

ON THE CATWALK

What's it like being a male model? Brandon Haskins' weekly column will tell you. | CAMPUS LIFE, 2



WEDNESDAY
November 18, 2009

The Crusader

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Issue 10

Serving the community of Northwest Nazarene University since 1942

The winner's circle

A HAPPY ENDING FOR SOME. The powderpuff and flag football intramural seasons came to a close over the weekend with the championships held under the lights at Nampa High School.



Alex Corn | The Crusader

Left: The 2009 powderpuff champions, The Bruisers. Right: 73 Dolphins, the 2009 flag football champions. >>> See more pictures of the championship evening. Sports | page 6

ALLISON HAWN The Crusader

This year's intramural football season ended with the championship game taking place for both men and women's teams this past Saturday at Nampa High School's football field.

In the men's intramural

and Gun Offense played against the 73 Dolphins.

The 73 Dolphins won 14-0, led by great plays by seniors Dane Manley and Eric Zwiefelhofer, said junior communications and political science major John Crabill who played for the Paxico Burress' Run and Gun Offense.

Paxico Burress' Run and Gun Offense by players like junior Preston O'Malley who helped the defense with good interceptions, said Crabill.

"There were a lot of really good teams this year," said Crabill.

In women's intramural football The Bruiser's faced off

The Bruisers won against the thus-far undefeated Punishers 12-7.

"It was the best ending we could have had to a great season; our hard work and great team dynamics paid off," said junior nursing major Annie Larlee who played for The Bruisers.

Junior Bailey Osborn scored

great season, The Punishers, we were 7-0 until tonight," said sophomore kinesiology education major Kelsey Shacklett.

"It was a lot of fun, it was a great opportunity to hang out with another group of girls," sophomore liberal studies major Amanda Konzal said,

What's inside

Etiquette Dinner |

Campus Life, 3

But what do I do with my napkin? Last week students dined to the tune of how to be proper.

Give thanks | Opinion, 4

Students, faculty and Crusader staff members share what they are thankful for this year.

Volleyball | Sports, 6

The women are home after their final games of the season. Did they end on a good note?

Campos Market |

BEYOND, 9

Multicultural market in downtown Nampa gives shoppers a different experience.

Senate tonight

7:45 p.m. in Wordsworth

NO NEW BUSINESS.

OLD BUSINESS:

Freshman athlete receives esteemed award

HOLLY BEECH
The Crusader

When you apply for an award with 55,000 other applicants, knowing that only 25 will be chosen, you may try not to get your hopes up. Maybe that's why NNU freshman Heather Adams was so shocked last spring when her athletic director announced at her last high school assembly that she had been chosen as a 2009 Scholar Athlete Milk Mustache Athlete of the Year (SAMMY).

"I couldn't even function. I could not believe it," Adams said, adding that she could hardly even get up out of her seat at the assembly because she was so stunned.

After a long and detailed application process, Adams was chosen by The National Milk Mustache "got milk?" Campaign and USA TODAY to receive a \$7,500 scholarship and a trip with her parents to an awards weekend at Disney World with the other recipients. She also got to meet professional football player Kurt Warner and figure skater Michelle Kwan.

Adams was inducted to the

SEE
ADAMS AWARD
SPORTS, 7

Alcohol Awareness Week raises discussion



Alex Corn | The Crusader

Junior Craig Wolfe and senior Heather Craig participate in the "Driving Drunk" challenge, where students put on drunk goggles and drove golf carts in the Johnson Sports Center parking lot last week.

BRANDON HASKINS
The Crusader

Last week, the Peer Health Educators spent the week hauling mannequins around campus and educating the students about the negative effects of alcohol.

"The purpose of the event was to present accurate information concerning alcohol to NNU students in a non-judgmental way," senior PHE Heather Craig said.

"We tried to plan events that were both fun and educational. We did not want to be preachy but we wanted to show that alcohol abuse has some very serious consequences."

A daily drawing, trivia question and video were presented next to the PHE mannequins "Manny" and "Guy" in locations around campus.

These were aimed at presenting information to students about how alcohol might negatively affect students.

"This year we focused on alcohol and academics, alcohol and date rape, alcohol and guns, and alcohol and driving. Each day had its own topic, and for each day we had video to go with the topic, facts and statistics about that topic and a quiz question about that topic,"

senior PHE Megan Saunders said.

The final day, which covered alcohol and driving, included simulated drunk driving, using drunk-vision goggles and golf carts.

"This was supposed to show students what it would actually be like if they were driving drunk. We also had other activities with the drunk goggles for students to see how drinking impaired them in those activities," Saunders said.

"I think that a lot of people don't stop to think about the consequences alcohol can have," senior Jamie Slonaker said. "This week may have made

people stop to think about the negative side of things, that it isn't just about going out and having a good time partying."

Freshman Jasmyn Jewett said, "I think it's important to inform others about the effects of alcoholism, but with the activities they made it seem more like a joke, rather than a serious matter."

Jewett says that she doesn't think that anyone's opinions on drinking actually changed as a result of the week.

SEE
ALCOHOL
CAMPUS LIFE, 3

FROM COMMITTEE:

- > Two plasma televisions for downstairs of Student Center; two for upstairs.
- > Extension of time for SGA president veto on bills.

Senate is open to all students.

Weather

THURSDAY

Mostly cloudy.

Hi: 47° | Low: 34°

FRIDAY

Showers.

Hi: 46° | Low: 29°

SATURDAY

Few showers.

Hi: 41° | Low: 28°

SUNDAY

Few showers.

Hi: 43° | Low: 25°

MONDAY

Mostly cloudy.

Hi: 36° | Low: 26°

TUESDAY

Partly cloudy.

Hi: 38° | Low: 25°

Index

Campus Life 2

Opinion 4

Sports 6

A&E 8

Beyond Campus 9

Just For Fun 10

Social work students study in Uganda

TAYLOR ALLEN
The Crusader

Senior social work majors Chelsea Michelson and Megan Yergenson have spent their fall semester studying abroad at Uganda Christian University Mukono, Uganda.

The women recently told *The Crusader* a little bit of what's been going on in their lives across the globe.

What is your school like? Are you taking certain classes?

Michelson & Yergenson: The school setup is very similar to NNU. We have chapel and community activities like talent shows and comedy nights. Classes are basically gen-ed courses but geared toward East Africa (African lit, Ugandan politics, East African history). We can choose to take a couple courses with Ugandans but otherwise we are in classes with other Americans/Canadians

What made you decide to go to Uganda?

M & Y: God! Also, help from friends [and past program participants] Trevan Hauck, Cassie Carlson, Tyler Mostul, Seth Ott and Seth Waltemeyer.



Courtesy of Megan Yergenson

Chelsea Michelson and Megan Yergenson enter Uganda from Rwanda earlier in the semester.

What has been one of your favorite experiences?

M & Y: Our homestays have been very full of great experiences.

Is communication easy?

M & Y: Yes and no. English is prevalent, but communication is still difficult. Probably as difficult as it would be in any cross-cultural situation. It teaches you patience.

What were some of your expectations for Uganda? Were they met?

M & Y: We tried to come

without any expectations -- and I think we succeeded. It would have been hard to come with big expectations.

What have you learned from your experience?

M & Y: [We have] learned a lot about hospitality and the importance of community.

Anything else you want your NNU community to know?

M & Y: We have loved this program. And we encourage anyone who might be considering it to pray about it and go, not necessarily Africa,

but true to any study abroad program. You won't regret going. If you want to know more about our experience we would love to sit down and talk about it.

Michelson and Yergenson will return to the NNU campus in January for spring semester.

>>Linked up
To find information on Uganda Christian University, check out their Web site @ www.ucu.ac.ug.

CAMPUS BRIEFS

Intelligent Design seminar offered at NNU

NNU presented a public seminar on Intelligent Design last Thursday in the new Thomas Family Health & Science Center, Jackson Lecture Hall.

Dr. Scott Minnich, the guest presenter, holds a Ph.D. from Iowa State University and is currently associate professor of microbiology at the University of Idaho and a senior fellow at the Discovery Institute's Center for Science and Culture.

He is also a fellow of the International Society for Complexity, Information and Design. He is widely published in technical journals including *Journal of Bacteriology*, *Molecular Microbiology*, *Journal of Molecular Biology*, *Proceedings of the National Academy of Sciences*, *Journal of Microbiological Method*, *Food Technology* and the *Journal of Food Protection*.

"Dr. Minnich is one of the leaders in the field of

science/philosophy related to Intelligent Design. It is a special privilege to have him present to our faculty, students and community," Dan Nogales said, Dean of the School of Science & Mathematics.

Minnich's research interests are temperature regulation of *Y. enterocolitica* gene expression and coordinate reciprocal expression of flagellar and virulence genes.

Biochemist Michael Behe used the flagella to illustrate the concept of irreducible complexity and Minnich takes the argument to the next level crediting the design paradigm to leading to new insights in his lab research at the University of Idaho.

In 2004 Minnich served as part of the United State's Iraq Survey Group (ISG) tasked with reviewing captured mobile weapons laboratories, and determining what role if any they played in microbial weapons production.

The Crusader staff



My life as a: male model

with reporter

Brandon Haskins

It all started a while back. Perhaps it started my freshman year even, when I saw my first etiquette dinner fashion show. Ever since that point, I

About a month later, I found myself standing in the men's section of JCPenney with sophomore Jared Trygg wondering where Amanda Marble was, and not being entirely sure what we were doing there.

About half-an-hour later we, by chance, met a short, older woman with some sort

sent into the dressing room and came out wearing a pinstripe vest and pants, with a maroon dress shirt.

A quick debacle over ties followed, which resulted in a decision of me changing dress shirts in exchange for a gray dress shirt, to be matched with a fuchsia tie.

