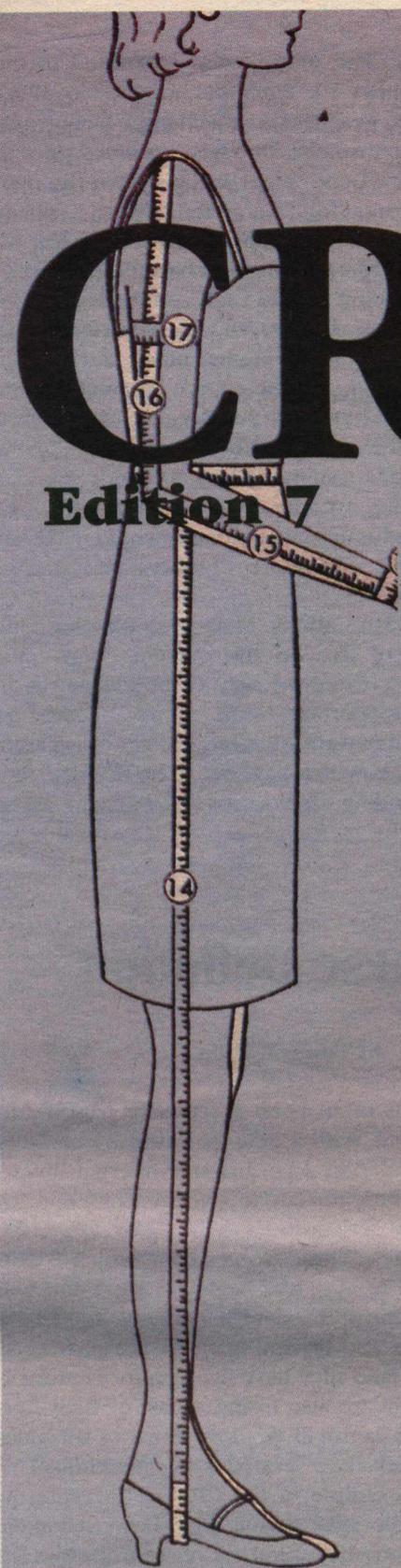


CRUSADER

Edition 7

March 2006

University Student and Scholar



FLIGHT MAPS
FLIGHT MAPS



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NEWS

20th Winter Olympics Off with a Bang

by Andrea Hall

The date: Friday, February 10. The place: Torino, Italy. The occasion: The opening ceremony of the twentieth Winter Olympics. The vast display of pride in sports was quite exciting, with race cars, mountain maidens, flaming ice skaters and finally, the entry of the Olympians into the stadium. Italian skier Alberto "Tomba the Bomb" Tomba carried the torch into the stadium, and Italian cross-country skier and Olympic medalist Stefania Belmondo lit the Olympic Cauldron, kicking off the next few weeks' activities. International Olympic Committee president Jacques Rogge gave an opening speech, encouraging the competitors to be good role models to future generations of athletes. He put emphasis on competing cleanly, and avoiding doping, a constant threat to the sporting world.

The United States team is looking to improve their record-breaking performances of 2002, in which they won a total of 34 medals, 10 of which were gold. This year the US is looking at good chances of winning gold in ice hockey, figure skating, speed skating and snowboarding. Speed skater Apolo Anton Ohno is back again, trying for three short track medals; in Salt Lake City he only scored one gold medal. Two more up and coming speed skating hopefuls are Americans Chad Hedrick, who as of this printing has already won one gold medal, and Joey Cheek, who won the men's 500m speed skate. Women's snowboarding is also looking hopeful; two Americans took the gold and silver medals in the halfpipe on February 13. Two men also took medals in their halfpipe competition, including "The Flying Tomato," Shaun White. With the way things are going currently, the United States may well be on the path to gold this year.

A popular event such as the Olympics offers a rare opportunity for Christian ministry, too. The Christian communities of Italy have come together and are geared to share their faith and the Gospel of Peace with

the visitors and locals around the Olympic area. Many international mission teams are joining them as well, including many from the United States. They are serving the athletes every day, volunteering and reaching visitors and locals through creative evangelism in plays and skits.

The Winter Olympics only happens once every four years, so do not miss the excitement. With so many hopeful athletes and exciting sporting events, the United States is sure to make some history in Italy this year.

Alito Appointed to Supreme Court

by Andrea Hall

On January 31, 2006, the balance of the U.S. Supreme Court was shifted. Samuel Anthony Alito, 55, was appointed as the 110th justice to serve on the court, replacing the retired justice Sandra Day O'Connor. After the announcement of Day O'Connor's retirement in July 2005, and a long battle for confirmation, Alito took constitutional and judicial oaths in a private ceremony in the court on January 31. Taking both oaths allowed him to be able to participate in court decisions. The moment he was sworn in, Day O'Connor's retirement was effective, as she had agreed to remain a justice until a suitable replacement was found.

