

CRUSADER

THE STUDENT NEWSPAPER OF NORTHWEST NAZARENE COLLEGE

October 22, 1980

Symptoms of "Toxic Shock Syndrome" are Outlined

By Beth Pratt

Toxic Shock Syndrome, the illness related to the use of tampons has recently caused great concern nationally.

Since January 1980, 299 cases of TSS have reported to the Communicable Disease Control Center. In the Northwest alone 34 cases with six accounts of positive identification has been diagnosed this year. The controversy has prompted Proctor and Gamble, producers of Rely Tampons, to voluntarily take their product off the shelf.

Dr. Steven Helgeron, Eitidemiologist (studies disease patterns in the population) has admitted that the recent outburst of media and concern generated a large amount of anxiety.

"The illness is still an unsolved puzzle to us and it can be very threatening and confusing to women," said Helgeron. "It's a good idea to be concerned but not panicky."

Toxic Shock Syndrome was first discovered two years ago in Colorado. Since that time further studies have led scientists to believe that the illness generally affects younger women who use tampons. The illness itself is labled a "syndrome" and not a disease because physicians have only several symptoms to determine it.

Helgeron describes the first set of symptoms as "regularly common for women going through their menstrual cycle. The disease occurs during the cycle and a person may first experience feelings of nausea, diarrhea, and headaches. "The clue is the sudden onset of a high temperature, usually 102 degrees," said Helgeron. "After a day or two the person's blood pressure will dramatically drop."

Helgeron emphasized that the most important time to catch the symptoms is before the blood pressure begins to drop. "The rapid drop of blood pressure can be serious; it is very likely that a person then could go into shock compounding the illness," said Helgeron. "Shock victims in turn are more prone to heart attacks."

A third distinguishable symptom that follows the high temperature and the lowering of blood pressure is an "absurd" skin rash that resembles a sunburn. The rash has a tendency to itch and peel on the feet, hands, and extremity areas.

Though research has distinguished notable symptoms the question still centers around how and why TSS occurs and what effects the tampons play in this illness.

Dr. Gladys Penrod, an Idaho disease research specialist, speculated that the illness is associated with a bacteria known as Staphylococcus Aureas, a "staph" that can grow in the tissues of womens' vaginas.

"The staph grows best in warm blood and fluid and normally 7 percent of all women in America have traces of this bacterium," said Helgeron. "The toxic outbreak could occur from the staph when and if it is able to grow too much on the tissues and fluids."

Penrod explained that this is where the association with tampons is drawn. Women who use tampons promote a more susceptible environment for the staph to grow. Tampons hold the warm fluid in, and if the fluid remains in the vagina long enough it will create a "breeding ground" for the staph.

"Rely, in particular, is noted for its super efficiency in holding fluid and because of this the tampon is left in longer," stated Dr. Gladys Penrod. Rely is made of synthetic fibers called carboxymethyl cellulose which

are more absorbant than other fibers as well as more abrasive.

Though Rely has been labeled as the "worst" of all tampons, other super absorbant tampons like Playtex have also topped the list. Dr. Helgeron emphasizes that the disease is promoted not necessarily by the use of tampons, but how women use them. "Nearly all of the women who have come down with TSS have used a super absorbant tampon but in many cases these women have left the tampon in for as long as 24 to 36 hours," said Helgeron. "The time has allowed that staph to grow and eventually the toxin to get into the blood stream."

"The best way to avoid this illness is not to use tampons at all, but if you have to, be more careful in your use." Helgeron advises women to use tampons "discontinually . . . not every night and day and to make regular changes.

As for the severity of the disease, Helgeron admits that the statistics look very "awing," but in fact these statistics are of the severe cases. "Toxic Shock Syndrome can be serious if not caught in the earlier stages, before the blood pressure drops drastically, but most cases don't got that far," said Helgeron. "The best medicine for this illness is caution and prevention."

There has been no known treatment, as of yet, for the syndrome with the exception that each symptom is treated itself. In some areas two antibiotics, Nafcillin and Methicillin, have overcome the penicillin-resistant staph, but the answer is still up in the air. Scientists now are researching and trying to identify the toxin released from the staph.

Helgeron concluded that if any suspicions arise about the TSS, that a person should get in contact with Fern Hutter, R.N. at the Health Services Center. "Recognizing the problem early makes a big difference."



Saga Still Serving Students

By Laura Holmes

For an average meal, about 950 NNC students consume 50 gallons of mild, 165 pounds of roast beef, 300 pounds of potatoes or rice, 72 heads of lettuce, and for dessert, the equivalent of 100 dozen of cookies.