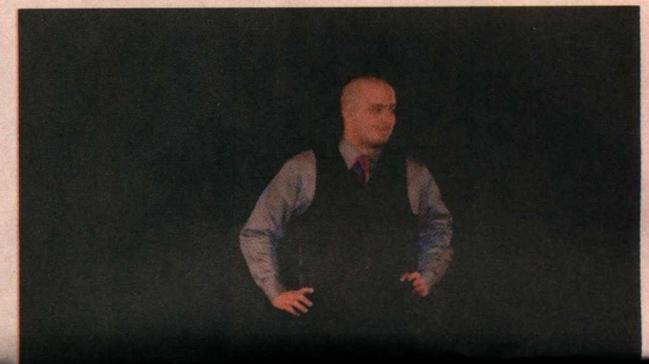
The outfit was finalized and I

us.

After changing into my clothes I met all the other models backstage as we awaited our entrances.

Finally walking on the catwalk was an experience like no other.

Awkward to an extreme -- everyone staring at you as you walk down turn around and



have wanted to work it on the etiquette dinner catwalk.

So when Career Center Director Amanda Marble mentioned the fashion show in casual conversation, my voice may have jumped back to pre-puberty as I half-asked, half-yelled to see if I could be a part of it.

It seems that after that it was settled, my life as an etiquette dinner model was finally solidified.

of Scandinavian accent, who announced that she was the person that we'd been waiting for and that she would be helping us choose our outfits.

As she took Trygg and walked off to look at sweaters, I was left looking at suits and ties.

My own personal help arrived shortly after, a shorter man who proceeded to take my measurements and direct me to my options.

After a bit of discussion, I was

was ready for the show. Showing up half-an-hour early, we went through a quick walk-through of the show, including where we would stop and the order of our entrances.

Following this walk-through, we found our seats and waited until it was time for the show to start.

Just before dessert started, I snuck into the Swayne Auditorium to the dressing rooms that had been set up for

Ultimately it was just a ton of build up for a thirty-second experience.

Brandon Haskins approaches the catwalk at the Etiquette Dinner.

Jinell Van Corbach | The Crusader

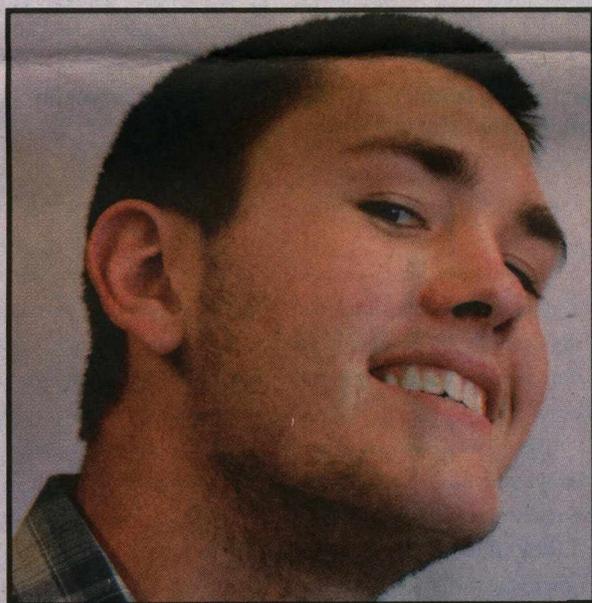
NO SHAVE NOVEMBER 2009

For the month of November, The Crusader is following two senior men who are participating in the no-shave challenge. Check back every week to see their progress!

DAY 15: And the fur coat grows...

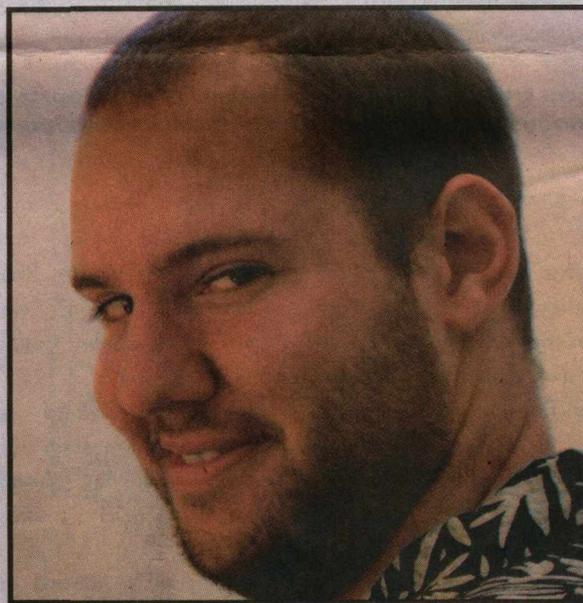
**Seth
Ott**

"True beauty comes from within."



**Brian
Flanders**

"Real men have facial hair."



Hairy word of the day **Molest-a-stache (n):** The fair hair that grows mainly above one's lip, mimicking that of a child molester.

Students brush up on their manners at the Etiquette Dinner

JINELL VAN CORBACH
The Crusader

Last Wednesday, the annual Etiquette Dinner and Fashion Show was held in the Brandt Center lobby.

NNU students and faculty members enjoyed a five-course meal while learning etiquette skills needed in a formal dinner setting.

Amanda Marble, the director of the Career Center, began the evening with a word of prayer and mentioned that it was a packed house. She even had to turn people away prior to the event because the tables had already been filled, she said.

Marble then introduced the emcee for the evening, Kathy Burns, a professor in the Academic Support Center.

Burns began the etiquette lesson by teaching the audience how to introduce themselves and others, then followed with an activity which allowed each table to practice introductions.

Then, with the help of a PowerPoint slideshow, she showed the differences between



Jinell Van Corbach | The Crusader

Students practice introductions at their tables during the Etiquette Dinner last week.

the American style and European style of formal dining, such as the order in which the courses are served.

The first course, a cup of soup, was served by volunteer NNU faculty members. During this course, Burns taught the

audience how to properly eat the soup.

Laughter could be heard all around the room while audience members attempted to eat the thick soup the proper way. Next, Burns spoke about receiving invitations and

arriving to the dinner party at the right time.

She said, "Fashionably late is not fashionable." The second course, a salad, was then served.

After the salad plates were cleared, the third course, a

raspberry sorbet, was served to cleanse the palette.

Before the fourth course was served, Burns taught the audience how to eat European style -- holding the knife in the right hand and holding the fork in the left, without switching

the fork over to the right hand after cutting a piece of food.

The fourth course was the main entrée, which consisted of chicken, potatoes and vegetables. Burns concluded the etiquette lesson, and dessert was served.

While audience members enjoyed their cheesecake topped with strawberries and blueberries, Marble announced that the fashion show would begin.

Various NNU students participated in the fashion show, modeling business outfits provided by JCPenney.

Marble emceed the show and thanked JCPenney for providing the attire.

The Etiquette Dinner and Fashion Show has been organized for the past 12 years, and is usually associated with Career Week, Marble said.

Marble decided it would be a good idea to have it earlier in the year because it is valuable to let students have the opportunity to learn business, etiquette skills.

ALCOHOL FROM PAGE 1

Despite the university's requirement that its students sign a lifestyle agreement saying they won't consume alcohol, Craig said the week still holds significance because students do break the lifestyle contract.

"It is important that as PHEs we provide information to these students so that they will be able to stay safe," Craig said.

This student feels the school shouldn't get involved with such matters. He said, "the lifestyle agreement never made sense to me. I don't need someone to tell me my morals, and I'm not doing it on campus, so they should stay out of my business. I pay to learn, not to have my morality handed to me."

Another senior also says that he drinks, despite the contract he signed. "[I] Probably like every day; I only get drunk like once a month though. I don't

drink] almost every weekend, and I probably get drunk 60% of the time. I think the whole thing is a dumb rule that [the university] tries to control us. It's NNU's attempt to put on a façade of a Christian university."

However, not all students that drink, drink in excess. One senior said, "I've drank alcohol while at NNU, not very often, because it is expensive, but I still do on occasion. I've never been drunk though. I don't think it is wise to get drunk; but scripture



Max Corbett | The Crusader

thinking that despite a lifestyle contract, NNU still has individuals that drink, both occasionally and on a more consistent basis.

"I drink probably 4 or 5 times a week, but I get drunk on the weekends occasionally. It doesn't mess me up with school or anything, and I've stayed safe. Plus I'm 23 years old, so I don't think it's a big deal," one senior said.

drinking, the Bible says not to get drunk, and so I think that that is wrong, but everyone sins, and I don't think it's that big of a deal. I disagree [with the lifestyle agreement] because we're all human. We should be able to make our own decisions, and there is no better way to deter new believers than by forcing them to comply with our elitist lifestyle."

Another senior said, "[I

even says to drink wine for your stomach."

This student said she recognizes her activities don't align with the lifestyle contract.

"I feel a little guilt, but I'm a responsible adult over 21, it should be my decision. So while I feel guilty, not guilty enough to change," she said.

For students that choose not to drink, reasons are numerous. "It's illegal for me to drink. I

A student participates in a mock sobriety test with a Nampa police officer.

suppose when I'm 21 I might drink, but as of right now, the legal issues mean more to me," a sophomore woman said.

A junior male said, "I drank before I came to NNU, but I respect the lifestyle contract, I mean, I did sign it, and I think I should stick to my word."

For other students, the

lifestyle agreement plays no role in their decision not to drink.

"I don't care if people drink," a senior male said. "I think it's fine, and I think the lifestyle agreement is silly to try to prevent it from happening. I don't drink, and the lifestyle contract does not have any impact on my decision."

A senior woman echoed that response. "The lifestyle contract plays no role in my decision not to drink. First, alcohol is expensive, and I don't have the income to be able to waste it on these things. Also, my family has some addictive tendencies, and I think that the abuse of anything is not OK."

