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Dear readers,

It’s that time again; time to make the transition from one editor to another. I am proud to present Colbi Howser as next year’s Talon Editor-in-Chief. With every editor switch comes changes to layout and content. This issue we worked together, and I can confidently say, the Talon is in good hands.

With graduation right around the corner, our team created this issue to prepare you for what’s ahead; filled with tips, tricks, and motivation to keep you going. Make sure to check out page 18 and see what Avila senior is pursuing her dream in London.

I hope this issue pushes you to finish strong; or at least survive until May. As always, created with humor, bliss, and a dash of irreverence.

Yours truly,

Aimee Adams
Communications Major
Class of 2015
Apart of Avila Women’s Golf Team

“I couldn’t be more honored to be apart of something where each member makes a difference, and to be able to lead an amazing group of people makes it even sweeter. I hope I will be half as good as the Editor-in-Chiefs’ before me and be able to put out interesting and newsworthy Talons that everyone will enjoy.” -Colbi

For more of Colbi visit: http://colbi-renee.blogspot.com Or scan:
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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.
Music turns your mood and shapes how you’re feeling. If you’re sad, you put on slow jamz, if you’re about to step out with your crew, party music is played. I have a quick go-to list for when you need that umph; that pick me up music to listen to. Whether you’re getting ready for an interview, driving with the windows rolled down, or about to get your fitness in, these songs will get you feeling right!

1. Stronger- Kanye West  
2. Reason To Hate - Ne-Yo, Wiz Khalifa, Tyga  
3. The Man- Aloe Blacc  
4. Hell’s Kitchen- DJ Khaled, J. Cole and Bas  
5. Bad Ass- Kid Ink ft. Wale and Meek Mill  
6. My Moment- 2 Chainz, Meek Mill and Jeremih  
7. All Me- Drake  
8. Trouble- J. Cole  
9. Theraflu- Kanye West  
10. Successful- Drake ft. Trey Songz

**BONUS**: Legendary- DJ Khaled, Keyshia Cole, Ne-yo, Chris Brown

For more visit: http://gtrev18.blogspot.com  
or scan:
meal
If you're anything like me then you know that being a student isn't easy on the figure. Poor eating habits, lack of sleep, and dining hall food are just some of the enemies of the approaching swim suit season... But never fear, in the few short weeks ahead, you can easily turn things around and take on the pool with confidence!

One of the easiest ways to shed unwanted weight SAFELY and quickly is to change your eating habits, and surprisingly, eat more. Eating small portions of food multiple times a day boosts your metabolism and turns your bodies natural fat burners on over-drive.

Meal prepping may seem intimidating, but trying to maintain a healthy diet and boost your metabolism while also working part time, being a full time student, and balancing a (semi) social life can cause healthy eating to be put on the back burner. Taking a few hours out of your busy week to prep on-the-go, student-friendly meals can help you lose weight and save some cash in the process.

I have laid out a typical day of food, all prepped beforehand, that is easy to carry along in a lunch box to class and work.

For more meal prep information, visit: http://www.rippedrecipes.com/articles/nutrition/meal-prep-mondays.html or scan
Breakfast:

Egg whites and oats or fruit

Snack:

Two hard boiled eggs and a piece of cheese

Lunch:

Grilled chicken and quinoa

Snack:

Nuts or trail mix (with dark chocolate only)

Dinner:

Grilled turkey, asparagus, and brown rice

Snack:

Veggies and hummus
E G G
W H I T E
B I T E S

By: Julie Gale
Ingredients:

¼ onion, diced
½ red pepper, diced
Handful of spinach
Egg white carton (24 T. total is used)
Olive oil cooking spray
Black pepper

Instructions:

Preheat your oven to 350 degrees. Spray each muffin tin with olive oil cooking spray so it lightly coats the bottom. Dice the onions and red pepper and divide into muffin tin. Add 3-4 spinach leaves to each muffin tin. Fill each muffin tin with egg whites. Black pepper may be sprinkled on top for flavor. Bake for 20 minutes. Top with salsa or guacamole. Will last in the fridge for 5 days. Enjoy!
28 Method Leg Workout
By: Skylar Roberts

