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ON THE COVER:
From top left: Zach Mize, Dixie Robinson, Mohammed Alabdullah, and Logan Sterling

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MEET THE STAFF

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Night of the Living Dead

By Lori Allen Ohm

From the George Romero and John Russo Classic Film

Feb. 25, 26 & 27 • 7:30 pm & Feb. 28 • 2 pm

graphic violence and live stage gunfire

Goppert Theatre at Avila University

11901 Wornall Road • Kansas City, Missouri

Call 816.501.3699 or visit www.avila.edu/theatre for tickets

Night of the Living Dead is presented by special arrangement with Dramatic Publishing, Inc.

Sign-language interpreter for the hearing impaired will be available at Friday night’s performance.

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Our “Matters of the Heart” issue isn’t just about love. It’s about anything and everything that has to do with our hearts. It can be for the love of the game, the love for a certain culture, or expressing things we have love for.

It was a long winter break and it’s been a while since a fresh Talon was out! That’s because the Talon Team spent all break developing a new concept for the magazine! The Talon magazine will now have three separate sections. We’ve added an international and a sports section to the original Talon! We have a very diverse and multi-cultural student body here at Avila, and we wanted to find a way to represent that side of our school. Also, a very large part of our student body is athletes so we wanted to find a way to represent them as well. Not only does this add more content to the magazine, it will hopefully attract more readers! Thank you for being so patient with us!

Erin Casey Lee, Editor-in-chief
What is the craziest thing you’ve done for love?

A: I love the Royal’s so much that when we made it to the playoffs I spent an entire month’s worth of rent to go to a game. - Casey Lee

A: During the summer 2014, I was undeniably in love with a close friend of mine. She, of course, had no idea. It was absolute torture. After hanging out with her one night, I walked her out to her car. Unable to hold it back any longer, I leaned into the car, without warning, and kissed her. I kissed her long and good. She told me the next day we should probably stay friends. Eighteen months later she married me. Boom. - Zach Mize

A: I was in high school and I was in love with a girl. My family and her family didn’t allow us to meet, hangout, or even get married. Every day after school I would walk and set by her house in the beaming sunlight in heat of about 95 degrees for about 30 minutes a day just to give her a letter. Then I would come the next day and wait 30 minutes to get respond. - Mohammed Alabdullah

A: I have given up my favorite treasure from my first concert to my best friend because she couldn’t make it to go with me in spite of love. - Gracyn Reed
What is the craziest thing I’ve done to assure I wake up on time?

A: When I was at a hotel in Columbia, Missouri for the state wrestling tournament. I had set an alarm on my phone, had my dad call me, a wake up call from the hotel, and last but not least I had told my teammates to pour water on me. It was a wet morning. - Stephen Conway

A: I literally duct taped my phone to my face so that I would have no excuse not to be able to hear my alarm. In the long run, yes this may have been stupid but in the short term it definitely worked. Now, I would not advise to do this method unless you REALLY have to wake up. - Michael Porter

A: Usually I just set two alarms every morning. One of the alarms is set at the time I should be waking up, and one is 15 minutes after just in case I have a morning when I need a little bit of extra sleep. However, the second alarm usually has a label that says “GET UP YOU'RE GOING TO BE LATE!” - Maci Hodges

A: I’ve never been in love with a lady. I have been in love with crawfish though. That’s my favorite food in the whole entire world. It was the first food I ever had and it was love at first sight for me! If you have never had it, please try it the next time you have the opportunity. I have driven hours for crawfish before. I’d say that is pretty crazy to get some food. Oh well... When in Rome. - Nic Yonter
Valentines Is around the corner! Some of you must be excited about showering your significant other with love. Maybe you haven’t put complete thought on what you want to give them. Or in most cases during college you’re just trying to save an extra buck. Well fear not because cupid is right here to help. Below you can see some DIY ideas you can do yourself for your boyfriend/girlfriend.

1. Chalkboard Heart Frames: (craftsbycourtney.com)
   Materials: wooden heart frames, chalkboard spray paint, sandpaper, and white chalk
   1. Spray 2 coats of the chalkboard paint on the frames and let them dry for 24 hours.
   2. Go over them with sandpaper to give them a rustic look, and when done, wipe the frame with a cloth to remove the paint dust.
   3. Go over the frame with a piece of white chalk, rubbing the chalk all over the frame. Lightly wipe excess chalk with a cloth.
   4. Finally, add some scrapbook paper for the background or stick in a photo. Then draw on the frame with chalk!

2. ‘Beaded’ Heart Beanie DIY
   Materials: Tulip Beads, Tulip Glam-it Up, Beanie, Heart stencil, hot fix glass crystals
   1. Layout your beanie folding it flat with one of the sides facing up, trace a heart with a chalk onto beanie.
   2. Using your Beads in a Bottle, fill the heart with different sizes of dots.
   3. Let it dry. Then add crystals.

3. Love Rocks
   1. Random act of kindness, get random rocks from backyard.
   2. Draw hearts on them with washable, some permanent.
   3. Leave these little love rocks around the neighborhood for random people. It will definitely put a smile on their face.
GALENTINE’S DAY

It’s all about ladies celebrating ladies

Brianna Peralta

If you’re like me and don’t have a date for Valentine’s day, but still want to celebrate it, I have a holiday just for you. February 13th is known by many as Galentine’s Day. Galentine’s day is as an extension of Valentine’s Day, but instead of celebrating your romantic relationships, you celebrate the platonic female ones. This was a holiday first coined on the NBC show Parks and Recreation, where Leslie Knope created her own holiday to honor her friendships between different women. The “ladies celebrating ladies” holiday is one that has continuously grown in the past years among friend groups who enjoy having this time to celebrate each other.

Having celebrated Galentine’s day before, here are some things you can do to show your appreciation of your lady friends:

Put it in writing - Nothing proves your sentiment more than taking the time to make your BFF a handwritten card. In it you can list their accomplishments, reasons why they inspire you, a list of puns or some inspirational quotes. It can be anything you want!

Bake your gal’s something they like - Have they been talking about how they have been dying for some ice cream or craving some type of desert? Then surprise them with it. This can be anything from chocolate-covered strawberries to a full on cake of their favorite flavor. It doesn’t have to be extreme but just a simple gesture to show that you care.

Turn up the tunes- Make them their very own unique mix tape or play list! Fill it up with their favorite songs, or just songs that remind you of them, so that they have something to listen to in a car or while just while they are lying around their house. If you introduce them to some new music along the way that is an additional plus.

If you and your friends want to celebrate Galentine’s Day, I say, “Treat Yo Self,” and go for it. It’s the perfect excuse to get all of your friends together and celebrate your girl power, reminisce of your past friendships, and recount all your memories while creating new ones. Boys come and go, but friendships are something that can last a lifetime.
A Holy Love

Moving Mountains at WinterJam

Samantha Santos

When someone thinks about love, a typically romantic idea is conceived. However, love can amount to so much more than romantic ideals. There are so many different types of love. The list of ways to love is nearly as long as the list of its definitions. How many kinds of love are there, and what kind of love is this?

It’s a rhetorical question for many, but an important question for most. There are such things as brotherly love, sisterly love, the love of a parent, child, mentor, pupil, elder, etc. In Christianity, love has some really unique dimensions. One has the potential to witness love from person-to-person, basking in the ultimate love of their God. Music is one of the most heartfelt ways to experience love. On Sunday, January 24th, there was a large local concert where all this was inevitable. This is the annual WinterJam and it takes place at the Sprint Center in Kansas City, in the earliest part of the year. For $10, everyone gets an experience of 10 Christian artists and an evangelist speaker. Hundreds and hundreds of youth groups, families, and individuals wait outside the Sprint Center in the brisk air for the doors to open up at 5pm. It can take hours to get inside, but the happening present is like no other. Students can be found singing their guts out and laughing together on the way to the concert. Friends can be seen holding each other during intense and emotional moments. Families are noticed praying together and so much more. One of the coolest moments for the Christians present, is when a harmony and lyric strike the crowd simultaneously. More than likely, the leader of the band has just said something extremely moving, and the whole place is filled with a deafening silence. All of a sudden, it feels like love has exploded all over the place. God is love and every individual person present can feel enveloped by the Holy Presence.

After the concert, many are left awe-stricken and inspired to do whatever they can to share their unconditional love.
Love is kind, love is gentle, love is warm, and love can consume you. When we think of all the good that comes from loving someone or something, we fail to realize that there are challenges and obstacles that make the love we feel stronger than anything else in life. With the many different ways to express your love towards your family, a friend, or your partner, the power of love is an unexplainable sensation that we are all destined to have at any point in our lives. We all will encounter this powerful love more than once, but some are lucky to find it sooner than others. In finding and expressing love, we have to sacrifice for the well being of both. Love is never selfish or easy, but the reward of being loved in return makes life all the more worth living. And with this love we experience many more emotions that we as humans need to survive and that helps us understand those around us. Along with love comes heartache, pain, anger, and sadness. These feelings make us all the more able to express our love to others. When we truly love, we give our all and nothing matters beside the happiness we bring to the one we love.
Top 10 RomComs for the season

Nic Yontz

Valentine’s Day. 80% of you just cringed when you read that and the other half smiled while butterflies are now in your stomach. One of the toughest things for Valentine’s Day is figuring out what to do. Chocolate and flowers are a must and can’t really be messed up. Unless, of course, you forget them... So don’t do that. Please. The go-to thing to do is watching a movie. Most of you are concerned about what movie to pick. Look no further! The list you are looking for is right here.

