

# The Talon

Northwest University's Student Magazine

December 2012 - Issue 3



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# **Editor's Letter**

#### It's the Most Wonderful Time of the Year

Christmastime is my favorite time of the year! I love all of the lights, decorations, and music. It is a joyous time to celebrate our Savior's birth and God's amazing love for us.

With Christmas almost here, we decided to create a "Christmas Edition" for this month's issue. We've included a variety of articles and features to help you get in the Christmas spirit! Read our feature story (pages 7-8) and "travel" around the world with NU students, learning about their favorite cultural traditions during Christmastime. Be sure to try some of the holiday recipes (pages 9-10) and check out Peter's Perspective (page 11) on his favorite movies to watch this time of the year.

I can't believe this is the final issue of the semester! It has been such a blessing to lead *The Talon* so far this school year. I have loved every minute! From designing and editing, to working with my amazing staff (page 3), to the excitement of seeing our issue in print each month - this whole experience has been so much fun! I look forward to what is ahead for *The Talon* next semester.

I hope you all have a great Christmas break!

**Merry Christmas!** 

Colleen Weimer

Colleen Weimer, Editor in Chief



Photo by Kristine Weimer

#### Isaiah 9:6

For unto us a Child is born,
Unto us a Son is given;
And the government will be upon
His shoulder.
And His name will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.

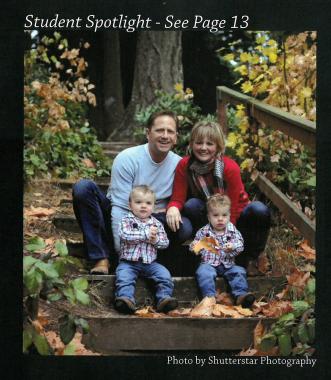
#### Luke 2:11

For there is born to you this day in the city of David a Savior, who is Christ the Lord.

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The team behind NU's student magazine



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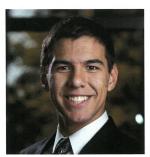
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#### **Choralons Concert**

Northwest University's Choralons are having their first full concert of the 2012-2013 tour season on December 10 at 7pm in the Butterfield Chapel. The event is free and open to all, so put it on your calendar and come support your friends and fellow students!





#### Christmas Traditions Concert

The Northwest University Concert choir and the University Presbyterian Cathedral Choir are joining together with the Rainier Symphony to present a concert, Christmas Traditions. The event will be held on Tuesday, December 4 at 7:30pm at Benaroya Hall in Seattle. Ticket costs range from \$12 to \$36 and can be purchased at the Benaroya Hall Ticket Office, Northwest University, Rainier Symphony, or the University Presbyterian Church.



### Midnight Breakfast: Monday of Finals Week

Need a way to alleviate the stress of finals? Mark your calendars because Midnight Breakfast is coming back to town! Enjoy some delicious breakfast foods at the Caf served by none other than your very own Northwest faculty and staff, and experience activities galore. The event starts at 10pm on December 10.

riter

### **How to Discover Your Passion**

From shoe salesman to Dean, Dr. Hobson shares what he's learned from his career experiences

by Alyssa Stinnette and Emma Neustel, Guest Writers

he secret to finding your passion begins with identifying four core elements about yourself according to Dean of the College of Arts and Sciences, Dr. Darrell Hobson.

Dr. Hobson believes that knowing your standpoint on the following four core elements helps you discover your passion: vision, values, interest, and competency.

#### 1. Vision

How do you see the world?

"You can tell a lot about people when you know how they think about God, how they think about money, and how they think about children," said Dr. Hobson.

It is vital for every student to answer this question honestly. This will allow for personal adjustment if necessary and enrichment according to Dr. Hobson.

#### 2. Values

What is it that really matters to you?

Dr. Hobson personally answered this question during his career at Nordstrom as a shoe salesman.

"I think the main thing that Nordstrom taught me is the value of creating relationships with customers and actually taking care of their needs," he said.



His customer service skills at Nordstrom gave him a unique perspective as a professor: "I think that it is important for faculty – in a sense – to treat the students as a customer. What does a student really need?" said Dr. Hobson.