SAGA, a national food-service corporation, has recently bought out Stewart Anderson's Cattle Company and Black Angus Restaurants and owns controlling stock in the Velvet Turtle Restaurants in California and Arizona. Saga also controls stock in a pizza chain which operates in the Northwestern United States. SAGA has been serving NNC since 1959, and SAGA Dick, or Richard White, is in his 19th year.

SAGA is the largest of ap-

proximately 30 such companies, catering to the eating needs of college students. The basic menu comes out from the home base, back east, every five weeks; surveys are held about twice a year to determine favorite dishes, so do not throw the survey sheets away when they are distributed. The menu is often altered according to local preferences.

Although it may seem expensive to pay for a year of eating at SAGA, the corporation makes only a three percent profit. According to Dick White, "In this business, it's easy to turn profit into loss if it is run inefficiently." The summer saw SAGA spend over \$2,500.00 on drapes and the mural for the dining room.



Patty Martin drives downfield during a recent field hockey game as Karen Winters looks on with weekend victories over three Oregon schools. The Crusaders kept their conference record perfect at 7-0.

Violinists To Perform

Ten tiny performers are scheduled to fill Nampa with music November 4 in a stop on a tour that is receiving nationwide attention. They will spend two days in Nampa between performances in Tennessee and Arizona. Their itinerary also includes performances for the St. Louis Symphony, El Paso Symphony and Southern Illinois University.

The Suzuki-trained violinists are Japanese children, from seven to twelve years in age, who are on a tour of Canada, Mexico and the United States to demonstrate a unique method of teaching music which, according to its proponents, can train any child of average ability to play difficult classical music at an early age and raise his general learning ability at the same time.

The Nampa Concert Series is sponsoring the group's appearance here. The Association is selling tickets in hopes of drawing a near-capacity crowd to the concert.

The children who will perform in Nampa will be accompanied by several of the instructors in the Japanese Suzuki program. They will be involved on the afternoon of Nov. 4 in a Suzuki Workshop at 1:30 p.m. at the First Church of the Nazarene. The workshop is open to the public. The youngsters and their sponsors will stay in homes in the Nampa area. The public concert will be at 8:15 p.m., Nov. 4 at the First Church of the Nazarene.

Tickets for the evening performance and the workshop are now on sale at the Music Office, room 106 in the NNC Fine Arts Building. Tickets for the evening performance are \$5.00 for adults and \$3.00 for students. Workshop tickets are \$3.00 for adults and \$2.00 for students. Mail order for tickets may be sent to the Music Department, Northwest Nazarene College, Nampa, 83651. Ticket orders may be made by phone by calling 467-8413. Members of the Nampa Concert Series will be admitted by presenting their membership cards.

SAGA Continued

The new salad bar and beverage facilities were also installed — to reduce congestion at the hot food counters. In spite of this move, the main complain of students about SAGA concerns the lines, which are controlled by the students themselves.

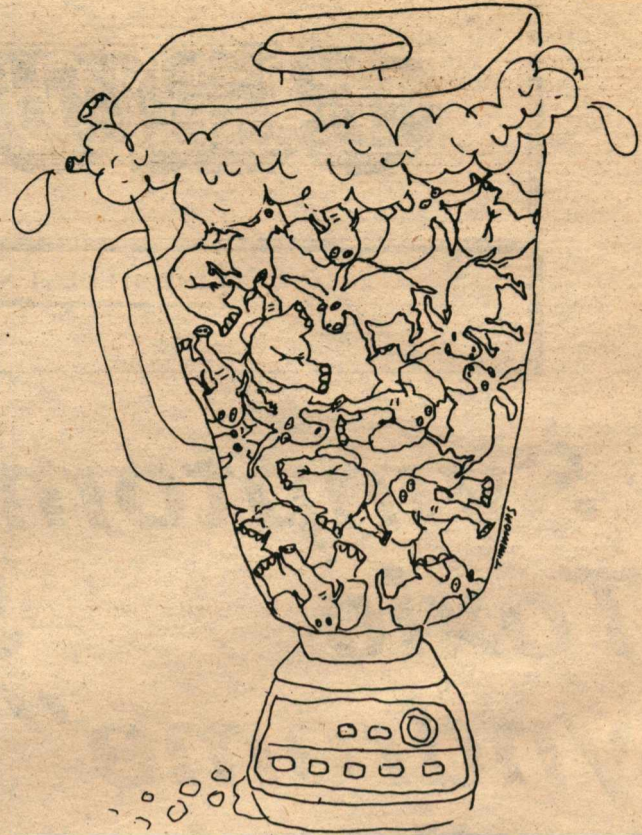
SAGA serves each meal for an hour duration and often opens early to accommodate waiting crowds. If students were to take advantage of later times as well as earlier minutes of mealtime, the lines would move considerably faster. SAGA Dick also offers encouragement in saying that the lines usually do go down during the year, due to dropouts, early graduates, and students who move off campus.