Compiling this list was very difficult. There are so many terrific films that need recognition. But, after many hours of research, specific criteria, and mixing in the old with the new, this is the Top Ten List of RomComs for this holiday season:

10) Sleepless in Seattle
The Dynamic Duo: Sam Baldwin and Annie Reed (Tom Hanks and Meg Ryan)
The Quote: “Destiny is something we’ve invented because we can’t stand the fact that everything happens is accidental.”

9) Fever Pitch
The Dynamic Duo: Ben Wrightman and Lindsey Meeks (Jimmy Fallon and Drew Barrymore)
The Quote: “Where do the Sox rank in terms of importance in your life? I say the Red Sox, sex, and breathing.”

8) The 40-year old Virgin
The Dynamic Duo: Andy Stitzer and Trish Piedmont (Steve Carell and Catherine Keener)
The Quote: “You know how when you grab a woman’s breast and it feels like... a bag of sand?”
7) **Groundhog Day**
The Dynamic Duo: Phil Connors and Rita Hanson (Bill Murray and Andie MacDowell)
The Quote: “This is pitiful. A thousand people freezing their butts off waiting to worship a rat. What a hype. Groundhog Day used to mean something in this town. They used to pull the hog out, and they used to eat it. You’re hypocrites. All of

6) **The Spectacular Now**
The Dynamic Duo: Sutter Keely and Aimee Finicky (Miles Teller and Shailene Woodley)
The Quote: “The best thing about now, is that there’s another one tomorrow.”

5) **Say Anything**
The Dynamic Duo: Lloyd Dobler and Diane Court (John Cusack and Ione Skye)
The Quote: “She’s gone. She gave me a pen. I gave her my heart, she gave me a pen.”

4) **Friends with Benefits**
The Dynamic Duo: Dylan Harper and Jamie Rellis (Justin Timberlake and Mila Kunis)
The Quote: “Why don’t they ever make a movie about what happens after they kiss? They do. It’s called porn.”

3) **Silver Linings Playbook**
The Dynamic Duo: Pat Solitano, Jr. and Tiffany Maxwell (Bradley Cooper and Jennifer Lawrence)
The Quote: “The only way you can beat my crazy was by doing something crazy yourself. Thank you. I love you. I knew it the minute I met you. I’m sorry it took so long for me to catch up. I just got stuck.”

2) **Hitch**
The Dynamic Duo: Alex Hitchens and Sara Melas (Will Smith and Eva Mendes)
The Quote: “Never lie, steal, cheat, or drink. But if you must lie, lie in the arms of the one you love. If you must steal, steal away from bad company. If you must cheat, cheat death. And if you must drink, drink the moments that truly take your breath away.”

1) **When Harry Met Sally**
The Dynamic Duo: Harry Burns and Sally Albright (Billy Crystal and Meg Ryan)
The Quote: “I’ll have what she’s having.”
Jonna Garcia

As a child we saw love tossed around as more a word rather than a feeling without really understanding what it truly meant. While growing up some people start to develop the concept of how love feels, while other are left still searching. Every man and women have a different definition of what it means to love and who they should love. Most people are privileged to have felt what love is whether it be from parents, grandparents, sibling or friends. While on the other hand, there are few that are less fortunate to have never experienced the power of love. As we grow older, we begin to realize there are multiple ways to love and there are multiple ways to express your love. And people today fight to have the opportunity to find their love. Love can open a door to happiness or it can close two doors making one fall into the misconception of love. As the people get older and so does the world, people start to process new ways to love others and themselves. We as people are now opening up and accepting of a new generation of love from inter-racial love to loving the same gender. The meaning of love has limited definitions but the feeling of true love brings endless possibilities.

Love in every language

Ever wanted to tell someone you love them in another language? Love may be said differently across the world, but the feeling is the same anywhere you go.

English - Love - (luh-vuh)  French - L’amour - (la-more)
German - Liebe - (lee-buh)  Filipino - Pag-ibig - (pag-ee-big)
Danish - Kaerlighed - (care-lah-did)  Irish - Gra - (grah)
Love can be many things. Love can be expressed in many ways. Love can be shown by many people. I’ve decided to get a glimpse of what love is to certain people by interviewing them with the simple question of “what is love?”

“When you let them get some of your food. Or when they buy you pizza, now that’s love.”

- Savanna Smith

“Love is when people get you messed up in the head… I’m just kidding. I don’t know what love is.”

- Teresa Perez

“Family is love. Food is love. Anything can be love from the way you see it or sense it.”

- Jackie Calzada

“Love is the light to darkness, it’s when you see that one person and lose your breath and you need them because they are your oxygen. They can give the spark that you have never felt and never will feel again…”

- Carlos Diaz
What if Martin Luther King Jr. were alive today?

Ugochukwu Osuala

As we all know, it is black history month. The first person everyone thinks of when it’s black history month is Martin Luther King, Jr. Although he wasn’t the only person involved in the civil rights movement, he was easily one of the biggest players in the struggle for equality. Institutional racism in the United States has declined greatly thanks to the work of civil rights leaders such as Martin Luther King, Jr. Yet we have not reached the promised land MLK talked about, says freshman Kevin Collier, nor has the economic equality King sought for all races been achieved. I’ve come to the realization that if MLK were still alive today, he’d be a very different man from the one we remember. Not different bad, but a different good. Different in that his ministry of radical racial, social and economic justice would have evolved in ways we can hardly imagine today. And I realize how much we lost. With all that being said, what if? Logan Burks, freshman at Avila University says “if Martin Luther King were to be alive in the present, it would be different.” “With all the riots going on right now, he would have a way with the black community. He could calm them down like nobody else could. Maybe, just maybe, there would be just peaceful protesting. Not saying that there isn’t any peaceful protesting going on now, but I can confidently say there would be no riots.”

With all the great things Martin Luther King did, and all the change he encouraged, you can only imagine the work he would do in today’s society. Just like our society does today, always thinking what could have been with things such as movies, sporting events or presidential elections.

If Martin Luther King, Jr. were alive today, he would be in his late 80s. He would still dream that one day every valley would be exalted, and every hill and mountain would be made low, that the rough places made plain, and also that the crooked places made straight, and the glory of the Lord shall be revealed and all flesh shall see it together. If Martin Luther King Jr. were to be alive today, there would be no parades or special banquets or schools with the name of the legendary civil rights leader.

If Martin Luther King Jr. were to be
alive today, there would be no Martin Luther King Jr. boulevards, streets or avenues. None of that. How would that be? Being that there are many of them (primarily in some of the worst places in America crime wise, but that’s another story for another day).

If Martin Luther King Jr. were to be alive today, many predominantly white churches would have had absolutely no reason to include “Lift Every Voice and Sing” in their Sunday services after his birthday each year.

If Martin Luther King Jr. were to be alive today, he would have demanded that we take more urgent notice of the fact that we still live in a world where there are such things as a white church. Or a black church. Or a Latino church. Or a gay church, or whatever kind of church.

If Martin Luther King Jr. were to be alive today, he would be very proud of his widow’s outstanding support for the LGBT communities equality and would have stood by her side in that struggle, because there are bigger things than race. Lifestyle is a very big pillar for our civil rights. LGBTs shouldn’t be subject to hate crimes and discrimination, the same hate crimes and discriminations that went/go against the African American community as a whole.

If King were to be alive, he would probably be too old to stand along the front lines of protests in areas of recent cases of police brutality including Ferguson and New York City, but I can promise you that I believe he would speak out in support of the young people in those cities and across the country fighting against police brutality. Staying on the subject of police brutality, unfortunately, that’s something that hasn’t changed from back then. Although a lot of change have taken place, this is a cancer that seems to be incurable.

What if Martin Luther King was here would things be done differently? Would he have made an “I Have A Dream” part two?

He would surely remind them that old guard civil rights leaders once considered him a young troublemaker as well, just a peaceful one!

That’s just a little something to think about over the duration of Black History Month, and not just the month of February. All day everyday. If the great Martin Luther King were breathing today, boy oh boy. It would be great.

That fateful day in Memphis, Tennessee... What do you think?
What If?
What if our country had a leader who was so egotistical that it could actually hurt our country? What if we had a leader who said whatever came to his mind and not think about the outcomes? What if we had a leader who made fun of someone with a disability? What if that same leader wanted to deport people who have been living in this country earning and working hard for everything? Not to mention claim that he could shoot someone on 5th Avenue and not lose a single voter? The time is coming in the 2016 election. I am talking about Donald Trump! Yes, it’s Donald Trump, the egotistical billionaire. Someone with no political experience or background but is the front-runner for the republicans.

