

musae

we've got issues

March 7, '03



"People seldom refuse help, if one offers it in the right way."

~ A.C. Benson

The purpose of this issue of *The Crusader* is to offer help. There are many people on this campus who daily face major life struggles and overwhelming feelings of anxiety, depression, or grief. While some have reached for help, others go through their days ashamed and alone, overlooking one of the most incredible resources we have on this campus.

Here we have delved into an issue that is very close to my heart. Please know that I do not enjoy seeing some of my best-kept secrets in print. Nor do I feel that this is the ideal place. However, if there is a way I can use some of my experiences to help someone who is struggling, I think I should.

I am a master of denial, I would prefer the truth sugar-coated or, better yet, ignored. I have practiced this art through many difficult experiences in my life. It has worked well for me, or so I thought. Little by little I have come to realize that pain cannot be wished away.

For a long time I was convinced that knowing Christ would end all the negativity in my life. I was afraid seeking help meant a lack of faith. Now I know that this is not truth. My heart has changed – but my life is still filled with some painful realities.

This semester I was encouraged to take action towards healing. I began seeing a counselor once a week.

The first time was really hard. The second was harder. Each visit seems to be different but something is changing. Slowly, I am learning to think differently about my life. I still have a lot of things to work through, basically 20 years of emotions that I have never dealt with. Sometimes I reflect on the hardest years of my life and I wish that knew then what I know now. I mentioned this in a counseling session once, and I was lovingly reminded that I am only 21, and that is not a bad place to start.

In Angie's feature *Make it go away*, she shares her experience with counseling as well as some of mine. We hope that someone will be encouraged by our stories. If you are hurting we hope you will see a path towards healing and know that you are not alone.

Ali Brown

Cover Illustration by Andy Kerr

Letters to the editor

Dear Jeremy David Louis Lynch,

I would like to respond to your letter, and primarily to your comment that referred to "the left buying into the lie that [the war with Iraq] is about oil." There seems to be much empirical evidence pointing in the direction that "the war for oil" is no lie at all. It is a fact that Iraq sits atop at least a trillion dollars in oil reserves. A war/regime change in Iraq would mean we could open up those reserves and increase Iraqi oil capacity to historic numbers.

You mentioned that since only 4.86% of our imported oil came from Iraq, it would be more in Bush's benefit to simply "do away with Iraqi oil...and increase the price of domestic oil." With the U.S. consuming more oil per capita than any other nation—and with the Energy Information Administration predicting a 25% increase in our oil consumption by 2020—we need all the oil we can get. We can't afford to "do away with" any of our suppliers without a significant replacement. The Bush Administration knows this. George W. was CEO of Arbusto Energy/Spectrum 7 Energy Corp until it was bought by Harken in 1986. Dick Cheney was CEO of Halliburton Oil Co., and our National Security Advisor Condi Rice served on Chevron's board. It would be ludicrous to say the Bush Administration is unaware of the potential economic oil gains in Iraq, yet they claim oil is not an issue?

I am not convinced this war is about freeing the Iraqi people from oppression or about weapons of mass destruction. First of all, there are plenty of corrupted, ruthless regimes out there, yet we only want liberation for Iraq? As far as WMD are concerned, Iraq (assuming they have them) has yet to threaten or attack us (while bin Laden has promised to attack us if we declare war in the Middle East). It seems to me that Saddam would know full well that if Iraq attacked us they would be risking annihilation when we—a nuclear superpower—retaliated.

The end of this conflict will come; we are uncertain how it will, but we can be assured that we will be held responsible for its outcome. History will judge us for this. This war is not just. And, in the words of Martin Luther King, Jr., "A threat to justice anywhere is a threat to justice everywhere."

Jennifer Hopping

Dear editor and community,

I am writing out of distress over a recent letter to the editor from Jeremy Lynch regarding abortion. Driven by statistics and a few random insights from five year olds and environmentalists, the letter ignores any sort of solution or plan of action, and strikingly omits any implications toward the plight of the woman who unexpectedly becomes pregnant. For instance, part of the argument against abortion insinuated, after simple mathematics, that the estimated 300 women who become pregnant after being the victim of rape *each year* should simply learn to live with the growing reminder of an extreme trauma, as well as the resulting assumptions and accusations present in any premarital pregnancy. While this and other issues are important and should be discussed, my main question to this community is "Where, in this highly controversial debate, is the **COMPASSION?**" Yes, I've heard the statistics of how many unborn children in the U.S. are aborted each year. Yes, I've seen the picture of the post-aborted fetus in the hands of a doctor. Yes, I've read the graphic accounts of partial-birth abortions. Yes, I've purchased my Rock for Life bumper sticker proclaiming, "Abortion is Homicide". But have I prevented even one abortion? Have I taken time to appreciate the struggle of each woman who must make a choice? Have I done anything to ease the suffering of the women in my community?

As a church community, we have two options: We can personify the role of "anti-choice fanatics and terrorists" that Planned Parenthood and similar organizations have dubbed conservatives, or we can improve the lives of women within our sphere of influence who are struggling with unplanned pregnancies. I am continually saddened upon witnessing the response of the church towards the women within its walls who become pregnant outside of wedlock. It seems that in the attempt to "Love the sinner and not the sin," the concept that love requires action is lost. (For the record, it has been my experience that the use of this statement is a sure indicator that love has been withheld from both equally.) If we are going to love someone, we must stand by and support this person *unconditionally*. So how can we, as a church, apply this to the issue of abortion?

First, we need to change the way we educate our youth and the attitudes we pass to them. Stop making premarital

sex the "really, really bad sin." I have to find in my Bible the verse that states "Thou shalt not lie, *but even more so*, thou shalt not sleep with your girlfriend boyfriend." If we begin to teach sin: lack of love, and accurately describe love is, perhaps the woman who becomes pregnant will not feel as shamed by the church community. However, if she knows that she has committed a sin that resides at the top of the hierarchy of sins the church creates, she may be more willing to take measures to cover up the pregnancy. Also, (and I recognize that this is a touchy subject), do not assume that ignorance about sexuality and protection is the key to preventing premarital sex. While it may inhibit some people from engaging in these behaviors, it seems that it leaves church-bred youth naïve to the choices they have and the consequences of these choices.

Second, replace the gossip and slander with words of encouragement. Tell the woman how much she is loved and how courageous she is. Go beyond words of relief. Tell *other people* the same thing, when the woman is outside of earshot. Do not bar the woman from ministry with church, fearing the message you might pass to others. Allow her to continue or be serving in the position of ministry to which she feels called. Invite her to the same parenting classes and events that you would expect an expecting married woman. The objective of the church should be to activate, not ostracize, members of the congregation. Finally, do not assume that marriage is an overarching solution. If the couple does not come to this conclusion by their own accord, or if, for whatever reason "daddy" is not around, this should be a clue that a shotgun wedding is not the answer. Instead, open your own home to the provision of care. Do not forget the mother when the original reaction to her pregnancy dies down. Offer support wherever you can (financially, verbally, etc.). Take an active role in creating sustenance, rather than wishful suggestions.