Another major complaint concerning SAGA is the lack of items like fresh fruit and yogurt. Students also play a predominant role in this situation: "If students were to watch what they waste, it would help everyone," says White. "If students were to waste less, taking only what

they know they want and, then, perhaps items like fresh fruit could be afforded."

As well as feeding NNC students, SAGA also provides over sixty students with jobs. Students usually perform duties of serving food, washing dishes, and cleaning tables, while a few more experienced students actually help in food preparation. The turnover of employees is really very small for on-campus employment, with only about 20 percent of the students needing to be replaced annually. Says returning SAGA employee, Brenda Anderson, "My hours are such that they work out with my schedule. I have to be here for dinner anyway."

SAGA serves a vital purpose on this campus: it not only feeds us, but also offers employment to a large number of students, so that they need not go off campus to find work. Although there are gripes concerning SAGA, most people would probably agree with freshman Kandace Semple, "I think they are doing a good job, the food is OK



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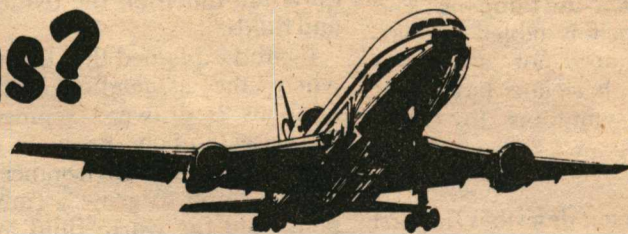
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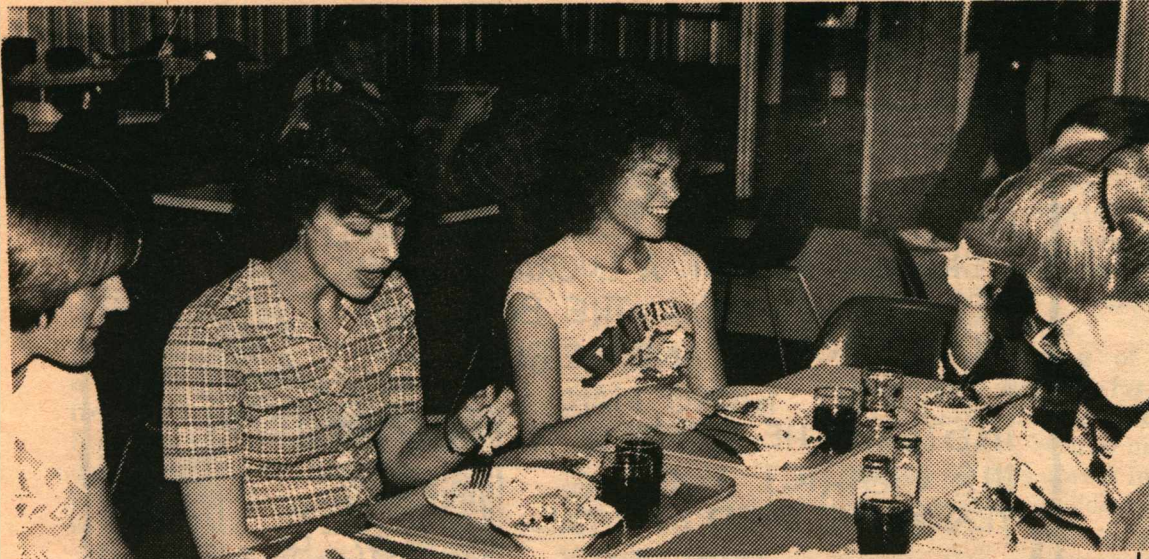
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from the religion department . . .

How's That for a Miracle?

By Greg Beecher

In sweeping the dust off of the pages of my Old Testament and trodding through some of the accounts that have been preserved within, I've discovered to my own amazement that there are actually valuable lessons to be learned there! One example that has particularly leaped out at me is the story of the parting of the Red Sea and the way that the Children of Israel behaved in the process. No drama epic in the Bible more graphically reveals the devastating effects that a bitter spirit and sour complaining can have on a group of people, as well as the individual.