Finding a replacement for Sandra Day O'Connor has proved difficult for President Bush. The first man he nominated, John Roberts, was appointed instead to replace Chief Justice William Rehnquist in September. Roberts was the man who administered the oaths to Alito in January. The next nominee, Harriet Miers, withdrew her acceptance of the nomination after she came up against heavy opposition. Finally, in October, Bush announced that he was nominating Alito for

O'Connor's seat. The motion was submitted to the Senate on November 10. Since his nomination, Alito's approval has been heavily contested by the Democrats. A very conservative official, Alito has expressed pride in helping the Justice Department argue against the right to abortions. Senators John Kerry and Edward Kennedy have attempted to filibuster Alito, because they fear his vote will put the Supreme Court off balance. O'Connor had been the deciding vote in such controversial cases as abortion, religious displays, and racial preference in admissions. Alito will be taking her place, and his conservative views could shift the court's outcomes if similar cases are heard in the future. Because of this, Bush has been accused by Senator Charles Schumer of New York of choosing "a nominee likely to divide America instead of choosing a nominee in the mold of Sandra Day O'Connor." Schumer said that Alito would make the court less diverse and more conservative (MSNBC online).

Alito is also the 11th Catholic to serve on the Supreme Court, and one of five on the current court. His appointment has created the only Catholic majority in the history of the Supreme Court. As yet, because he joined the court mid-term, Alito has not yet heard arguments for any cases which have yet to be decided. If a deadlock in a pending case occurs, Alito may be asked to break the tie.

Chinese Deflation

by Tannis Wasson

China has often been a secretive nation and now is no different. With a new dam nearing completion, recent speculation says that this internal investment may be too little too late to save the Chinese from a major economic deflation.

The Chinese Three Gorges dam, which is slated to be finished in May, was begun in 1993 and will hopefully ease some of the electricity deficit that China is facing. China is also driving many of the provincial people off of the land they have lived on for centuries; these same people are also losing a part of their heritage because the dam will swallow much of the valuable land that they have farmed for generations. The dam is just one example of the Chinese investing in China but a simple MSN search will show that their economic downturn may spiral out of control, especially with the amount of money being poured into the dam.

The people of China have much to lose at the completion of this dam, such as their heritage and some of their oldest and culturally rich towns. They will also lose much of the heritage of the land, including precious artifacts, and the dam could damage the environment. But the Chinese also stand to gain from the dam project. The electricity deficit that has plagued the nation of over 1 billion people may finally be eased and the cheaper electricity would eventually pay for the cost of the dam. Only time will tell how the Chinese government is doing and if the dam will be worth its weight in cement.

www.cnn.com

SPIRITUAL LIFE & OPINION

Keeping the "Mission" in "Mission Trip"

Written by Rev. Gene Schandorff

A few years ago I received a letter from an individual who had been asked to help sponsor one of our students on a mission trip to Venezuela. She was willing to be a part of doing something meaningful for people in need, but questioned the wisdom of spending "all that money" to fly to a far-off country when there were so many needs so close to home.

I'd like to share part of my response to her question with the community as many of you think about the possibility of getting involved in some sort of mission experience.

Dear Mrs.
Namewithheldbecauseitsnoneofyourbusiness,

"Thanks for your thoughtful questions, let me try to answer. We do not take students 'overseas' because the church, people, or problems are more deserving of our attention than those closer to home. There are three reasons why we find international travel to be an important component of our ministry training for students.

First, we travel overseas because it has been our experience that in so doing we place students in a unique learning environment which cannot be duplicated in domestic experiences. The combination of cultural shift, language, and isolation that students experience creates a 'readiness for learning' which is much more difficult to achieve closer to home.

Second, we believe that God is doing some of His most powerful work in the church outside of the United States. Students are profoundly impacted by the lives of the believers they meet in other countries. I am convinced that the North American church can be saved from serious decline as young persons are exposed to the dynamic church which thrives in foreign lands.

Third, and frankly this is perhaps the most unfortunate argument, we find that students are willing to 'go overseas' who would not be willing go around the corner. This is regrettable, but seems often to be the case. We are very intentional about teaching our students that opportunities exist 'right around the corner' for them to be involved in when they get home.

Yes, we could buy \$685 worth of clothing for the poor instead of spending the same amount on an airline ticket for one of our students. But time and time again I've

seen these students return from trips abroad as changed individuals, committed to invest far more than the price of an airline ticket in ministry to the poor and lost of the world over their lifetimes.

I'll never forget a conversation I had with a young Chemistry student a few years ago while on a trip to the Dominican Republic. Barry was talking about all that he had seen in the previous few days. He said to me, "Gene, I don't know what I'm going to be doing for a career, but I know one thing. I can't spend the rest of my life improving the flavor of dog food." By that, Barry simply meant that the course of his life had been changed forever by his encounter with the needs of the world. Barry went with us because he thought it would be 'cool' to go to the Caribbean. Barry's life was changed by the experience. Now that's really cool."