It’s been no secret that Donald Trump has stirred up quite a bit of a mess in the media while running for president, but it seems like every time he makes a ridiculous comment, he gains even more supporters. Let’s start at the beginning of all the madness. Mr. Trump said, “I will build a great wall and nobody builds walls better than me. I would build it very inexpensively and I will have Mexico pay for it. Mark my words.” Wait what? Yes, you read that correctly! A great wall to keep people out because, “Mexico is sending people to America who are ‘bringing drugs.’ They’re ‘bringing crime.’ They are ‘rapists.’” So Mexicans coming to America for a better life must be doing these things? Sorry, sir, but I will have to disagree with you!

So let us move on to some other things from fabulous Mr. Trump. He is making fun of someone with a disability. Trump was seen talking about a reporter who wrote a story on him in a recent Trump Rally. He was displayed on video mocking this reporter, his hand beating and flinging against his chest, changing his speech a bit to symbolize some with a disability. While he took back and modified his intent, it absolutely looked like his intention was crude.

Mr. Trump held a rally where an innocent black protester was beaten and jumped by Trump supporters. The protester was legally using his first
What if Donald Trump became our next President?

It only counts if you vote

How to register

You can register directly Online with your state election office. Or, you can complete the National Mail Voter Registration form. After you’ve completed the form, you print it out, and sign and mail it to the address listed under your State in the State Instructions. It’s important to register! Only 70% of American’s who are eligible to vote have registered.

Donald Trump has a certain swagger about him that I think registers with people, especially if he is talking about trying to make the government work for the people. I have also talked to international students for some research on the topic. Jacob Anieth stated, “I would not vote for Donald Trump because I would be scared to get deported from this country, even though I am an American and been here most of my life. I am scared for all the other families that are here searching for a better life because I truly think that trump is racist and wants to get rid of all the people who are not white.”

amendment right and ability to protest. The protester was chanting “Dump Trump” and “Black lives matter!” He was the attacked and called several offensive names by Trump supporters. Donald Trump said, “Maybe he should have been roughed up, because the things he was saying was disgusting.” Protesting those two sayings are not disgusting enough to deserve a beating! But once again, the Trump campaign had to go against what Trump said and issue a statement saying he doesn’t really support his original statement or the actions that took place.

Donald Trump said, “Maybe he should have been roughed up, because the things he was saying was disgusting.”
According to a study by the Department of Education, of the 4,400 colleges and universities in the United States the majority of them prohibit guns on their campuses. However, recent events have provoked lawmakers to consider legislation at the state level that would legalize guns on campus. What if Avila allowed guns on campus? Would it promote a safer environment for students and teachers or would guns create potential dangers in the future?

Currently in the state of Missouri the law reveals that the possession of firearms on university grounds is strictly prohibited except for pre-approved programs and employees in the line of duty. In fact, only 8 of the 50 states allow concealed weapons on college campuses. Those states include Colorado, Idaho, Kansas, Texas, Mississippi, Oregon, Utah, and Wisconsin. However, mass shootings are becoming more common each day and some people believe that allowing guns in our school will fix this problem.

Viscom Office Manager, Janine Urness, said that if guns were allowed on campus she would be perfectly fine with that. She clarified that, “It would be acceptable as long as that individual was licensed, went to school, and learned how to use it properly.” If Avila allowed guns on campus would it actually make people feel safer? The National Rifle Association stated that, “The only thing that stops a bad guy with a gun is a good guy with a gun.” Had the students or teachers at Virginia Tech been able to conceal and carry would the outcome have been different?
Avila student Keegan Sully thinks that guns on campus is not the right answer. Keegan said that, “If guns were allowed on campus I think a lot of students wouldn’t want to go here any more.” He explained, “In the news when they say guns should be allowed after seeing the Paris shooting for example, If someone who was there during the shooting pulled out a gun to shoot the killer then that individual could get mixed up in it all.” Keegan said that the biggest problem is, “If everyone has guns you don’t know who the good or bad guy is anymore.”

Avila senior, Cleveland Neal said, “If guns were allowed on this campus I would not be coming to school. Why would I want to be going around feeling like my life is threatened because someone decided to bring a gun to school.” He stated as follows, “90% of the students that go to school are crazy so why would you give a crazy person a gun?”

When I ask Mr. Neal what if only teachers were allowed to bring concealed firearms to the university his response was that, “50% of teachers are crazy. I mean imagine if you are acting up in class and you and the teacher ain’t getting along and all of a sudden, POW! The teacher just shoots you in the leg, what are you gonna do then?” He continues to explain that if guns weren’t allowed on campus situations like that would never have the chance to happen.

This firearm controversy is not one that will be easily solved anytime soon. However, I personally don’t understand the need for a firearm that was created with the intonations to kill someone. Isn’t there a better form of protection that is less deadly? Why can’t people turn to powerful Tasers or even a tranquilizer? Why does protection have to be provided by a gun when there are other nonlethal methods that are just as effective?
Think about how you receive news. There are numerous media outlets available to the public in which individuals can receive public news. These outlets include television, radio, newspapers, magazines, and the rapidly growing Internet. Each of these media outlets chooses to broadcast news that they believe the public wants to hear, but also, more importantly, what they believe will increase ratings and generate profit. This being said, it is nearly impossible for these media outlets to broadcast everything that is happening around the world. This raises a question in regards to public awareness. What if the public was aware of everything that was happening around the world? This would not only include what is already shown through most media outlets today, but more so the events that do not make it on the news.

What the public sees will influence them to some degree. The news that an individual sees might not completely change or affirm their opinion on a certain topic or issue, but it will most likely impact them in some way. Many people believe the media has a strong role in the public opinion, and these media outlets can dictate the public opinion based on what news they choose to broadcast to the public.

An example of the media showing a focused perspective on the happenings around the world came in November of 2015. On November 13, 2015, a series of terrorist attacks took place around Paris, France. These horrific attacks included suicide bombings and mass shootings. In total, there were 130 people killed and over 300 who were injured. Understandably so, the attacks received global media coverage immediately following the attacks. The coverage continued on for many days following the night of the attacks. The global public showed strong support and sympathy for all those affected by the terrorist attacks in Paris. Many people donated and showed support through social media posts and other various forms. Following the attacks and news coverage, many people claimed...
the media held a bias towards certain global tragedies. There were many other terrorist attacks happening around the world that were not receiving the same amount of media coverage. Throughout 2015, a terrorist group led by Boko Haram has been responsible for numerous deaths to Nigerians. The complete extent of these killings is unknown. There are some reports that claim hundreds of casualties while other state that the killings reach to 2000. Many people around the world are not completely aware of these terrorist attacks, and many are not aware at all. These attacks in Nigeria have not been broadcasted to the same degree as the attacks in Paris were. This could be because European affairs are believed to impact the United States more than African events do. It could also be because Paris is a very large and iconic city, not only to Europe but in the entire world. Many people claim that the Nigeria attacks do not receive the same public attention because there have been other occurrences of African countries battling with terrorist groups and this seems to be the same type of news.

There is a consistent complaint about news coverage that has recently been brought to light. This complaint is that media outlets are choosing to show mostly “bad news”. What I mean by “bad news” is news that is saddening or upsetting. This includes terrorism, murders, suicides, crimes, racism, and other unpleasant topics. When a media outlet chooses to highlight these types of stories and news, it impacts the public opinion. It portrays the image that today’s society is just bad overall. For example, if a television news program focuses on crimes and killings throughout most of the broadcast, it will leave the viewer with a negative feeling. If that news station chose to broadcast a community cleanup or a charity donation for young children, then the viewer would probably feel more positive about today’s society. Many potential viewers say that this is why they do not watch the news. They claim that there is nothing shown but “bad news”.

So what if the public was aware of everything that was happening across the world? What if these media outlets were able to broadcast all of the “good news” and all of the “bad news”? Many people wonder whether there is more “bad news” that the public does not know about or if there is more “good news” that they are unaware of. There are many great things taking place in communities that are not broadcasted because they will not make for “good television”. On the other hand, there are also horrific things happening that the public does not know about. The media undoubtedly influences the public opinion. Therefore, it is essential for the public to be aware of this and to know how the news industry works.
This issue is all about international students view of their world brought to Avila. This issue is a special one, where international stories are written in the native tongue as well. I’m doing the best I can to get the best of our unique international members to bring the best and only the best to Talon. I’m not alone in this, I got all of the international writers to back me up, they never let me down and they always keep my head up.

Mohammed Alabdullah,  
International Editor
Valentine’s Day in Japan
The difference between the U.S. and Japan

Hanae Ishikawa

February 14th may be one of the important days for the romantic relationship. Couples could use this day for showing their gratitude and love to each other. In the United States, it is common that people exchange gifts, cards, candy or flowers, right? Since I came to the U.S. 3 years ago, I have seen men holding red roses for their loved ones on Valentine’s Day. However, this is not what I see in Japan on Valentine’s Day.