So, what do we do when this does not prevent each individual abortion? What if a woman within our influence decides to end her pregnancy? Do we protest showering her with statistics and guilt response, I would like to ask this per se cliché, but meaningful question, "*If J Christ is the motivator of our actions would his love compel us to hold a sign outside a clinic, or hold a hand inside*"

Concerned,
Belinda Miller

CRUSADER
We've got news!
Box C, 623 Holly St., Nampa Idaho 83686
Crusader Office (208) 467- 8656
All Brown - Editor

Chad Frosland - Assistant Editor
Angie Finton - Feature Editor
Dawn Stuvland - I Hear Voices
Jeremy Hodges - Captain Obvious

Dane Leach - Graphics and Layout
Andy Kerr - Graphics and Layout
Gideon Thomas - 623 Holy St.
Anna Salisbury - Life in General

Amy Carner - Photographer
Nathanael Lyons - Copy Editor
Sarah Chase - Out of the Loop
Chris Canton - Benchwarmer

Dear Editor,

We are writing in response to Jeremy David Louis Lynch's article, published in the previous edition of the Crusader regarding unilateral military action against Iraq. Mr. Lynch begins his letter with the erroneous claim that "since 1991, the US has been at odds with Saddam Hussein". Our meddling in the Middle East predates Mr. Lynch's citation by more than 40 years. More explicitly, the United States first drew into a conflict of interests with support of Iran in the early 80's in war against Iraq. A clear example of United States foreign policy in the Middle East: choosing the lesser of two evils. Today Iran stands out as a hotbed of terrorism, spawning Shiite extremists and sheltering the Mullah terrorist organization. Yet we focus our attention to the "threat" looming in Baghdad. Why?

Mr. Lynch would have us believe, as would the Bush administration, that war on Iraq is not driven by oil but rather the threat posed by Saddam's possession of weapons of mass destruction. It seems remarkable that no convincing evidence has been produced to demonstrate that Iraq does indeed possess these weapons. We focus our attention on Iraq while other nations, such as North Korea maintain a long-standing history of military aggression, human rights violations and totalitarian regime types. North Korea admittedly now holds nuclear weapons, has fired test shots into the Sea of Japan and threatened to deploy missiles against the United States and yet escape our policing eye. Still we deploy troops to the borders of Iraq while these greater threats go unanswered.

Venezuela is, as we speak, being torn asunder by fascist dictator Hugo Chavez, who holds office against the will of the people, is currently engaging in atrocious violations of human rights and identifies himself as both a financier of terrorism and friend of Cuban dictator Fidel Castro. Yet, the Bush administration turns a blind eye to our fourth largest oil importer that we may battle another dictator. Why?

Quite simply the only obvious answer is that United States foreign policy is driven by one primary motive: oil. Not the war on terror, not fear of weapons. Mr. Lynch cites several statistics in his argument to perpetuate the myth that the United States does not rely on Iraqi oil. His interpretation of the data he presents is inaccurate. 54% of the United States oil is, in fact, imported. However, 9% of the total oil consumed in the United States is imported from Iraq, not 9% of the 54% that is imported. Therefore, Mr. Lynch's statistic that 4.86% of the United States oil comes from Iraq is false.

Furthermore, Mr. Lynch's argument that

President Bush would fare well to do away with Iraqi oil imports in order "to increase demand on domestic oil all the while lining his own pockets", is downright illogical and common nonsense. Under the Bush administration the economy has suffered drastic damage, while previously it experienced a stable and prosperous eight-year period with Clinton administration, a man driven by a "hunger for power (and) sex". With a failing economy, neither the United States nor W., would benefit from increased oil prices or demand. The fact of the matter is that Bush would commit political suicide by eliminating cheap Iraqi oil.

The Bush Administration is pulling out all the stops on its warpath to Baghdad, attempting to force every nation within its reach on board the battleship. Mr. Lynch would have us believe the United States is not bullying the United Nations. As even local papers, like the Idaho Statesman have pointed out, Bush has announced that he will cut US humanitarian aide to any nation that chooses to side with Iraq in an armed conflict. Bush has also offered reluctant UN Security Council members such as France and Germany a share in the petroleum plunder if they will vote to authorize action against Iraq. Mr. Lynch also works under the fallacy that France and Germany provided Iraq with weapons of mass destruction. There is no evidence to support or justify this mistaken claim.

We shall not deny that Saddam Hussein, as one of many dictators, exists as a threat to humanity, democracy and the freedom of all people. We cannot however, quell this trifling menace with war. Peace breeds peace and hate breeds hate. Stopping war with war is like putting out fire with fire. It gets the job done but nothing is preserved; everything burns. History has shown us this.

Mr. Lynch would have us believe that "peace only works in a few situations". He would like us to believe that Christ, Gandhi and Martin Luther King Jr. were the only historical actors for whom non-violence was effective. Perhaps it would serve us all well to remember the actions of Bertrand Russell during the Cuban Missile Crisis, the Christmas Truce of WWI, Rosa Parks, the Little Rock Nine, Jane Adams and a host of other effective peace-makers. Peace works in many situations. Mr. Lynch's citations of difficulties with non-violent protest are erroneous. So what if the British could not afford to battle Gandhi? So what if Martin Luther King Jr. was assassinated? They were both successful without violence.

What if Peter drew his sword to defend Christ during his apprehension? Christ himself set the precedent for peace when he responded by saying that, "all

who live by the sword shall die by the sword" (Matthew 26:52, see also 5:9, 38 and 43). Christians are called to peace, love and acceptance of enemies, not retaliation and reconciliation through violent means. Would Christ set an example we were not to follow?

However, not all people are able to ascribe themselves to the higher standard of peace and rashly rush in where angels fear to tread, bringing war and death. If the United States were to engage in unilateral action towards Iraq, we would be in violation of the neo-Just War Doctrine developed from Augustine's original Just War Doctrine. War is not our last option. Other, more patient nations such as France and Germany, long to see a peaceful resolution to our quandary with Iraq. They, unlike us, have not exhausted all peaceful means of resolution, which the neo-Just War Doctrine requires.