Imagine with me what it must have been like when that mighty multitude was faced with a gigantic predicament — the Red Sea before them,

and the Egyptian army pulling up the rear. Their immediate response was to cast blame on their leader and lament about how horrible their situation was. That's right, they were a bunch of near-sighted guys who had started trusting on their own resources! But since they didn't have what it took to remedy their situation, they resorted to one of the most demoralizing practices around. But how many of us are there? You see, after such a long period of slavery, they had allowed themselves to become bound to their own circumstances. They had not gained wisdom, the ability to view life from God's perspective. However, I believe the most beautiful aspect of this whole incident is that our Lord absolutely delights in humanly

impossible situations, because this is when His glory is revealed in all of its fullness.

As we follow the scene further, we observe this mighty throng dashing over the broad expanse of land that God had opened up for them, reaching safety in the arms of their faithful Creator. They praised and thanked God (Ex. 15), which is just exactly what we should do, because God deserves praise and glory, but there was one problem — when another time of testing came along, and the waters were bitter, they soon forgot about God. They had focused all of their energy and attention on the problem again, and not God. Lord, remind us of your loving care and show us Your ways, that we may find favor in your sight. Thank you. Amen

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Evolution in the Schools

There was David versus Goliath.
There was Beowulf versus Grendel.
There was Ali versus Holmes.

But perhaps one of the most heated, emotionally-stirring conflicts ever concerns Bible-believing creationists and evolution advocates. Particularly during this legislative session, the creationism versus evolution debate has not received such attention nor press coverage since the time of the original Scopes Monkey Trial — and that this debate merits consideration is only fitting, for what philosophical complex affects man's intellectual, physical, emotional, and spiritual development more than his view of the world, his perspective of self, and his belief — or disbelief in God?

I am not afraid of truth; I believe that an educational goal is to confront students with facts and theories. Thus, the teaching of evolution must have a place in public school curriculum — and that proper place is within the realm of a presented theory. Unfortunately, evolution-enthusiastic teachers often transcend the limits of prudent presentation by advocating this theory as though it were a fact. Such dogmatism is not only an abuse of the power placed in the hands of teachers, but distorts a student's ability to consider facts for himself and limits his freedom of thought.

I vividly remember my own sophomore high school biology teacher who insisted the veracity of evolution, charging, "Man is a system of chemical reactions, period."

One student questioned him, "Wouldn't you like to believe that to life there is more?"

To which he replied, "I would like to believe there is more to life, but my conscience will not allow it."

I am sure we have all heard the antedote: Evolution being possible is akin to a primate sitting down at a typewriter and composing the Declaration of Independence. Well, this is a cute analogy, but scholarly investigation can reveal even more compelling arguments to convince that evolution should be restored to its felicitous status: a theory.

Consider, first, the lack of fossil records. The evolutionist states that all life **gradually** evolved from a single cell. The evidence needed to establish this claim is fossils showing a gradual, step-by-step development of lower animals into more complex life forms. However, the earliest fossils found are in Cambrian rock strata, and the billions of life forms found there are all highly complex, multi-million cellular animals: trilobites, corals, and worms.

According to evolutionists 1.5 billion years was necessary for these animals to evolve from single cell, yet not a single fossil record shows any of these transitional life forms.

As Dr. Henry Pietser, Ph.D. in Biological Sciences explains, "Throughout the entirety of fossil record there exists a remarkable absence of transitional life forms demanded by the evolution theory."

For example, evolutionists insist it took 100 million years for fish to evolve from invertebrates and another 50 million years for fish to evolve into amphibians. Yet, to quote Carl Byron, Prof. at Harvard, "All categories of living things appear abruptly — reptiles, birds, primates, man — without any evidence of transitional life forms, almost as though they were called into existence."

Evolutionists posit that by chance, nothingness developed into substance that evolved into a highly complex organization without a designer. However, several problems arise in my mind when I consider this supposition:

(1) Amino acids, which are protein building blocks (necessary for life) have a destruction rate far exceeding their rate of formation, making chance formation virtually impossible.

(2) Amino acids would have to be arranged in a sophisticated exact sequence in order to form protein. The probability of a protein being formed of only 50 amino acids is 1:10 to the sixty-fifth power.

(3) However, the very simplest cell contains thousands of amino acids, not merely fifty.

(4) DNA/RNA are required to produce protein enzymes, yet protein enzymes are required to produce DNA/RNA.

