Dear Readers,

Spring semester is like a ninja, swiftly moving from activity to activity at mega speeds, and before you know it, it’s escaped. Unfortunately most of us haven’t mastered the ninja lifestyle; that means keeping up can be a little chaotic. New Year’s resolutions, award shows, spring break trips, internships, and of course, the highly anticipated graduation day. It’s merely human to get caught in tomorrow, today.

Our team has crafted this issue to keep you connected. We’ve hit the major holidays including: Black History Month, Women’s History Month, St. Patrick’s Day, and March Madness (yes, I would consider that a holiday.) A special photo story (page 8), by Joy Branch, highlights Kansas City’s must-see attractions. Sneak away from the chaos and visit at least one of these special spots.

Tomorrow will be here at ninja speed; so don’t lose today, in tomorrow’s mystery. Created with humor, bliss, and a dash of irreverence, allow yourself to connect with each page.

- Aimee
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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.
STYLE
HIM & HER
2014 FASHION
WHAT TO WEAR
BY: JAYMIE COLLINS
With the city still under "Winter Advisory" you want to remain stylish and warm at the same time. But how? This is where I come in. I am going to touch on stylish, urban shoe gear for him and her. Lately the biggest trend is none other than the classic Timberland boot. Some think of it as a construction boot or a boot to hike in. But really, paired with today's latest urban trends they are a necessity in your closet as a staple item! According to timberland.com "Our 6-Inch Premium Waterproof Boot is the original Timberland boot, first designed nearly forty years ago and a staple in millions of closets, mudrooms and garages around the globe." Not only is this a classic warm boot, it is waterproof! So as you can see definitely something every one should invest in.
Although when you think of Timberland boots you automatically think of a male shoe. Well low and behold they come in sizes for women as well! They too come in a classic 6” boot as well as a 14” boot. This season a lot of women have been purchasing this boot in kids’ sizes as well (which can result in a cheaper price). So even if you buy your guy a pair of these amazing boots, grab yourself a pair too!
Lew’s (Waldo) – doors open at 8 am, $10 advance, $15 at door (Tickets get you into the party at the Well, also.)
The Well (Waldo) – same as above
Kelly’s (Westport) – doors open at 9 am; traditional Irish bar in historic Westport
Power & Light (Kansas City, MO) – live music beginning at 1 pm on KC Live stage throughout the night
McFadden’s (PNL) – doors open at 7 am; 1st 100 people get free breakfast and t-shirts; green beer, games, and giveaways
The Dubliner (PNL) – bands all day, 93.3’s Steve Serrano dj-ing from 10 pm to close
Howl at the Moon (PNL) - $3 green bud lights and 2-for-1 Irish Car Bombs all day
Kansas City Official St. Paddy’s Day Bar Crawl (KCMO Downtown) - held at Living Room. 6:00 PM and runs until 12:00 AM.
O’Dowd’s Little Dublin (Plaza) – traditional Irish pub on the Plaza; drink specials all day
ATTRACTIONS
BY: JOY BRANCH
Nelson-Atkins Museum of Art. 3525 Oak Street. The Nelson was built on the land of former Kansas City Star publisher William Nelson. It is recognized by the badminton shuttlecock statues placed on the front lawn. The Nelson contains the largest collection of paintings by Thomas Hart Benton, an American artist known for his Midwestern landscapes and lived here in Kansas City.
Thomas Hart Benton Home and Studio State Historic Site. 3616 Bel-levie Street. Thomas Hart Benton was an artist in the mid 1900’s who was famous for his regionalism. He painted landscapes of the American Midwest and west. He created many paintings for Kansas City department stores and business that are now nationally acclaimed art. He even was a teacher at the Kansas City Art Institute. His former home and studio are open to the public and a part of Kansas City’s rich history.

Kansas City West Bottoms. 750 Wyoming Street. The west bottoms are an industrial area west of downtown. The area is home to Kemper Arena, the host venue of the giant American Royal livestock show. The west bottoms were once a huge part of Kansas City livestock exchange until the great flood of 1951. The area is known as a prime photography spot with industrial style, red brick buildings, various train tracks and lots of graffiti.
The Liberty Memorial. 100 West 26th street. The Liberty Memorial sits on top of the congres- sionally recognized National World War I Museum. In 1919 Kansas City citizens raised 2.5 million dollars within 10 days to help the construction and funding. The memo- rial and museum are exclusive to Kansas City and has been visited by current president Barak Obama and last living World War I survivor Frank Buckles.