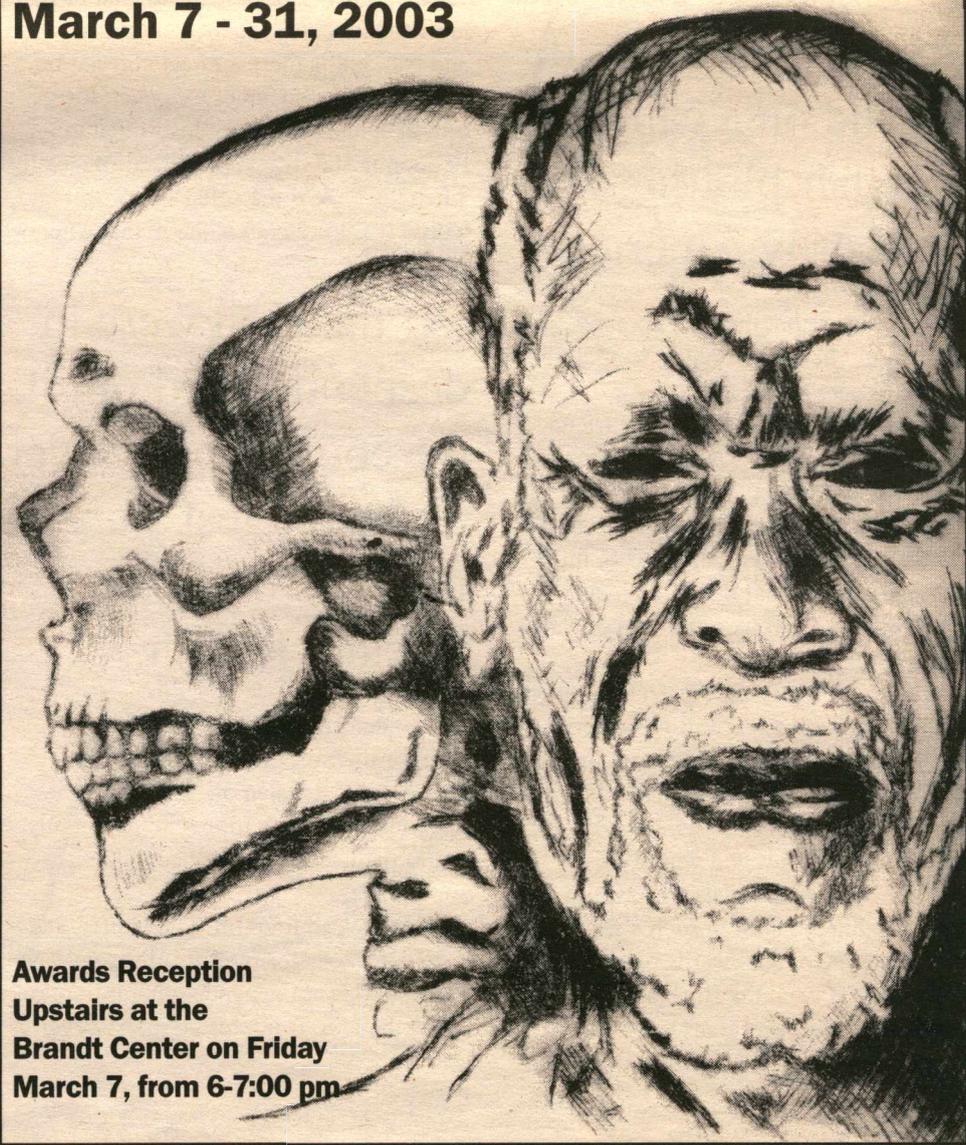
Saddam is not interested in expansionist foreign policy, or spreading his political influence across the Atlantic. What jurisdiction then do we have to meddle in the internal affairs of a foreign nation? Do not all countries have some inalienable right to defense and self-determination? Mr. Lynch would have us believe, through analogy, that we must police Iraq, much as a parent controls

the actions of a child. This analogy is construed from mass media influences, yet breaks down when we consider the structure of international politics. In addition, the Bush administrations' preemptive foreign policy is contrary to our constitutions' due process of law. It negates the self-determination and free will of other nations and all people. It is not unlike locking up innocent individuals before they have committed a crime, simply because they possess the potential. Potential does not always actualize. War is not the solution in Iraq. We must make a concerned effort to examine peaceful avenues of conflict resolution before we take the lives of innocent individuals in a needless battle for oil and power in the Middle East. If you would like to make an effort to help stop a potential armed conflict, log on to www.internationalANSWER.org or www.votenowar.org and take action. Circulate a petition, print off a flyer, put up a poster, let your voice be heard. In America, we still have freedom of speech, let us use it to make a difference for those that do not.

Respectfully submitted,
Aaron Matthew Stuvland
David Michael Zirschky

Student Art Show

March 7 - 31, 2003



Awards Reception
Upstairs at the
Brandt Center on Friday
March 7, from 6-7:00 pm

Why attack

Osama and Saddam aren't in cahoots

by Chloe Barrett

With the United States poised for military action against Iraq, the question looming over us is "why?" Why is the Bush administration so set on overthrowing Saddam Hussein? Why not focus on North Korea, who isn't even bothering to lie about their supply of nuclear weapons? Why is the timetable being pushed so aggressively, and why are there no obvious answers to these questions from the very administration that created the need for asking them?

Many so-called "reasons" have splattered across the news as to why the Iraq crisis has grown to be what it is: ties between Al-Qaeda and Saddam, control of Middle Eastern oil fields, and Iraqi possession of Weapons of Mass Destruction. I don't buy into any of those reasons.

I am not convinced that Saddam and Osama are pals who ride around on a camel together plotting how to destroy America.

or even better, that they are Scrabble buddies who fight over who gets to spell the phrase "I hate Bush" first.

Beyond Osama's quote, "our friend Iraq" in a recently released tape from Al-Jazeera, there have been no concrete ties beyond that both Osama and Saddam generally desire to smash the U.S. into nothingness and that they both reside in a particularly unwelcoming area of sand. Not a whole lot to go on.

Yet appealing to the American public with the "go-fight-win-kill-all-terrorists" angle has worked to an extent, in that it has reached the politically apathetic who aren't up on current events, but who do remember Sept. 11, and would enjoy revenge against terrorists who would consider hurting the U.S. in such a way again. That leverage of backwards patriotic vengeance is what the Bush administration hoped would fuel belief in an Osama-Saddam tie.

Moving on to oil, I'm not sold on that one either. It is not the literal oil that is the problem, because as John B. Judis, writer for *The American Prospect* (a journal whose aim is to contribute to a renewal of America's democratic traditions), says, "Anyone familiar with positions taken by American oil companies knows that this is implausible. In the late 1990s, oil companies lobbied to remove sanctions on Iraq. And most oil executives are extremely wary about the Bush policies toward Iraq, which they fear will destabilize the region."

I gathered a few opinions from fellow students about the war. When asked about the relationship between oil and war, freshman Nicole Goebel stated that, "Short term oil prices will rise, long term I don't know. As long as it's [the situation] unstable, they'll go up."

Is Iraqi oil really crucial to the American economy? It is safe to say that there is a firm connection between oil prices and war, but is there a direct correlation between Iraq and America's need for oil? In actuality, the need isn't that great. Economic stability is, however, especially when the U.S. is the sole superpower and would like to remain alone in that category.

If the U.S. were in desperate need of oil, we could hop on over to the biggest store of crude oil in the world—Russia.

Russia does not have the technology to drill for their oil, however, and if the U.S. bought Russian oil, it would give the country enough money to essentially rearm themselves again, becoming a superpower.

But back to Iraqi oil. The United States receives the majority of its oil from Venezuela, and is not dependent upon Iraqi oil. What the U.S. is interested in, however, is

the economic strength that buying Iraqi oil provides for the U.S. over an exceptionally unstable area of the world ridden with terrorists who are quite adamant about squashing America.