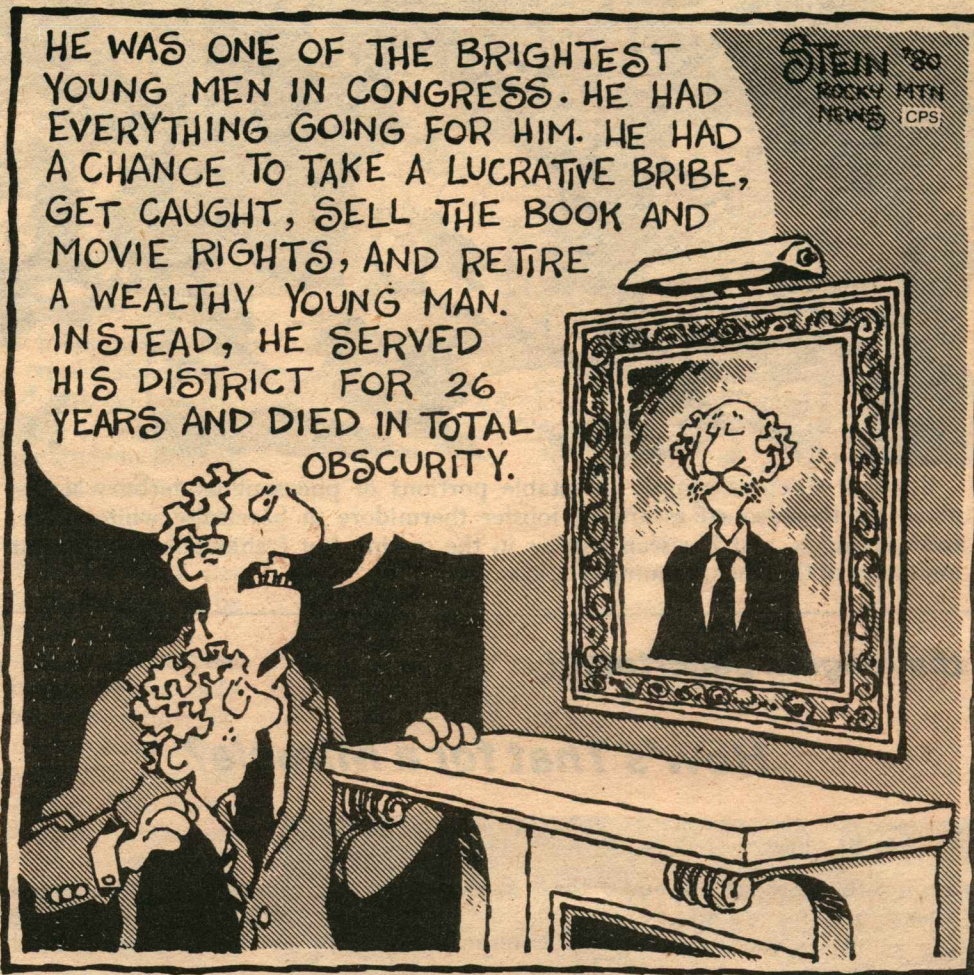
Finally, the Law of Thermodynamics explicitly conflicts with evolution, for this scientific law states that things left to themselves tend to go from the complex to the simple. Evolution, however, requires just the opposite.

Moreover, Dr. John Moore explains that if all living things evolved from a common cell, living things would experience an increasing complexity of chromosomal make-up as one progresses up the evolutionary ladder. However, reality does not support this concept: frogs, a comparatively simple species to man, has almost twice as complicated genetic structure in terms of quantity of genes and chromosomes.

Though all my suggestions for contention are, admittedly, mere suggestions, they lend credence to the fact that evolution is yet an unproven theory — and to insist that life is a closed system of chemical reactions is premature and of suspect.

For you see, when my high school biology teacher insisted that his conscience forced him to believe that life is merely chemical reactions, by admitting he possessed a conscience, he was proclaiming that to life there is, indeed, much more.

SWA



Chef's Palate

By J.R. Cuisine

An Evening of Passionate Crab

It is interesting to note that the first blasts of winter's winds have much the same amorous effects as spring's sunshine and warmth. I've noticed a number of budding relationships in the past week or so. (Crusader staff being no exception.)

With that in mind, I began to cotemplate a special place for special persons. As with any dining desire, the right place depends on the right people. Some like peanut butter and cream soda in the park, but alas, weather conditions do not always allow and often prompt indoor dining is necessary.

It is in this romantic spirit that I offer a special, warm, and unique dining experience. It is **Jake's** in Boise — actually the restaurant is located in the part of town known as Old Boise.

Mahogany and brass accoutrements lend a charm right out of the Roaring Twenties. When you add an exquisite bill of fare and the right companion you are bound for a superb evening.

The entire menu is varied but each item is equally fine. Steaks, prime rib, seafood, and ribs are all outstanding.

One area that cannot be overlooked is the appetizer menu. Two of my all time favorite taste treats can be found there.

If you aren't a seafood lover, I suggest the selection of deep fried zucchini. Served with a tangy dip, these morsels of squash are delightful.

Seafood fanatics should opt for the crab-avocado salad. Fresh crab piled over an avocado half that has a dollop of special dressing.