Union Station. 30 West Pershing Road. A former train station that closed in 1985. It was restored and reopened in 1999 as a series of public attractions including the ever-famous Science City. It is completely nonprofit and hosts international exhibitions such as Dead Sea Scrolls and Diana, A celebration. Union Station is a building rich with history that offers many new experiences and attractions for the people of Kansas City.

Country Club Plaza. 4750 Broadway Street. The Country Club Plaza or better known as just ‘the plaza’ is a high end shopping and dining district. The area is also home to some of the most expensive real estate in the city. Every Christmas, the entire district is eliminated in Christmas lights. The tradition is one of Kansas City’s longest running events; sense the first ceremony in 1930.
Crown Center. 2450 Grand Boulevard. Crown Center is another shopping and dining area that shines during the Christmas season. Every winter, the Ice Terrace opens outside of the shopping center and inside is home to the Mayor’s Christmas tree. Crown Center is also the home to the global headquarters for Hallmark cards and Kansas City’s two largest hotels.
10 Songs to Inspire You

By: Melissa Kyle

1. Roar- Katy Perry
2. God Gave Me You- Blake Shelton
3. It’s My Life- Bon Jovi
4. You Raise Me Up- Josh Groban
5. We Are The Champions- Queen
6. Just Stand Up- Various Artists
7. Don’t Stop Believing- Journey
8. We Own It- 2 Chainz, Wiz Khalifa
9. Born This Way- Lady Gaga
10. Beautiful- Christina Aguilera
Warren Buffett, CEO of Berkshire Hathaway and one of the richest men in the world, is partnering with Dan Gilbert, owner of the Cleveland Cavaliers, to offer one lucky U.S. citizen the chance at $1 billion if they win the ‘Quicken Loans Billion Dollar Bracket’.

What’s the catch? The winner will receive 40 annual $25,000,000, or the winner can choose to take one lump sum of $500,000,000. It is also rumored that Buffett will offer a “buyout” if someone manages to make it to the Final 4. If that lucky someone refuses the buyout and makes it to the championship game Warren will accompany them to the game. The Wall Street Journal was able to catch Buffett for a quick quote, "He and I will probably be pulling for different teams," Buffett said. "I’m not eager to write a check for $1 billion."

The odds of filling out a perfect bracket are not likely in your favor. The chance of correctly picking the winner of all 63 games is 1 in 9.2 quintillion- a quintillion is a billion times more than a billion.

Buffett and Gilbert are limiting the contest to 10 million registrants. You’re eligible to win if you’re 21 or older and live in the United States. As is the case with every NCAA tourney pool, picks must be submitted by noon on the Wednesday of the tournament. Full contest rules along with more information about ‘Quicken Loans Billion Dollar Bracket’ will be released and published in the days and weeks leading up to the men’s collegiate March championship tournament. For contest updates, visit www.facebook.com/quickenloans.
WHO WANTS TO BE A BILLIONAIRE?

By: Julia Gale
Photo Credit: NY Times
Other than being home to Valentine’s Day and the shortest month of the year, February is also Black History Month. To capture some of the essence of the month, the Talon would like to present:

**TOP TEN BLACK FILMS**

1. Shaft (1971)
2. The Homesteader (1919)
3. Gone with the Wind (1939)
5. Guess Who’s Coming to Dinner (1967)
8. The Five Heartbeats (1991)
9. Coming to America (1988)
10. Amistad (1997)

Honorable Mention
The Color Purple (1985)
Soul Food (1997)
Malcolm X (1992)
Lilies of the Fields (1963)
Friday (1995)
The Butler (2013)
The Hollywood Shuffle (1987)
The Great Debaters (2007)

BY: CJ Slaughter
It’s not everyday you get to sit at a table with LL Cool J, Chris O’Donnell, and other high profiled actors. It’s not everyday you get to sing happy birthday to Mr. Cool J himself, and it’s not everyday you get to play apart in one of CBS’s best TV shows since 2009. Not very many people can say they have done or get to do any of those three, but for Theophilus Clark, 2004 Avila University graduate, he’s considered the few.
A communications major with a focus in advertising, Theophilus (Theo) had high outlooks on life after college, joining the NBA, being a millionaire, and acting. When the NBA fell short after hurting himself his sophomore season with the Avila men’s team, he started to have a different outlook on life, “After I got hurt, I started to look at other opportunities outside of basketball to new endeavors,” he said. That’s when acting set in. After working a few jobs out of college and unsuccessfully finding his niche, Theo asked himself a simple question, “what do I want to do that I’m going to be happy with?” In May 2011 he packed up and headed west, where dreams come true—Hollywood.