Bush is afraid that if Iraq acquires nuclear weapons, Saddam would suddenly gain colossal power over a region that is crucial to international economic stabilization. Everything comes back to economics. It always does.

There lies the key to why the U.S. has essentially moved on from the North Korea situation: there is no economic benefit from a military strike upon North Korea. If the U.S. were to attack North Korea, then the North Koreans would simply attack South Korea, which would cause a disaster. It's not so much the "North Korea doesn't have oil" factor, but rather that it would spread the U.S. military too thin over an operation that would bring in no economic benefits.

When asked why he thought the U.S. was ignoring North Korea even though the country has pretty much said, "Look! Nukes!", sophomore Scott Foster replied, "That's something I'm not sure about. It seems the [U.S.] should be giving more attention to North Korea, but North Korea for the last decade hasn't done anything but marching around showing off what they have."

"Tough question. Iraq is more about oil than the Bush administration leads on, senior Paul Clark replied to the same question. "I also think that currently the Bush administration is focused more on terrorism from within than by being attacked by another country."

Here is another question that hasn't been sufficiently answered by the Bush administration: why is the U.S. so eager to go to war when technically Iraq hasn't done anything to the U.S. besides violating the U.N. Resolution 1441? This war would be the first instance in decades where the United States would take the position of the aggressor, with a majority of the world against the American position.

Think of it this way: there is this bully at school that you know, and you are aware of the fact that he wears big, nasty,

pointy rings on all fingers, and you are pretty sure that

if he ever punched you in the face he would mangle it beyond repair. So you think about it. You decide that you have two options: go kill him—just run into his house with a shotgun and shoot him since one day he might hit you—or, option number two, tell an authority at the school that he is wearing those nasty rings and that he should be told to remove them.

"You don't attack someone because you THINK that they will attack you," said Professor Or,

when he spoke in Feltar Hall during Campus Awareness Week.

What it boils down to is that I am not convinced of the validity of Bush's desire to attack Iraq, or of why there are hundreds of thousands of U.S. troops waiting in Iraq to attack at any second. Do the opinions of the U.N., Germany, France, or Russia not matter to the United States? The danger of acting in a preemptive strike without a majority of support in the international community is that eventually the U.S. could be left alone and without international economic advantages.

Senior Jennifer Hopping said that, "I'm not convinced that it is about WMD because if they attacked, we could annihilate them. I don't think Saddam would commit political suicide like that." Is Bush leaning toward political suicide as well?

Why is the U.S. growing increasingly impatient with diplomacy and U.N. weapons inspections when as of last week, they are proving to work? Saddam has agreed to destroy weapons, and wasn't that the point in the first place? Or was it what all of the evidence tends to lean towards: it's not Saddam and Osama keepin' it real together, it's not about the literal need for oil, and it's not WMD.

It's about economic security and global permanence at the superpower status, and it looks like the Bush administration is willing to achieve that stability by any means necessary.

Next year's BRICK House Girls

by Candice Gunstream

Boys

Who ever said that the BRICK House was designed only for girls? Next year will be the first year for guys to occupy the house in a decade. Todd McCarthur, Dave Dickey, Ben Forrest, and Mike Larson rose above the competition and proved they have what it takes to run another successful year at the BRICK House. Although all of the groups who applied would have served our campus well, the guys seemed to stick out.

What does it take to be a BRICK House director? Personality, ambition, quality team, realists and dreamers, dedication, responsibility, great sense of humor?!! Ok, so it sounds a little cheesy but it's the truth. The purpose of the house is to serve the NNU campus, to be open for the students to use it however they wish and to serve during Top Ten Café on Thursday nights. So obviously the directors of the house have to have something special. The guys are really excited for next year. They have lots of new and different ideas for the house. They really want to open the house up more for drop-ins and create an Amity Perk setting where students can feel free to come in just to hang out.

Curiosity has most of us wondering if the guys will be able to handle the cleaning responsibility of the house. Obviously the house has to be cleaned weekly, sometimes even daily, so can they do it? Clearly we, the current BRICK House residents, of all people don't want to see the next group come in and trash the house, throwing away all of our hard work, effort and money we put into the house to fix it up,



photo courtesy of Mike Larson

down the drain. I believe that a general misconception is that all guys are dirty, messy and don't understand the general concept of keeping something clean, especially a five bedroom house. We have all faith and confidence that the four guys that they will exceed the cleaning expectations and possibly do an even better job than some of the past

girl groups. More importantly they have faith and confidence in themselves and each other to keep the house intact. In fact, Dickey was awarded the "Cleanest Room Award" in Culver earlier this year!

So we ask you to please join us in welcoming the guys into the positions of BRICK House directors for 2003-

2004. Put aside your stereotypes and skepticism that because they're guys, it's not going to work. We have faith in them, so trust us. Obviously they have big shoes to fill but...just kidding, they are going to do great. So help us in supporting and congratulating Todd McCarthur, Dave Dickey, Mike Larson, and Ben Forrest.

Peer Health Educators: a new way to serve

by Jeremy Hodges

"Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell." -Ernest Boyer

Next year, Student Health Services is excited to offer a brand new leadership position to students on campus. Applications came out last week for Peer Health Educators (PHE), a group of students who will serve as advocates for a healthy campus and work towards

increasing the awareness of health issues relevant to college students.

NNU Director of Student Health Services Cheri Marshall, who will head up the PHE program, sees the new position as similar to the freshmen peer counselors, yet leaning more towards helping to promote healthy behaviors for students on campus. Applicants must demonstrate a sincere concern for other's well-being and quality of life. It is important that all information shared with PHE's

remain confidential and that they have a non-judgmental attitude towards differences in others. It is possible that PHE's will have to openly discuss personal topics that are sometimes embarrassing. One exciting aspect of getting involved in the first year of this new program is being able have a say in the focus of the PHE's and how they will be used on campus.

It is not a requirement that a Peer Health Educator be a nursing or pre-

med major, they must just be a student who is interested in the health of their peers. The new PHE's will have weekly meetings and participate in next year's LEAD retreat. If you have an interest in the health of our student body, stop by the Student Resource Center for an application or contact Student Health Services at 8673. Applications are due Monday, March 24 and the 6-8 PHE's will be selected Wednesday, April 2.



Story and Illustration by Angie Finton
Title: Haunted Hollow

The purpose of this article is in no way to give people something to gossip about. It is also not written to draw any special attention to anyone. The point is to open some doors, and hopefully offer encouragement to people who need help but are not seeking it. This is my message: you are okay where you are right now. You are not alone, and you do not have to live without love and support.

I spent my freshmen year at Colorado State University. Throughout the year I was very confused, because college was so unlike what I had expected and had been told. I was depressed and lonely. I had Christian friends and fellowship, and I spent quiet time with the Lord. I felt like I was doing everything I was supposed to do. But no matter what I tried to show people there was always a hollow emptiness following me around.

I prayed that God would make it all go away, but each morning I woke up feeling alone and depressed. I started to lose weight, initially because I just didn't feel like eating. I didn't gain the freshmen 15; I lost 20 pounds.