A contest for sweet-tooths



Cassie Carlson | The Crusader

Wednesday Night Live last week certainly had no music -- but it had enough pie to go around to ease any sort of hunger pangs. As part of the night, resident assistants of each building competed in a pie-eating contest. Sutherland won the challenge.

In the photo: Corlett/Olsen RAs Allison Dietz, Ariel Glover and Brandon Hagemeyer chow down on their pies. Jessica Weaver and Amanda Wilkes compete for Ford Hall.

STUDENT LIFE

WEDNESDAY, Nov. 18

Senate @ 7:45p.m. - Wordsworth

Time-Out @ 9p.m.

THURSDAY, Nov. 19

Brick House @ 9-11p.m. - Harvest Party with music by Christina Andreoni and Whitney Brown

FRIDAY, Nov. 20

Friday Escape

Last day to withdraw from a Quad II class with a 'W'.

SGA Faith & Film @ 6:30 p.m.

MONDAY, Nov. 23

MBBall vs. Walla Walla @ 7:00 p.m. - JSC

WEDNESDAY, Nov. 25

Thanksgiving Chapel @ 10:20 a.m - Brandt

Satan's battle for your soul



GUEST OPINION
by
TAYLOR ALLEN

Do you believe in Satan? He is the antagonist of the Christian faith and the architect of evil.

I believe that Satan is very present in our lives, and we need to recognize this so that we are aware of and on guard against his temptations and his

lies every day.

It seems that the darker side of spirituality is put on the back burner sometimes during our Christian walk. Churches don't talk about Satan or demons very often.

God promised that Satan would end up in hell (Rev. 20:7-10), but he's not there yet.

As a fallen angel, he still roams the earth, deceiving all. He is still here and is still active.

Satan wants to be greater than God, but I believe that he knows his destiny.

His goal is to draw as many people away from God as he can before his time on Earth ends, for God is Satan's enemy.

We live in a world with

an unseen spiritual realm all around us.

Angels and demons surround us daily, fighting for and against the salvation of our souls. We live in an invisible battlefield.

This means that not only are the angelic beings present, but demons are as well. Satan and his demons are right there next to you.

He is there with every Christian, tempting and lying to each one, hoping to spark doubt, fear or perhaps even disbelief in God. His goal is to wage war on all followers of Jesus Christ (Rev. 12:13-17).

Satan knows your weaknesses. He watches and waits for you. He sees your actions and hears your words.

He knows just how to get to you with just a little whisper in your ear.

Satan does not need to follow the unbeliever. The unbeliever already shares the same destiny as Satan does.

He needs to get to the Christian or the person who is becoming more interested in Christianity. He wants to prevent people from following his enemy. His enemy is God and it is already known that God will win in the end.

God is more powerful than Satan and when we put our faith in Christ, we put our faith in the victorious army who will help us fight that unseen spiritual battle.

STAFF EDITORIAL >>>

The Crusader gives thanks

Amid the craziness of the semester coming to an end, the Crusader staff would like to stop and share with you some of the things we are thankful for.

Ryan Manley *Business Manager*

"A family of fun, strong, resilient people, most of whom are on campus."

Jessica Bobango *Copy Editor*

"A warm blanket on a cold night and getting to spend time with some pretty classy ladies while editing The Crusader."

Trevan Hauck *Columnist*

"I'm thankful for the ability to freely express what God tells me."

Cassie Carlson *Designer*

"I am thankful for thoughtful acquaintances who remind me that love is not reserved solely for close friends."

Holly Beech *Assistant Editor*

"I'm thankful for beautiful songs that give me goosebumps, for being able to watch my brothers play basketball and for my parents' growing love for each other."

Brandon Haskins *Reporter*

"There's a plethora of things, such as the word 'plethora,' or even the ability to be thankful. And Andrea Schilling."

Derek Sepe *Columnist*

"I am thankful for my loving family that has helped me develop into the young man I am today, and for every single friend I know. My friends are constantly shaping and forming me into the good person I strive to be. I am also thankful that I have God in my life, because no matter how many times it feels like the world is against me, He is there to take my hand and say, 'I am here for you.'"



You know what assumptions do, right?



**PONDER FROM A
BLONDER**
by
HOLLY BEECH

I'm a Christian. How many assumptions does that statement bring to mind?

Would people who don't know

much about me or Christianity wonder if I hate homosexuals? Would they assume that I scorn unwed pregnant women, drug addicts and alcoholics? Would they guess that I condemn anyone who doesn't hold my exact beliefs or that I'm close-minded about science?

Part of the reason why Christianity has these negative associations is because of Christians who, in their critique of an issue in Christianity, accuse all Christians of contributing to the problem.

Ironically, Christians get stereotyped as being stereotypers, judged as being judges, and

discriminated against for being discriminators.

Don't get me wrong, I'm all about being critical of religion. I'm not threatened by critiques on Christianity and I'm not asking people to stop analyzing it. I am thankful for believers who speak up when they see a problem.

What I'm not okay with is when they stereotype all Christians based on the actions of some Christians.

Take the homosexuality issue, for example. I've read arguments that Christians need to be more accepting of homosexuals, but the writer ends up making all

Christians look like gay-haters.

These over-generalizing arguments create division between Christians and non-Christian homosexuals and harm the reputation of Christians who do not by any means hate homosexuals.

Being a part of Christianity does not give you an all-access pass to bash fellow believers.

We all know it's easier to pick on family members than strangers. When it comes to our Christian family, it might be easy to accuse fellow believers, but we need to be objective and fair to them too.

I'm not trying to remove from

Christianity the blame for the anguish Christians have caused. Horrific acts, like the Crusades, hate crimes and colonization have been committed in the name of Christ.

Today people can be afraid to approach Christians because they have been judged by them or scorned at church in the past.

Another hurtful problem is when Christians hold non-Christians to biblical standards in the form of a list of "do's and don't's" -- which only leaves people with bitter wounds.

Christians have issues, I know this. I experience issues

and failures first-hand in my own life through my mistakes and selfishness. But there are several stereotypes about Christianity that I don't want people to assume are true about me just because they hear I'm a Christian.

Analyzing and criticizing Christianity is vital to hold followers accountable. I just ask that when critics point out a downfall in Christianity, they do not group every Christian as part of the problem.

This makes Christians seem judgmental and unapproachable to non-Christians who hear these arguments.

Feel Creative?

Submit your poetry, artwork, comics and short stories to us!

We love publishing your work!

E-mail your submissions to Crusader@nnu.edu

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THE CRUSADER'S LETTER TO THE EDITOR GUIDELINES

PLEASE SEND TO CRUSADER@NNU.EDU

- Anonymous letters will not be accepted. You must include your name and classification with your letter.
- Letters should not exceed 250 words.
- Please refer to what you are writing in response to, whether it is an article or another campus issue.
- The Crusader reserves the right to edit all letters for length and grammar.
- Letters wanting to be published the following issue must be sent by the Sunday prior.

Contact Idaho's elected officials

U.S. Sen. Jim Risch: 225 North 9th St.
Suite 530, Boise, ID
83702

U.S. Sen. Mike Crapo: 524 East Cleveland
Blvd. Suite 220
Caldwell, ID 83605

U.S. Rep. Walt Minnick: 802 W Bannock,
Suite 101
Boise, Idaho 83702

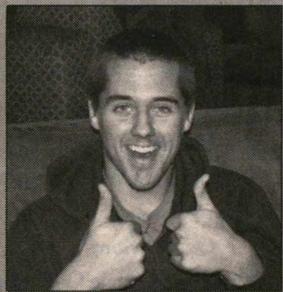
People Poll

What are you thankful for this year?



Bill Abell
 Resident Director

"I'm thankful for godly family and friends."



Ben Heidegger
 sophomore

"My older brother Josh for bringing me here to NNU. (Maybe this will earn me some brownie points)."



Katie Mann

"The end of the term."

If I could eat the equivalence of what I'm thankful for, I'd be well over 500 pounds



FROM THE LESS CYNICAL JOURNALIST
 by
 ANDREA SCHILLING

Sometimes I think it's OK to be cliché, and this is one of those times.

It's almost Thanksgiving so heck, why not write my weekly column on what I'm thankful for?

In fact, I have much to be thankful for. I bet you do, too.

I am thankful for the opportunities God has given me this year.

This summer I completed my internship requirement at the Idaho Statesman. The idea of internships terrified me as a young college student, yet today I am so blessed I was required to complete such a task.

The funny thing about senior

internships is that you go into the experience thinking you are going to kick massive butt because you have three years in your major under the ol' belt. Oh, this be not the case dear friends!

Turns out, I had a lot to learn. And so, a whole lot of learning I did. I can now say I feel 100 times more comfortable applying for a job in my field after I graduate. What's even better is I actually enjoyed my internship.

This makes me feel a little more confident in the major I chose. Maybe it was the right choice after all.

I am also very thankful to be editor of this paper. Sometimes the critiques are relentless, and sometimes the deadline hours are inhumane.

Regardless, I'm having a hoot. I hope you're having a hoot picking up and reading our paper every week, too. I wouldn't have my senior year any other way.

I am thankful for the people God has placed in my life.

When I lost one of my best friends to cancer in June, relationships changed for me.

I hate to be so negative, but it's so true: We need to cherish the people in our lives -- who knows how much longer they will be in such close proximity to us?

And I mean this in terms of graduation for us seniors, too. There are a lot of great people in our lives -- here and at home. Roommates, friends, families, professors, co-workers -- so many people impact us on a daily basis. Let people you care about know that you care about them.

I think about graduation, and how I'm going to miss a ton of people. Whether it be by changing of times or tragedy that we miss people, we are blessed all the same.