What is the 28 Method?
- 7 normal reps
- 7 slow reps
- 7 half reps from the top
- 7 half reps from the bottom

**Squat:** 28 method 4x
**Single leg lunges:** 28 method 4x each leg (keep front leg elevated on a 45 plate or two 45 plates)
**Leg curls:** 28 method 4x
**Leg extensions:** 28 method 4x
**Standing calf raises:** 28 method 4x
**Seated calf raises:** 28 method
Ah, the weekend’s almost over and it’s time to prepare yourself for the eventful week ahead and then it hits you, the assignment you’ve known about for weeks is due tomorrow and you haven’t started... Panic!

As a self-proclaimed procrastinator I know this feeling all too well. Finally seeing the error of my ways I would like to change my reliance on procrastinating and invite everyone to do the same.

Procrastination is an art to some and a pain in the neck for others. I know that I have done some of my best work waiting until the last minute, but it also caused a boatload of stress and anxiety. It is normal for young adults today to have to balance school, work, activities, family, and friends, which can make life overwhelming. This is usually why most of us turn to procrastination. However, is it really worth putting things off until crunch time, then killing yourself to get things done? It isn’t; which is why procrastination kills.

Ok, so it doesn’t really kill, but it does put a tremendous strain on our minds and bodies. Procrastinators usually get less sleep, have mood swings (from being stressed), have poor time management skills, and lack motivation. All of these things can lead to stress and anxiety in our lives which can be unhealthy.
Let’s try to make some changes in our lives to end the toll that procrastination puts on our minds and bodies! Here are a few simple tips to help us get things done before the very last minute:

- **Get a Planner**
  - Write down all assignments and their due date. Check this daily.

- **Eliminate Distractions**
  - Go to a place where you will actually work on an assignment.
  - Avoid checking social media, using your phone, online shopping.
  - Concentrate on the task at hand.

- **Make Time**
  - Set aside specific times to work.
  - Doing a little work every day will eliminate the need for a last minute cram session.

- **NIKE (Just Do It)**
  - Get assignments done as soon as you can so you can enjoy some relaxation time before the next project gets assigned.

Now go check your phone, Facebook, Twitter, and Instagram, then give your homework your full attention!
Top 10 Inspiring Movies
By: CJ Slaughter

1. Rocky
2. Men of Honor
3. The Pursuit of Happiness
4. Pay it Forward
5. Malcolm X
6. Gladiator
7. Cloud Atlas
8. Remember the Titans
9. Lean on Me
10. The Fighter
Kaitlin Gould, a senior theatre student at Avila recently wrapped up her role as “Violet” in the play August: Osage County. The play is set in a rural area outside of the small town Pawhuska, Oklahoma. It surrounds a very dysfunctional-family whose loved one goes missing, leaving the family to lean on each other. In a recent interview with Gould, I was able to get insight into her role in the play and her future goals after she graduates from Avila.

Gould said she was surprised when she got a call back for the character of Violet, a pill popping, sharp tongued, mother of three. She was even more surprised after callbacks when she got offered the role. Now with the play being over, she says it was one of her favorite roles as well as one of the most emotionally draining characters to portray. “That kind of character is hard to play. I researched the character of Violet and spent a lot of time analyzing the text”, said Gould. With the play wrapped up, you would think Gould has some down time. That couldn’t be farther from the truth.

Just one hour with Gould allowed me to see that she is very busy. She always has some role she is playing, which allows her to constantly work on her craft as an actor. Did I mention she just got admitted into what most actors would agree to be one of the top acting schools in the world? Gould was accepted into “East 15”, a prestigious act-
ing school in London. Although she was very excited, she says it was a nerve wrecking process. “I’ve never been so nervous for an audition in my life” she said. Gould is used to auditioning for roles but this was her biggest audition thus far. Who wouldn’t be nervous? However, she used that nervous energy, performed her monologues and the next thing she knew, she landed herself a spot in the acting school.