I don't remember how I heard about it or why I went, but one afternoon I found myself at the CSU counseling center. I was so scared, and felt out of control. I was afraid of the obsession I was developing with eating and working out.

When I started counseling, I was so overwhelmed that I had no idea where to begin. Jen, my counselor, encouraged me to stop pretending. I didn't have to smile or worry about making her believe I was all right. The slow process of peeling off the layers of unspoken hurt began.

Hazy ghosts from my past that were in the back of my mind came back to me, and I learned that childhood memories were the source of a lot of my problems. I had grown up in a household where my dad was alcoholic and my mom had bipolar disorder. I began to understand that living in a house like that had effects on me that were carrying into my adult life.

I began to see that if I was going to get better, I needed more intense treatment. I went in to Children's Hospital in Denver for their Eating

Disorder treatment program.

During the treatment, I felt like I was losing control of all the emotions that I had worked so hard to contain. I had been so afraid that if I started talking and allowing myself to hurt, that it would never stop. But slowly, the things that I was so afraid of were less frightening. I allowed myself to express my emotions.

People immediately noticed changes in me. I began to talk and share with my parents. I realized that they didn't get mad when I would talk about how our past had affected me. I learned to set boundaries. My relationships with friends and family immediately went to a deeper level because I knew who I was. I didn't try to slip into a room unseen. I began to understand my worth as a person. I started to giggle again.

After that summer I knew a new start would be really positive. I came to NNU to start over my sophomore year.

Alison Brown wanted to share some of her experiences with counseling as well. After struggling with some issues for years, she finally decided to take some steps toward healing. For a long time, she didn't realize that there was anything different in her life. "You don't realize some things are wrong. You're just living your life," she says.

Alison, lovingly called Ali by many of her peers, saw that her experiences with her parents' divorce and sister's illness had affected her more than she realized. She dealt with issues of control, and sought ways to regain normality.

This year, Ali found that when she would feel frustrated, she could talk about it with friends and feel that she had some control. "I realized that I had not dealt with a lot of things in my past, and I wanted to reconcile those issues before they could haunt me," she says.

When she first came to NNU, Ali says she was very protective about her past, and was very selective about who she would share it with.

This semester Ali has become much more open about her past. A friend strongly encouraged her to seek the help of the counseling center. Ali decided to try it out, and has been speaking with a

counselor. It has been a life-changing, healing experience. "It's so weird to hear someone validate your feelings," she says.

She has learned that she is not doomed to follow in the footsteps of family members or anyone else. She had also learned to ignore the negative thoughts in her head.

She admits that it isn't always easy to go in and get help. "It's hard to go in and deal with emotions from ten years ago. You don't know what's going to come up, and you don't want it to interfere with your happy college life," she says.

Ali does believe it is important for students to get help if they feel they might need it. "[Your past] is always going to be there. You can't avoid where you came from. You can't ignore who you are," she says.

Joanne Rittmueller, head of NNU's counseling center, encourages students to seek help if they are struggling. She has seen students turn their lives around when they began to deal with issues.

I think people who have received counseling would agree with me when I say it's not over once the counseling stops. I still have eating disorder thoughts at times, and I still have spurts of depression that come and go. The difference is that I have learned what to do with them and how to combat them.

Struggling with issues like these and others does not in any way make you less of a Christian. Joanne says that the Christianity is all about community, and helping each other out. I think more than anything, it is about being free, and refusing to live in bondage. Sometimes healing does not come through one prayer or a touch. The struggle to be well can be an arduous journey that takes a lot of effort. Know that you are worth that effort, though, and that you are not alone as you battle through it.

Don't limit yourself

by Sharece Bunn

I've made it a point in my life to make friends with the common folk. My best friends range from the everyday Bobby and Sue to the ever-popular Joe and Mary. I've tried to be a diverse person who gets to know everyone she can, but lately I've realized that I've been limiting myself. I might as well tell you about my pet peeve. I absolutely hate it when people get caught up in their image. I come from a small community where I was able to grow up with all my classmates. We never had the chance to pretend to be who we were not, unless we were in drama.

When I first came to Nampa, I was surprised that so many people were wearing sweatshirts advertising, "Be Real." This was cool to me because I thought, "Hey, this place won't be so bad after all." It wasn't until this school year that I started to see that some of my friends here were still worried about their image. They were worried about how people see them and

what that means for their social lives. This started to drive me NUTS and I started to back out of that group of friends. I went back to the totally cool friends, the ones who don't give a rip what people think about what they do.

Well it took a while, but I started to look at what I was doing: I was judging my peers. It's almost as if I started to look down on them for looking down on other people. When I started to see this in myself, I was like, "Whoa there Recey, what are you doing?" I realized that it's not my place to judge people. I didn't go to law school. I really don't know all the rules they should follow.

I think that judgment is something we all struggle with. I mean, how many times do you hear someone say something like, "Yeah, he's cute, but he's a bad boy," or something to that effect. What makes some people worse than others? How do you know if their reputation is true? Isn't it better to get to know someone before coming to a

swift judgment?

Last year a story went around campus about a young man. This young man was leaving school one day, carrying all of his books. For some reason, the head football player went over to him to ask him to hang out that afternoon. They hung out that day as well as the next and swiftly became best friends. It was not until graduation day that the football player learned that his now widely popular best friend had been planning on killing himself that sunny afternoon.

It is stories like this that make me look at my life and wonder what sort of an impact I make in people around me. Do I make quick judgments and pass people off as unimportant or do I make an effort and get to know that individual? You can never know the impact you have on your peers. Sometimes even a quick "how's it goin'?" can build a relationship.

Get involved:

Monday, Mar. 10

- Homework Club in the student center at 3.45p.m.

Tuesday, Mar. 11

- Circle K in the Brick House at 6.30 p.m.

Wednesday, Mar. 12

- Hope House meeting in the student center at 5.40 p.m.

- Amber Adams speaking at Timeout in the Brandt Center at 9.00 p.m.

Thursday, Mar. 13

- Homework Club in the student center at 3:15 p.m.

Friday, Mar. 14

- Partners in Prayer at the Brick House, all day

A work in progress

by Alison Brown

Many people seem apprehensive about sharing their testimonies. Two common disclaimers are: my testimony is uninteresting or incomplete. My testimony is not so different, it is also a work in progress, but I want to take this opportunity to share God's presence in my life.

I have publicly shared my testimony on two prior occasions; both involving a lot of nerves, "ums," and shaking, anyone who has ever seen me hold a microphone can attest to these facts. However, even in the ultimate safety of the pen, I find this a difficult task.

The first time I shared my testimony I was a senior in high school. I remember reading from a wrinkled piece of paper in front of my youth group. I listed off the various "struggles" of my life and then briefly gave examples of my life after Christ. I later regretted this method, fearing that I had focused on the negative and that it did not truly praise God for His work in my life.

When I was home this summer I tried sharing my testimony again, this time in front of the entire congregation (Ok, it was the evening service, and there were only four people under the age of 65, but it was still quite intimidating).

