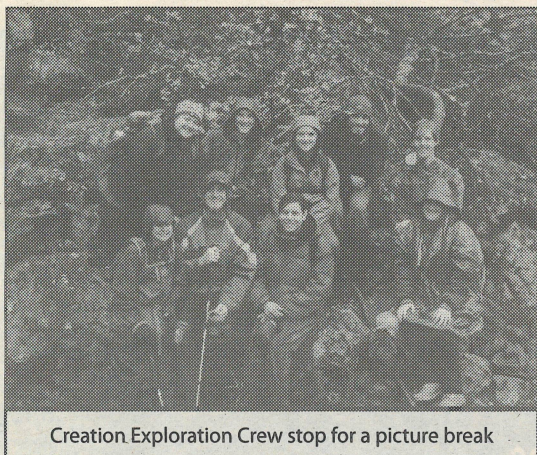
Student hobbies turned NU groups

Timothy Edward Smith
Senior Staff Writer

Longboarding with friends, or more official student led activities like the Hiking Crew allow students the opportunities to have fun outside of the confines of the classroom.

HIKING

The Creation Exploration Crew, led by Isaac Hanna and Crystal Stellwagen, travels once a month to various trails in Washington.



Creation Exploration Crew stop for a picture break

Photo Credit: Isaac Hanna

"We try to do hikes that most people can go on, because we don't want to exclude people who are not avid hikers," said Hanna.

Seen here at Heather Lake up near Granite Falls, this hike is one of their favorites, and it is easy enough to accommodate less avid hikers.

"I mainly got into it when I started college. My freshman year, Dr. Eric Steinkamp did a hike at the end of orientation, and I went on that," said Stellwagen.

Their crew meets to discuss which places to go,

on the first Tuesday of every month, at 7:30pm, in the HSC lounge.

LONGBOARDING

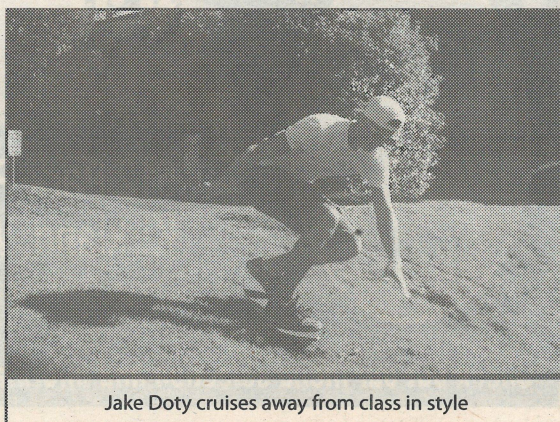
Other NU students use long boards to shorten their travel time across campus.

"Between the gym and the Pecota building, you go down the rough part over the speed bumps and cut back by the girls dorms straight to the cafeteria," said NU student Jake Doty, describing his favorite long boarding route out of Chapel.

Fellow long boarder and NU student, Justin Mburugu, defines long boarding as being more about speed, than tricks, which you see more of in skateboarding.

"Another difference between long boarding and skateboarding is that your long board is really expensive, mine was \$200. I am really careful with it," said Mburugu.

The fastest he ever traveled was 42 miles per hour.



Jake Doty cruises away from class in style

Photo Credit: Chris Perry

Whether it's hiking far above the clouds or shredding the pavement on longboards, NU students are sure to be found.

UPCOMING SPORTS GAMES:

| | |
|---|--|
| Cross Country: 10/23 Western Washington Invitational (Bellingham, WA) | 10:00 am |
| Men's Soccer: 10/22 vs. Corban University (Salem, OR) 10/23 vs. Concordia University (Portland, OR) 10/29 vs. Northwest Christian (Eugene, OR) 10/30 vs. Oregon Tech (Klamath, OR) | 3:00 pm 6:00 pm 3:00 pm 3:00 pm |
| Women's Soccer: 10/22 vs. Southern Oregon (Ashland, OR) 10/23 vs. Oregon Tech (Klamath, OR) 10/29 vs. Northwest Christian (Kirkland, WA) 10/30 vs. Corban University (Kirkland, WA) | 1:00 pm 12:00pm 2:00 pm 2:00 pm |
| Women's Volleyball: 10/22 vs. Eastern Oregon University (LaGrande, OR) 10/23 vs. College of Idaho (Caldwell, ID) 10/29 vs. Warner Pacific College (Kirkland, WA) 10/30 vs. Concordia University (Kirkland, WA) | 7:00 pm 7:00 pm 7:00 pm 7:00 pm |
| Men's Basketball: 10/22 Vancouver Island University (Kirkland, WA) | 7:00 pm |
| Women's Basketball: 10/28 Carroll College - MSUN Tourn. (Havre, MT) 10/29 Montana State Northern - MSUN Tourn. (Havre, MT) 10/30 Carroll College - MSUN Tourn. (Havre, MT) | 6:00 pm 3:30 pm 5:00 pm |