My idea of a perfect evening often does not include a restaurant — particularly when I can't scrape together the \$30 needed for the full treatment for two at **Jake's**. If you like entertaining at home, let me suggest you try my version of **Jake's** crab-avocado salad as either an appetizer or the main course of a light meal.

All you need is a few ounces of fresh or canned crab, a hard boiled egg, two tablespoons of mayonaise (salad dressing if you prefer), half a lemon and an avocado.

Peel and split the avocado, disposing of the pit. Puree the egg with the mayonaise, then squeeze in the juice from your lemon portion. Spoon the mixture into the center of the avocado. Rinse the crab and pile on top. It's a wonderful appetizer and a great light lunch. Serve with iced tea and you'll have him or her eating out of your hand.

Brace against the winds with a friend. Whether at **Jake's** or at home, it should be a warming experience.

Letters

To the editor:

The Sophomore Class Council would like to thank everyone who had a part in freshman initiation and/or Fresheree '80. All of you deserve a thank you, for without you things couldn't have been done.

Special thanks goes to Rick Holden who coordinated the sound and lighting systems at the fresheree show. His assistants were: Dave Sullivan (backstage lighting), Jim Verity (spotlight), Curt Dowling (spotlight), and Clint Hahn (sound). We also thank Dirk Robinson for heading our clean-up crew.

Most of all we thank the Freshman Class. You are a very spirited bunch and we thank you for your participation and cooperation. We are happy to have you as part of the NNC family.

Scott Keller
Sophomore Class President

Dear Linda:

I'm glad you're here!

Larry

Dear Crusader Staff:

I just finished reading the October fifteenth issue of the Crusader and feel you deserve a compliment on your fine work. In just three issues, your journalistic presentation shows a great deal of improvement. I know NNC's journalists put in long hours and receive little, if any, remuneration or thanks. Your dedication to NNC and to quality journalism is appreciated, however (even though I am a T.A.). Keep up the good work.

Kim Rice

To the editor:

I was absolutely amazed today (10,20) at a behavior which took place in the administration building. I found this behavior, enacted by a staff member, not only to be asinine, but also incongruous with NNC's supposed education standards.

At the beginning of the school year I signed up for and paid for private organ lessons. This fee I paid, entitles me to practice six days a week in the administration building; in other words I have actually rented that auditorium.

However, due to the constant complaining, griping, and sniveling of the registrar's and other's offices, organ students are not allowed to play the organ as it was intended to be.

If the sound is truly so bothersome, I suggest a new hall being built — soon! However, until then, the students who have paid and are in an educational process (the purpose of the school?) should have the priority to practice audibly. The behavior that I witnessed within a school building was unwarranted and rude, and I hope will never happen again.

Steve Shaw
(student)

Conscientious Freshman:

We are writing in response to the letter in the October 15 issue of the Crusader. In short, it was a letter submitted by a group of "conscientious freshmen" who expressed their distaste to the Fresheree show that was presented on October 11. Some of the complaints stated were that the material in the skits was "sensual" and the music involved "didn't bring glory to God."

As for the material in the skits, it was screened and accepted by the Administration of our fair institution. In fact, two skits were excluded because of such reasons as you mentioned in your letter. All of the "sensual" material was approved well in advance of the show. The skits that were presented were accepted, then shown.

It was also pointed out that the music "did not bring glory to God," and in fact was the very music from which you were saved. We would like to point out here that if you hold the belief that the Christian faith and the enjoyment of Rock 'N Roll music cannot be mixed, we estimate a large portion of the student body here at NNC is lost from God's salvation. Also, if you so strongly objected to the show, why did you not get up and leave, instead of watching the entire show, and later weakly voicing your opinion in a vague letter to the editor.

As a group, we enjoyed putting on a show with a lot of thought and hard work in it, and almost every freshmen that has been asked thoroughly enjoyed the show. We do not wish to offend anyone, but we must say that we are very disappointed that the fun-loving attitude of Fresheree 1980 was spoiled by a very small minority Disappointed Sophomores

To the editor:

Steve, you lousy (edited). Why don't you try being professional? Your one-sided "opinion" on Frank Church made me sick to my stomach.

I don't know why I give a (edited) care anyway cause your rotten newspaper stinks, anyway. You prove that every issue.

Hope you liked the eggs ala car!
(edited)

Prefers Professionalism

Editor's note:

Thank you for your "professional" response.