In Japan, Valentine’s Day is the “confession day” for girls who don’t have boyfriend. They prepare chocolate and give it to the guy that they are in love with. As Valentine’s Day gets closer, a lot of chocolates are sold from various brands at the food department in a shopping mall. The food department is so crowded, employees are shouting to get more customers to sell more chocolates… It is a war. Meanwhile, guys usually do nothing on Valentine’s Day. They also have a chance to get chocolates from women who are not their girlfriends because women give chocolate to not only for their love but also male friends. Not all of guys like candy and chocolate, but getting many chocolates is a status for them. When the chocolate is not for confessing love, women always make sure to not mislead guys. Usually the chocolates for friends don’t have special wrappings, no hearts and no cards. It’s for being thankful to be friends.

So what should men do for women? There is a day called “White Day” in Japan. It’s March 14th which is exactly after 1 month of Valentine’s Day. White Day is for men who got chocolates, giving something back to women. They named it “White Day” because white symbolizes purity. Usually men get marshmallow or handkerchief for female friends, and for the partner, they tend to get more expensive gifts. Some of them take her out to the fancy restaurant. I think this custom comes from a typical Japanese characteristic. We Japanese feel that we have to give something back to them with gratitude when we get gift or treat from others. That’s why it was easy to make White Day established for Japanese people.

Valentine’s Day in the U.S. and Japan are a little different, but I think the motive is same. We want to make people we love happy. I hope you enjoy this year’s Valentine’s Day with friends, family and loved ones no matter you’re single or taken, and don’t forget to tell them how much you love them.
日本のバレンタインデー

2月14日は恋愛関係にある人たちにとって、とても重要な日の一つです。カップルはこの日をお互いの感謝と愛を示すチャンスとして使うことができるでしょう。アメリカでは、人々は贈り物やカード、お菓子や花を交換するのが一般的です。私は3年前にアメリカへ来てから、バレンタインデーに男の方がより赤いバラを用意しているのを見てきました。しかし、これは私がバレンタインデーに日本で見た光景ではありません。

日本では、バレンタインデーは彼氏がいない女の人にとって、「告白の日」です。決戦の日、とも言えるでしょう。彼女たちはチョコレートを用意し、想いを寄せている男性に渡します。バレンタインデーが近づくにつれ、デパ地下では様々なブランドのチョコレートが販売され始めます。そして女性たちはお目当てのチョコレートを狩りに行くのです。従業員はより多くの客により多くのチョコレートを販売しようと叫び、女性たちは他の女性にお目当てのチョコを取られまいと、必死に人混みをかき分けて進みます。バレンタインデーのデパ地下はまさに戦闘です。一方で男性は、バレンタインデーには特に何もしません。日本のバレンタインデーでは、女性は愛する人のためだけでなく、男友達にもチョコレートを渡す文化があります。所謂、義理チョコ、というやつです。こういうことで男性陣は彼女や妻からだけでなく、友達や同僚からもチョコレートを渡すチャンスがあるのです。もちろん男の人全員が甘党なわけではありません。しかしこんなチョコレートを渡すということは、彼らにとってのステータスになります。きっと量が多ければ多いほど、自信を持つことができるように特別な包装やメッセージカードなどは付けないのが普通です。彼女たちは男友達との友情や感謝の気持ちを示すために渡すのです。

では、男性は女性のために何かするのでしょうか？日本では「ホワイトデー」と呼ばれる日があります。それはまさにバレンタインデーの1ヶ月後である3月14日です。ホワイトデーは、チョコレートをくれた女性に男性がお返しをする日なのです。ホワイトデーは、宣伝のためにお菓子会社が約40年前に日本で始めました。ホワイト、白は純度を象徴するので、「ホワイトデー」と命名しました。通常、男性は女友達へのお返しにはマシュマロやハンカチを用意し、恋愛や妻のためには高価な贈り物を用意する傾向があります。高級レストランに彼女を連れて行く男性もいるぐらいです。私はこの習慣は、典型的な日本人の特性から来ていると思います。私たち日本人は他の人からの贈り物を送られると、感謝の気持ちと共に何かをお返しすることが大切と思っています。ですから、日本でホワイトデーというイベントを確立するのは、日本の国民性からして簡単だったということです。

アメリカと日本のバレンタインデーは少し異なりますが、私は愛する人々を幸せにしたいという動機は同じだと思います。私はあなたが友人、家族、愛する人、誰と過ごすかは関係なく、今年のバレンタインデーを楽しむこと、そしてあなたが愛する人々に、どれだけ愛してるか伝えられることを願っています。
Sleep, Sleep, Sleep. We all think about it, and who among us does not love to sleep? Sleep gives me a sense of security and comfort. It is the mysterious shift in consciousness that our bodies require every day. Sleep is vital for our health and wellbeing, and not only do we function less when we don’t get enough sleep, but it can lead to long-term health problems. That’s why we need to do all that we can to ensure that we enjoy quality sleep and deal with any sleep problems. Are there are some bedtime rituals that can change our life?

There are some beverages best avoided at night, like coffee and colas that can keep you tossing and turning. But there are also some drinks that can have a relaxing effect on the body like drinking a glass of warm milk before bed will help you to sleep better because milk contains tryptophan, which is an amino acid which helps induce sleep.

Also, choice of sleepwear is essential, and making it a ritual can help you. In the summer you might like to wear cotton pajamas that are loose and breathable, or shorts. In the winter you might find that pair of flannel pajamas makes you feel warm and cozy.

As well, setting the right temperature is one of the most important things you can do to improve your sleep. Waking up in the middle of the night because it’s either too hot or too cold is a sure way to disrupt your sleeping cycle and make you feel fatigued the next day.

And read something. Reading activates your imagination in a positive way, and reading a page or even just a paragraph of something that makes you feel good right before you go to bed can make a huge difference. The mind needs to be fed every day. You don’t have to read something new everyday, but reading something that you love and that puts a smile on your face will help you get into the right frame of mind for sleep.

Exactly what you do before bedtime is a mix of your rituals. Your routine might include a bath, brushing teeth, and saying a prayer. What happens while you sleep has a huge impact on your life. People who don’t get enough sleep have problems making decisions, solving problems, being productive, controlling their emotions, and coping with change. They are also at greater risk of major health issues such as heart disease, diabetes, and stroke. We love to sleep.
The Saudi Royal Court Minister Dr. Azzam Aldakhil, is starting a social media campaign that aims to increase the awareness of Saudi Arabia efforts to fight terrorism nationwide and internationally. The campaign title is #We_express_our_country. The minister Aldakhil asked his Twitter followers to start tweeting in all languages expressing their love and support for their country Saudi Arabia. The official hashtag that people are tweeting at is in Arabic and viewers can go into that hashtag and see people tweeting in variety of languages.

This campaign has two main goals, the first goal is internationally. It plans to show the world how Saudi government and citizens are against terrorism and always standing up to make this planet peaceful and loving place. For example, Saudi cuts dolomitic ties with Iran after attacking its embassy in Tehran. The Saudi Minster of Foreign Affairs said, “We’re not the nation under int’l sanctions for supporting terrorism and whose officials are on terrorism lists; Iran is.” Saudi’s government is making a statement here that we don’t support terrorism and we will fight anyone who does. In regards to this recent Iran’s issue, Bander Alhidairy is a Saudi student at Avila University stated that, he is proud of his government’s action toward Iran and will always support his government in prosperity and adversity situations.

The second goal is domestically. Saudi Arabia currently are going through some changes politically and economically. As known that Saudi Arabia is in a war with terrorism group in Yemen called Houthis. This group is armed religious-political movement aims to bring down the capital of Yemen, Aden so they can rule the county. Also, another domestic issue is that oil prices are very low, which is over 80% of Saudi budget. Due to the fact that oil prices are low, people are afraid it would affect their living and life expenses in Saudi. However, this campaign came out to make Saudi citizens unity and stand together during these crises, so they can move forward. Derrick Lewis is Computer Science major shared his thought regarding this campaign. He believes that is very effective campaign considering the fact that millions of people in social media sharing their positive thoughts about Saudi Arabia. By doing that, it can reach as many people as possible universally to deliver the message needed that Saudi Arabia is a peace and loving country.
Each country has its own favorite sport that everyone cheers for and spends an enjoyable time to watch it. In the United States, Football, basketball, and baseball are the most popular sports that everyone likes. On the other hand, Saudi Arabia’s best sports are soccer first, followed by volleyball, and basketball. In the United States, schools have different sports but one of the best sports is baseball. Growing up playing baseball will make you fall in love with it and also cheer for a team that you admire. Coming to the United States for several reason such as business or education might make you fall in love with baseball because of the enjoyable time you will have watching it. As international student, seeing compassionate fans is contagious and watching the Royals become the best baseball team many made international students fall in love with this team. Some of international students even went to the stadium to watch the Royals play. After KC Royals won the 2015 ALCS and the World Series celebration was incredibly magnificent. Here are some reactions from a few international students that were interviewed and asked about how they felt about the Royals?