It's wonderful that we have the ability to miss people we see, because it means these people have impacted us in a great way.

I am very thankful for the relationships I have been blessed with, especially over the past year.

I'm happy the four years of tuition has gone to not only a wonderful education -- but to priceless relationships I will never forget.

Now, perhaps I should add a few side notes.

First, what I've been thankful for this year is attributed directly to God.

I believe thanks goes only to God because it is from only him all blessings flow.

Second, I've really been trying to give thanks every day on matters such as these, November or not.

I will also say, it's really easy to get out of the bad day blues when we stop and think about how God has provided for us in even the simplest of ways.

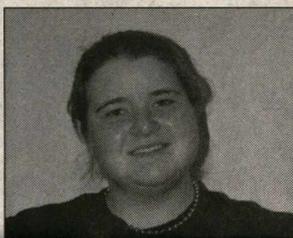
As we pass around the turkey and pie about a week from now, think about specific instances this year that you've seen God work in your life.

These are things that are worth noting during your Thanksgiving Day feast, and every day before and after it.

Happy Thanksgiving, my friends.

Editors Note: There will be no issue of The Crusader next week due to the Thanksgiving holiday. We will be back Wednesday, December 2.

Do your research: be cautious with body art



body art has become more socially acceptable in the last 20 years or so the enterprise has exploded from a few artists here or there to literally thousands across the U.S.

This article is not to provide

talent by the artist.

Go in before getting work done, talk with the artist and ask where they have apprenticed and how long they've been at their job. If they didn't apprentice --

the artist reuses needles.

There is a myth in the industry that there are safe ways to clean needles for reuse.

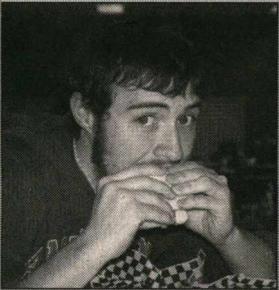
If they say yes, even if they qualify with something like, "I clean them though" leave there

senior



Brenna Monahan
sophomore

"The girls that
make the dorm
a home."



Matt Davis
sophomore

"I'm thankful
for having
the money to
come to NNU.
And for this
sandwich."



Carolyn Whiting
freshman

"My big
brothers -
especially
Michael."



Macey Mendez-Vigo
junior

"That Christmas
break is almost
here."

Author: Reform
**WANDERING IN
WONDERLAND**

by
ALLISON HAWN

Tattoos and piercings aren't foreign concepts on this campus, and there are many who want to join the millions of Americans with body art.

An article in Esquire Magazine estimated that 1 in 8 Americans are tattooed. As

readers with a history though, but a warning: If you want body art, be it piercings or tattoos, you need to be safe about it.

Idaho is one of the few states that doesn't regulate tattoo artists, which means that just about anyone can open a shop. This means that before you get any work done, it's not a bad idea to know your artist.

Choosing the wrong tattoo artist could lead to HIV, skin infections, blood poisoning or a permanent reminder of lack of

Ask to see some of their previous work. If they can't give examples, it probably means they are inexperienced and untrained. Worse, they don't want their previous mistakes being shown off.

A person wanting body art should also be observant; look at how the shop looks.

Is it clean or does it look like even roaches would find the living conditions unacceptable? Another question that is absolutely vital to ask is whether

and never go back.

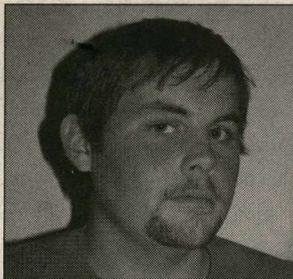
When you actually go to get a piercing or tattoo have them open the needle in front of you (if they know what they are doing they will do this without you having to ask).

Also, don't worry about offending the artist with all these questions.

If the person is truly a professional they shouldn't mind the questions.

Body art can be an awesome thing, but be smart about it.

Jesus was a pacifist, Christians should follow suit



IF I WERE KING

by
TREVAN HAUCK

was a pacifist who under no circumstance would kill or physically harm another human being.

I understand that some may be saying right now, "Poppycock! Jesus was the Son of God, I am not able to live a perfect life!" Well let's see, read that definition, a follower of Christ.

The same Christ who tells

your sword back in its place," Jesus said to him, "for all who draw the sword will die by the sword." (Matthew 26:52)

When Jesus says for us to do things, he is telling us to do them out of our love for him, he is not saying you must turn the other cheek because it will always work. Our devotion to a Christian life stems from love of him above all else regardless

or (as undoubtedly many are asking each other right now) the choice between a stranger's life and a loved one, it is with the highest understanding of implications that I say you should not kill in this instance.

The love of Jesus and the power of the Christ is beyond anything we can muster or begin to define and it is this that dwells in the heart of the

Ok, here's a question: Would Jesus stab someone in any situation? Answer no? That's correct!

Now here is another question: Would Jesus kill someone in any situation? Answer no? Good for you!

You may turn to the back of the paper and see what crazy person has decided to use Nana Bobango to solve their problems.

If you answered no to either of these, let's talk. Pacifism is a loaded topic, I know, and one that makes me think writing a meager 400 words about it in a student newspaper is unjust.

However, it is easy to communicate one thing: Jesus

us to turn the other cheek, love our enemies and pray for those who persecute us. He doesn't just do these things, he TELLS US TO.

Jesus lived his whole life without hurting someone or using physical force to get his message across.

All we have to do is look at how he reacts to someone using the sword to protect him when other Jews come for him, "Put

of the outcomes in our lives. Now we must understand that in being a Christian there are things we try to do but sometimes fail. We sin.

When the pressure is on and we are forced to make a decision sometimes we sin. And this is where I will talk about self-defense.

While I hope that none of us are faced with the decision to kill someone or die ourselves,

follower that can stop evil of any kind.

The word of God is to be our weapon and nothing else. When reason fails, we must understand that what we love most in this life is what we are called to sacrifice for Jesus because our love of him supersedes all else.

If you say that you would give it all up for him, then you must remember yourself and those you love, read Genesis 22.

Chris·ti·an·i·ty |,kris CH ē'anitē|

noun

the religion based on the person and teachings of Jesus of Nazareth, or its beliefs and practices.

• **Christian quality or character** : *you may know a man by his Christianity.*

Where is the line for athletes' diets?



BEYOND THE BLEACHERS

by
Derek Sepe

Our nation and the sports community is now very much aware that athletes supplement their diets.

Now we all know about the anabolics and the illegal stuff, but what about the substances that aren't so illegal?

First of all, should athletes be allowed to supplement substances into their body to give them the edge in athletic performance?

Some argue that doing this is cheating and gives the athlete an unfair advantage over the other competitors.

I am willing to bet that most athletes ingest some sort of an over the counter supplement for their training program.

Second, supplementing isn't doing anything that we don't do already.

Ever needed to eat more fiber so you could go to the bathroom? Do you take medication when you are sick? These are all forms of supplementing.

It is just when these methods

are used to gain advantage in the sports arena that we are offended and say it's wrong.

I believe supplementing substances for your body is a very good thing.

As far as science has come in the last decade, the risks involved with taking supplements are very slim to none.

One of the most famous substances that raises many heated debates is creatine.

Creatine is a compound that is made in our bodies and can be found in most protein sources like steak and chicken.

On average, a 160 pound person would have about 120 grams of natural creatine stored in their body.

When an athlete is doing

an intense quick-burst activity, their muscles must contract, needing a quick source of energy called ATP (Adenosine Triphosphate).

When the ATP is used, it turns into ADP (Adenosine Diphosphate).

Creatine increases the availability of ATP by reacting with the ADP in the body and turning it back into ATP.

The more ATP in the body means the more fuel for the muscles.

One of the reasons creatine is a questionable substance is because it can kill you.

If one takes the powdered form of creatine they must drink a lot of water because if they do not, their liver will not

be able to process the powder and it will re-crystallize in their liver and potentially kill them.

However, there has only been one reported case and it was with wrestlers (they dehydrate themselves to make weight so you can see why this is a bad idea).

I see no real problem supplementing our diets.

If someone wants to take something that improves their health and perform better, why shouldn't they?

I am not condoning anabolic steroids and other agents, but I am saying that implementing certain substances that are not initially dangerous (too much of a good thing...) for us is good if needed.

PLAYER PROFILE

Jaclyn Puga



Sport:
Cross Country and Track

Hometown:
Meridian

Class:
Junior

Major:
Biology/Pre-Med

Occupation:
"To first travel to Europe being a physician's assistant or doctor, and then be a stay at home mom."

Past time:
"I would have to say going on bike rides, runs, watching movies with family and baking goodies for people."