To the editor:

Thank you for the article which you published in the last issue, informing the campus community of the evaluation team which is to be on campus October 20-22. There was an error in the headline, however, which needs correcting. The headline stated that the "Education Department" was to be evaluated. This is a rather common misconception of Teacher Education. Teacher Education at NNC is an all-college responsibility involving most of the departments and elements of the campus community. While the Education Department is a significant element, it is only one of a number of elements,

all of which are vital to successfully preparing a person to teach in the schools or in related roles in our society.

It is important for faculty, administration, and students to be aware that this program is not necessarily the exclusive operation of one small academic department, and that such all-inclusive programs as Teach Education, as well as some other professional programs, are dependent for their success on the contributions made by several elements of the college, integrating their efforts to assure quality results. Lilburn Weshe
Director, Teacher Education
Head, Department of Education

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Record Perfect at 7-0

Crusader Field Hockey Team Returns From Successful Road

By Jan Finkbeiner

The Crusader field hockey team traveled to Salem, Oregon this past weekend and brought home three more victories, raising their conference record to an unscarred 7-0. The team demonstrated considerable skill while playing under such adverse conditions as volcanic ash, blinding fog, and an unusually rough field. Providing competition for the invitational were teams from Oregon College of Education, Willamette University, and Pacific Lutheran University.

The Crusaders got off to a slow start against OCE. In fact, they were held scoreless in the first half. But the action-packed pace for the weekend was soon set with a dynamic penalty goal by Chris Pease early in the second half. The Crusaders, applying constant pressure to the OCE team once again demonstrated their skill and finesse with a short-corner goal, driven in by Peggy McMillan. Carissa Wilfong held the Crusader edge by deflecting an OCE goal attempt. The final score: NNC 2, OCE 1.

The following day began with a Crusader-dominated game against host, Willamette. The Crusaders scored quickly against Willamette on a beautiful center by Stacey Wright which was deflected into the cage by Deanna Olson. The team remained on top and Olson scored again, which made her goals the first two of her career. The winning margin was further increased by the well-balanced scoring of Peggy McMillan, Maureen Freitag, and Lori Wright, who scored one, two, and three goals respectively. Coach Jean Horwood noted, "The Willamette game gave us a chance to exhibit our skill, teamwork, and substitution abilities." Chris Pease, captain of the team was quoted as saying, "We used each other's abilities to play one of our better games this season."

The last game of the weekend proved a challenge to both teams with impenetrable defense exhibited on both ends of the field. The score after the first half was PLU, zero, NNC, zero. But the Crusaders kept their cool and didn't panic in the second half. The NNC defense did a fine job in marking their opponents and limited the PLU offensive line to three goal attempts, which NNC goalie Gay Wolfenberger handled admirably. Finally, just minutes before the final whistle, Freitag burned in the beautiful winning goal. A cute quote by Coach Horwood perhaps summarizes the game best, "I knew we

could do it, so I waited... and waited... and waited..."

The team attributes their success to their secret play, 4-13 (Phillipians 4:13). They feel the unity and communication shared among the team members is due to a common bond and central focus Jesus Christ.

The field hockey team travels to Ashland, Oregon this weekend to face possibly their toughest competition yet; the California schools.

Soccer Team Splits Weekend Series

page six

The NNC Crusaders experienced mixed fortunes in soccer action last weekend as they lost 2-1 to Willamette on Friday, but came back to defeat Linfield 3-1 on Saturday.

Essa Gaye put the Crusaders in the lead initially against Willamette as he scored midway through the first half on an assist from Sulayman Njie. NNC led 1-0 at halftime, but that was as good as the situation would be all afternoon.

Willamette's John Hitchman tied the score with a shot about one third of the way through the second half. Chris Hall scored the deciding goal with eight minutes to play in the contest.

The Crusaders did score one other goal with one minute to play in the game, which, however, was called back.

And to NNC Coach Art Horwood, the disallowed goals at Willamette are beginning to have a familiar ring about them.

"It happened the same way last year at Willamette," said Horwood. "It was the same goal and the same flagman. After a while it gets kind of old."

Horwood, however, wasn't willing to make the official scapegoats. The Crusaders attempted only eight shots on goal as compared to Willamette's 18.

"The refs didn't cost us the game. We had a letdown in the second half. We weren't clearing on the defensive end," Horwood said.

But if the second half Friday was a letdown, the Crusaders didn't let their tailspin continue on Saturday.

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was a letdown, the Crusaders didn't let their tailspin continue on Saturday.

Linfield scored the game's first goal just 15 minutes into the contest when one of its players headed the ball into the goal.

Njie got the Crusaders moving minutes later when he intercepted a goal kick from Linfield's goalkeeper. Njie scored the go-ahead and what proved to be the winning goal just before the first half ended.