#### 3. Interest

What do you do when you don't have anything else to do?

Dr. Hobson noted from personal experience that you can figure out your interests from trial and error.

After college, Dr. Hobson worked as a youth associate for 16 months because he felt pressured by his parents to have a profession in ministry.

"It was the worst 16 months of my life. It taught me that this wasn't my calling," he said.

This experience reminded him of his dream to have a career in higher education. Even though pursuing that career contrasted with what his parents desired of him, Dr. Hobson said, "You've got to stick to your guns. If you have a passion about something, you've got to pay your dues and do the work and chances are it will work out."

#### 4. Competency

The final core element to discovering your passion is answered through the question, What are you good at?

Coming from a man who has spent 40 years working at Northwest and another 40 at Nordstrom, Dr. Hobson knows exactly what he's good at: working with and helping people – whether it be with students, faculty, or customers.

Three years ago, Dr. Hobson retired from Nordstrom. Still, after 80 years of combined service at Nordstrom and Northwest, he is not complacent with the idea of retirement.

Dr. Hobson said with a grin, "I don't know what I want to be when I grow up."

# **Surviving Finals**

by Beth Ross, Staff Writer

Seven Strategies to Avoid Finals Stress

weaty palms, flashcards stuffed in every pocket you possess, five-shot peppermint mochas, four hours of sleep per night, and an eye twitch that you just can't seem to shake? Sounds like you're feeling the effects of finals, and they haven't even started yet!

For many freshmen (and even the occasional upperclassman), the anticipation of the legendary beast that is a college finals week is enough to throw them into a tailspin of worry.

However, the seemingly ferocious week is easy to tame if you have plans and strategies for success in place. This will be my seventh college finals week, and I've picked up some strategies along the way that have served well.

Here's my advice to you:

#### 1. Get enough sleep.

This is something that I often neglect, but it is important nonetheless. Without enough sleep, it is difficult to retain information and store it in your brain's long-term memory base. How much sleep is enough? For most people, it's around eight hours per night. However, this may be impossible or very difficult during finals week, so shoot for as many full REM cycles

(about ninety minutes of sleep) as you can for optimum performance.

#### 2. Study before you fall asleep.

I'm not talking about the minutes before you go to sleep, but about an hour before is ideal. This way, your brain won't have more experiences to integrate before you go to sleep. I'm no psych major, so I don't know the intricacies of how this works - just trust me that it does.

#### 3. Make a plan.

If anyone is the opposite of a type-A personality, it is me. However, I still function better if I make a study plan for dead week (the week before finals) and finals week. Pick a schedule that allows you some wiggle room, but still allows you to accomplish what you need to get done.

#### 4. Shake up your routine.

Mix up what you're doing so that you don't get sick of one subject or type of work. For example, write your MLA paper, then study for your Biology final, then work on your presentation, and so on.

#### 5. Find a good place to study.

Be it the Kirkland library, the school library, St. James, Starbucks, or your floor's lounge, find a place to study



that has minimal distractions, bountiful caffeine reserves, and a soothing atmosphere.

#### 6.Take time for fun!

Whether it's going to the Improv show (shameless promotion), watching an episode of your favorite TV show, going shopping, or going on a completely platonic coffee date with an individual of the opposite gender, do something that makes you happy and alleviates your stress. You will be able to focus better if you have breaks between study sessions.

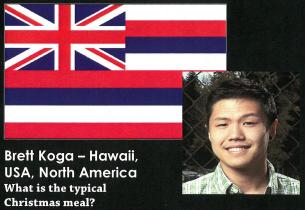
#### 7. Breathe.

You will survive this. Regardless of what happens, life will go on, so prepare well and hope for the best.

Good luck, citizens of Northwest. See you on the other side.

# Christmas Around the World

#### There are students at Northwest University from almost every continent in the world!



Hawaii is meshed with literally every type of nationality you can think of, meaning that foods vary within the ethnic context of the family. For my family, it's rice, noodles, chicken, pork, duck, lots of vegetables, and peppermint hot chocolate.