Harvey MacKay said it, “Find something you love to do, and you’ll never work a day in your life,” and for Theo that was acting. Starring in a few commercials in Los Angeles, he was most noted for his rolls in Kansas City’s Blue Cross & Blue Shields commercials, but his big time break was and will be his first speaking role as Los Angeles Police Officer Leonard on CBS’S NCIS: LA.

It’s only right to have nerves walking into a table read with famous actors, but for Theo it was all business. “Everyone was very welcoming, and you could feel it
was a pleasant environment,” he said about the table read, “but when it comes down to filming it’s no different then writing for a newspaper, you have deadlines so there’s no margin for error.”

When you make it big you always have to look back and think about the people that got you to where you are, and when asked what professor he learned the most from, three stood out to him. “I definitely took different lessons from different professors at Avila, however a few that impacted me on a personal level were Stan Banks (English department), Dottie Hamilton (Communications) and Linda Strelluf (Communications).”

Being from New York to moving to Los Angeles, Theophilus has seen his fair share of trial and tribulations, but with his faith in God and the outlook to go out and have fun with what you love and believe in, life will lead you down the right path. For Theophilus he’s right where he wants to be.

*Theo’s episode “Fish Out of Water” will air February 25th at 8 pm/c on CBS*
Don't wait until the week before Spring Break to get into shape—start while you're ahead! Begin a regular workout routine and a clean diet to achieve the results you've always wanted. For example, do split workouts throughout the week (dedicate each day to one section: chest, legs, shoulders, back, hamstrings and biceps, quads and triceps) This targets each muscle individually to gain or tone to keep your body in proportion.

During a shoulder workout, you want to hit all three heads of your deltoid. You can also add in an abdominal workout along with some HIIT to start leaning out!
Exercises:

- Overhead press
- Front delt fly
- Middle delt fly
- Rear delt pull
- Shoulder shrugs

If you’re trying to **gain muscle**, do 8 sets of 3 reps of the heaviest weight you can do with good technique.

If you’re trying to **tone up and lean out**, do 5 sets of 12. You want to feel a burn in the muscle, until you can’t continue to do that exercise.

During the week, add at least 3 sessions of cardio and abs. I usually do mine on a back, chest, or shoulder day (not leg day.)
Abs:
• 4 sets of 20 weighted pull downs
• 3 sets of 20 penguins, superset with 15 side crunches (each side)

HIIT:
• For 20 minutes, 1 minute of complete rest and 1 minute of sprint
“SUCCESS seems to be waking up before everyone else and getting everyone else to wake up before they themselves are fully awake.”

Successful people keep making mistakes. They make mistakes, but they also keep getting up, which allows them to keep moving forward and to keep growing and evolving.
be connected with CESS ACTION.  

ep moving. ut they don't quit. "

– Conrad Hilton
An adage commonly used during the Women’s Movement of the 1960’s and 70’s was, “Behind every great man is a great woman.” This slogan gave power to women when the world was still known as, “a man’s world.” March is National Women’s History Month, so it’s only fitting that we take a moment to consider just a few things women have contributed to society: the hairbrush invented by Lydia Newman (which also gave influence to the toothbrush), windshield wipers invented by Mary Anderson, the dishwasher invented by Josephine Cochrane, the circular saw invented by Tabitha Babbitt, and Hedy Lamarr found a way to manipulate radio frequencies between transmissions, to prevent classified messages from being intercepted by the enemy to defeat the Nazis in World War II.
There have many inventions developed (and still being developed) by women to influence our lives. From the bulletproof vest made of Kevlar, invented by Stephanie Kwolek, to the chocolate chip cookie created by Ruth Wakefield. To these brilliant minds, we give thanks. James Brown once said, “This is a man’s world, but it wouldn’t be nothing, without a woman or a girl.” Happy Women’s History!

“Behind every great man is a great woman.”
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