Love Seattle? Do Something

Imago Dei Community sets a good example for NU

Jennifer Jensen
Staff Reporter

"Love Portland" is a campaign inspired by Christ's love for the needy and demonstrated through the practical action of the Imago Dei Community, who took their study of scripture to the streets of Portland.

Imago Dei built a community around one major vision: to love the world as Christ loves the world and live differently as a result. As a church, they desire to take the teachings of scripture outside their walls through tangible service and action.

From that vision developed the idea, "Love Portland," the call to enter a needy city and provide practical needs.

According to www.imagodeicommunity.com, "these community renewal events are simply warm ups. Jesus calls Imago Dei to love Portland every day, all day. By recognizing the needs of our city and by then creatively applying God's resources to those needs, the church practices living together toward our neighbors in the holistic, transformational action of God's Spirit."

As Northwest University, how can we involve ourselves in the needs of our community? In the needs of Seattle? If we could "Love Seattle," what would it look like and how could Christians in the Northwest be instrumental in the practical work of the Kingdom?

"Personally I think [Love Seattle] will be effective. I have learned that in projects like this, sometimes only a few people are reached, but God is so happy when we can even help one person, so I truly believe in this project," said Brittany Smith, co-leader of Embargo. (Embargo is a student lead small group focused on fighting injustice.)

Love Portland originated from the desire to simply love the world as Christ loved the world and has now birthed into a movement that is sweeping Portland. What could NU's role be in sweeping the city for Jesus in tangible ways?

"I know that the students in Embargo are anxious to get out into the field!" said Smith.

Embargo has been known for their work with preventing human trafficking, but according to Smith, last year's students were pushing to change Embargo from [just] human trafficking to all injustices.

"The cause for human trafficking is primarily [from] being poor, needy, and desperate...helping the poor obviously prevents human trafficking," she said.

There is a need in Seattle for practical love; a love that compels Christians to use their resources to serve.

Movements similar to Love Portland have begun in various cities, with the newest to hit Seattle being the "Jesus is _____" campaign. A campaign aimed at getting Jesus on the minds of Seattleites, started by Pastor Judah Smith of The City Church.

However, the need for palpable love is evident all around Seattle; to make an eternal impact on people within our own community.

Smith stresses, "If we can just touch one life, and lead one person to the Lord, it becomes a domino effect that we aren't even aware of."

If you are interested in becoming a part of a group of people passionate about fighting injustice or would like more information, contact embargo@northwestu.edu.

NU Students Got Talent

Danielle Mercier
Staff Reporter

From singing to dancing to everything in between, all kinds of talents will be displayed at the annual Northwest University talent show held on October 28 in Butterfield Chapel.

Leah Thompson, Nancy Atondo and SAB members have put a lot of time in to plan a talent show that students will thoroughly enjoy.

"From the moment they walk in the doors of the Chapel the fun begins with great decorations, entertainment and activities. Let's just say this is not your typical talent show, so come," said event coordinator, Leah Thompson.

This year's theme is 'Mario Party 10'. A panel of judges will carefully select 18 performers to participate in the event.

