It's that time of year again... the days are getting longer, the sun is getting warmer and the countdown to summer is almost at an end. Just like all of you, I am ready for long nights with friends and not having the stress of papers and homework. With senior year just around the corner, I’ve been taking a serious look back on my time here. It seems like just yesterday, I was moving into my dorm room, waving goodbye to my crying mother, and asking myself, “Am I really ready for this?”.

When I think about the last three years here, I realize how far I have come...mentally, physically, and emotionally. I’ve had a lot of ups and downs through my time here at Avila, and they have all led me to my goal...to write this message to you.

I’ve doubted myself a lot in this process, and I’ve come to learn that you have to be yourself and never who others want you to be.

Always believe in yourself

Colbi Howser

Editorial Policy
The Talon News Magazine is produced by students of Avila University. Opinions expressed are those of the writers and do not necessarily reflect those of the Talon News Staff, the Trustees, administration, faculty, or staff of the University.

The Talon News Magazine encourages letters to the editor. These may be submitted electronically or in writing and should include the writer’s name, address, and telephone numbers for verification purposes.

Letters can be mailed to the Talon News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.
Haircut too short, uneven bangs and mislabeled hair dyes are all reasons girls across America cry into their pillow at night. Though this seems shallow and vain compared to girls who cry because they've lost all hair on their body and are terrified of the future.

Cancer is usually rare in teens and children, but it is very possible. It is typically in the form of Leukemia, Lymphoma or Osteosarcoma. For adolescents who develop cancer, it can make growing up seem impossible. Patients spend hours in the hospital, in treatment and with doctors. Though it may save their life, the radiation treatments leave teens feeling weak and exhausted. The radiation causes all of their hair to fall out and for many young girls this can be a traumatic and stressful experience. There are a few organizations out there that try to help these girls by creating wigs with donated human hair.

At Avila University, on a Thursday afternoon, a station was set up where haircuts for cancer would take place. Girls who were donating eight inches or more hair were given a free haircut. The donations went to a society called Children with Hair Loss, an organization that requires no cost for the children in need of wigs. Not only does it offer wigs to cancer patients, but any child undergoing hair loss from burns or rare diseases. Haircuts less than eight inches were charged three to five dollars and the money went to I-ROK (Imagine getting Rid of Kancer). I-ROK is an organization that brings awareness to Ewing’s Sarcoma, a rare form of bone cancer.

“I did it because I know it will help a little girl with no hair feel better about herself.”
-Freshmen Melanie Southworth

“Cut off 8 inches”

“I don’t regret it,” she said. “It is a good organization and it will make some little girls day.”
-Freshmen Abbie Wilkinson

Cyndi Freeman takes the risk for a good cause.
I’m all about lifting weights. When it comes to cardio, I’ll be the first to quote Rebel Wilson: “Yeah, don’t sign me up for cardio.” Though cardio is essential for fat loss. You can lift as heavy as Ronnie Coleman’s 800 pound squats, though nothing is as efficient as some solid cardio. Speaking of cardio, what kind should you consider? My first answer is; do NOT go run for an hour at 6 mph on the treadmill. Just don’t. Multiple amounts of long distance running has been proven to be bad for fat loss. If you want to lose fat, use HIIT—high intensity training—which has been mentioned in previous issues.

But even better than HIIT is my new-found love for Title Boxing. I went to my first Title Power Hour last week and found that cardio does not get much better than that. You are utilizing your muscles WHILE burning hundreds of calories. Not to mention, it was so much fun! You just continuously punch a bag and drop down for some pushups and abs every once in awhile. I can’t even describe how sore I was the next day.

Are We Done Yet?

By Georgia Trevor

The school year’s almost finished which means things are due, last research papers for the semester are being assigned and deadlines are approaching rapidly. With all of this happening, all I am sure of accomplishing is ABSOLUTELY NOTHING! Just the thought of finals and schoolwork that’s due soon makes me want to take a long nap… before bedtime!

5 Quick Tips to Fight the “Itis”:

1. Proper Planning
2. Stay on top of deadlines
3. Motivational music always helps
4. Make it fun with note cards, food, friends, etc.
5. Have a great support system. Being surrounded by positivity only challenges you to be THAT MUCH MORE positive!

Hopefully we can all finish strong until we walk that stage. Until then, don’t catch that “itis”, it’s highly contagious!
One thing that people don’t realize about the one and done freshman who leave to go to the NBA is that it’s changing the college game dramatically and this march madness tournament was a clear example of how much it has changed. Teams that most people have never heard of are making upsets and beating top ranked teams, but why? Any athlete knows that team chemistry is a big part of any successful sports team, so with all these teams having 3 or 4 freshman leaving is having a major affect when it comes to rebuilding the program. So teams that have to rebuild every year don’t have the same advantage as the teams who have players that stick around all 4 years. This is why we see schools like Harvard, Mercer, and Wichita State making big runs in the tournament against top ranked teams. The NBA is trying to make a rule where, instead of being 19 to enter the draft they want you to be 21, that way athletes would have to stay in school for at least two years. Only time will tell if the one and down rule will be changed.

By Bryce Raney

Over the years there has always been that one Cinderella team, but this year was different, this year sparked the start of multiple schools starting to make a name for themselves and put their school program on the map.