Dream Car:
"A nice CTS Cadillac"

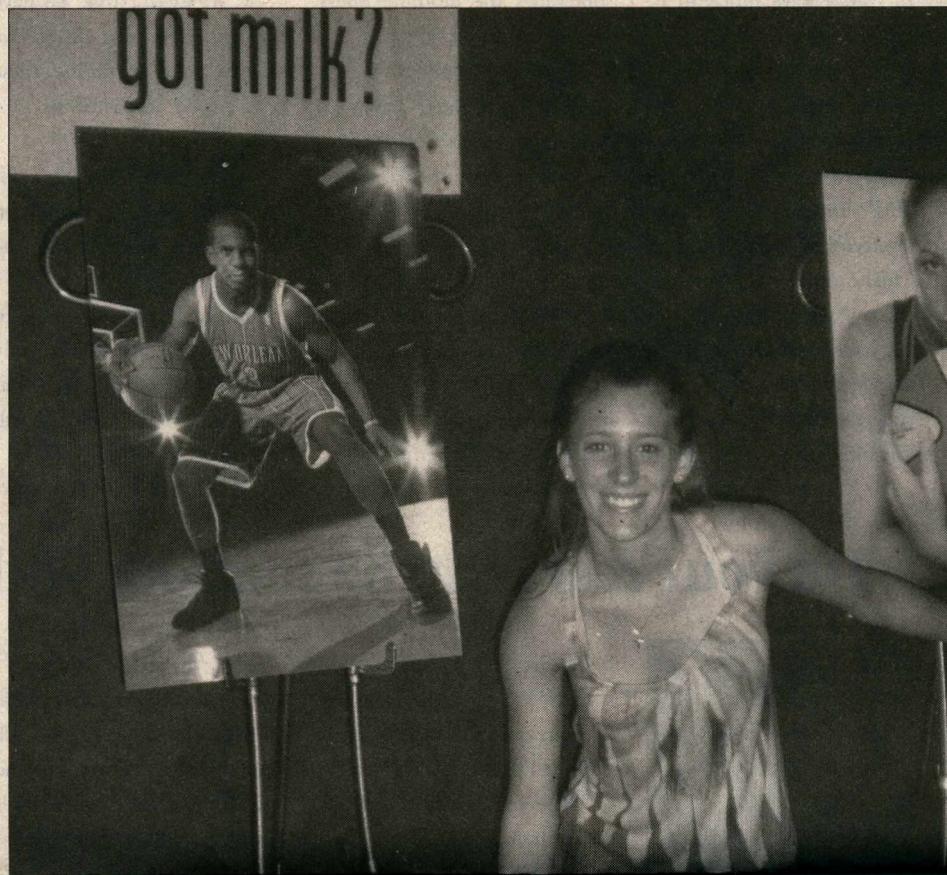
ADAMS AWARD FROM PAGE 1

SAMMY Hall of Fame at The Milk House at Disney's Wide World of Sports®. The recipients had a big spread in USA Today and ESPN Magazine, Adams said.

Each year, 25 seniors from the continental U.S. who show exceptional qualities in athletics, academics and community involvement are awarded the SAMMY. They are chosen by a panel of celebrity judges, this year's judges being Steve Nash, Michelle Kwan, Tony Hawk, Mia Hamm and Andy Roddick.

Jon Watson, Adams' athletic director from Centennial High School in Meridian, Idaho, nominated her for the award.

"I never would have heard of



play basketball, Watson said. "Many people don't know that she was the best female soccer player in the entire conference as a sophomore and gave up soccer to play basketball in college. She would have gone on a full ride to a Division I school to play soccer, but her heart was in basketball."

NNU Head Coach Kelli Lindley said Adams brings a "poise under pressure" to the court that most freshmen do not have.

"Initially we started recruiting Heather because she was a great player with an exceptional outside shot, good decision-making ability and would fit into our up-tempo system very well," she said.

"After we started talking to her coaches and doing our

it if it weren't for him," Adams said.

With the help of Watson, Adams worked on the application for two weeks and completed four sections about athletics, academics, leadership and community involvement.

"The application process was a doozy," Adams said. Another requirement was to write an essay about milk. The award is "really all about milk and how milk creates strong people and strong bones," she said.

"The most important characteristic of Heather to me was her spirit to win," Watson said. "It was fun to watch her tenacity...She went hard in practice, in fitness class and would go hard in a game of cards if she was playing. I think that many kids in our society today have lost that edge in competition because they are given everything and work for very little. They are often battling for mediocrity, but not Heather. She is the real deal and



Courtesy of Heather Adams

Heather Adams, an NNU freshman basketball player, poses at The Milk House Hall of Fame in Disney World during an awards weekend with the other SAMMY award recipients.

will fight and prepare that way to achieve excellence."

Adams' competitive streak and drive for excellence continues to show now that she is playing on the NNU basketball team.

"She can play either point or shooting guard, and it is rare for a freshman to learn as fast as she does," said NNU Assistant Coach Ryan McCarthy.

"One of the biggest assets she brings to the team is her ability to shoot. She can really shoot the ball, which is a testament to her work ethic -- shooting is a specialized skill that takes repetition to become great, and she is a great shooter. She is also very savvy and sees the floor very well for a first-year college player," he said.

Adams had already signed on

to the NNU basketball team when she received the SAMMY award, she said.

"NNU worked for me because they offered good programs for my major [biology]...Basketball is my love right now. I love being on a team and all that goes with it."

Adams was good enough to play soccer at a Division I school, but she chose to

out that she was also a fantastic student, teammate and the kind of person any coach would love to be around."

In high school, Adams, a Boise native, kept up an A-plus average, participated in basketball, soccer and track, was a class representative, was involved in National Honor Society and mentored young female and disabled athletes.

"I really liked getting involved in the community," Adams said. "My parents helped me out a lot, and my friends were involved in sports and clubs, too."

Adams has been so busy with school and basketball that she has not joined any clubs at NNU, she said, but she hopes to in the future. "I think it'd be fun to be a Peer Mentor or a Peer Health Educator," she said.

Information courtesy of Body by Milk.

classy and quick."

Music Album:

"Shakira or some kind of salsa music to liven up life."

Favorite Class:

"I enjoy history class because being a science major, I don't get to take many other classes. I love history!"

TV Show:

"Cold Case."

Junk Food:

"Chocolate Turtles."

Thankful:

"Family. Friends. Education. Talents. Most importantly for God's grace he shows me everyday. I'm not perfect by any means, but he still loves me, mistakes and all. Takes one amazing love to do that."

SPORTS BOX

Volleyball

1. Alaska Anchorage
2. Seattle Pacific
3. Western Washington
4. Montana State Billings
5. Central Washington
6. Northwest Nazarene
7. Alaska Fairbanks
8. Western Oregon
9. Saint Martin's

Men's Basketball (Exhibitions)

1. Alaska Anchorage
2. Western Washington
3. Central Washington
4. Seattle Pacific
5. Saint Martin's
6. Northwest Nazarene
7. Montana State Billings
8. Alaska Fairbanks
9. Western Oregon

Women's Basketball (Exhibitions)

1. Montana State Billings
2. Alaska Anchorage
3. Western Oregon
4. Western Washington
5. Central Washington
6. Seattle Pacific
7. Saint Martin's
8. Northwest Nazarene
9. Alaska Fairbanks

*Standings as of Nov. 16



Men's basketball will play C of I twice this year

**TAYLOR ALLEN
and HOLLY BEECH**
The Crusader

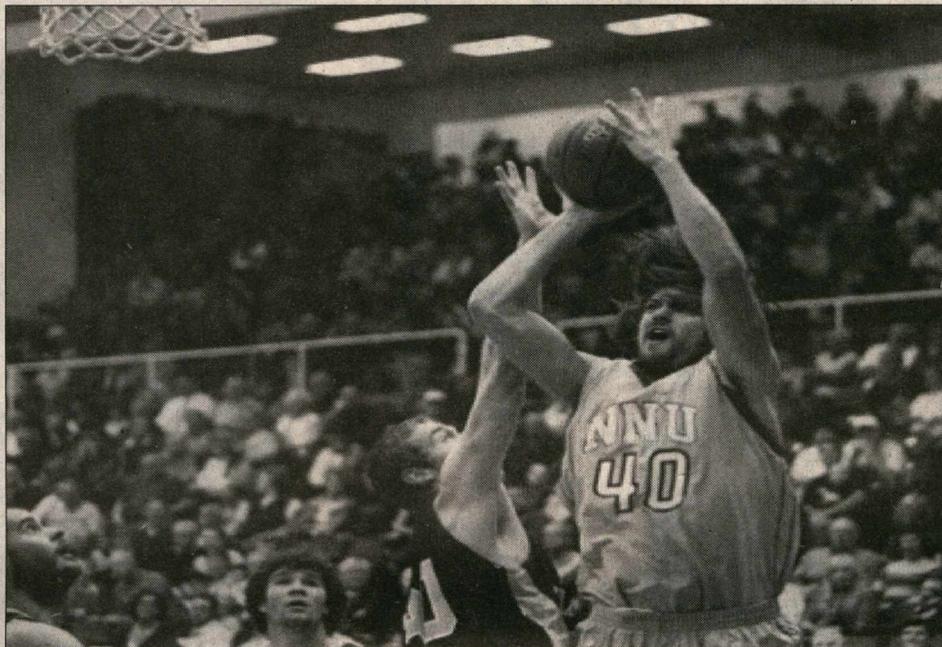
Part one of the famous rivalry in men's basketball was played last Tuesday, Nov. 10, against College of Idaho.

College of Idaho won 79-72 on their home court. The gym was packed with chanting student sections from both schools, as well as fans from the community, adding up to about 2,422 fans.

For the past five years, the rivalry game has been played once each season at the Idaho Center. This year, NNU, C of I, United Heritage (sponsor), and KTVB Channel 7 (complete game coverage), signed a five-year contract for the schools to play twice per season, once at each school, said NNU Athletic Director Rich Sanders.

Having the games at the schools rather than the Idaho Center helps with finances, Sanders said. "We had to pay a significant rental fee at the Idaho Center and they got concessions."

NNU will face off against C



Courtesy of NNU Sports Information

Senior post Robert Lippman, NNU number 40, shoots the ball over a College of Idaho player at the rivalry game at C of I on November 10.

of I at home on Dec. 8.

Having two games instead of one has students disagreeing.

"Having two games takes away from the greatness of the game," sophomore Tim Streight said.

Since Tuesday's game was at C of I instead of the Idaho Center, many NNU fans were

unable to attend because of the lack of available seating.

Hosting the games in the teams' home gyms rather than a neutral location adds to the atmosphere of the games, Sanders said. "Having the games in our own home gyms is more of a home-game atmosphere and the places are packed."