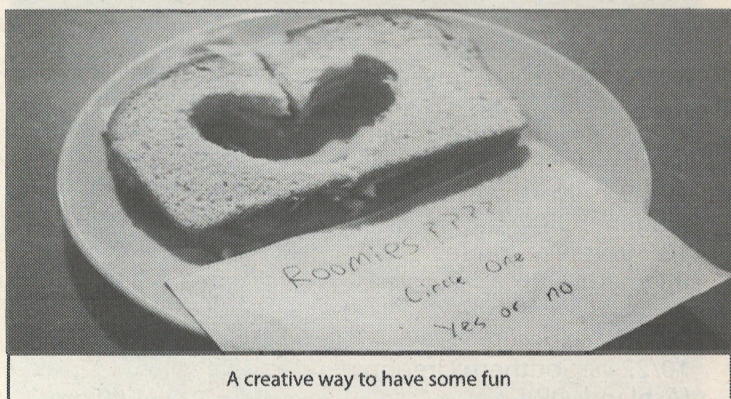
"I'd say that this year I am looking for things to go the next level. I think that shows like 'American Idol,' 'America's Got Talent,' and 'So You Think You Can Dance?' should watch out. NU got mad talent up in here," said Kramer Rasmussen, former judge from last year's show.

Last year's show was hosted by Ryan Gilbreath along with this year's NUSG president Carl Erikson. This year Jodie Castleberry and Mason Wheeler will do the honors in hosting the talent show. According to students, favorite acts included "The Creeper Song" by Brian Neilson and Luke Hicks and a dance performed by Jason Shaver, Doug Hein and Zach Smiley to Beyonce's "Single Ladies."

The 2009 Talent Show winner was NU Alum, Amanda Duford, who performed an original song, "12:48."

Does NU have talent this year? Come to the show and find out for yourself.

Revamp Roomies



A creative way to have some fun

Photo Credit: Thien Lai

Adam Thalhofer
Staff Reporter

Roomies is a long-standing tradition for students here at Northwest University.

This event happens twice a year. In the fall, guys ask the girls out, and in the spring, the girls ask the guys. So guys, it's your time of the year. Ask a girl out, or simply go out with a group of friends. This can be something that you do with your girlfriend, a friend that's a girl, or a group of friends. But here's the key: if you're going to ask someone out, do it creatively.

"What is Roomies...?" was the question posed by James Bowsher when asked if he had heard of the event.

Roomies in definition is two things: asking someone out with style, and doing it through a friend. These are both part of the tradition of Roomies. Guys, if you want to ask a girl out, do it through one of your friends (usually your roommate, but in some cases, another friend). Whatever your creative method is to ask her out, give it to your friend, and he (or she) should do the asking for you.

Many interesting and unique ways have been invented to ask someone out. From a horse in chapel to balloons in a car, Roomies has seen a former glory in the past years that, frankly, hasn't been seen in a while. Over the last couple years, a lack of enthusiasm has been shown towards Roomies, and this greatly troubles NUSG Activities Chair, Kristi Henderson. "Roomies is fun!" she said.

It's supposed to be an event that is enjoyed and cherished by all, whether or not you are in a relationship.

NUSG is pressing for renewed interest and increased participation in this event, hoping to revitalize this event which has seen a lack of interest over the last couple years. Thus, the theme this year is Revamping Roomies, accompanied by the witty tagline of "Be a man, ask a

woman."

If you're going to ask someone out, go all out and challenge yourself to plan unique and original activities for you and your date. Group dates have been popular in past years and also alleviate any relationship pressure on couples.

Makes some memories this year by participating in the tradition of Roomies and have fun with it. Set the bar high, as girls ask guys next time.

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Health: HCG diet hits mainstream

Mariesa Walberg
Staff Reporter

There's a new diet trend out there that has been recognized by Fox News, NBC, Oprah, CBS, and a man named Kevin Trudeau who wrote the book, "The Weight Loss Cure."

It claims a 1-2 pound loss per day and you'll never feel hungry. But what exactly is this diet?

This diet is called the "HCG diet" or in scientific terms, "Human Chorionic Gonadotropin" hormone diet. Participants inject the hormone, derived from pregnant women, and restrict their caloric intake to 500 calories a day. That's right, 500 calories.

According to Dr. ATW Simeons, the creator, the body supposedly utilizes fat deposits to burn 3500-4000 calories more per day.

How can a person live on 500 calories when the average person needs around 1500 calories per day just to survive? Well, according to the HCG

diet website, <<http://www.hcgdiet.com/>>, the hormone found in pregnant women supposedly suppresses the appetite, and provides countless nutrients to fight hunger.