#### How do you decorate for Christmas?

Nothing all too different from American culture, besides the fact that our Santa wears swim trunks and an aloha shirt.

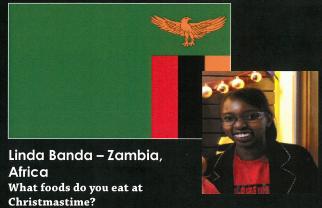


#### What are some of your favorite traditions?

We always open gifts at 12 am – not earlier, not later. After dinner, we fill the table with lots of desserts and goodies, and we stay up all night talking and dancing over some African music. The kids normally like to sleep next to the tree in the living room.

#### What are a few of your favorite holiday foods?

We eat bacalhau – a fish dish with potatoes and heavy cream, and bolo rei – a traditional fruit cake.



We usually have braiis as well as traditional foods like "African polony" (groundnut cake), dried fish, a variety of cooked vegetables, mealie pap (staple food made with corn meal), and rice.

#### What traditions does your culture keep?

The most important thing during Christmas is church. As a country, we do believe in Jesus and we celebrate His birth.



#### How do you decorate?

We just put up some Christmas lights and trees. Sometimes we will make fake snow since Hong Kong has no snow.

#### What traditions does your culture keep?

We celebrate Chinese New Year, Dragon Boat Festival, Mid-Autumn Festival, and National Day. Usually people in Hong Kong celebrate Christmas with friends or boyfriends or girlfriends more than with family. People always just gather to have hot-pot or buffet, then go to karaoke, ice skating, bowling or a movie.

# NU students share their cultural Christmas traditions

by Heather Karnes, Senior Staff Writer

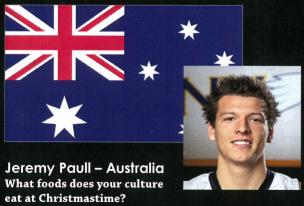
#### Eight students describe how they celebrate Christmas in their culture:



We use lights on the tree, but they aren't the typical little lights used in America. They look like candle sticks and are held by a clip on the branches.

#### What traditions are unique to your culture?

We make a Christmas porridge and someone hides an almond in it. It is difficult to find. If you are the lucky one who finds it, it is said that you're the next one to get married.



At Christmas, we eat steak, lots of sea food of all sorts, various salads, sausages, fudge, lots of soft drinks, candy canes, homemade ice cream, and shark.

#### What weather makes for a "good Christmas?"

We like it really warm so we can sit outside around the barbie (BBQ) and then go for a swim in the pool or head down to the beach.



eat during the holidays?

Kytia is a type of porridge/grain pudding that is cooked and has poppy seeds, nuts, honey, sugar, and raisins added to it. It is normally served on Christmas Eve.

#### What traditions are unique to your culture?

People go caroling, and they get candy, food, and money. Usually, they have an organized group of people who dress up in the traditional clothes and go from house to house caroling.



What traditions does your culture keep?

We talk about Santa Claus and "Papa Noel." We put the presents for the kids by their beds so when they wake up, they see them. We celebrate Las Posadas which begins on December 16.

#### What foods does your culture eat at Christmastime?

We have turkey, tamales, pork, a lot of meat, and buñuelos – a dessert of fried tortillas with powdered sugar.



#### **Russian Tea Cakes**

Recipe from Kalynn Brown, Staff Writer

1 c. butter
1/2 c. powdered sugar
1 t. vanilla
2 1/4 c. flour
1/4 t. salt
3/4 c. finely chopped nuts



Photo by allrecipes.com

Preheat oven to 350°

In a medium bowl, cream butter and vanilla until smooth. Combine the powdered sugar, flour, and salt; stir into the butter mixture until just blended.

Mix in the chopped nuts. Roll dough into 1-inch balls, and place them 2 inches apart on an ungreased cookie sheet.

Bake for 12 minutes. When cool, roll in remaining powdered sugar.