This year many brackets were a bust with all the smaller schools giving the bigger schools a run for their money. There were many upsets this year including Mercer beating Duke, Dayton beating Ohio State and Harvard beating Cincinnati.

By the time it came down to the final four, the seeds were 7, 8, 1, and 2, with Florida being the only true one seed team to make it. However when it was time for the national championship the battle was between number seven Uconn and number eight Kentucky. This marked a first for many things such as the lowest seeds to ever make it too the championship and Kentucky being the only team to make it to the championship with 5 starting freshman since the Fab 5 of Michigan back in 1994.

The Wildcats looked good throughout the whole tournament, always fighting back to take the game at the end, but Uconn’s experience was too much for them.

When it came down to it, it was the wisdom and experience over the young and athletic to claim the championship.

Photo Credit: thehoopsdoctor.com and redsarmy.com
When it comes to spring and summer time, less is always more, or is it? In this case it is. I went around school asking random students and instructors what their go to item is for the spring/summer seasons.

For gals, other must haves include crop tops, racer back tanks, maxi dresses, swim suits, light button down shirts, circle skirts and cropped boyfriend jeans.

For guys, other must have would be loafers, white jeans, denim jackets, button down shirts, khaki shorts, board shorts, and ball caps!
On Saturday April 12th, 2014, Avila University held its very first annual ‘Dear Neighbor Day’. Dear Neighbor Day is a volunteer event where the entire University, the faculty and staff, and students and alums come together to serve the community. The day consists of volunteering at various places throughout the suburban and urban Kansas City Neighborhoods. The event is used in service to make responsible lifelong contributions to the global community and to serve the dear neighbor without distinction.

One organization that was served during Avila’s ‘Dear Neighbor Day’ was Faith Hope Ministries off Virginia Ave in urban Kansas City, Missouri. Faith Hope Ministries is known as an outreach program for the homeless; providing clothing, food, personal hygiene products, haircuts and furnishings.

One Avila freshmen, Corey Cochran, was one of the lucky volunteers to take part at Faith Hope Ministries on Saturday. Her job was to help ladies find clothing such as dresses, socks, and undergarments, and to help with distribution of hygiene products.

“I have been volunteering all my life and it is something that means a lot to me so I have done plenty of different types of service, but this is one of the most emotional ones I have been a part of,” expressed Corey in regards to her experience at Faith Hope. “Seeing people and children who are struggling that much really makes you appreciate what you have in life and realize how much we really take for granted.”
Definition of Selfie:
The act of taking a picture of oneself.

Avila University Student Leadership Award Recipients

1. Abbey Rice
2. Adam Adler
3. Aimee Adams
4. Alex Balmer
5. Arianna Bartolotta
6. Arianne Henry
7. Aurora Ramirez
8. Breanna Lowry
9. Brendan Derickson
10. Brianna Peters
11. Brianna (Bri) Tarr
12. Caroline Riesenber
13. Cecilia Mata
14. Carlos Calderon
15. Catherine Hennessey
16. Connor Foxhoven
17. Corey Cochran
18. Courtney Hansen
19. Dayton Antley
20. Deborah Jones
21. Diana Albor
22. Erica Diaz
23. Erin Sheehy
24. Hannah Baum
25. Jordan Horn
26. Kaitlin Gould
27. Keiana Moyer
28. Kelsey McMahon
29. Kristen Riddle
30. Kylie Ball
31. Libby Cronican
32. Morgan Brucks
33. Olivia Deeken
34. Patrick Moore
35. Raquel Roman
36. Riley Odom
37. Shawn Dalangin
38. Shawnalee Criss
39. Stephanie Gibson
40. Talia Gonzalez
41. Tekeyah Lawson
42. Tela Beaver
43. Teresa Huff
44. Tori Murray
45. Utah Findley
46. Victoria (Tori) Kopp
47. Victoria Surdyke
48. Yesenia Beltran

Honors Avila students who have positively exemplified the spirit of Avila in service to the campus community.

Follow @talonnews_avila and tag us in your Selfie!
Got Next? Graduation day is right around the corner and the ever-anticipated question arises—what’s next? Four years of hard work, busy schedules, and good times prep students for new beginnings. As they take on the home stretch, emotions run wild. Here’s what they have to say:

Michelle Beeler (Communications Major):
Avila has taught me to never get down on myself, that even when things are hard and seem like the end there is always a solution or another way. Most importantly, Avila taught me to trust myself to know what to do, to not second-guess every single thing and to believe in myself. I’m not sure what life after graduation has for me, but whatever it is I’m so ready and excited to begin that new part of my life.

I think Avila made me grow up and definitely turned me into the person I am today. I’m feeling very blessed to have had the opportunity to go here and make the memories and friends that I know will last a lifetime.

Rosemary Virgoni (Kinesiology Major, theatre minor):
I’m feeling excited, relieved, accomplished, and nervous. My plans after I graduate include working as a chiropractic assistant and teaching dance full time. One thing Avila has taught me is to give 100% in everything I do and to keep fighting for what I want.

Jesse Kribbs (Nursing Major):
I’m feeling excited and nervous. After graduation I plan on pursuing a career in nursing and continue school to be a nurse practitioner. Avila taught me how to handle adversity.

Shawanalee Criss (psychology major):
My plan is to find a job in my field and be a working lady! Or plan B, become a trophy wife. Avila has taught me the importance of community and giving back to society.