A 1-2 pound loss per day may sound tempting, but wait until you

for participants who had a placebo injection and those who had an HCG injection.

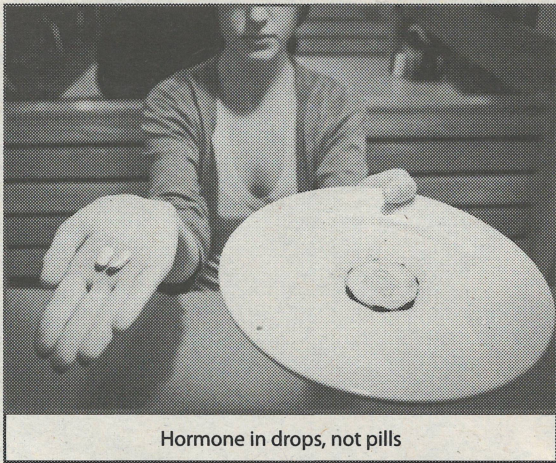
So it has been deduced that the HCG diet is no different than a very low calorie daily allowance. The placebo effect is definitely keeping people hooked to this injection. And the HCG industry is booming through sales of the hormone ranging from \$30-300 for a month's supply.

Restricting your body to only 500 calories a day is a serious health risk. You cannot expect your body to function properly by eating less than what your body needs to function properly.

The best and highly proven way to lose weight is to plan to lose 1-2 pounds a week through increased exercise and reduced caloric intake, in accordance to your calorie needs. Studies have suggested greater adherence to diets when weight-loss participants aim to lose 1-2 pounds a week.

Take my word: a severe reduction in calories will cause weight loss, but ask yourself if you are planning to sustain such an extreme diet for the rest of your life.

Mariesa is a certified personal trainer at NU's Eagle Fitness Center. For more information about this article, e-mail mariesa.walberg07@northwestu.edu.



Hormone in drops, not pills

Photo Credit: Thien Lai

learn what several researchers found about this extreme diet. After Dr. ATW Simeons developed the diet, 12 serious studies were conducted to determine if the HCG injection was the culprit of rapid weight loss. Studies found that weight loss was the same

Eagle Eye: Chapel Worship?

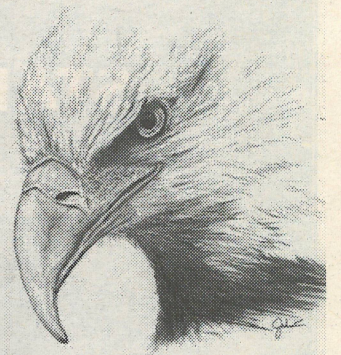


Photo Credit: www.eagle-clipart.com

Doug Harkness
Staff Reporter

Within the first month of fall semester, we have attended NU focus Chapels that targeted cultural and sociological themes such as Native American worship or debates about illegal immigration.

They have sparked a lot of conversation as to what worship really is, some even going as far as to compel students to write in to Campus Ministries.

There are certainly mixed feelings about both Chapels, but the one receiving the most criticism seems to be the Debate Chapel.

"Since there isn't a big gathering of people that go to the actual debates, we're being forced to watch it anyway through chapel," said sophomore Brianna Miller.

Miller and many other students said they enjoy mixing up Chapel with other forms of worship and different speakers; however, they weren't as impressed with debating in Chapel.

"Having a debate is nice and all, but it certainly doesn't make me feel any closer to God," said Miller.

Still, many students have enjoyed the variety of the Chapels so far this year. Junior Carlee Wilson counts herself one of them.

"I thought the Native American and Debate chapels were great! God is totally worshiped and glorified through the talents of the debate team and the culture of the Natives," she said.

Wilson added, "We must keep in mind that singing and listening to speakers are not the only ways to worship God. It's healthy for us to expand our horizons."

Leah Thompson, a junior music education major, agreed. "They were both different and take us out of our comfort zone, which is what God intended for us," she said.

While some are encouraged out of their comfort zone by the variety of Chapel services this year, some are completely comfortable with a change.

Freshman Danika Helin is one of the many who welcome the variety.