Photo by Bryttani Giles

### **Pecan-Topped Pumpkin Pie**

Recipe from Bryttani Giles, Web Manager and Layout Designer

Pie Ingredients:

1 cup sugar

1 tsp each: Cinnamon, Cloves, Allspice, and Ginger or 4 tsp Pumpkin Pie Spice

1 teaspoon of vanilla extract

1/2 teaspoon salt

4 large eggs

3 cups pumpkin puree

1½ 12-oz cans of evaporated milk

Topping Ingredients:

1/2 cup chopped pecans

1/4 cup butter

1/4 cup brown sugar

Lay a pie pan with your favorite homemade pie crust.

Mix all pie ingredients with a hand blender or mixer, and pour on crust.

Cover crust edges with foil and bake at 425° for 15 mins, then 350° for 45 minutes.

Caramelize topping ingredients in a medium to low heated saucepan. Sprinkle pecan topping on pie and bake for another 15 mins at 325°

### **Kue Putri Salju (Snow Princess Cookies)**

Recipe from Sheidy Rantung, Staff Writer

Snow Princess Cookies, an Indonesian dessert, are perfect for the winter holiday! This holiday dessert is served every year as a family tradition from the end of November until Christmas. Definitely one of my favorite desserts.

 $1\,3/4\,cup$  flour, sifted

5/8 cup flaked almonds

1 teaspoon baking powder

1 cup unsalted butter, softened at room temperature

2 egg yolks

a pinch or 1/8 teaspoon of salt

1/2 cups powdered sugar, sifted, plus 1 cup powdered sugar for dusting

1 teaspoon baking powder

40 whole cloves, roasted for 3-4 minutes until fragrant, set aside to cool.

Preheat the oven to 350°



Photo by dkdk

Heat a frying pan at medium heat. Do not add oil. Add the almonds and pan roast for 5-7 minutes. Keep stirring until golden brown. Set aside to cool before chopping finely. Alternatively, you can use a food processor for 10 seconds. Set aside.

Prepare two oven trays lined with baking or wax paper. Beat the butter and sugar with an electric hand mixer for 3-4 minutes or until smooth. Add the eggs and mix well. Combine the flour, almonds and baking powder in a bowl and mix well. Then combine that mixture with the butter and sugar mixture. Scoop the dough with a teaspoon. Roll it into balls and then shape into crescents until you have used up all the dough. Place the pieces onto oven trays. Push a clove into the center of each crescent. Bake for 16-20 minutes or until a light golden brown, then set aside to cool. Dust with plenty of powdered sugar and serve. (Source: www.thejakartaglobe.com)

### **White Chocolate Chip Cherry Cookies**

Preheat the oven to 375° Grease one or more cookie sheets. Using a mixer,

1 stick salted butter, softened

1 cup packed light brown sugar

1 cup granulated sugar

2 large eggs

1 teaspoon vanilla extract

3 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon salt

2 tablespoons milk

1 cup chopped macadamia nuts

1/2 cup candied cherries

1 1/2 cups white chocolate chunks or chips



Photo by Miki Duisterhof

cream the butter and both sugars in a medium bowl until light and fluffy. Add the eggs and vanilla and beat until just combined. Set aside. Sift together the flour, baking soda and salt in a separate bowl. Add the milk to the butter mixture and then the dry ingredients. Mix until just combined. (The batter should be stiff.) Combine the nuts, cherries and white chocolate in another bowl. Add the mixture to the batter, stirring until just blended. Drop by heaping tablespoonfuls, 2 inches apart, onto the prepared cookie sheets. Bake 13 to 15 minutes. Cool on a wire rack. (Source: www.foodnetwork.com)

# Peter's Perspective: Christmas Movies

Staff Writer Peter McMurray lists his favorite holiday films



~ Elf ~

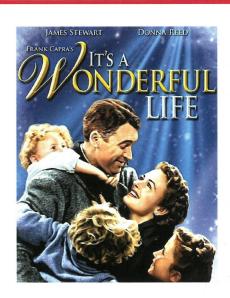
Will Ferrell is at his best in this merry tale about an orphan who spent his youth being raised as an elf. After discovering that he is a human, he embarks on a journey to New York City to find his birth father. Even though I have seen it numerous times, I still find it hilarious – I highly recommend it.