Hanae Ishikawa, a student from Japan studying at Avila University responded:

“I used to watch baseball in my country but it wasn’t my favorite sport but after I came to the United States, I loved the way people watch and cheer for their team with great love and pleasurable moments.” “I think the team was good because I enjoyed watching their games and the way fans love their team”

Saleh Alotaibi, a student from Saudi Arabia majoring in PR & Advertising answered:

“The first time I came to United State I didn’t know baseball but when I saw everyone is interested in it I went to watch one of the games on campus and I liked it then I saw some of the Royals games and when they won the World Series how people went to crazy of happiness celebrating and the people who walked in downtown wearing the Royals shirts and hats singing and having a great time I loved the way they cheer for their team and that’s how I loved the Royals” “I think Its good team to cheer for and their games are entertaining to watch”
الحب غير متوقع

الحب من البلدان المختلفة

 بواسطة: علي الشرقاوي
كل بلد له الرياضة المفضلة الخاصة به، الجميع يهتف لنشاهده ونعتقه. في الولايات المتحدة، كرة القدم، كرة السلة، والبيسبول هي الرياضة الأكثر شعبية التي يحبها الجميع، لكن من جهة أخرى، الرياضة في المملكة العربية السعودية هي كرة القدم في أول مكان، كرة الطائرة، وكرة السلة. في مجتمع الولايات المتحدة، المدارس هناك لديها مختلف النشاطات الرياضية ولكن لعبة البيسبول هي أفضل الرياضات. من الصغر لعبة البيسبول تجعلك تشعر بالحب في اللعب لهذه الرياضة للفريق الذي تحبه في اللعب. الطلاب القادمين إلى الولايات المتحدة يأتون لعدة أسباب مثل العمل أو التعليم قد تجعلك تشعر بكل في حالة حب مع البيسبول بسبب الوقت الممتع عندما تشاهدها. كأ طالب دولي، ورؤية واحد من أفضل فريق في البيسبول هو روينالز أو الملك، فريق البيسبول كأس العالم سيت، والمباراة التي لعبها بطل البلاد الدولي في الفصل مع هذا الفريق ببعض الطلاب الدوليين حتى الذهاب إلى الملعب لمشاهدة روينالز يلعب. بعد فوز روينالز على بطولة العالم رويالز "منذ عام 1985، وكان الاحتفال روينالز رائعة بشكل لا يصدق. وأجريت مقابلات مع بعض الطلاب وتم سوالهم عن كيف يشعرون فريق الروينالز أو الملك؟ وكيف يشعرون نجاح الفريق؟

هاني الدوسري، وهو طالب من اليابان الذين يدرسون في جامعة أبيلاء رد:
"اعتقدت على مشاهدة لعبة البيسبول في بلدي ولكن لم تكن رياضيًا الحمالة ولكن بعد أن قمت إلى الولايات المتحدة، وأحببت الطريقة التي يستمتع الناس مشاهدة الفريق ويحظون فريقهم مع الحب الكبير وحظان ممتعة. "أعتقد أن الفريق كان جيدًا لأنني استمتعت بمشاهدة المباريات التي لعبها وطريقة المشجعين التي يحبون فريقهم جدا "

 صالح العتيبي، وهو طالب من المملكة العربية السعودية في تخصص العلاقات العامة والإعلان أجاب:
"في المرة الأولى التي جئت إلى الدولة المتحدة لم أكن أعرف البيسبول ولكن عندما رأيت الجميع يحب الفريق بعد ذلك ذهبت لمشاهدة واحدة من الألعاب في الحرم الجامع، وقد أحببت ذلك ثم رأيت بعض مباريات روينالز وعندما فاز بطولة العالم كيف ذهب الناس إلى الجنون من السعادة في الاحتفال والنساء الذين ساروا في وسط المدينة وارتداءهم القمصان للروينالز والقيادات والغناوء الوقت الممتع وأيضاً لقد أحببت الطريقة التي يهتف لفريقهم المشجعين وهذا ما جعلني أحب روينالز "إضافًا "أعتقد أنه فريق جيد وفريق ممتع للمشاهدة وها أنا جمل جدا "


Missing Home, But Making New Friends

An Unlikely Love Story

Saleh Alotaibi

In a Russian zoo, a Siberian tiger named Amur was living a happy life where everything was taken care of. He had a nice enclosure to sleep in and live animals were delivered to him whenever he needed to eat. Then one day a billy goat named Timur came into Amur’s enclosure but he didn’t show any fear. No one taught the goat that he should be afraid of tigers. Then something shocking happened. The Tiger did not try to eat the goat. This is like a miracle because tigers eat goats, not become friends with them. The people at the zoo realized that the friendship was serious when the tiger would not touch the goat after three days together.

Timur sleeps inside the shelter where Amur used to sleep but now, the Tiger spends the night on the roof of the shelter. In the morning, Amur and Timur meet and walk around the big enclosure. Usually, the Tiger walks ahead of the goat who follows behind. Over time, they have even begun playing together and chasing each other. One day, Timur challenged Amur by poking him with his horns. The tiger accepted the goat’s challenge and pushed his forehead against Timur’s horns, and kept it there for five seconds without starting a fight with each other. After they played for this short time together, Amur went back up the hill to sit in the sun. The Tiger has also tried to teach the goat how to catch prey. Amur no longer eats live goats for dinner, he is now fed live rabbits because he has a new respect for goats.

Society can learn a lot about life and how to deal with each other by looking at this story of the unlikely friendship. The tiger and the goat are totally different from each other. They don’t look the same and they don’t have the same habits or lifestyle. This is a lot like our world is. There will always be someone different from you and that could seem scary at first, but it is important to look past the unknown and see that true friendships can be made and barriers crossed in the most unlikely situations. We can thank Amur and Timur for this life lesson.
قصة حب من نوع آخر

ب كلم: صالح العتيبي

تدور احدث قصتنا في حديقة للحيوانات في روسيا. ابطال قصتنا هو النمر السيبيري، والماعز السبييري. كان يعيش سيبيريا حياة سعيدة حتى حصل على رعاية فوق الخيال اقصده حصل على حافة من الرعاية الكاملة يعني كان لديه عشة صغيرة لقمة وكان يسلم كل طازة يعني كل ما حس بالجوع أو مجرد فكر بطعم كان يسلم له حيوان حي اين كان الحيوان ومع مرور الوقت حصل امر طريف في يوم من الأيام جلب له اصحاب الحديقة ماعز جميل ليتناول وجبة العشاء النسمة لأن الامر الطريف بين الماعز هو تيمور يعني ان تيمور لايفكر في عدم الدنيا يعني مستوي معها ياعمي وحلقائه لم يظهر أي خوف.

تعاد هذا النمر المدقل بطنيحة الحال ان النمر تأكل الماعز والماعز تخاف من النمر لاكن الامر انتقل في الحديقة الروسية يصبح خلف المعتجه وعلى هذا الحال بدأ الحال ثلاثة أيام حتى أقر جميع من في الحديقة ان هذه الصداقه لملاحمة وكان من الصدف ان تيمور ينام داخل الحضيرة ام سيبيريا ينام على اسطح تلك الحضيرة وفي الصباح الاثنين يتجوالان معًا لأن سيبيريا يقدم تيمور دمًا وكان يلعبا معًا جيدًا ومطلقة من هذي اللعبا الحميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتفقت معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيته ان تم ركوب تيمور الولبيته واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه على وجه الحال ويبدا يلعبا معًا وعلى النمر يلعبا معًا يلعبا غميضة ومطاردة من هذي الالعاب الجميلة حتى حدث في مرور من المرات ان تيمور دفع سيبيريا مستخدمًا قوة الولبيتهم ان تم ركوب تيمور الولبيتهم واتبعته معه عند قوة التيمور للانهار واتبعته معه تيمور كثيرة لدرجة ان الحديقة الروسية على اسحاق الحلم نص دي تيمور قد يقلب واتبعته معه تيمور ممتعة ومعه تيمور بطن البس يجري عقبة ويصبح معه onsite مطابع في حياتنا لاكن تغير لحل للنساء بمشيئة الله وذيه ع طبيعة حل حلقة في الحقيقة على كلام الأشيوع الروس لاكن جبتها لكم سيرحب شمسي قلبيوكم لاحكم شرحبيل شمسة
من أجل الحب الغذائي للأطعمة العربية

هناك جوانب عديدة من الثقافة التي تتوانى وراء الكلمات. أنها ليست اللغة الوحيدة التي تجمع الناس معا في الواقع، واحدة من أعظم الأمور التي يمكن للناس أن يشتركوا فيها الغذاء. لكل طبق أطباق مميزة خاصة بهم تروي قصة مختلفة. واحدة من الأطباق الشعبية جدا هو الأكل العربي الشعبي المعروف لدى الأميركيين وحبهم له.