I began with these words, "I could tell you about my life before Christ, however, I do not consider that living." I instead related my experience of life after knowing Christ.

Again I felt that I had done God a disservice. How can people truly know the greatness of having a relationship with Christ, if I haven't shared with them the alternative? Where does that leave this rendition of my testimony, searching for a happy medium?

I would like to convey to you that my life before Christ, was not living! I did not know what true life could be until I came to know the deliverance I have found. To make a long story short, my life was empty. Despite the earnest efforts of my parents to raise me in a Christian home, when their marriage fell apart, so did my understanding of faith. I could not believe that a loving God would allow the things I was experiencing to happen. Soon after my parents divorced, my sister was diagnosed with bipolar disorder and my life seemed to be spinning out of control.

There were days when I did not want to go home. I tried all sorts of things to fill the void, of course nothing worked. I tried drinking, which I hated. I developed

eating disorders, as if to punish myself for the state of my life or to gain some control in the mess. These negative aspects slowly crept into my life. I remember being constantly depressed and angry, feelings that are foreign to me now.

I do not know an exact day or time – but I know there was a change. It was not overnight, but God intervened in my life. I became involved in a church where I could see many examples of God working in people and I wished for God to work in my life. I saw people so filled with love, that it truly radiated from their faces. These people's lives were ruled by love, for each other and for God.

While I knew Christianity my whole life, this was the first time I remember seeing it in action. And I wanted it. I wanted that love to shine through my eyes. I wanted my life to serve a greater purpose.

Just as the negative changes in my life happened over time, the healing would also take time. There is a common misconception that with God everything should be easy. But in reality the struggles are as difficult as ever because elements of your past will always loom over the present.

God's presence in my life has given me the strength to deal with whatever situation I face. His love has brought me joy and peace, pushing the fears of the past forever behind. More than all that, I have seen God use a life which was once meaningless. Occasionally I catch a glimpse of what He has for me and I know there is no turning back.

What I have shared here are only a few chapters of a story, I still have miles to go. If you have ever hesitated to share your testimony because you do not think you have attained the ultimate goal, please understand that no one has. And do not assume that a testimony requires an absolute conclusion, these, the most important stories of our lives, should always remain – to be continued.

The Crusader is looking for people to write their testimonies and also share any answers to prayer or praises in their life. Contact Gideon Thomas at gjthomas@student.nnu.edu for more information.

Road Rules: Lady 'Saders Style

by Faith Sacht

What do you do on a road trip? (Can I still call it a road trip even though we don't technically get there by road?) This is a question that I think nearly every one of my acquaintances has asked at least 3 times. I am here to answer the mind-boggling, agonizing questions that have hindered your mental capacities. For all of those who are not on the women's basketball team here at NNU, here's a glimpse into what we experience on the road for at least the first two days:

Wednesday

11:29 am- We hop on the bus, and head for the airport. The entire team breathes a sigh of relief as a road trip has started and even if we didn't complete everything we needed to, we don't have to worry about it until Sunday night when we get back.

1:30 pm- The flight from Boise to Portland: uneventful. So I sleep (a tray table is not only good for peanuts and beverage, but also for a headrest), while others pretend to do their homework...ok, some get a little done.

3:30 pm- After grabbing lunch at Arby's, (roasted turkey, ranch, and bacon sandwich combo meal with curly fries is a team favorite) we check into our hotel, the Red Lion, with specific instructions from coach, "No TV!" We have two options before practice:

do homework or nap. Most of us choose the latter.

6:57 pm- Dinner at Tony Roma's Steakhouse...think Texas Roadhouse but not nearly as appetizing. Our team dinners are eventful and loud, but once the food arrives, a silent hush falls over the table and all conversation cease to a halt for at least 6.5 minutes.

9:04 pm- We get back to the hotel and there is the usual, "I call first shower!" The television comes on (we watch mostly ESPN) and the cell phones come out. There are three people who do not have cell phones on the team, (two shall remain nameless) myself being the third, and we definitely feel left out. The "significant other" gets the phone call that night: whether or not that is a boyfriend or a parent is team discretion.

11:00 pm—Half the team is already asleep, talking in their sleep or snoring, while the rest of us still waver in and out of consciousness as we watch the same ESPN highlights over and over and over and over...

Thursday

8:30 am—Wake-up call. We crawl groggily out of bed in order to partake of the continental breakfast that stops serving at 8:45.

8:30 - 10:45 am- My room, consisting of

Whitney VanBrocklin and Kara Gonzales, flips channels between VH1 and CMT (yes, the C stands for country) as we slowly get ready for pre-game shoot around. With almost two hours to kill, it does not matter if it takes you 47 minutes to decide what sports bra you want to wear.

10:45 am- Game film in coach's room before we go to shoot around.

11:36 am- Leave for pre-game shoot around and meal. A "mom and pop" restaurant suffices for our meal; they serve breakfast all day long, much to our delight! Since I'm not playing anymore, (because of my torn ACL) I'm trying to watch my diet, so I eat an omelet...and three pancakes (I was kidding about the diet thing).

2:28 pm- Back at the hotel, we all start getting ready to leave for the game. We not only have to be ready for the game, but also packed and checked out of our hotel room, which definitely is an added stressor. Another stressor, I have to pack regular clothes and even my curling iron, as I have to dress up for the game (stupid ACL).

3:34 pm- Leave for game against Western Oregon. The van ride is pretty quiet; some jam on Discmans, some sleep, anything that gets you in "the zone." Once we get to the gym, individuals pay typical pre-game vis-

its to the training room and focus on getting in some extra shots.

5:30 pm—Tip-Off against Western Oregon. 7:17 pm—We pull off a victory by a margin of 15 points. Game highlight: Alysson Kollmann going 5-5 from behind the arc a

9:22 pm—We arrive at Heidi's house, where we will be spending the night, and we can finally eat! We gorge ourselves on homemade lasagna, salad, and French bread...you just can't beat a good home-cooked meal! The highlight of the evening was hanging out with Lori Milligan (look her up on Google.com). It was a great evening; she is an amazing individual who graced us with her presence. And what could top off the night better than to partake in watching the humorous, classic movie *Ice Age*?

12:02 am—Sleepy time.

So, there you have it. The initial stretch of a road trip comes to an end. It is followed by an estimated 9 more meals, 5 more showers, 4 more flights, 3 naps, 2 attempts to do homework, and 1 game against Humboldt University, which I might add, we did win.



photo by Cameron Gilbert

Strong finish for NNU Seniors

by Chris Canton

The Crusader Men's basketball team's final home stand this past weekend marked the best basketball the Crusaders have played all season. In their two games versus Seattle Pacific University (14-10, 10-5) and Western Washington University (14-11, 8-8), the Crusaders, whom have been fairly passive in taking open the shots, started to play a bit more selfishly, resulting in two consecutive games of scoring 80+ points.