"I think God can work in ways other than just singing worship songs and listening to a preacher," she said.

Though people have different feelings and opinions about what a Chapel service should really look like, it is generally understood that Chapel is a time to come and distress, to worship and to pray. One should ideally leave Chapel services feeling refreshed and ready to conquer the rest of their day.

"We can't confine God to only worship and listening to a preacher. He should be free to move in whatever capacity He chooses!" said Helin.

Questions? Comments? Please e-mail douglas.harkness09@northwestu.edu.

especially goes out to freshman students who are newly away from home for long periods of time.

"They need something that tastes like home and that's what I give them, is home-cooking. It makes them a little less lonesome, it makes them a little more comfortable," said Blundell.

First learning to cook when she was five years old, Blundell was preparing meals by the age of 10, for 30 to 40 men that worked on her family's farm, where she grew up. She raised five children and was raised in a family of 11 people.

"I learned to economize, I don't know if you call it frugal or practical, to me it's practical, on the days I serve rice, I take the left over rice and make rice pudding, to me that's practical. It just means that I can give you guys a better price," said Blundell, who started working in the NU cafeteria in 2000 and then last spring, she moved to the Aerie.

Many students go in to the Aerie to visit Blundell, eat some home cooking and relax.

The Aerie has become a home for students away from home.

Something Sweet to Talk About

Timothy Edward Smith
Senior Staff Writer

NU has its own cookie, debuting tomorrow in the Aerie for dessert lover delights, created by Aerie Chef, Carol Blundell.

She puts over half a decade of cooking experience into the various dishes she serves to hungry students.

Specifically designing the cookie for the students and the school, she has chosen to represent NU with a brown sugar shortbread cookie with chocolate on the bottom. Some will be plain chocolate, while others will be rolled in either coconut or nuts.

"I thought it'd be nice for the kids to have something fun, something to put their spirit into, so I decided we needed to have our own Northwest cookie," said Blundell.

The cookie itself will have the letters 'NU' imprinted on it.

"Everything famous has a cookie," said Aerie manager, Jadon Haynes.

While brainstorming ideas for different recipes to create, Blundell had the idea to make a cookie for NU. She needed a cookie crest made out of steel for the letters 'NU' and so she took her idea to Idaho, who works in maintenance repairing fences, gates, as well as taking care of the women's dorms.

According to Blundell, Idaho is very good with creations like this. He made some of the tables in the Aerie and you can tell which ones by looking at the bottom for his signature, which is steel carved in

the shape of the state of Idaho.

Three weeks after she presented her idea to him, he had it finished and ready for her to use.

Cookies aren't Blundell's only specialty. She serves a variety of handcrafted meals in the Aerie, five days a week. Every day she has something different to display.

"A person who is creative, is a listener, and I listen to what you kids say," said Blundell, "I listen to what



Carol gets creative in the Aerie, warming NU hearts and bellies

Photo Credit: Thien Lai

you guys like, and then when I'm stirring up banana bread, I'm thinking what can I do to this to make it different. We use to make grilled peanut butter and bananas over at the cafeteria, and the kids loved them, and I thought, 'why not throw peanut butter right in the banana bread?' and that's what started it," said Blundell.

She feels that home-style cooking cures the souls agony of being away from home, and she wants to provide the NU students with good food. Her heart

FLORENCE ACRES BRINGS CHILL TO SEATTLE

Matthew Moroni
Staff Reporter

What started off as friends growing up together in Monroe, has grown into a local band covering Seattle-area venues.

According to band member, Carson Heffner, "it's where Incubus meets modern rock. Taking groove from 90's bands and kicking out some of the 90's feel."

Florence Acres began as two sets of brothers jamming in their free time. Now a junior at NU, Heffner plays guitar for the band, writing songs and crafting lyrics.

Fellow members include Kris Hvattum on guitar and lead vocals, and Carson's brother, Dylan Heffner on the drums.

Carson attributes the influence of the band's music to Anberlin, The Classic Crime, Incubus, and Acceptance. "It's honest music; being real about what you've been through," he said.

Last week, they played at Seattle Drum School



Carson Heffner (middle) and band

Photo Credit: Thien Lai

and even had a chance to come alongside bigger bands at El Corazon in Seattle.