أحد هذين الأطباق الأكثر شعبية في الأطعمة العربية هي الشاورما. تتكون الشاورما من نوع ما من اللحوم كالحم البقر أو الدجاج.

وحيث يتم طبخها عن طريق الشوائب المخصصة لها بوضع اللحم الضأن أو النرجس أو لحم البقر. وبعد ذلك يتم تقطيعها على شكل كل من كل كتلة من اللحم المطبوخ ويسكب عليها جوده ملحوظ في الخبز العربي الفاخر الذي يعد في أفران خاصة لهذه الخبز.

وعادة ما تؤكل الشاورما مع التندوه والخبز، الطماطم والخيار والطحين والخضروات. وتشمل معها البطاطس المقلية أو حساء الأرز السريعة. وسهلة وقوية كتب مختلفة من الشوربة إلى من هم أكبر من صن في المملكة العربية السعودية، والدول العربية، وكم هو الحال المعروف بالنسبة للشاب في أي وقت من أوقات متأخرة من منتصف الليل إلى ساعات الفجر.

من الأطباق العربية التي تخصشي شعبية كبيرة هي الكبسة. الكبسة هي مكونة من أطباق الأرز المختلفة التي تأتي من اليمن حيث يطلق عليه عادة الطبق الوطني، ومع ذلك، في المملكة العربية السعودية، وهي وجودة لا تفوق الأول. لا يوجد المطعوم، الأمر الذي لا يوجد بيت بخلو من الكبسة.

ومن البلدان الأخرى التي تجد الكبسة فيها من ضمنها الأردن والكويت، عادة ما تكون هذه الطبق مع الأرز طويل الحبة مثل البستي مع نوع من اللحم وطعمة البيا الخضراء، وخليط من التوابل. هناك أنواع كثيرة من الكبسة وكل واحدة فريدة تماما بميزياتها وطعمها، حيث أن التوابل المستخدمة في الكبسة هي السر الذي يضحك عليه عادة الطبقة الوطنية.

العراقي والكردي. عادة ما يكون هذا الطبق مع الأرز طويل الحبة مثل البستي مع نوع من اللحم وتضاف البيا الخضراء، وخليط من التوابل. هناك أنواع كثيرة من الكبسة وكل واحدة فريدة تماما بميزياتها وطعمها، حيث أن التوابل المستخدمة في الكبسة هي السر الذي يضحك عليه عادة الطبقة الوطنية.

وينصح الشخص بأن يتناول وجبة من الطعام المحضر في المنزل مع عائلته. لا يهم أي شخص إلى اي مكان في العالم، إذ أن المهم أن يجد أحد الأطباق الثقافية المألوفة من وطنه، فإنها يمكن أن تساعد هذا الشخص أن يشعر شعورا بالراحة. كل ثقافة لها تقاليد الطعام الخاصة بها والطعامات العربية هي واحدة من أفضل المأكولات التي تثير عن

الثقافات العربية بشكل عام.
I Miss the Taste of Home

For the love of Arabic food

Abdulaziz Alotaibi

There are many aspects of culture that communicate beyond words. It is not only language that brings people together. In fact, one of the greatest things that people can share together is food. Each culture has distinct dishes that tell a different story. One very popular food is Arabic food.

One of the most standard dishes in Arabic food is shawarma. Shawarma is a meat preparation where lamb, chicken, turkey, beef, veal, or mixed meats are placed on a spit and may be grilled for as long as a day. Shavings are cut off the block of meat for serving. Shawarma can be served on a plate and is often served with French fries or as a sandwich or wrap. Shawarma is usually eaten with tabbouleh, bread, tomato, and cucumber. Toppings include tahini, hummus, and pickled turnips. In Saudi Arabia, it is typical for a group of friends to eat Shawarma around midnight right before they go home to sleep.

Another very popular Arabic dish is kabsa. Kabsa is a family of mixed rice dishes that comes from Yemen where it is commonly called the national dish. However, in Saudi Arabia, this is a very popular meal to make and can be found in almost every household. This dish is usually made with long grain rice like basmati, meat, vegetables, and a mixture of spices. There are many kinds of kabsa and each is completely unique. The spices used in kabsa are responsible for its taste and they are black pepper, cloves, cardamom, saffron, cinnamon, black lime, bay leaves and nutmeg. The main ingredient that goes along with the spices is meat. The meats used are usually chicken, goat, lamb, camel, beef, fish and shrimp.

Nothing takes you back to home like a meal from your family kitchen. No matter where someone goes in the world, if they can find their familiar cultural dishes, they can feel a sense of comfort. Every culture has its own food traditions and Arabic food is one of the best.
What being healthy means

Omar Alnasser

What is health? What does good health mean? Many people have a different perspective on the meaning of health. But when we want to narrow it down, the true meaning would be having a healthy strong body that do not get affected too easily by sickness.

Abdullah Alshaddi, a senior at Avila University, says that during the weekdays most of the time he does not have enough free time, so he would do a short cut and get a fast food. But on weekends, he will cook a more healthy meal. Trent Reif, a personal trainer at Life Time fitness says the motivation to stay healthy has a lot to do with discipline and that motivation comes from the inside.

All in all, healthy life is so important to us to live a good life. But there are some rules to be healthy. To be healthy you should exercise and eat a healthy food.
الدافع من كونها صحية!!

بقلم: عمر الناصر

ما هي الصحة؟ ماذا تعني صحة جيدة؟ كثير من الناس لديهم وجهة نظر مختلفة وهذا يعني عن الصحة. ولكن عندما نريد أن ضاقت عليه، والمعنى الحقيقي لذلك سوف يكون لها هيئة صحة جيدة أيضا الجسم القوي الذي لا يتتأثر بسهولة جدا من المرض.

بالطبع بعض الأشخاص. هل حقا الناس أحباب أن يكونن بصحة جيدة بالطبع نعم، لأن ما هو الغرض ليست لديها بصحة جيدة الآخرين حتى لا يحبون أو الرعاية لتكون صحية، ولكن وجهة نظرنا هنا هو أن يركز عن الناس الذين أحباب أن يكونن بصحة جيدة.

من ناحية، والغذاء هو الغالبية العظمى من كونها صحية، أعني الوجبات السريعة ليس التفكير المثالي لجسمك، ولكن الغذاء منذ العصور ما بين 18 إلى 24 سنة، ومعظمهم من سيكون طلاب الجامعات، والقيام معظمهم من الصحي هو مثالي لجسمك أكل الأغذية الصحية أو الوجبات السريعة. عبادة الشدي، وهو طالب جامعي في جامعة أفلا، ويقول أنه في أيام الأسبوع أكثر من مرة لم يكن لديك وقت فراغ طويل، حتى أنه سيجعل طريدا مختصرًا والحصول على الوجبات السريعة، ولكن في عطلة نهاية الأسبوع، وقال انه بالتأكيد سوف طهي الطعام الصحي. وهذا يعني بعض من طلاب جامعي لم يكن لديك الوقت لتتناول الطعام شيء صحی. أنا لا أقل أنها لا تريد أن تكون في صحة جيدة، وبطبيعة الحال، أنهم يحبون أن يكونن بصحة جيدة. من ناحية أخرى، ترينت، هو شخصية المدرب في وقت الحياة لياقة بدنية. وفقًا لتيانت قال إن لديه كونه شخصية المدرب قد تدرب الكثير من الناس. في تلك الوقت أنه تدريب شخص ما يمكن أن يشعر شعورهم حول الصحة، لكن أكثر من سنة صحية. وقال أنه يمكن أن ترى الدوافع التي تأتي منها في حين أن التدريب و هو أمر ضروري للاهتمام، لأنه في وقت ما من الصعب أن يشعر الدافع الذي يأتي من الداخل.

جميع في كل شيء، حياة صحية مهمة جدا بالنسبة لنا أن نعيش حياة جيدة. ولكن هناك بعض القواعد التي تكون صحية. لتكون صحية يجب عليك ممارسة الرياضة وتناول الغذاء الصحي. هذه القواعد هي مفاتيح لحياة أفضل والكامل من التحفيز.
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For those captivated by the world of sports, February is a month packed full of emotion. Heartbreak sets in as the NFL and College Football seasons come to their annually dreaded close. There is, however, just a momentary grievance. Basketball season is heating up, you see. The madness of March will, crazy enough, begin to replace the anguish left by the parting of the gridiron. At the same time, college baseball is underway and the MLB’s reemergence is just around the calendar’s corner. So have heart, my friends. Your Sports Talon team will be here to share all of the buzzer-beaters, no-hitters, and nail biters alike. Game On.
“Honestly if they don’t like the way things are they can just take out loans like the rest of us.”

“If you think education is expensive try ignorance.”

These are just a few of the common reactions to the argument that college athletes should be paid. It’s an argument that has been going on since the early 1900s.