Sincerely, Rev. Gene Schandorff, Chaplain

Over the past 14 years it's been my joy to accompany hundreds of students to some of those far-away places to experience some of the amazing things God is doing in the world. This January we decided to stay "home." Instead of the usual trip to Venezuela on a plane with 15 to 20 students we packed 40 on a bus and headed for the Gulf Coast. What we found when we got there were our brothers and sisters working against enormous odds to put their homes and their lives back together.

We learned that there is a wide spread in the services that have been made available to storm victims. Some are just about settled into repaired homes. Others have yet to open the front door. We learned that there are many ways to fit into the work that God wants to do in the broken lives of his children. We learned that we can be a part of God's restoring work by simply showing up.

Hopefully, we began to learn that the joy we experience in service IS the greatest joy of all and that this joy can be a part of our daily lives as we continue to reach out to God's children whenever they are in need.

Nothing Revealed



Katie Powell

I got in my car and drove the Ten Miles it takes to get to Lake Lowell; all the while, music blaring in my face and the wind tossing my hair. My only purpose when I got there was simple: to dance.

I parked my car, opened the door and let it fall shut. I had a huge smile on my face, but I'm not sure whether it was out of excitement or embarrassment of what was about to happen. Could anyone see me?

So there I was, standing on the gravel with my blue tennis shoes on. I stood right next to my car with my eyes closed. I could feel the wind, the cold wind. I could smell the trees, and I could feel the freedom taking over my body. My adrenaline was pumping; I was so excited for the slight chance that I might experience "Euphoria". And I did.

The music was so loud, yet my car was turned off. I was spinning around and around with my arms stretched out as far as they could go. I was laughing, because I couldn't believe what I was doing. I was laughing because I was embarrassed, but it didn't stop me, because that was the beauty of the whole thing. I stomped my feet into the ground, I let my arms fly, and I glided with the wind. I guess, if you think about it, it was like I was dancing with God. As if God and I were performing for the Lake.

Now that I am thinking-back on it, back on yesterday, I would have to say that it was one of the most incredible experiences I have ever had. It is incredible how many people think that life is all about accomplishments. If you don't succeed in "this many things" then you didn't live a good life; people look down on you. Or so that is what we tell ourselves. But I think life is all about being who you are, experiencing things that you will never regret, taking chances, and doing things that remind you that you are alive. A lot of times I let myself get caught up in school work, running the newspaper, younglife, and other personal things. So it's good to laugh...all alone, with myself, and be.

So go somewhere alone and dance; somewhere where no one will find you. Go for as long as you want. Experience life. Take a chance. I'm not talking about with work or goals or success. I'm talking about with life in general. Step out of the boat and dance with God on the water.

Take a moment today and just be...

Timeout Speakers in March

1st: None... Open Mic Night
8th: Forest Fisk
15th: Austin Zander
22nd: Kenton Lee
29th: Spring Break



State of the Campus

Feb. 16, 2006

Bitterly cold,
Turns into warmer
Weather, sun

They wait, wishing
Snow melts, season thaws
Squirrels arrive again

Attendance wanes
Attention distracted
Those days of time spent elsewhere

Soon.
Soon.

Our Country, The Melting Pot

By Chad Bryan

At the beginning of this century, as ships poured into American ports, their hulls filled with European immigrants, a Jew from England named Israel Zangwill penned a play whose story line has long been forgotten, but whose central theme has not. His production was entitled *The Melting Pot* and its message still holds a tremendous power on the national imagination - the promise that all immigrants can be transformed into Americans. The phrase has been thrown around describing our country in relation to our diversity while being united under our red, white, and blue. In 1908, when the play opened in Washington, the United States was in the middle of absorbing the largest influx of immigrants in its history - Irish and Germans, followed by Italians and East Europeans, Catholics and Jews - approximately 18 million new citizens between 1890 and 1920.

Nowadays, the overwhelming majority of immigrants come from Asia and Latin America - Mexico, the Central American countries, the Philippines, Korea, and Southeast Asia. A change to immigration law in 1965 caused this shift when Congress made family reunification the primary criteria for admittance. "That new policy, a response to charges that the law favored white Europeans, allowed immigrants already in the United States to bring over their relatives, who in turn could bring over more relatives" (Booth, William. *Washington Post*, 1998). As a result, America has been taking in somewhere around 1 million newcomers a year, to the point that now almost 1 in every 10 residents is foreign born. About 6 percent of new arrivals receive some form of welfare, double the rate for U.S.-born citizens.

According to the U.S. Census Bureau, in 1999 whites accounted for 74 percent of the population, blacks 12 percent, Hispanics 10 percent and Asians 3 percent. Yet from data and predictions generated by the U.S. Census Bureau and social scientists pouring over the numbers, Hispanics will likely surpass blacks early this century. And by the year 2050, demographers predict, Hispanics will account for 25 percent of the population, blacks 14 percent, Asians 8 percent, with whites hovering somewhere around 53 percent.