Senior Grant Miller looks forward to part two when the C of I team comes to NNU. "I'm looking forward to playing over here at NNU where we can control the majority of crowd noise," Miller said.

The NNU men's basketball team lost the game by seven points. Miller said having the

game at C of I made the game more challenging for NNU.

"It's always harder to play in an away gym as opposed to a neutral site game," Miller said.

Streight said the loss may have something to do with the age of the players.

"I feel that we did not play to our full potential. We are also a young team that is still getting used to playing with each other," Streight said.

Junior post Brian Barkdoll was the Crusaders' top scorer with 19 points. Senior forward Kendall Gielow and junior guard Drew Eisinger pitched in 15 points each and sophomore guard Anthony Golden scored 11.

The Crusaders pulled down 43 rebounds compared to the Yotes' 37. C of I scored five more points than NNU at the free throw line and shot 25 percent from the three-point line, compared to NNU's 17.6 percent.

Information courtesy of NNU Sports Information.

AP Sports Blurbs

Texas Southern rallies to beat Idaho 72-65

HOUSTON — Whitworth Treasure scored 21 points and Texas Southern rallied in the second half to beat Idaho 72-65 Sunday night.

Treasure scored 14 of his points in the final 20 minutes when the Tigers (1-1) outscored the Vandals 42-33.

Mac Hopson led Idaho (1-1) with 14 points, and Kashif Watson added 13.

Justin Ray had 14 points, Travele Jones finished with 11 and DeAndre Hall 10 for Texas Southern, which took advantage of 16 Idaho turnovers. The Tigers committed only eight turnovers.

After trailing 32-30 at halftime, Texas Southern took control in the second half and led by as many as 10 points.

Lakers lose to Rockets 101-91

LOS ANGELES — Aaron Brooks scored a career-high 33 points, including five 3-pointers, and the Houston Rockets beat the Los Angeles Lakers 101-91 on Sunday night, sending them to a second consecutive loss.

The NBA champion Lakers were coming off a 105-79 drubbing at Denver two nights earlier only to have another team they vanquished in last season's title run show them up at home, where they got booed.

Lakers coach Phil Jackson said C Pau Gasol, who has missed 10 games with a strained

Volleyball caps off the season over the weekend

RACHEL BEERS
The Crusader

With the start of one season comes the conclusion of another.

The volleyball team officially wrapped up their season on Saturday in a game against the University of Alaska Fairbanks.

The Seawolves took down the Crusaders in three matches (25-18, 25-22, 25-16). Their season



Courtesy of NNU Sports Information

threw paper airplanes; whichever airplane hit the highest point in the gym won. It was also a game that the lady crusaders won.

"This year was a growing experience. We had some struggles but we worked through them together which made us grow stronger. It was a good growing together season. Friendships were made because of the struggles that probably

and 13 losses.

This season, the team kept with tradition by holding a charity event to help fund

cancer research during the month of October.

The team wore pink and

encouraged the fans to as well.

They hosted a charity event with a grand prize of a Wii system.

The theme the team came up with was "dig pink." The audience members bought and

not," sophomore Haley Abbott said.

Statistics courtesy of NNU Sports Information.

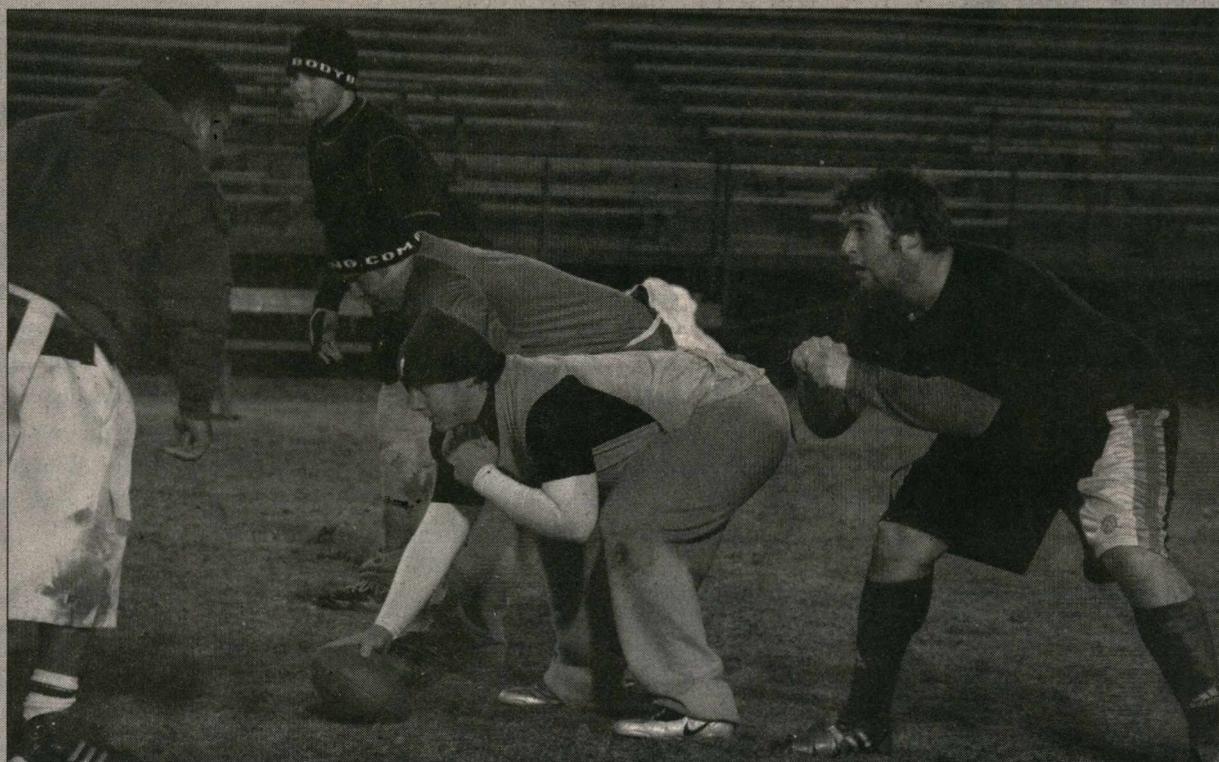
days without reporting soreness. Gasol did some light shooting Sunday before his usual rehab work.

Football Championships in photos

The final teams in the men's and women's intramural football league battled in the championship games on Saturday, Nov. 14, at Nampa High School.

Right: The Paxico Bureess' Run Gun Offense prepares to run the ball against the 73 Dolphins. The 73 Dolphins won 14-0.

Below: The Bruisers (left) face off against the Punishers. The Bruisers won against the thus-far undefeated Punishers 12-7.



Alex Corn | The Crusader



Cassie Carlson | The Crusader

Manning rallies Colts after Patriots' late gamble

With his team trailing by six points and approaching the 2-minute warning, Peyton Manning was on the sideline getting ready to lead the Indianapolis Colts' offense back onto the field.

Expecting to need a long drive to win the game, Manning's task was made easier when the New England Patriots fell short on Bill Belichick's stunning gamble on fourth-and-2 from their own 28.

Manning took advantage by throwing a 1-yard touchdown pass to Reggie Wayne with 13 seconds left to rally unbeaten Indianapolis to a 35-34 victory over the Patriots for the Colts' 18th straight regular-season victory.

Indianapolis (9-0), which trailed by 17 in the second quarter and 34-21 with 4 minutes left, got its most improbable win during the streak, which tied the Patriots for the second-longest in league history.

The Patriots (6-3) have now lost five of the last six in this series.

Michelle Wie gets her 1st LPGA Tour win

GUADALAJARA, Mexico — Michelle Wie, won her first LPGA Tour title on Nov. 15, after shooting for the title for a decade.

Wie scored 3-under 69 for a two-stroke victory over Paula Creamer in the Lorena Ochoa Invitational.

Music department welcomes new addition



Courtesy of Jaimee Haaland

Members of the NNU Jazz Revival.

RACHEL BEERS The Crusader

A new jazz band has been playing the blues on the campus of Northwest Nazarene University.

Their name is NNU Jazz Revival and the group is composed of six NNU students who play a variety of instruments from the trumpet to the trombone.

Dr. Casey Christopher started the group this year, in which they made their big concert debut at the Homecoming concert.

"It's basically the equivalent of combo portion of Northwesterners last year," senior Jaimee Haaland said, who plays the saxophone in the band.

She said the Northwesterners

decided to go back to the more traditional format in which they perform mostly acappella or with piano accompaniment.

NNU Jazz Revival now takes the place of jazz combo.

Jazz combo is a class in which any student can enroll; there are auditions depending on the number of people who want to try out.

People of all different talent levels are encouraged to try out.

Once selected groups are formed, they are placed with different coaches from the area. This is how NNU Jazz Revival was formed.

The band has performed a few little gigs here and there since the start of the school year.

They have performed at cross-country meets, they made

a trip to Sun Valley to perform at the Sun Valley Jazz Jamboree, where they got to perform with some seasoned and talented jazz groups.

Haaland said it was great performing with such seasoned jazz groups. "We had access to view an overwhelming amount of shows," she said. A memorable event for the group at Sun Valley was being able to perform with a group from Canada called "The Big Band Jazz Band."

The group learned one "epic version" of C Jam Blues, Haaland said.

The group still has a number of scheduled performances for the year.

One of which includes a concert at the Brownstone coffee shop.

From code to composing



REVIEW

ALLISON HAWN The Crusader

Jonathan Coulton is not your normal Indie or Folk musician, unless songs about zombie apocalypses fall into the norm for Indie or Folk.