~ The Santa Clause ~

After Santa falls off his roof, Tim Allen becomes the new Santa Claus in this amusing movie that is a Christmas classic of the 90's. I was raised on this film and it has become a traditional movie in the McMurray household.

Christmastime is here once more!
There are more movies than ever celebrating this wonderful time of year. Some of them move you to tears, others leave you wishing you'd done something more productive with the past two hours. It's often hard to tell which movies are worth watching and which ones are worth skipping. Here are a few of my Christmas movie recommendations:



#### ~ It's A Wonderful Life ~

This 1946 Jimmy Stewart classic is an absolute must-see. It follows the life of George Bailey as he sees the world in a new light with the help of a guardian angel. It has fantastic writing and acting, and should not be missed.



#### ~ The Grinch ~

This movie is adapted from the Dr. Seuss book. Although some prefer the cartoon version, I personally enjoy the "real-life" and full-length version. I find it most humorous and I recommend it!



#### ~ White Christmas ~

If you're a fan of classic musicals (in VistaVision!) then there is no way you can miss this one! Bing Crosby and Danny Kaye play a famous musical act that decides to put on a great Christmas show to help out their former General from World War II. This one is a must!

### Great things ahead this season for the Eagles

by Kaitlyn O'Neill, Senior Staff Writer



First row: Jeremy Paull, Brett Skogstad, Cody Shackett, Nick Crossan, Ryan McIntosh, Taylor Cliett. Second row: Riley Walker, Michael Russo, Ryan Dornik, Nemanja Grujicic, Nikola Djokovic, Michael Greene, Seth Dodge

#### MEN'S BASKETBALL

Through the leadership of Michael Greene, Nick Crossan, and Michael Russo, the team has been able to come together and play what looks like another victorious season this year.

"Now that the season has begun, I think we have a great group of guys. The friendship, brotherhood, and team chemistry is really impressive. We have a lot of unselfish guys who care about what's best for the team," said Michael Greene.

Come and support the Men's Basketball team!

#### **WOMEN'S BASKETBALL**

The Women's Basketball team has a secret weapon this year: Domi Mendezona. Mendezona has had a consistent career at Northwest and is now able to lead the women to victories as their captain.

This year, the team added a lot of new players.

"We have done a great job getting used to each others' playing styles, and we will continue to improve as the season goes on," said Mendezona.

With Mendezona's tenacity, the team has made an imprint in conference play.

Come and cheer on the Women's Basketball team!



Left to right: Head Coach Lori Napier, Chantelle Burke, Corinne Burke, Alivia Johnson, Sanda Milovic, Ashley Coila, Chanara Greene, Carley Davis, Jenna Lewis, Domi Mendezona, Jordan Asher, Briana Crossan, Alyssa Dario, Assistant Coach Jessica Welcome (Not pictured: Olivia VanDlac).

# **Twin Blessings**

### Jerrie Barnett's story of God's faithfulness

by Colleen Weimer, Editor in Chief

**Jerrie Barnett** is a history major with a huge heart for children. Ever since she can remember, she's always wanted to be a mother.

Yet after trying for several years, she and her husband, Bill, were unable to have a baby.

Still trying to have children, Jerrie and Bill went to a church's prayer service for couples.

"We've been waiting a long time, but God's Word encourages me that God had a purpose for the wait. My favorite Bible verse is Isaiah 40:31, which says that 'those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

While at the church, a pastor prayed for them and told them that God would bless them with multiples. This word of faith encouraged Jerrie and Bill. They

continued believing that God heard their prayers.

This summer, a friend from church told Jerrie about twin 11-month-old boys who were being put up for adoption and up to the idea of adopting the twins, Isaiah and Jeremiah.

Eventually, they did. And less than a week before their first birthday, the boys were at home with the Barnetts.



"I love being their mother and I truly believe that God has brought them to us to raise. It's such a beautiful story; I couldn't have written it myself. God has a plan for their lives and part of it includes me being their mommy. I am so blessed."

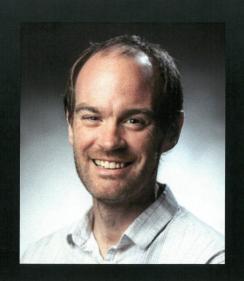
needed a mommy and daddy.