Gould is an inspiring go-getter and a motivated one at that. She confirms the idea that, hard work pays off. Congrats Kaitlin!

To see the full length interview visit: https://www.youtube.com/user/thetaloneline

or scan:
Over the years it’s been hard for the Avila students to find something to do in their free time, but the wait is over. Intramural sports have been introduced to the Avila recreation. With the start of spring semester, intramural basketball made its appearance and had a bigger outcome than expected. “It’s good to be able to have something to do around campus, there usually nothing to do after 7:30 but sit in my dorm room,” said student-athlete Josh Lewis.
There were 9 teams signed up to play basketball with 7 players each. Keith Taylor, an Avila Basketball member said, “I think it’s nice that the students actually have activities that they can do around school, playing on the basketball team we always have access to the gym, but it’s good to know that even if you’re not a student-athlete you can still be part of a sports team around school.” Each team is allowed 2 players that actually play on the basketball team- in order to keep the competition at an even level. This is the first time Avila has integrated an intramural program and it’s a big success.
On April 12, 2014 we invite you to be a part of Avila University’s first annual ‘Dear Neighbor Day’, a day when the entire University, faculty, staff, students and alums, comes together to serve our ‘dear neighbors’ throughout our suburban and urban Kansas City neighborhoods. We hope that you will accept the invitation to serve with us in effort to further our mission to make ‘responsible lifelong contributions to the global community’ and to ‘serve the dear neighbor without distinction’.

To sign up visit: http://www.avila.edu/campuslife/campus-ministry/DearNeighborDay/
or scan:
1. It’s good for you
2. It saves resources
3. Volunteers gain professional experience
4. It brings people together
5. It promotes personal growth and self esteem
6. Volunteering strengthens your community
7. You learn a lot
8. You get a chance to give back
9. Volunteering encourages
10. You make a difference

By: Nicole Phillips
Before graduating College, it is a great idea to have an internship. Internships give you the experience you need. So let’s say you get the call to interview. Now what? Well your appearance is the first thing that needs to be addressed. And that is where I come in.

To get a professional job or internship you must look the part. Lets start with overall appearance. Beginning with your hair. As a guy you should always make sure you do not look "scruffy". Take a trip to the barber shop or your very own bathroom and get a fresh cut and shave. Ladies you should either wear your hair up or down. And what I mean by up is a clean up-do, not a just-rolled-out-of-bed-do. Next, less is always
better. So ladies, do not overdo the make-up and accessories. For guys and gals do not drown yourself in a fragrance. Also please shower before attending an interview. Body odor can be extremely offensive to an interviewer. Lastly, cover up tattoos if you can.

Alright now on to the best part, what to wear! Standard colors to wear have forever and always been black and white, which is usually white top, black bottom, and black shoes. However with new and innovative fashionistas and fasionistos, those colors have been revamped a bit. So to keep you in a safe zone, colors to wear would include white black brown tan gray navy blue and off white. Soft pinks and soft blues are also
acceptable and may give you that one memorable item the interviewer will acknowledge. Bright colors are a no-no! You do not want to harm anyone’s eyes even if it is your favorite color. Things for a lady to wear would be button-ups, slacks, pencil skirts, suits, blazers, cardigans, sweaters and below the knee circle skirts. As a woman you should be cautious of things that are "too" fitting, "too" short and that show off a bit "too" much. Ladies you do not want to wear your 6-inch heels to an interview so go get a pair of 3-inch heels specifically for professional attire.

For guys: slacks, button-ups, polo shirts, blazers, cardigans, suits, vests and sweaters are all great to wear. Ties are cool as well but bow ties would be pushing it unless you are interviewing for a retail position. A nice pair of loafers or boat shoes would suffice for a guy. Always remember: tennis shoes are never okay to wear to an interview.

All in all your personality and experience should help win you the job. First impression is the most lasting impression and if you cannot dress the part, you can kiss that job goodbye!
What kind of doctor do you want to be?

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