Thursday night, the Crusaders played host to Seattle Pacific and pulled off the upset by beating the rival Falcon squad, 83-76. The win erased the near miss of last year's game, when former point guard Josh Coopriider dribbled the ball off his foot with ten seconds remaining, ending the Crusader hopes of sending the game into overtime. Granted Seattle Pacific isn't the number-one ranked team in the West Coast division as they were last year. However, the Crusaders played a complete game against a tough foe, ensuring the victory.

It was a game that also featured six Crusader players scoring in double figures, with Ryan McCarthy leading the

way with a game-high 21 points. Aziz, Cato, and Chivers each had 17 points for the visiting Falcons.

Saturday night marked the final home game at Montgomery Field House for seniors Tyler Jeans, Kevin Richard and Larry Graves. A perfect ending for the seniors would've been to end the weekend with two wins over the schools from Western Washington. However the Vikings from W. Washington torched the NNU resistance by shooting 61% from the field. NNU played a solid game as well with strong performances from Cam Watling and Kevin Richard, whom combined for 32 points. The Crusaders kept pace with the Vikings throughout the game, but they were never able to seize the lead and maintain it.

Senior Tyler Jeans fouled out with a little less than 8 minutes remaining in the game. As he marched back to the bench, he was greeted by a standing ovation from the crowd as he walked off the court in Montgomery Field House for the last time.

NNU showed promise for the future in this home stand with their improved play, but the efforts of Larry Graves, Tyler Jeans and Kevin Richard will be missed.

Show me the money

by Shelli Bunn-Petterson

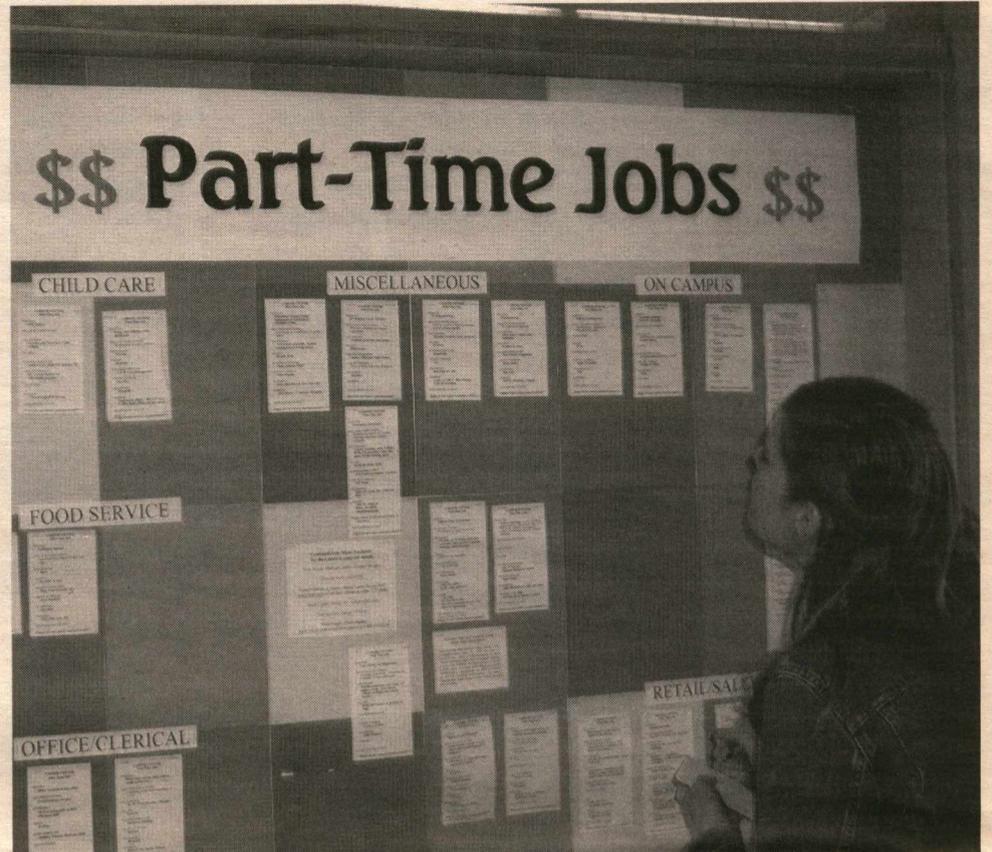
The summer following my freshman year at NNU, I decided to stay in Nampa and forgo the going home event and the entailing readjustments. Like many of the students staying for the summer, I found myself quite curious as to what kind of jobs, internships, and other opportunities were available. I ended up working for Roaring Springs water park as a lifeguard for the next two summers. Not exactly resume building, but it was a paycheck. Now I find myself in the position where a paycheck needs to be big enough to pay the bills and the resume needs some substance.

Going out into the community to search for jobs can be a very discouraging and intimidating activity, yet it is a key element to finding something that will work to meet each individual's needs. Many of the local hospitals post available positions on bulletin boards. All a person needs to do is go in, pick something and apply. You may not get the job, but the more times you try, the greater your chance of success. Local businesses, including law offices

and veterinary clinics, will often have internships during the summer as well as during the year. There are also a growing number of consultant business opportunities such as Mary Kay, Creative Memories, or Vector International among others.*

What is important to remember is that the opportunities are out there, but it takes work to find and grab hold of them. Go to local businesses and talk to them about job opportunities as well as internships. Check into your field of interest and see what is open. Take advantage of the career resources on campus in the student center, or go online and checkout monster.com. If nothing pans out and you still need a job, suck it up. Apply at fast food restaurants and grocery stores. A paycheck is a paycheck. It is up to you to find a job and make money. Buck up and go get 'em.

*Footnote: Contact people for independent sales, James Robinson, Shanna Bunn, Shelli Bunn-Petterson, Nichole Brown.



Check out the Career Center for easy employment opportunities
photo by Wilson Wanene

“To give or not to give. . . that is the question.”

by Carrie Hays

With spring break quickly approaching, I am sure that many of you are looking for ways to earn a quick buck. Let me share with you my experience. My friend Stephanie and I heard about giving blood plasma for money. Ignoring some concerned friends, we were convinced that this was the quickest and easiest way to have a great spring break trip. We set up appointments and headed down to the nearest plasma bank.

When we arrived on scene, we were immediately dismissed to the bathroom for a “drug test.” Those, of course, are always fun. We were then instructed to take a seat in the waiting area. Our attention was immediately directed to a tiny little TV playing the all-popular hit, “Son-In Law.” Now this movie already

has a trashy nature to it, but imagine with me how much better it is sitting next to some scary men who are laughing out loud and cheering for Paulie Shore to get the girl. An agonizing one and a half movies later, we were finally called back to the “giving room.”

Stephanie and I found our appropriate places and waited for the process to begin. Similar to a doctor's office, a half an hour later, we were prepped and stuck with the needles. Now, when I say needle, I'm not talking about one of those tiny little shot needles; these needles were huge, five inches long would be my best guess. Thankfully our waiting time was not wasted. Additional TVs were set up around the room so that we could watch the rest of “The Mask of

Zorro.” Cheers from the waiting room could be heard at our beds.