We do not have to look far past our campus to experience this idea of being a "melting pot" society. As we are fresh out of a series of "Beloved Community" events, it seems that we have been faced with a mission to look beyond the walls that race so easily puts up for us and to be unified and loving as Christ has called us to be.

The Gender Bender

by Tannis Wasson

In this day and age it is no secret that women and men are more equal than before, but how close can males and females come to being equal without really being considered such? In the United States it would seem that in many respects there is no differentiation between the sexes, but disparities exist in areas such as salary, promotion, and the way women are treated in general.

Affirmative Action is a big part of America today. It shapes what programs can be cut, who can be hired, and who gets the scholarships, but Affirmative Action does not just apply to racial minorities. It also applies to women. Affirmative Action does not mean that women have an Equal Rights Amendment, but many people do not really know what that means. The ERA is an amendment for Equality of rights under the law that cannot be taken away on the basis of sex. This sounds good but in reality Congress ratified it in 1972 and sent it to the states to ratify. Ratification requires 38 states to sign it before it actually becomes an amendment, but only 35, including Idaho, have. The point of the ERA is more than just merely Equal rights for women, according to www.equalrightsamendment.org. "The Equal Rights Amendment affirms that both women and men hold equally all of the rights guaranteed by the U. S. Constitution. It would provide a remedy for sex discrimination for both women and men, and give equal legal status to women for the first time in our country's history." This would mean that men and women would no longer have to worry about pay or jobs because gender could legally no longer be taken into account.

In a steadily growing nation, where women are taught that we are as equal as we want to be, the future seems troublesome.

<http://www.equalrightsamendment.org/faq.htm>

Coming of Age in America

by Andrea Hall

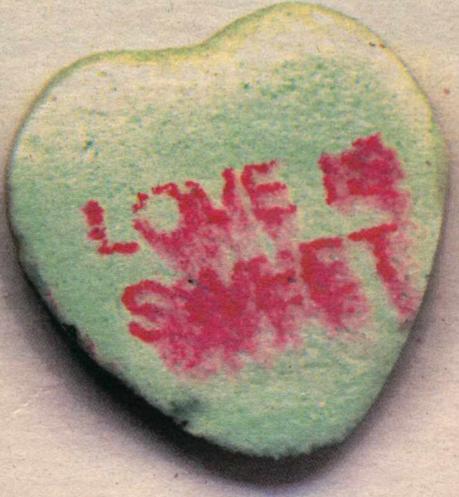
The age of maturity in America is constantly changing. Young people are living at home longer before becoming independent of their parents, compared to 50 years ago. In the 1950s the average age of independence was something like nineteen. Today that age has increased; many young singles stay at home until they are well into their twenties. Perhaps this is because the age of independence is related to parenting. Many parents today do not seem to take a great deal of interest in what their children do, they are permissive and sometimes lax in discipline. This results in many things, including a less responsible child, one who cannot possibly imagine living on his or her own. If a teens feels secure at home, where everything they need is provided with little required in return, they will have a hard time leaving such comfort to make it on their own. Thus, teens are remaining at home, continuing to rely on their parents to provide for them. These teens are likely to mature late in life, and have a tough time at it. The economy also makes it difficult for young adults to thrive on their own. Jobs, essential to independence, are scarce and difficult to obtain. The dollar's value is shrinking, and social pressures to give up and party the night away are heavy. To resist these pressures and take the initiative is a hard decision, and it takes a lot of responsibility to make.

Age is changing in many other ways, as well, including the age of initiation to drug or alcohol use and to sexual activity. In 1955, only 6% of the United States' pregnancies occurred outside of a marriage relationship. Today that number has rocketed to 42% of pregnancies occurring out of wedlock. Along with pregnancies, the age of sexual initiation has declined as well as the age at which a couple gets married. Perhaps these numbers have declined in relation to the increasing numbers of pregnancies: young couples are getting married because a child will be coming, and they want to give the child a home with two parents. Finally, drug use is becoming more and more common with younger and younger children. In 1965, marijuana use was estimated to begin at age nineteen or twenty; that age is now seventeen.

Also, the current average age of alcohol use is from twelve to seventeen—over 15% of the United States' youth population.

But age is not just changing in negative ways, take the Olympics, for example. Olympic athletes are able to compete at very young ages. Sixteen-year-old Elena Hight gave an excellent performance in Women's Halfpipe on February 13. Many other jobs take preference among the younger crowd. A young person has the best chance of getting a job right after graduation from college, after that it gets harder. The economy has adapted to the fluctuating age of maturity and independence.

The times are a-changing. But do the lowering ages mean that people are maturing faster, or are they forced to by their circumstances? Each person must mature in his or her own time, and for some that time comes sooner than for others. What is coming for the next generations? This is uncertain. Certainly statistics will be updated and new studies will be conducted, and the effect of our current culture on young people will be determined.