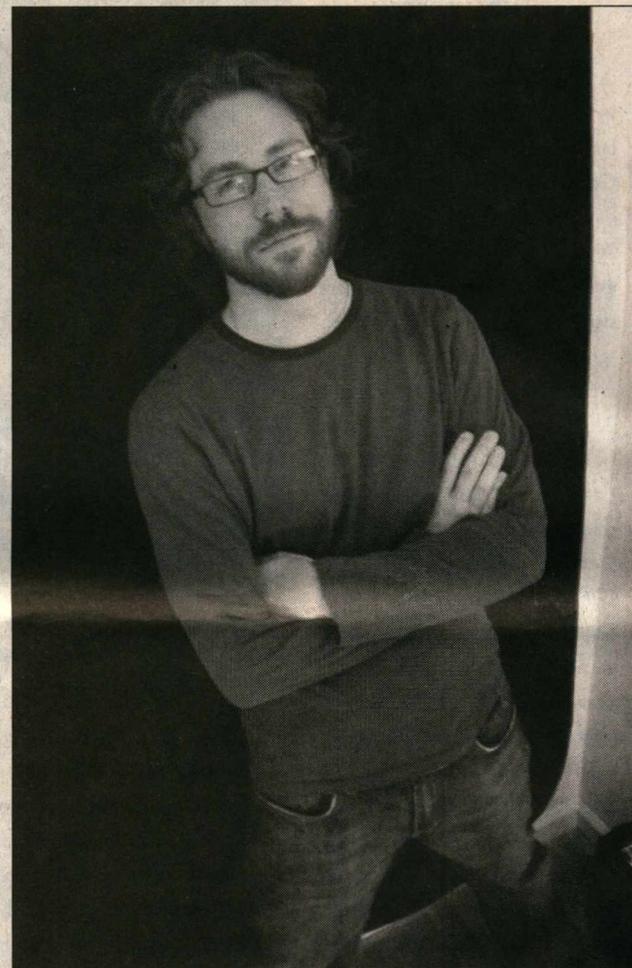
Coulton is a graduate of Yale, a former computer programmer and self-described geek. In 2003 he released a random collection of songs he had composed in the album "Smoking Monkey," followed by "Where Tradition Meets Tomorrow" in 2004, and "Our Bodies, Ourselves, Our Cybernetic Arms" in 2005.

It was at this point that Coulton's career took an interesting turn.

He decided that he was going to write, compose or arrange one song a week for a full year.

The project ran from Sept. 15, 2005 until Sept. 30, 2006 and he succeeded in writing one song a week for that entire time.

The songs from this period were broken up into the albums "Thing a Week One," "Thing a Week Two," "Thing a Week Three" and "Thing a Week



Courtesy of Myspace

Jonathan Coulton calls Brooklyn, New York home.

Four." The collection features everything from a light acoustic arrangement of Sir-Mix-A-Lot's rap "Baby Got Back" to a song about zombie coworkers called "Re: Your Brains."

Coulton has a following spanning several continents in underground music forums.

An article by National Public Radio said, "Through his Web presence and live performances, Coulton is developing an enthusiastic audience -- including an artist who has used his songs to create graphic illustrations and even a

coloring book."

Since his yearlong project, Coulton has released several other albums: "Jonathan Coulton Unplugged," "The Aftermath" and the most recent released this year "Best. Concert. Ever."

Coulton continues to compose his unique music. Stylistically most of his music sounds like a mix between They Might Be Giants, John Mayer and Bob Dylan.

Information courtesy of the Jonathan Coulton official Web site.

Doctor in Jackson case avoids jail in support case

ASSOCIATED PRESS

LAS VEGAS — The physician being investigated in Michael Jackson's death reached an agreement Monday in a separate child support case that will keep him out of jail.

Prosecutors sought an arrest warrant for Dr. Conrad Murray after he failed to appear for previous hearings in the case. He is accused of owing more than \$14,000 to a California woman and her son dating back to October 2008.

With Murray in court, his lawyer Christopher Aaron paid \$700 cash and promised to pay



Courtesy of Wikipedia

another \$303 as part of the deal approved by Clark County District Court Judge Gerald Hardcastle.

Aaron has said Murray, a cardiologist, has been unable to pay because he had to close his medical practice and move due to threats following Jackson's death June 25.

"He's radioactive," Aaron told The Associated Press. "He's unemployed and unemployable."

In Oct. 27 court filings, Clark County Deputy District Attorney Gerard Costantian asked the court to find Murray in contempt and send him to jail unless he could demonstrate an inability to pay.

The Los Angeles County

coroner has ruled Jackson's death a homicide, caused primarily by propofol and another sedative.

Murray told investigators he administered propofol as a sleep aid, along with multiple sedatives, in the hours before Jackson died.

Murray has not been charged with a crime but is the focus of the Los Angeles police investigation, according to documents made public with search warrants served as his home and offices.

Miranda Sevcik, a spokeswoman for Murray, said he continues to maintain

he neither prescribed nor administered anything to Jackson that should have killed him.

Murray, who is licensed in Nevada, Texas and California, had been hired to a lucrative \$150,000-per-month contract to be the pop star's personal physician during a world tour.

At the time, the financially troubled physician owed at least \$780,000 for settlements against his business, outstanding mortgage payments on his large Las Vegas house, delinquent student loans, credit cards and child support.

Another judge in Las Vegas is due Wednesday to consider unsealing search warrant documents stemming from a police raid Aug. 11 at a Las Vegas pharmacy from which authorities say Murray legally purchased propofol.

Meanwhile, Janet Jackson said she blamed Murray for her brother Michael's death.

She told ABC News in an interview to air Wednesday that Murray should no longer be allowed to practice medicine.

"He was the one that was administering," Jackson said. "I think he is responsible."

concert Box

EVERCLEAR	11.18.09	KNITTING FACTORY
CAHALEN MORRISON	11.20.09	FLYING M (NAMPA)
KITES & CROWS (\$2)	11.21.09	FLYING M (NAMPA)
MINUS THE BEAR	11.28.09	KNITTING FACTORY
HAWTHORNE HEIGHTS	12.06.09	BOISE VENUE
METALLICA	12.07.09	IDAHO CENTER
AFI	01.18.10	KNITTING FACTORY

newreleasesnewreleasesnew

New In The Theaters >>

"The Twilight Saga: New Moon"
"Planet 51"
"Bad Lieutenant: Port of Call New Orleans"

Out on DVD >>

"My Sister's Keeper"
"Star Trek"
"The Ugly Truth"

Books >>

"Going Rogue: An American Life"
by Sarah Palin
"I, Alex Cross"
by James Patterson

Album Releases >>

"Until the Whole World Hears"
by Casting Crowns
"Waking Up"
by OneRepublic
"Fall"
by Norah Jones
"Alter the Ending"
by Dashboard Confessional

Movie information from MSN.com

Book and DVD information from borders.com

releasesnewreleasesnewrele

Community Business Highlight

Campos Market

HOLLY BEECH
The Crusader

Campos Market, a short walk from NNU on Holly Street, offers a wide range of Hispanic products that are hard to find in other grocery stores around Nampa, said Manager Nancy Campos. You'll find fruits, vegetables, pastries and drinks that chain stores do not commonly carry, like tunas (cactus fruit), camotes (sweet potatoes), pan dulce (sweet bread), and Salvavidas and Jarritos soft drinks.

"I like [Campos Market] because this is typical food in my country," said customer Kenya Salazar, a Costa Rica native.

The market also sells home-remedy medications, like pomadas, that come straight from Mexico, Campos said.

Customer Rocio Gonzalez said the fruits, candy and products at Campos Market are a lot like what she would buy in Mexico, where she lived up until eight years ago.

A couple of customers said they like to come for the dollar tacos.

"You get some spices that you don't get at the regular [taco place]," said customer Dallas Oleson. A dining area inside Campos Market allows you to sit and enjoy



Holly Beech | The Crusader

Campos Market, only a block away from the NNU Admissions building, offers hard-to-find Hispanic products, including fruits and vegetables, like the tuna fruit in the bottom right-hand corner.

a quinceanera, or buying food for a wedding, Campos said.

"A lot of people like coming here because they can get everything at once, especially for parties, like the meat, tortillas and cake. We carry all three, which is not common," she said.

The atmosphere of the store is comfortable and has a family-feel, Campos said.

>> Check out the market

122 Holly St.
 Nampa
 208-463-8000

be afraid to venture into the store.

to different areas of the community, not just the Hispanic community, Campos said.

"The TV and radio commercials in both Spanish and English are bringing in new faces." An even amount of new faces and recognized faces come in to the store, she said.

There are two other

first Campos Market opened in Utah around 15 years ago, Campos said. The Nampa branch opened in 2004.

With several pinatas hanging from the ceiling, the store has a vibrant and colorful atmosphere. CDs, T-shirts, garden tools, hair and household products, rosaries and toys and knick-knacks are

AP

News Blurbs

Obama: US, China must cooperate on global issues

BEIJING — President Barack Obama declares the world is urgently watching for a "meeting of the minds" between the U.S. and China as he meets with President Hu Jintao on the globe's most urgent issues — including climate change, economic recession, and nuclear proliferation. Obama's call for freedoms is quickly snubbed, as China blocks Internet postings about Obama's visit.

Current figures could be promising for holidays

WASHINGTON — The latest retail sales data offer little hope for a robust holiday shopping season that might strengthen the economic recovery. Improvement in the October sales figures cheered investors, but consumers squeezed by tight credit aren't expected to spend freely anytime soon.

UN: Once-secret Iran nuclear site to start in 2011

VIENNA — Iran has moved sophisticated equipment into a previously secret uranium enrichment plant to prepare it to start work in 2011, the International Atomic Energy Agency says in a new report being closely watched by the U.S.

a traditional Mexican dish, like bisteck ranchero (steak or taco de harina (flour taco)). Prices range from \$1 to \$6.50.