Over the summer, they released their first EP titled 'Scared', featuring their four songs recorded up at Destiny Worldwide Studios in Monroe.

"Our writing has gotten a lot, lot better," said Heffner.

Florence Acres is hoping to continue growing in

success, playing with more local bands, and possibly begin touring in the near future.

You can find them on Facebook, Twitter, and MySpace. Their 'Scared' EP is available on iTunes as well as on cd. Contact Carson Heffner for cds and information on tickets. Their next show is at El Corazon on Saturday, November 13 at 7 p.m.

Carson can be contacted at carson.heffner08@northwestu.edu.



Class and taste all in one place

Photo Credit: Doug Harkness

Editor's Choice

Christy Wolyniak
Editor-In-Chief

Located conveniently on Kirkland Avenue between Chase bank and where Schnoo once stood, The French Bakery will spoil you with hospitality, comfortable seating, and a warm, rich taste of France that you won't get anywhere else.

Upon my second visit, I had forgotten how amazing this place was. Walking in, you are welcomed by a clean, classy environment accented with warm yellow and orange hues and artwork.

I was craving an authentic croissant, so I ordered a ham and provolone croissant and a cappuccino. There are rare occasions when I am ecstatic, jumping-up-and-down-happy about something that I eat. This was one of them.

The croissant wasn't too greasy or flakey as I tore a steamy layer and waited for my drink. The cappuccino was topped off with a strip of chocolate goodness for color and taste that was full of rich flavor from the first indulgent sip to the last.

I informed the cashier how amazing my croissant was, and was cooking up a plan of how I would tell the whole entire world about this place.

On my way out, the manager surprised me with a large baguette, telling me it was on the house. So out I strode, a new woman. I was full of utter bliss in the cool fall air, as I juggled my half-eaten croissant in one hand, cappuccino in the other, and a ridiculously long baguette under my arm.

Perfection. Not only does The French Bakery market itself by its delicious products and free wi-fi, the customer service they provide is unparalleled.

NU Expressions

Danielle Mercier
Staff Reporter

Father
Loving all you give,
You are the reason I
live
Leading me in all I do,
for questions left are
few
I clearly see my direc-
tion,
You cover me in end-
less affection
My guidance in life,

strong hold in times
of strife
I gave you my heart,
You granted a new
start
Forgiveness is full and
in times of doubt,
On the strings of my
heart you pull
Some call You Lord,
Savior or God
But to me
you are a
Father



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Brain Buster Challenge

Test Your Sudoku Skills

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B

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Photo Journal

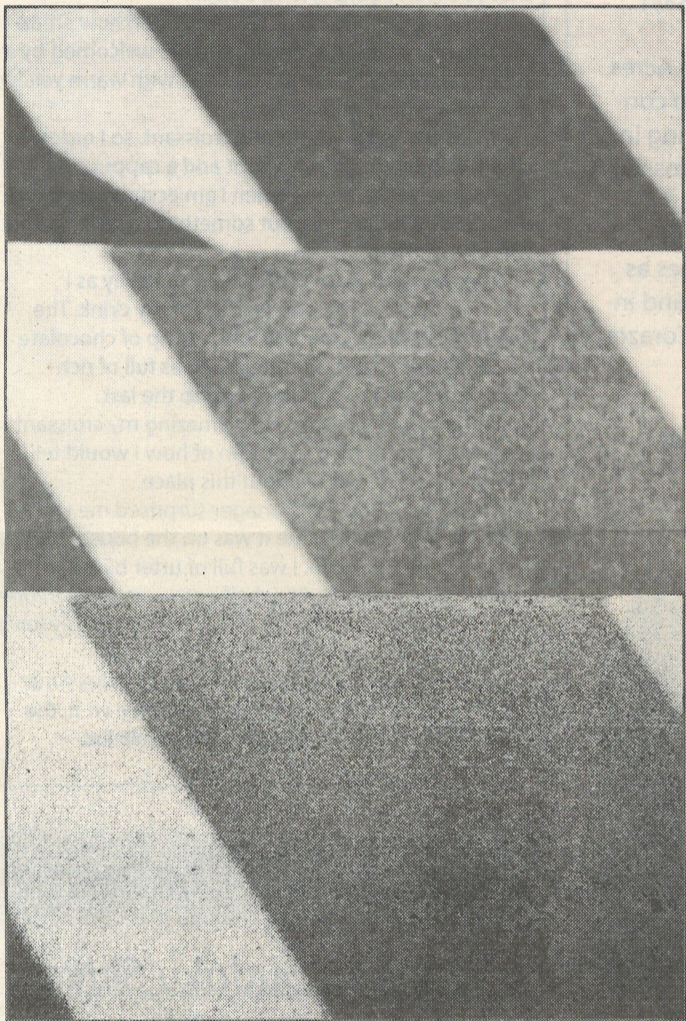
La nu mode will be showcased the first issue of every month so be ready in November with your best fall threads!