Seeing

Top Ten Movies to Watch if You're Attached

10. Ghost - Ditto...you know you like it!
9. Love Actually - Love in any language, and situation!
8. My Big Fat Greek Wedding - Dysfunctional family and love at last
7. Jerry Maguire - You complete me...gets us every time!
6. Pretty Woman - We want the fairy tale
5. Moulin Rouge - Ewan McGregor, enough said.
4. The Way We Were - Opposites attract
3. When Harry Met Sally - Can we be lovers and friends?
2. Sleepless in Seattle - Meg Ryan and Tom Hanks = Great movie
1. Casablanca - It's a classic! Here's looking at you kid!

Top Ten Movies to Watch When You're Single

1. What About Bob?
2. The Princess Bride
3. Happy Gilmore
4. Tommy Boy
5. Robin Hood: Men in Tights
6. Monty Python and the Holy Grail
7. Beetlejuice
8. Blazing Saddles
9. The Jerk
10. Office Space

Runners up: Titanic, Bridget Jones' Diary, Meet Joe Black, Love Story, An Affair to Remember, The Little Mermaid

Double

Words From the Heart

Independent Film Makers Unite!

by Chris Spicer

Less than an hour away from Salt Lake City, nestled within a snow-covered mountain range, lies Park City, home of the 2002 Winter Olympics, heaven for the stereotypical rich, SUV-driving skier, and haven for independent filmmakers.

Every year, the Sundance Film Festival attracts people from all over the globe with different aspirations. Many are presenting a film in hopes that it will be a success. Others hope to view as many films as possible in one week. And there are even those who pull out their binoculars and try to find as many celebrities as possible. Of course, Sundance is ridden with them, from Robert Redford, who started Sundance 25 years ago, to the actors and actresses who are promoting their new films.

At the end of January, I had the privilege of going to Sundance this year with 15 other students involved in the Mass Communications department here at NNU. We saw films and then discussed them, learning what we could about the filmmaking process, and discovering ways to enhance our own skills in filmmaking. I saw five films while at Sundance, four features and one documentary.

Two of the features I saw were purchased by production companies. Surprisingly, they were the two films I liked the most. Right At Your Door was the first. It was a film about the reaction of two Los Angeles residents to a chemical bombing near their home. The other film that I enjoyed was Man Push Cart. It was a realistic glimpse into the life of a New York Pakistani cart vendor. Watch for their release at the Flicks later this year.

Many other films at Sundance were bought by production companies, and will probably be shown at Edwards this next winter. Films such as Alpha Dog, starring Justin Timberlake and Bruce Willis, and The Illusionist, starring Edward Norton and Paul Giamatti.

As for my celebrity watching report, there were several notable sightings. A few that I saw were Eric Roberts, Roger Ebert, and Adam Duritz—lead singer of the Counting Crows. Other sightings by those in our group include Sam Shepard, Gael Garcia Bernal, and Dennis Quaid. This is not the reason I attended Sundance of course, but it can be fun to bump into famous people every once in a while.

The trip to Park City was one that I will not forget anytime soon, and I encourage everyone interested in film to make the same trip at least once in their life. Even though this was my second time at Sundance, I cannot wait to go back again someday. Whether that means going to see films, or to promote my own (someday), it will still mean experiencing Sundance, and that's OK with me.

This weekend at the "Midnight Movies":

Harry Potter and the Goblet of Fire
Chicken Little
Rumor Has It
Cheaper by the Dozen 2
Just Friends
Yours, Mine, & Ours

Watch for these movies coming soon:

The Ringer
Pride and Prejudice
Shop Girl
Howls Moving Castle
Casanova
Kiss Kiss, Bang Bang

AO & CK

Hey Everybody.
Matt Bruce
has a huge
announcement
to make. Ask
him about it!



Cubs Draft has Local Roots

by Trish Reedy

As young boys go through sports all they dream about is making it to the "big leagues." Whether it is in basketball, hockey, football, or baseball, dreams are seen in the passion the players show on and off the field. For a select few who have excelled in their sport they are fortunate enough to be called up to the major leagues to show their stuff. For NNU senior Roger Evenson his dream of proving himself good enough to play in the big leagues has come true.

In the 2005 Major League Baseball draft Evenson, a native from Boise, was taken by the Cubs in the 15th round.

"My life is going to change. I proved to myself I can play with the big boys and took the next step up," was the first thought in his mind after being drafted.

After being drafted his first stop was in his home town to play for the Cubs' minor league team, the Boise Hawks. In February, Evenson takes off for spring training in Mesa, Arizona. Until then he plans on getting a lot of sleep and lifting weights as much as possible. "When the semester ends I am trying to take my second semester of Spanish to finish it. I will have at least one class." Evenson, applied studies major with an emphasis in social work and kinesiology, will miss NNU and the people here. "I do not think I will miss class all that much. I will miss the activities that come along with college as well."