Most of the time the student-athletes that we think could possibly be compensated for playing their sport are Division 1 players and Men’s Division 1 players. But you can believe that there could be problems if the women athletes aren’t considered for making something or making something equivalent to that of the male student athletes. Looking at it from the other side you have to respect Title IX. Title IX is a rule stating that female athletes have the same opportunities as males to be compensated for their sports. If you compare women’s division 1 basketball to men’s division 1 basketball you can pay the female athletes with money made from, merchandising, ticket sales, televised games, and any other revenue that was brought from March Madness. March Madness is college basketball’s playoff tournament for both men and women’s basketball but the women’s tournament subsequently brings in half of what the men’s teams bring in. So you’re going to have to think twice before leaving them out.

If we pay college athletes the college athletics industry will be formed with the NCAA sitting proudly at the head as the CEO, the executive’s being the school’s themselves, and the student athletes’ transition over to the category of employees. If the players have an income, they will have an income tax. Most of the college will be unable to compete with the Big Five. The players will quit at one school and go to another school that offers more money. They will have to negotiate pay increases. They will want to play more than four years. They will have to pay their own insurance. The pros will deal directly with the players. The governments will levy an income tax. The coaches will ’fire’ the ones that don’t play better. All these outcomes can be looked at as problems but there are also some good outcomes. Players like Ed O’Bannon who haven’t played their respective sports in years or decades will be able to receive a piece of the profit made from video games that use their likeness. Whether good or bad this is a topic that is not going away any time soon.

A look at the college athletics industry

Chris Grissom

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SHOULD WE PAY COLLEGE ATHLETES?
Humiliation. That’s what the Bronco Nation experienced the last time that they were a part of the spectacle that is the Super Bowl. After the game, the General Manager of the Denver Broncos, John Elway, started reconstructing his defense so that the next time they were playing on this national holiday, they could compete. And compete they did.

The Broncos brought their tenacious defense against the well-oiled offense of Cam Newton and the Carolina Panthers. Cam has been changing the way the Quarterback position has been played. Cam will be back, most likely several times, before his career is over. But this night belonged to the Broncos.

Being able to slow down Cam requires a perfect formula with perfect results and a bit of luck. The Bronco’s secondary is so good that they can stack the box and play man to man on the outsides and make it very difficult for the opposition to do anything. The key for this to be successful is good pass rushers. Luckily for the Broncos, they have two great pass rushers. Those two gentlemen are Von Miller and DeMarcus Ware. After the Denver pass rush had an incredible 17 knockdowns, they followed that up with 13 in the Super Bowl against a stout offensive line.

Wade Phillips was the man with a plan for this Denver defense. Phillips took away Cam’s favorite targets, allowed him to rush a little bit, but only enough to bend, not break, the defense. This mixed with a great Special Teams game gave the Broncos the illustrious trophy that they have been yearning for since Peyton Manning came to town. Speaking of Manning… What a way for him to go out.

There isn’t a whole lot that you can say for Manning that hasn’t been said already. He is one of the very best, if not the best, to ever play Quarterback in the NFL. He brings a certain level of preparation and attention to detail that every Quarterback strives for. He has changed the game and if this is his last time on the field in a NFL jersey, what a ride it has been. A man that overcame the odds of a neck injury and brought life and a level of expectation of winning back to the city of Denver gets to go out on top with almost every passing record he could have. He also goes out with 200 wins (the most ever for a Quarterback) and is a certain first ballot Hall of Famer. As Peyton Manning said in his post-game interview, it is time to celebrate with a Budweiser. Cheers to keeping it 200 Peyton.
Mabee Fieldhouse is, without a doubt, an undeniably relevant, NAIA stadium. Here is the predicament: where are the supporters? On February 3rd, a tragedy occurred. Avila, your men and women’s basketball teams went to war with an absolutely conquerable MidAmerican Nazarene University squad. The atrocity? There were more MidAmerican fans at our house than there were Eagles. Here is the honest truth... Rodney Perry, your head coach, wants a championship. Sedrick Johnson, your Mr. 2000, wants a championship, Epps, Adams, Lewis, Fennell, and Ezeamii, your Seniors, want a championship. They put in the work. The question remains, where are you, Avila? MidAmerica had more representation on our floor, Wednesday night, than we did. THAT IS UNACCEPTABLE. Championship teams DO NOT stand alone; they have believers. They have out-screamers. They have a body of students behind them that fuel the flame of collegiate victory. A victory only attained by a unanimous agreement that declares, “WE REFUSE TO LOSE.” The Eagles, both men and women, stand their ground every single game. This is a call to those who will stand with a hope, an idea, an absolute and complete refusal of anything less than a championship season. Check your schedules. Come out to Mabee. This is our year.
E SPORTS ON THE RISE

What makes us love them?

Gunnar Kodas

Electronic Sports, better known as eSports, have been rapidly growing over the past few years. An easier way to describe them would simply be professional video games. The total earnings to date in all of eSports are up to nearly two hundred million dollars. That’s just earnings, though. This year the revenue from eSports is supposed to hit almost five hundred million. Five hundred million! The real question: Why do people love video games so much? Is it the thought of making money playing video games? Is it because you don’t have to workout to be good at it? Is it because your parents hate it and we all just love doing the things our parents hate?

What many people don’t understand is that eSports, just like any other sport, take a lot of practice. You don’t just pick up a controller and instantly know what to do. Call of Duty, for instance, is played four-on-four with a bunch of different game types. Each person has to have a strategy that flows well with the rest of his or her team in order to win. Playing video games and playing sports, like basketball or football, are the same in this manner; you can’t just pick it up one day and expect to be the best. It takes years of practice to become good enough to play at the next level. I believe that is why so many people enjoy eSports and why it is rapidly growing. It’s just like any other sport. If you aren’t the best athlete, but still have that competitive nature, eSports are a great alternative to getting it. When you finally find a team that you want to play with and get better with, you all become friends and bond over the game, just as you would with a football or basketball team. We all know that when you’re the best or even just good at something it’s a blast to keep doing it. Recently, eSports have been featured on ESPN, talking about what they are, showing some of the tournaments, and also sharing some of the player’s stories. If you’re interested, you should find the video on YouTube and give it a watch. It’s pretty cool to see young people making millions of dollars playing video games and how their parents’ minds have changed about it. They’re apart of something that is changing what a “sport” really is.
If you go on campus at Avila University and ask the students about the basketball program, one name you will definitely hear is Sedrick Johnson. He has a household name around the university, an honor that he earned and deserves. Sedrick started his career at Avila in 2012. He made an impact his first year, and that is when the story of Sedrick Johnson began.

As a freshman, Johnson was shooting 44% from the field, averaging 16 points, 4 assists, and 2.5 steals a game. He finished off his freshman campaign with 482 total points. Getting a freshman to come in and take over the game from the beginning is rare, but it comes naturally to Sedrick.

During his sophomore year, he averaged 18 points a game and finished with 480 total points. He bumped it up his junior year and averaged 19 points a game, finishing the season with an unbelievable 580 total points for the season.

Sedrick, now a senior, is leading the team in scoring at 24 points a game. He is now Avila’s all-time record holder for total career points scored. He hit the 2000-point mark during the second half of his senior year. Although he is known for his prolific scoring, he is also very close to hitting a career total of 500 assists.

The Avila basketball program is striving to make a second half conference run, finish top 3 in conference play, and make the national tournament for the first time in school history. After talking with Sedrick about his scoring title and this season, he had this to say, “It was a huge accomplishment [for] my career here at Avila, but the ultimate thing I am focused on is winning games and getting to the national tournament. This is the team that can do it, so I will continue to do my part and help my team do what has never been done.” In the face of all his successes, Mr. Johnson remains humble and is keeping his eyes on the prize.
A SECOND HOME

Q&A with Avila soccer player; Michael Porter

▼ Ugochukwu Osuala

For as long as I can remember, sports have been huge a part of my life. From playing them in high school to watching them on television, I can honestly say that the excitement never goes away. You can make a legitimate argument that collegiate sports are more exciting than professional sports. From the Final Four, to the College Football Playoff, there is not that much of a drop off between the two levels.

I sat down with Michael Porter, a freshman soccer player here at Avila, and had an interesting conversation about why he loves his sport so dearly.

Q: When did you find out you actually liked soccer?
A: “When I was 3. I would rather kick a soccer ball than walk.”

Q: When did you start playing organized soccer?
A: “I started playing organized soccer when I was 5 years old. With a local association. Camden Youth Soccer Club.”

Q: I’m guessing that’s when you scored your first goal?
A: “Yeah, and it was amazing. I’ll never forget it.”

Q: When did it come apparent that you could go far playing soccer?
A: “My sophomore year of high school. I got recruited to be a part of an exclusive soccer club. The club traveled around the nation playing teams from all over.”

Q: How was it?
A: “It was fun. It was also eye opening. At the time, I had never left the state of New Jersey without my parents. It was kind of scary at first, but as time went on it wasn’t bad at all.”

Q: How about the first time a college recruited you? Who was it and how was it?
A: “The first college to recruit me was Carin University in Pennsylvania. It was nice. They treated me very well.”

Q: Well obviously you ended up here at Avila. Tell me why chose our school.
A: “Coach Hoffman preached a family atmosphere and made me feel like Avila would be the best place to call a second home.”