eye like photography

Photography & Article by Thien Lai

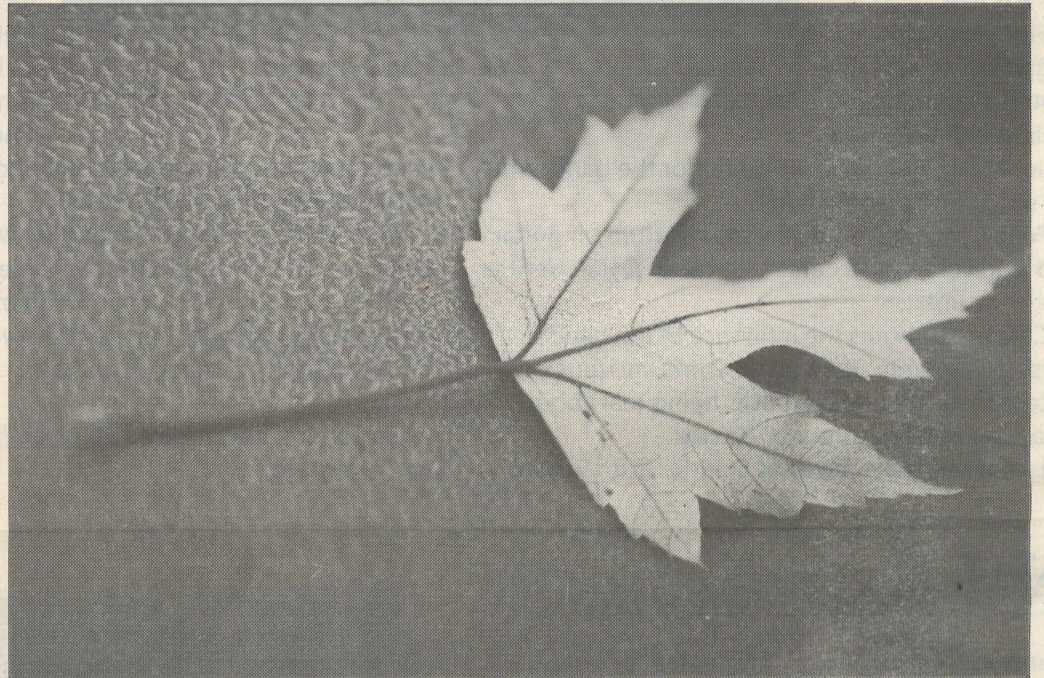
Photography is like fine dining. Just like tastesbuds your eye must learn to have a full pal-ette and experience to gain a true appreciation of the art. Here are a few helpful tips or ingre-dients if you will, to help you begin to start seeing better photographic moments when you are on the go.

Shadows, shapes, textures, colors, patterns, and dynamic lighting are the elements you should be looking for. First begin by understanding and practicing these elements as the first step in the "eye like photography" page. These steps will help you, the photographer, learn the basics.



The image above demonstrates how using unique shadow patterns can make even the stairs that you climb down everyday into an abstract geo-metric piece of art.

The image below demonstrates how shooting through leaves into the sun can bring out the texture of the leaves and create beautiful autumn artwork. Remember to always have a focus such as the leaf on the bottom right.



Although epic buildings and breath-taking scenery will always make for great images, understanding how to utilize your camera and your photog-raphy theory can make beautiful images out of ordinary things.

The image above is taken on the hood of a vehicle. The image uses a great balance of contrast and texture just like the door mat below.