Evenson proved to be the ace of the NNU pitchers this past year with a record of 7-6 in 14 appearances. With an ERA of 4.09 in over 112 innings of work Evenson struck out 116 opposing batters in the Crusaders' 20-30 season last year.

For the Hawks Evenson worked over 40 innings and earned a record of 4-4 with a 5.58 ERA in 24 games.

The 2006 Baseball Forecast

by Christopher Spicer

Spring is closing in, and baseball is in full swing. With 30 upperclassmen on the roster this season, the Crusaders look to be fierce competitors. "If this year's team gels early, we potentially could put together one of the best baseball teams in NNU history," stated Tim Onofrei, returning for his sixth year as head coach.

Onofrei is relying on the talents and maturity of his upperclassmen to anchor the team, but much of the burden lies on the shoulders of the offense. "We are different this year in that our offense will have to be ones carrying us to victory," stated Onofrei, "Defensively, and in the pitching department, we will ask our guys to put us in a situation to allow our offense to do their jobs."

Aside from the experience of the upperclassmen, Onofrei is looking to several underclassmen to deliver solid performances. "I expect Tim Stuvland, a freshman from Potlatch, Idaho, to have a productive season,"

Intramurals Basketball is Taking the Campus by Storm!

By Chad Bryan

That is right ladies and gentlemen—it is that time of year again. Pump up those Jock Jams because intramural basketball is underway and in full storm. If you have never experienced this phenomenon of collegiate competition, it would be worth your time to check it out.

With an 'A' league, 'B' league, and girls teams there will be something for everyone to enjoy whether it's some intense competition or some lighthearted entertainment. Dax Wandling of the 'B' league team If There Was A 'C' League, We'd Be In It said, "We're just trying to have as much fun as possible. We have a great Japanese coach who is, as I speak, studying Bobby Knight videos to get good form to throw things. We tend to focus not on how many points we put on the board, which I assure you hasn't been many, but on how much fun we're having and how much we can make the crowd laugh." You can't miss If There Was A "C" League...—they are the ones with their uniforms drawn onto their chests and backs. On the other end of the spectrum, Steve McMahan of the 'A' league team The Mike Martinez's said, "It's been a really fun season. I kinda wish there were more teams out to play, but we're having fun with the other teams. It's some pretty intense competition." Interestingly enough, Mike Martinez isn't even a player on that team.

With playoffs coming up soon, come support all the teams on Monday and Tuesday nights starting at 8 and going until about 10:30. For more info check out the Intramurals bulletin board in the heart of the student center for who is on what team and when they're playing.

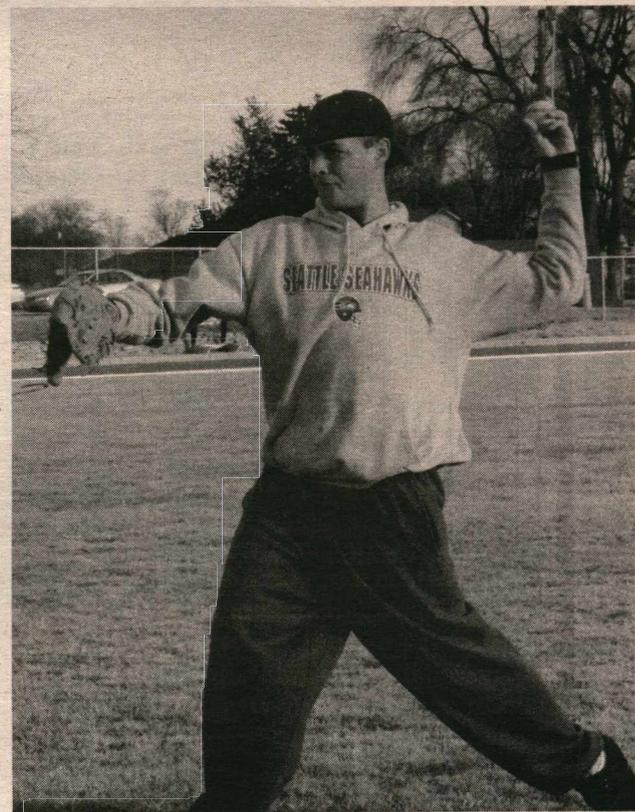
Onofrei exclaimed. "Alex Van Oeveren is another one to watch. Alex is a sophomore pitcher who potentially could earn himself a starting role as a pitcher."

Although Van Oeveren aspires to start, he would be content with less: "I just hope I can look back at the end of the year and say that it was productive." With 46 games on the schedule for this season, the Crusaders should have plenty of chances to prove their productivity. "As a team, one of our strongest qualities is that we are so tight knit; everyone gets along with everyone else," Van Oeveren stated. According to Van Oeveren, a replication of that bond on the field would improve the team's performance; "Once we figure out how to play as a team, we'll win a lot of games."