After being stuck with the needle several times, the nurse seemed pleased with her work and walked away to help other givers. My arm began to hurt halfway through the process, but I ignored the pain. No pain, no gain, right? Twenty minutes later, the nurse came back to check on me, and I told her of my pain. She immediately looked at my arm and the word, “Whoops!” slipped out of her mouth. She explained to me quickly that the needle had slipped out of the vein and was in. . .well I don't really remember exactly what she said next because I started feeling dizzy and sick to my stomach.

Needless to say, I was rejected from giv-

ing any more blood for the next THREE months. They did pay me \$15 for my efforts though, and I did have a really cool bruise the size of a Frisbee on the middle of my arm that lasted for weeks. My friend Stephanie seemed to come out more on top. She left the office, having completed the whole process with only some dizziness and nausea. Weeks later, she found out that she was anemic and shouldn't have ever even considered giving blood at all. . .I'm not sure how we made it home safe that night. They drive home is all a blur. So choose for yourself how to earn your spring break bucks, we're all adults now, right? Just don't say I didn't warn you!

King of the Burgers

by Amy Carner and Anna Salisbury

Having approximately 41 years of fast food eating experience between the two of us, we feel we have the necessary license to give you our expert opinions on the following matter: value menus. Although our qualifications are numerous, our dollars are not. So, in light of this we decided to concentrate on finding the ideal \$0.99 hamburger. After hours of scientific research (eating), we gathered data on size, quality, taste and overall service. We visited the "big boys" of fast food and rated their primary value menu hamburger. There was the Jr. Bacon Cheeseburger at Wendy's, the Whopper at Burger King, the Jumbo Jack at Jack in the Box and finally the Big n' Tasty at McDonald's. You may be thinking, "I've already tried all of these burgers, what's the big deal?" But you have never

conducted scientific research, and we have (or at least we think our opinion is more important). So listen up, we're giving you pearls here.

Okay, let's start with our least favorite. Although Jack in the Box has a unique variety of menu items and is open 24 hours a day, their Jumbo Jack was lacking. It was among the largest of the hamburgers but it didn't take advantage of its bulk. It was bready and rather dry. As far as condiments, it had exactly the same thing as the Whopper and the Big n' Tasty, which included lettuce, onion, tomatoes, pickles, mayonnaise and ketchup. The condiments weren't the problem, it was the overall quality and proportions of them that made this burger our least favorite. Plus, Jack in the Box was kind of slow. They don't make

it until you order it, but who cares, it's suppose to be fast food.

Next, is the Big n' Tasty. We bit into it with little expectation, but were pleasantly surprised. Although very similar to the Jumbo Jack, it was much better. The burger was juicier and the bun was more

proportionate. McDonald's was also faster than its competition.

Now for the Jr. Bacon Cheeseburger. First of all, we'd like to give credit to Wendy's for having the first \$0.99 menu. Their burger ranked second on our taste test, mostly for originality. Their main \$0.99 burger was completely different than every other value menu burger because it has bacon, cheese and a sesame-free bun! It has great flavor, but we have one beef with the burger. When they say Jr., they mean Jr. It's small, but for \$0.99, some sacrifices must be made.

And finally the King, Burger King. Is there ANYTHING better than a Whopper? It's fresh, it's flame-broiled (which does make a difference) and it's huge. On top of all that, the Whopper is always made to your specifications, and those are even marked on the wrapper. This is the kind of burger that you make for your neighbors on the Fourth of July. This burger needs no toy. Unfortunately, this burger, while always available, comes and goes from their dollar menu. What can we say is that it's a six-dollar burger trying to fit into a one-dollar world. We suggest you grab it while you can.

We hope that our advice has been helpful. For those of you with little to spend, it's good to get your money's worth. If you disagree with our scientific taste test, which is highly unlikely, feel free to write a letter to the editor and we will take this to the next level.



photo by Ali Brown

Cheap date of the week

by Marci Thorne

Summer lovin', had me a blast. I like girls who just stop by for the summer. Oh, those summer nights. As these song lyrics express, summer is an amazing time of year: the air is warm, the sno-cones freezing, the flip-flops comfortable, and the attitude care-free. It is too bad that the season cannot last all year long, but, with this Cheap Date of the Week, a little piece of the sunniest time of year can peek into your life during any season, even if only for one night.

Our date begins with some simple pre-date instructions for you and the lucky individual you have chosen to join you: wear your cheesiest summer outfits. This step is vital to the night's success because it sets the atmosphere for the entire evening. So pull out your tropical-print board shorts, tank-tops (the traditional "wife-beater" would be a nice choice for guys), and flips, and do not forget those huge ghetto-fabulous shades.

After picking up your date, roll down the windows regardless of sub-zero temperatures, and blast up the heat if necessary. Your first stop will be Maverick, but so you two do not lose the full effect of the summer, you must not put on sweaters or pants to run in and pick up the supplies for the night's festivities. The items: Kool-aid lemonade and ice cream bars. These are the food and beverage of summer choice, and will leave you and your date feeling the heat of the rays.

The next step is for the creative-at-heart only. Dump your clothes out of that big plastic storage container, and take a pit stop at a park. Very quickly and smoothly, shovel some sand into the tub, carefully attempting to not over-fill it (a quick escape could be necessary). Do not worry about rushing through this step, as it is pretty unlikely that the ice cream will

melt like it does in actual summer.

Upon arriving at your place, turn on every light in the house, lay out two giant beach towels (preferably with cheesy parrots or Disney characters printed on them), and after mixing up your Kool-aid, sit down on your make-shift beach and let your creative juices flow as you have a sand castle building contest. Try having categories like "best use of an insect", or "most resembles a President". To finish off the evening, enjoy a summer classic (like Beach Blanket Bingo), or a not-so-classic (like Blue Crush). As you lay side-by-side in board-shorts, basking in the rays of a 65-watt light bulb and chomping on Eskimo Pies, you will both be whisked away to the magic of summertime, regardless of the season.

In the Limelight: Press Release

NNU Music Department-

Northwest Nazarene University presents an open student recital on Thursday, March 13. Students presenting music that evening will be from the studios of piano professor, Dr. Walden Hughes, and Adjunct Guitar Professor Jeremiah Coto, and voice students of both Dr. Judy Marlett and Dr. Susan Armstrong.

The evening promises to be an enjoyable one with music of various styles and time periods. The recital begins promptly at 8 PM in the Emerson Auditorium in the Admissions Building on NNU campus, and the public is warmly invited to attend.

Admission for this event is free. For further information, please call the NNU Department of Art and Music at 467-8413.

Top Ten

Reasons guys don't wear makeup

10. We're proud of our sucky complexions
9. The occasional zit isn't an international crisis
8. "Rugged good looks"
7. Makes waking up 3 minutes before class acceptable
6. We're proud of our sex appeal
5. God created us like this
4. It's a lot less expensive
3. Don't need to worry about mascara running while crying
2. Annoying "Maybe it's Maybeline" commercials
1. We're beautiful just the way we are

submitted by Drew Bennett

**fear,
pain,
anxiety,
depression,**

NNU Counseling Center:

**healing,
peace,
hope
8643**