Q: Was he right?
A: “No doubt about it. Avila is definitely my 2nd home, and it will be until I graduate.”
Basketball season is ending and the best time of the year is quickly approaching. 68 NCAA division I teams will compete in a single-elimination style tournament most famously known as March Madness. What makes the NCAA men’s basketball intriguing is that upsets occur on a regular basis, making it a fun event to watch by all. These five teams have shown tremendous depth, ability to win on the road, and senior leadership, which is key in the NCAA tournament. Here are five teams I believe will make noise in March.

**Sleeper Pick:**
Monmouth: Everyone loves a Cinderella story and this team is a team to watch come March. With wins over UCLA, Notre Dame, USC and Georgetown this team will have no problem facing a power 5 conference in the early rounds. I’m sure many of you have heard of Monmouth as they have made headlines with their unique bench celebrations, which have caused some controversy. Regardless, this team lead by Junior point guard Justin Robinson who is averaging 20.2 points per game could make a deep run.

- **Record:** 15-5 (1st in Metro Atlantic Conference)
- **Projected Seed:** 9-12

**Sleeper Pick:**
Valparaiso: Although this team does not have any marquee wins up to this point; they’ve done something a lot of teams fail to do; win the games they’re supposed to. Valparaiso is 7-1 in conference play with their one loss coming on the road. Valpo offers a balanced attack on offense with five players averaging at least eight points per game.

- **Record:** 17-4 (1st in Horizon League)
- **Projected Seed:** 10-13

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**Ryan Meyer**

These teams have what it takes to make it to the Final Four.
Not given enough Credit:
Indiana: At the beginning of the season it seemed as if Tom Crean would be out of a job after two key non-conference losses. The Hoosiers have turned it around winning 12 straight and a perfect 7-0 in Big Ten play. Senior Guard Yogi Farrell will be the key factor for the team down the road if they look to make a push in the tournament.
  Record: 17-3 (T-1 in Big Ten)
  Projected Seed: 4-7

Power-Seed:
Providence: Dating back to the Old Big East, Providence was hardly a factor. This year it has officially changed. The Friars are competing at an extremely high level and have proven their road tested with wins at Butler and Villanova. Providence provides a matchup nightmare with their speed and length, look for them to use those strengths to their advantage.
  Record: 17-3 (2nd in Big East)
  Projected Seed: 3-6

Power Seed:
Iowa: Fran McCaffery has this team playing with absolute poise up to this point. Early projections had the Hawkeyes finishing in the middle of the pack of the Big Ten. After sweeps of Michigan State and Purdue, the national spotlight has arrived. Redshirt Freshman Nicholas Baer and Junior Peter Jok have played integral roles in the success of the Hawkeyes. Senior Jarrod Uthoff who is on the Wooden Award Watch (Nation’s best player) has soundly produced from behind the arc and in the paint.
  Record: 16-3 (T-1 in Big Ten)
  Projected Seed: 2-5

WHO WILL WIN IT ALL?

**OKLAHOMA**
- Zeff Lewey

**OKLAHOMA**
- Zach Mize

**KENTUCKY**
- Gunnar Kodas

**KENTUCKY**
- Josh Hill-Dunn
Loving Ain’t Easy

With spring underway, Avila’s baseball team has begun its season

▼ Zeff Lewey

A new season for any sport brings anticipation, excitement, and for those invested, a little heartache. Things are no different for Avila’s baseball team who got back on the field on January 29th for a scrimmage against Rockhurst.

“I think after you practice for such a long time and you grind all fall, just getting back on our home field, it’s kind of comforting,” said Senior relief pitcher, Caleb Curry. “Everything you worked for all fall comes together.”

Valentine’s day is right around the corner and baseball season has now begun. However, it’s not always love and roses for the players.

Sophomore second baseman, Scott Hendrix, knows there are things about his sport that can be a drag. “[We’re] practicing in the cold, playing in the cold, bad fields in the conference, no lights at home, and starting my Freshman year 0-20 (at the plate)” - a slump Hendrix got out of with a bunt single against Mid-America.

Curry expressed difficulties off the field.

“With classes starting back up, practice, and getting in the full swing, it’s pretty time consuming. You’ve got to be on top of everything, and sometimes it’s a little bit of a struggle.”

Senior starting pitcher, E.J. Merlo, knows all about getting ready for a season. This will be his fourth season in college, and he acknowledges that there’s a certain aspect of the game that he doesn’t exactly “love” -
When asked what the worst part of returning for another season was, Merlo stated, “Conditioning, no doubt!”

Even so, Merlo acknowledges that it’s beneficial, “When I’m up on the mound and behind in the count, instead of getting mentally beat I just think about all the running and all that stuff. It’s [all] to make that next pitch and get that next out.”

Curry agreed with his fellow pitcher saying, “Nobody likes to condition, it’s just something you have got to do.” Most athletes would likely concur with Curry, but he claims there’s something else that’s not exactly lovable: Coach C’s weightlifting sessions.

“They’re tough,” Curry stated with a slight grin. “I mean, they get you ready and get you in shape and get you stronger and help you stay healthy, but it’s a grind getting through his workouts sometimes.

Despite the pain and sorrow endured from conditioning and weights, a true love for the game still surrounds the team.

“I just love the game,” said Curry. “Being out here, it’s like a big family. Coming together as a team and being able to put together a good performance… put together a win for your teammates that you’ve grinded with for the last couple months, it’s an indescribable feeling.”

Merlo, who enjoys the challenge of facing opposing batters, loves the game for it’s match ups. “As a pitcher it’s a lot like wrestling. You’re on the mound it’s just you and the hitter. No one else can do anything for you until the ball is out of your hand.”
Kobe Bean Bryant, the long-time Los Angeles Lakers guard, is one of the most defiant athletes around. That’s usually good in a sport like basketball. However, when it came to retiring from the game he loved so much, his defiance, many people argued, began to hurt the LA Lakers as a team. In late November, Bryant formally announced his retirement from the NBA after his legendary 20-year career. The 2015-2016 season will be the last time Bryant will be on a basketball court.

He wrote a poem titled “Dear Basketball,” and it was published almost immediately by The Players Tribune. It seems like Bryant is at peace with his decision to leave the game when he says, “This season is all I have left to give.” He also says, “My heart can take the pounding, my mind can handle the grind, but my body knows it’s time to say goodbye. And that’s OK. I’m ready to let you go.”

As everyone knows, Kobe Bryant has fans across the globe. Many of them are mad, some are sad, and some knew this day would come sooner or later, so they were ready.

“It’s the end of an era definitely. Kobe Bryant is one of the last great players from that mid-90s NBA who played one of the more competitive brands of basketball. Kobe Bryant is truly the greatest competitor in the NBA and I am definitely sad to see him go,” said Taylor Ashford.

Jalen Lawson stated, “Kobe Bryant was drafted in the 1996 draft. At the time I wasn’t even a year old, which means Kobe has played essentially my entire lifetime. To say he is great would be an understatement. His intensity and mind over his era is unmatched. The NBA will never be the same, and that comes from a Boston Celtics fan.”

That just goes to show you that Kobe is an icon. It doesn’t matter what NBA team you’re a fan of, Bryant is just hard to hate.

As a Kobe fan myself, it will definitely hurt to seeing him walk away from the game. I have seen him accomplish so much during his career along with the various ups and downs. From the beef with him and Shaq, to him capturing his 5th world championship - just coming short of Michael Jordan’s 6.

Thanks for the ride, Bean.
WHY ATHLETES LOVE REPRESENTING AVILA

Athletes have many options: These student athletes chose Avila and here is why

Ryan Meyer

“I love how Avila as a whole united together to support the athletic teams, especially from other coaches and student athletes on campus.”

Lindsey Griggs, Freshman Volleyball Player

“Football hasn’t been around at Avila for too long so I’m excited to be apart of something new and exciting. I hope we create a winning culture and past that tradition along.”

Terrell Abernathy, Freshman Football Player

“I like how close the athletics department as a whole is and the support from other athletes on campus.”

Duke Nzeamii, Senior Basketball Player

“At Avila, everyone seems to be a lot more close knit compared to other schools. Our team is like a family and it’s really nice to know we all have each other’s backs. I love the support from the student body as well.”

Kayla Reed, Freshman Softball Player
"The Elite '16"

SPONSORED BY BSU

This February, join us as we celebrate the elite part of ourselves...

Life Size Museum

Tuesday Feb 23 & Wednesday Feb 24
12 (Noon) - 6 pm
Marian Lounge

*Reservations can be made via email at BSU@avila.edu*

Take a walk through an Elite hall of fame, get to know the athletes that know what it means to be Elite and wear it well.

The All Black Affair: Benefit Party

Friday February 26
10pm - 2am
The Promise: Wedding Venue
1100 E 47th terrace KC, MO 64110

ALL BLACK? Yes, we feel that the Elite wear black with pride and class and we want to invite you to do the same. Come party with us!

“I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
- Maya Angelou