With the newly added bleachers, crowd-participation activities, and hats and t-shirts, fans are encouraged to support the Crusaders at home games. The first home game is Friday, February 24, at 12:00pm. The team will be playing the Montana State Billings YellowJackets, whose baseball program has been dormant since 1975.

Members of the baseball team hone their baseball skills before the season starts.

Crusader Sports



A Taste of Nampa at Henny Penny Produce

By Katie Powell

Just along the line where 12th Avenue runs with busy cars, and the engines begin to be silent, lies a little store called Henny Penny. With an outside dressed in barn attire, and the inside resembling grandma's house, feeling welcomed is not an issue. The store is filled with variety. Most everything in the store is local from vegetables and fruits, to lotions and chocolate.

The day I went, I grabbed myself a few organic tomatoes, after I grazed the aisles longing to buy everything I saw. When I went to the counter to pay, I was greeted by a few warm smiles and friendly faces. They told me all about a candy I was asking for, and without going too deeply into description, they opened a bag and let me try it for myself. Because I couldn't hold the candy in my mouth for very long, due to the utter disgust, they laughed and let me spit it out into their trash can. After the laughter died, they pointed me in the direction of a table full of different jars of chocolate.

It was there that I saw more that I wanted to buy. It is called Plum Hill, Pure Body Essentials. It was a lavender-vanilla linen spray made in Eagle, Idaho. I grabbed two and headed to the counter. For two tomatoes and two linen spray bottles, my total came to only \$9.

If you need some organic vegetables, or a great gift from someone special, head over the Henny Penny, and you will find just what you are looking for. 3206 12th Ave. Rd. (208) 442-7994.

Blue Forest: How Seasonal Depression Can Affect Anyone.

By Forest Fisk

Not very many forests are blue. In fact, I don't know of any forest that would be any color other than green. On the other hand, if you are referring to the person Forest, you just might say "he's just a white boy." True, I am. Green would be a more appropriate color for my epidermis (Forest green, get it?). But as the immortal words of Kermit the Frog aptly state, "It's not easy being green." I would have to agree, but no matter how hard it is to be green it's even harder being blue.

When I say blue I am referring to the mood one has when he or she is sad. I suffer from what's known as Seasonal Affective Disorder (SAD), and it causes me to be somewhat "blue" in the winter months.

Sadness does not adequately articulate the real symptoms I have when I have SAD. My purpose in writing this is to give you a real life account of my experience with SAD and how I came about to notice its signs and treat its symptoms.

I believe the first time I noticed that I was "not myself" was in my early high school years. I noticed that, although I had an assurance of faith, it was incredibly hard for me to articulate Christian "joy." Life was great, but I could not say that with a happy face. My original feeling was akin to guilt. I noticed that it came and went. At one point I thought it was something I could chart. But then I just thought I was foolish for thinking that I, a guy, had something like PMS. So I ignored it.

Later I was taking my senior pictures for graduation. I was in the studio in my nice, studly looking clothes, but

I could not bring myself to smile for the photo. I was always a "happy boy" who never frowns. Why couldn't I just be happy for these pictures? I just wanted to BE happy and silly images of me "frolicking in a meadow" to make myself happy amused my intellect more than it ever made me truly happy. I COULD NOT SMILE, and when I did, it was only lackluster.

I also remember not liking the fact that my summer tan had long since vanished, and I did not want people seeing me as white as a fish when they received my graduation announcements in the spring. I did not think anyone would like that.

Sophomore year of college rolled around. The year I so affectionately call "the year of snow." It was cold, to say the least. I remember that it was also a time in my life when I had massive amounts of work to do for weeks on end. My primary method for tackling this problem was to lock myself in my room and just "get'er dun!" I wore long-sleeved shirts and pants all day long for weeks at a time because of the frigid temperature. The next thing I knew, I was overwhelmed with work!

It was that feeling of being overwhelmed that stuck with me and brought me to the realization that there was something wrong. After most of my homework was done I realized that I was still anxious, like there was something that needed to be done that could not get done on time. I would lock myself in my room and feed on "study food" to satisfy my cravings. I was ravenously hungry for something, ANYTHING that would satisfy this feeling. Yet food did not satisfy my emptiness. WHAT WAS IT that I needed to do? I thought that maybe I was feeling guilty for a sin I had committed.

But my spiritual life was great. I read my Bible daily. I had my homework well within reasonable limits. But that did not help my anxiety. My friendships were all healthy, and I knew of no enemies. Yet I was still dissatisfied. Ten hours of sleep at night did not satisfy my need for whatever it was. I needed something, and I felt empty.