Many people come to Campos Market when they are throwing a big party, like

Our main goal is to target every culture out there. Yeah we offer a lot of Hispanic products, but we try to bring in American products, too.”

Even if you are unfamiliar with the Spanish language and Hispanic culture, don't

A lot of people are intimidated to come in because they don't speak Spanish, but when they hear us speaking English, they are at ease. Most everyone here speaks English,” Campos said.

Campos Market advertises

Campos Markets in Reno -- one in Caldwell and one in Boise -- and four in Utah, all owned by the Campos family, but independently operated. Leonor Rubio, who owns the Nampa branch, was unavailable for comment. The

Do you have ideas for local businesses The Crusader should highlight? Send them to crusader@nnu.edu

deliberations on whether to negotiate with Iran or push for harsher sanctions.

Terrorists could cause problems in court

NEW YORK — Hot sauce and a comb were all it took for an al-Qaida suspect awaiting trial in New York to nearly kill one of his guards nine years ago. The episode suggests that security worries in bringing Khalid Sheikh Mohammed and other 9/11 plotters to trial here could be just as big inside the courthouse as outside.

Mammogram suggestion changes

NEW YORK — Most women should wait until they are 50 to get mammograms and then have one every two years, a government health task force says in a major reversal that challenges the American Cancer Society's advice and is sure to cause confusion for women and their doctors. Current guidelines say women should start getting mammograms at 40. By Stephanie Nano and Marilynn Marchione.

State workers swamped by unemployment rate

LANSING, Mich. — One frustrated client hurled a piece of concrete through the window of a welfare agency. Another threw her car keys at a welfare worker. As Michigan struggles with the highest-in-the-nation jobless rate, state workers who deal with aid programs say they have never been so overwhelmed — or so worried about their safety. Some welfare recipients have begun taking their anger out on the very people who are offering help.

Green card seekers won't have to get HPV vaccine

ASSOCIATED PRESS

DALLAS — Immigrant girls and women will no longer have to be vaccinated against a sexually transmitted virus to get their green cards.

Starting Dec. 14, the HPV, or human papillomavirus vaccine will no longer be on the list of immunizations immigrant females ages 11 to 26 must receive before becoming legal permanent residents.

The U.S. Centers for Disease Control and Prevention made the change on Friday.

In a Federal Register entry, the CDC said it will require immunizations for which there is a public health need at the time the person immigrates or changes their status to green card holder.

“More than half of the immigrants who come to the

U.S. seeking opportunity are women,” Silvia Henriquez, executive director of the National Latina Institute for Reproductive Health, said in a statement.

“We thank the CDC for restoring their dignity and reproductive justice.”

Girls and women seeking to become legal permanent U.S. residents were required to get at least the first dose of the HPV vaccine, which protects against some strains of the virus blamed for cervical cancer. It was added to the list of required vaccinations for immigrants in July 2008.

Soon after, a coalition of more than 100 groups immigrant, health and women's advocacy groups challenged the requirement, saying it was unfair to require the HPV

vaccine for immigrants but not for most U.S. citizens.

Attempts to require the vaccine for American girls has brought emotional debate and complaints that such mandates intrude on family decisions about sex education.

In Texas, lawmakers fought off a 2007 order by Gov. Rick Perry requiring the shots for sixth-grade girls amid questions about vaccine's safety, efficacy and cost.

At a price of \$400 to \$1,000 for the three-shot series, the vaccine also was an added burden on green card applicants already paying more than a thousand dollars in application fees and hundreds of dollars for mandatory medical exams.

Insurance companies do not cover health services required for immigration purposes,

advocates pointed out.

“It also put the financial burden on the individual woman and her family,” Gabriela Valle, senior director of community outreach and mobilization for California Latinas for Reproductive Justice, said Monday.

“Not only are you taking my rights to make an informed decision over my body, over myself, over my daughter, but you're having me pay for it as well.”

The U.S. Food and Drug Administration approved Gardasil in 2006 to protect against the human papillomavirus.

The CDC immunization advisory committee quickly followed up by recommending it for girls and young women.

For U.S. citizens, the

committee's recommendations serve only to provide guidance on vaccines.

But a 1996 change to the nation's immigration laws required anyone seeking permanent residency to get all the vaccinations recommended by the committee.

The CDC's newly adopted criteria to determine which vaccines will be required for immigrants says the vaccine must be age appropriate.

It also must protect against a disease that has the potential to cause an outbreak, has been eliminated in the U.S. or is in the process of being eliminated from the country.

The change also means the Zoster vaccine to protect against shingles won't be required of immigrants 60 or older.

ON THIS DAY...

U2 opened for itself by pretending to be a country-rock group called The Dalton Brothers during a concert in Los Angeles. www.on-this-day.com

... IN 1987

10 games to play during chapel.

by Brandon Haskins

T

10. Make an origami swan and try to convince everyone in your row to pass it to the person next to them.

O

9. Make balloon animals for all of your neighbors.

8. Block your phone number and see how many religion majors you can get to leave chapel to answer a call.

P

7. Tonsil hockey.

6. Peg the freshmen playing tonsil hockey with pennies.

T

5. Forget chapel games; grab the cutie next to you and snuggle.

E

4. Think of Dex meals from the week before and play marry, kill or date: food version.

N

3. Try to write a song or poem using only words used in Gene's sermon.

2. Create an NNU social map of who has dated whom, and use it to play six degrees of separation: tonsil hockey edition.

1. Play where's the Brick House girl. Try to be the first to identify where each of the girls are. Bonus points if you can identify what guy is sitting next to Daryl.

GOOD WITH NUMBERS? SUDOKU ME.

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Dear Nana Bobango...



I went out with a guy for one month. He liked me and I thought I might as well give it a try.

It didn't work out. Now he is obsessing over me and he won't leave me alone.

I don't mind seeing him around still, but when he constantly texts me and e-mails me it makes me angry. Sometimes I just want to yell at him to make him realize that we are broken up.

I realize he might have been attached, but it has already been a month since we broke up. We didn't even hold hands.

What can I do to get him to let go?

--Frustrated Ex

Dear Frustrated,

Sounds to me like the real problems began when you were still dating. He should have gotten the hint that you may not have been that interested in him when you weren't holding his hand. This is also where you should have gotten the hint that breaking-up with him would be no easy feat.

There's not much you can do about texts and e-mails. I would say just ignore them. Don't give him attention by replying.

Hopefully he'll eventually figure things out. I mean, I'm assuming he's pretty harmless. What's the worst he could do, have Gene dedicate a love sermon to you in chapel? Just give him some time. I know it's annoying, but there's really no way of forcing people to feel -- or stop feeling -- certain ways.

Nana Bobango wants to hear from you! E-mail your questions to crusader@nu.edu. Put "Dear Nana Bobango" in the subject line.

creativecorner
"Coffee is Gross"

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GOOD WITH WORDS? CROSSWORD IT.

Newsday Crossword

SMALL CHANGES by Shirley Soloway
Edited by Stanley Newman
www.stanxwords.com

- ACROSS**
- 1 W. Coast force
5 Clear a windshield, perhaps
10 Encouraging touches
14 Scandinavian capital
15 Lazy one
16 Admired celeb
17 Male deer
18 Ben Stiller's mom
19 Something taboo
20 Monotonous talking
22 Croatian capital
24 Promissory note
25 Russian plains
27 Common '20s cars
31 Sweet sandwich
32 Exist
33 Hollywood awards
35 Rest periods of a sort
39 Gulf War missiles
41 Atty.'s title
42 Eskimo dwelling
43 Car for hire
44 Followed in order
46 Sixth-sense letters
47 First in line
49 Tempts
51 Make a side comment
54 ___ Antonio, TX
55 Two-person bike
56 Big 23 Down of filmdom
61 *Beetle Bailey* dog
62 High-fashion handbag
64 Courtroom statement

- 65 Make a left or right
66 Spud
67 Wide-eyed
68 Air pollution
69 Stockholm native
70 Comic Carvey
- DOWN**
- 1 Forfeiture
2 ___ spumanti
3 Make preparations
4 Pooch
5 Night-lighting reductions
6 Biblical paradise
7 National symbols
8 "___ the fields we go"

- 9 Cows, when eating
10 Table game
11 Love a lot
12 Answering-machine sounds
13 Messy person
21 One-person concerts
23 Tailless primate
26 Rotational force
27 Sailboat pole
28 Predatory dolphin
29 Two, to Richelieu
30 Aromas
34 Beast of burden
36 Actor Baldwin
37 Work as a model
38 Soaks (up)
40 Doorbell sound
- 42 Luggage attachment
44 Frees from an obligation
45 Catch in a trap
48 Poetic "before"
50 Rubber-stamp accessory
51 Bit of info
52 Musical start, for short
53 Wheeled footwear
55 Nursery-school attendees
57 Picked out of a lineup
58 Gymnast Korbut
59 Gas in garish signs
60 Overly infatuated
63 Uncooked

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by Lindsey Bramson

"I don't drink coffee,"
I would tell my grandpa
every time he teasingly
offered me some,
pushing the mug in my
direction.
"It's gross and bitter and
black."

Then we would return
to eating or talking amongst
our family,
the coffee episode over
with for the time being,
but soon ready to spring up
again
between the two of us.

"No it's not; it's good," he
would say
as he took the mug back
and added his desired
creamer,
turning the gross black
coffee
to a more smooth caramel
color.

I think over this fond
memory
as I take another sip of my
tall caramel latte,
sitting on a couch in front of
a fireplace
on a college campus
at 8:30 in the morning.

I would only roll my eyes as
he smiled
and took a nice long sip,
savoring that warm
delicious flavor
which fills all senses
by the time the mug hits the
nose.

As a child when I knew
everything, certain things
had their place.
I may not know that much
now, but as for the coffee,
Grandpa, it tastes great.