Jerrie and Bill prayed that God
would bless these little ones with
a home, still hoping that God
would bless them with their own
children.

Yet, after meeting the boys, Jerrie and Bill felt their hearts opening

Jerrie's story is a wonderful testimony to God's faithfulness.

The Barnetts are still believing God for the miracle of giving birth one day, but they are overjoyed with these two amazing blessings. They look forward to their first Christmas with the twins.



# **Dr. Delamarter:**"The birth of Christ invites us to rethink our standards"

## Turn Your Eyes Upon Jesus

By Dr. Jeremy Delamarter, School of Education

In the world of education, we measure students' progress against predetermined standards. For example, our School of Education students have to take the state mandated edTPA, a test with the goal of ensuring that the only people to get teaching certificates are those who actually know how to teach. Much of what we do in the School of Education is designed to help our students meet these standards.

This is true in K-12 education as well. Most states require students to pass high-stakes tests in order to graduate. Because school funding and teachers' jobs are often linked to students' scores, more and more of the school year is being devoted to making sure that students can meet standards. In fact, some elementary schools have even cancelled recess in order to devote more time to test preparation.

Overall, I am generally in favor of standards-based education. We're absolutely right to expect high school graduates to know certain things and to have certain skills, just as it's completely appropriate to expect future teachers to be able to plan lessons and differentiate instruction. Nevertheless, our current system worries me because our emphasis on meeting standards only makes sense if we're actually measuring the right things. But what if we're using the wrong standards?

The birth of Christ highlights just how wrong our standards can be. The Jews of the day were persecuted and marginalized second-class citizens in a Roman world. They'd been promised a Messiah and they expected God to deliver in spectacular fashion. But the nativity hardly lived up to their expectations. Military leader? Fail. Political leader? Fail. Powerful? Rich? Strong? Fail, fail, fail.

Instead of a reincarnated David, toppling the Philistine Romans, they were handed a pregnant teenager and her workingclass husband. Instead of a freedom fighter, they got a crying infant. Instead of the sword, they got swaddling clothes. Whatever disappointment they may have felt, however, stems from this simple fact: they were using the wrong standards. Just as teachers sometimes have students whose gifts simply don't fit into a prefabricated box, so too the standards used to judge earthly power cannot be used to judge Christ. He turned everything on its head: Pray for your enemies? The first shall be last? Blessed are the merciful? This is hardly the revolution they were expecting, but, in the end, it's the only revolution that matters.

The birth of Christ invites us to rethink and reimagine our own standards, to align them with the incarnate Truth. In the words of the old hymn,

Turn your eyes upon Jesus, Look full in His wonderful face, And the things of earth will grow strangely dim, In the light of His glory and grace.

This Christmas season, let us be transformed and recalibrated by Christ, and let us see His birth for what it really is: an outpouring of God's deep, wondrous, and redemptive love.

# December 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						Intramural Football Semi-Final, 10am and 11am Saturday Night Life Snowflake Lane, 6pm	
2	3 Chapel Pursuit	4 GPC Christmas Party, 6pm Christmas Traditions Concert - Benaroya Hall, 7:30pm	5 Christmas Chapel Christmas Break Housing Applications Due	6 End Scene Improv	7 Fall Graduation Chapel NUSG Christmas Party, HSC, 8:30pm Women's/Men's Basketball, 5:30/7:30	8 Intramural Football Finals: Championship, 10am All-Stars, 11am Powderpuff, Noon	
7pm Mid	10 Choralons Concert, 7pm	11	12 F I N A L	S WEEK	14	15 Semester Housing Ends at 5pm	
	Midnight Breakfast, 10pm						
16	17	18	19	20	21	22	
	Women's/Men's Basketball, 5:30/7:30	Women's/Men's Basketball, 5:30/7:30					
23	24 Christmas Eve	25 Christmas Day	26	27	28	29	
		Merry Christmas!	Christmas B	reak: December	17-January 13	Spring Semester begins Jan. 14	