I remember not feeling whole, almost like I was in trouble with God. But we had a great relationship and I still felt Him comforting me through this confusing time. I was hurt and confused and I called Him all sorts of names asking Him to show me what I had done wrong to deserve such a feeling of anxiety, restlessness, emptiness, hunger, guilt, shame, and despair. He simply told me that He was there and He loved me. So, I decided to love Him back and trust that it was not His fault and He would do whatever He could to help me

look healthy and fit... and then I realized that I had not gotten enough nutrients from the sun and I might be going through a winter depression. I had been indoors and in long-sleeved shirts and pants for far too long.

So, the next day I decided to wear shorts and a t-shirt and go to the Amity Perk where I could sit in the sun where it was warm. When I arrived I stripped off my trench coat which shielded me from the snow and I flung the blinds as high as they could go. I sat in the sun for well over 2 hours soaking up as much sun as I could. The remarkable thing was that within 15 minutes I could feel my spirits lifting. Within a half an hour I felt perfectly normal and I could basically control my moods once more.

It really was an amazing experience. And because it meant so much to me, I feel like I should share that with all of you. Some of you might have SAD. Please realize that I learned the weather affects more than just my notion of melancholy "sadness" when the weather turns sad. The sun does something to the body, and I took that for granted before that experience.

The Peer Health Educators have put up "Potty Notes" all over the campus last month about Seasonal Affective Disorder. As a club we did not hear any reaction from the student body as to whether its message was ill or well received. Perhaps now you will understand the severity of the changing seasons and your own moods.

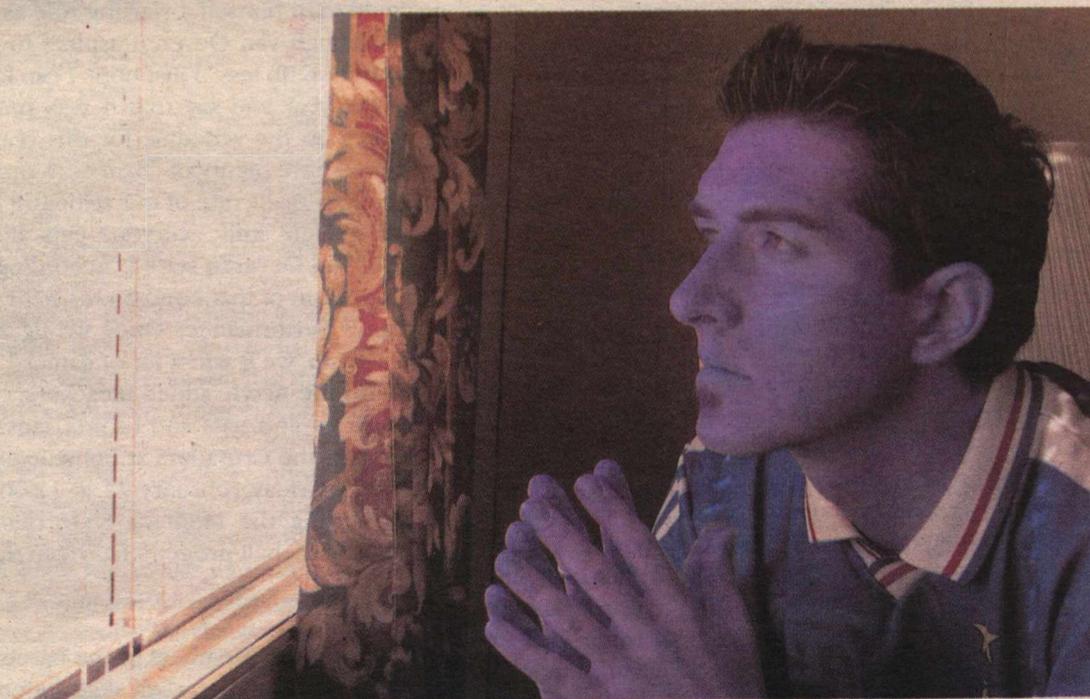
I challenge each of you to examine your own life and your mood. How much time do you spend in the sun? Do you walk from class to class bundled up from head to toe and spend countless hours inside windowless rooms? Do you ever see a sunset or stop and smell the roses outside long enough to soak up any sun?

Also, do not misunderstand me. Tanning beds do not help with SAD. It just gives off too many UV rays and does not help with the symptoms of SAD. You will get tan (and maybe even skin cancer), but your skin color does not determine your mood. Light boxes have been proven to be a safe device that pacifies the symptoms of SAD. They cost around \$200, and they work well.

In my personal experience if I spend an hour in direct (or indirect) sun, I maintain my "sunny" disposition for about a week and a half if I am without sun or stuck doing my homework in my room without windows.

In any regard, if you have any of these symptoms, talk with a Peer Mentor or a counselor. They are free to talk to, and they know how to help.

Bought to you by your friendly PHEs.



through my confusion and anxiety.

Not two moments later I remembered the day I took my senior photos. I remembered how white I looked, and how sad I was then. I then looked at myself as I prayed to God and realized how I yearned for the sun to grace my body that would turn me tan and make me