Bryan Wheeler added the clincher for NNC when he scored during a "melee"

Horwood didn't necessarily see the Crusaders as playing a better team on Friday, but was pleased that they played better on Saturday.

"I was happier the second day. We played better and everybody got to play. We just let down in the second half against Willamette," he said.



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Quick serves NNC to .500 weekend Record

When was the last time you can remember one volleyball player serving 14 straight points? Well, if you attended NNC's Saturday afternoon game against Gonzaga, the answer is probably quite easy.

Freshman Pam Quick served those 14 in a row to lead NNC to a 15-0 first game triumph on the way to match win over Gonzaga. The Crusaders won the last two games 15-13 and 15-10.

Besides the points, Quick served up four aces to the opposition. But, after the first game, NNC coach Kathy Haughey felt there was a considerable letdown by her charges.

"The first game against Gonzaga they were really up. But, they let up because they knew they could win easily. Gonzaga did start playing better, but they shouldn't have scored 13 points on us," Haughey said.

Another freshman, Jenny Herp had nine assists against Gonzaga, while sophomore Betty Seward had four kills.

On Friday, the Crusaders had run up against a highly-talented Whitworth team and came out on the short end of the deal. The Pirates made a clean sweep of the three games, 1-15, 11-15, and 11-15.

Haughey saw the Whitworth match as a matter of not being prepared in the game's opening minutes.

"It took them a while to get warmed up against Whitworth," Haughey said. "The first game against Whitworth they were so worried about the score that they played poorly. I told them to quit worrying about the score and they began playing better."

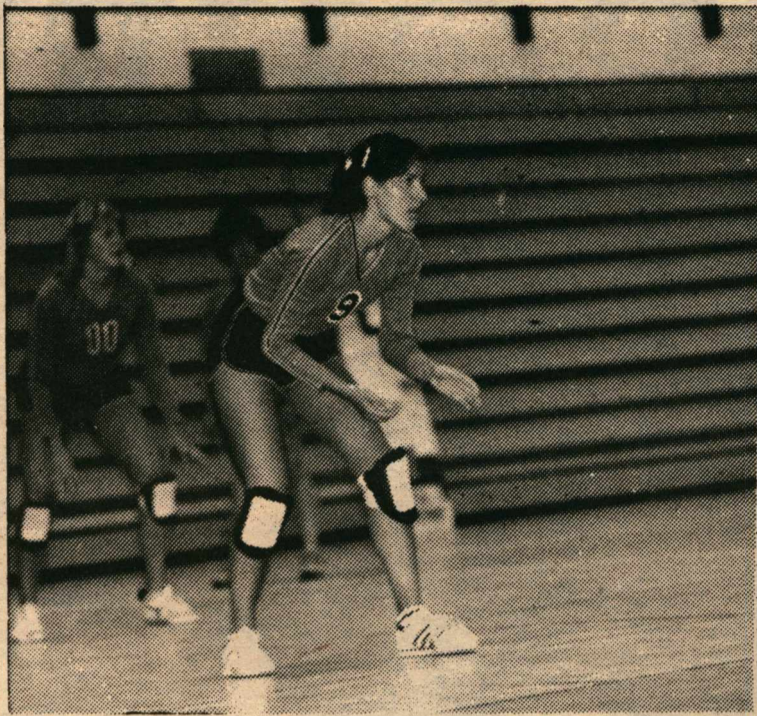
Haughey also felt that her club could learn something from the perennially-strong Pirates. "When they (Whitworth) are behind, they come back. They work well under pressure. The third game we were ahead 9-2 and Whitworth came back and beat us. We need to learn to play better under pressure and that comes with experience. Whitworth reacted really well to defenses; they were always watching the defense. We need to learn to watch the defenses better," she said.

On Monday morning, NNC played Utah State's JV team and were defeated 6-15, 9-15 and 10-15. Utah State is a nationally-ranked power in volleyball, so staying on the court with its junior varsity may have been a feat in itself.

"They had real strong blocking which hurt us. I think their shortest girl was five feet nine inches," Haughey said.

The Crusaders faced a key conference battle last night as they played College of Idaho on the Coyote court, in a battle for second place in the Inland Valley Conference.

How does Haughey assess the Crusaders' improvement



Gloria Brediger readies herself for a serve during a game as does teammate Sue Collar in the background. The Crusaders lost to Whitworth Friday, but came back Saturday and whipped Gonzaga.

at this point in the season? "I think we're getting better in the flow of the games . . . Movement without having to think about it. The tournaments have helped a lot in that respect. At the same time, it is the point in the season that

it's hard to get excited for games all the time. Some of the girls that weren't as good at the start of the season are improving so that the others don't look as good as they used to."

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