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"News is the first rough draft of history." - Benjamin Bradlee



DEPRESSION

As winter drags on in a pattern of seemingly

COLUMN ONE

endless slushy, cold, windy, dreary days, it's incredibly easy to lose sight of your dreams. I, for one, hate winter, and although I am in the minority, I find myself counting the days until spring. I suppose you could say that winter depresses me.

Last winter I hibernated. I seldom ate in Marriott; I hardly ever went to class. Those "NNC Winter-Term-Blues" really had me down. I could only see the negative: why did Nampa have to be so ugly, why did it have to stink like the sugar beet factory all the time, and why doesn't anyone understand?

I realized something this year, however. Rather than trying to convince everyone that they needed to attend my pity party, I decided to do something about it.

Winter is only as dreary as you want it to be, and although circumstances in your life may not always cause you to look on the bright side, you CAN do something to improve your outlook on life.

It's okay to feel a little down once in a while, but never allow yourself to think that it's someone else's responsibility to lift you out of that rut. Start dreaming again, and make every day a little better than yesterday. Vow to make those dreams come true, and watch those winter blues disappear.

Angela E. Plies, News Editor

THE CRUSADER

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D. M. BOMAR
MANAGING EDITOR

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JEREMY HERITAGE, DAVID A. KERR, LAURIE MEHRWEIN,

TESSA PHILLIPS, SCOTT REED

BRAD NELSON, PHOTOGRAPHER

JENNIE BAKER, BUSINESS MANAGER

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Box C NNC Nampa, Idaho 83686 (208) 467-8656

ASNNC adds Publicity Director

By D. M. BOMAR
MANAGING EDITOR

The office of ASNNC Publicity Director was added to NNC's student government last Wednesday as students voted 122-30 in approval of constitutional amendments creating the post.

"Sweet!" said ASNNC President Rosco Williamson, who has strongly pushed for the new Executive Council position.

The idea for establishing the Publicity Director has been debated by ASNNC senators for three years. Last spring, they voted to implement the position on a trial basis and senior Melanie Elder was hired by

Williamson.

Most senators feel that Elder's work has been very effective, as attendance and involvement have increased dramatically since she began work last fall. In November, the Senate passed constitutional amendments to make the Publicity Director a permanent fixture of NNC's student government, but the amendments had to meet the student body's approval before they could be enacted.

"I'm really excited," said Elder, following last Wednesday's vote. "Not only will it give the Publicity Director more of a chance to work with the rest of the council, but it also ensures that all of the future activities will be given the attention they de-

serve."

Now that the Publicity Director position is official, the Senate will consider the job's responsibilities. Additions to the ASNNC Code are expected to be proposed next month.

The Publicity Director's salary will be determined as the Senate reconsiders salary raises for all ASNNC executive officers. The pay hikes were passed by the Senate two weeks ago, but according to Senator Suzanne Clark, "it was a hasty decision that no one really thought about."

In preparation for the reconsideration vote this Wednesday, senators have been instructed to consult their constituents' opinions regarding the salary raises.

Cultural diversity visits NNC

By RYAN PITTS
SENIOR STAFF WRITER

This past week saw three members of distinct and interesting cultures come to share their thoughts and values with the NNC student body.

For at least forty-five minutes, the worlds of the African-American, the Hispanic, and the Native American were opened up to the campus.

Cultural Diversity Week is held each year during the week which Martin Luther King, Jr. Day falls.

Monday saw Harrie Trotman, pastor of the Exposition Park Church of the Nazarene in Los Angeles, speak of determination and submitting to the will of God. Wednesday brought Jessie Berain and a message about discrimination and stereotype. And on Friday Dallas Gudgell came to talk

about respect for nature and the Native American culture.

According to Director of Campus Ministries Gene Schandorff the week as a whole was a success. "In the past we've had people from the campus community come and speak. This year I tried to bring in speakers from outside and I think it went well. The response was real positive, and the week had a real good feeling to it."

Clinton revokes abortion laws on anniversary of Roe v. Wade

By WENDY WHITE
SENIOR STAFF WRITER

Exactly 20 years after Roe v. Wade made abortion legal, newly elected President Bill Clinton revoked a series of restrictions imposed by his Republican predecessors, according to The Idaho Statesman. Abortions should be "safe and legal but rare," Clinton said.

Last Friday, Clinton removed the "gag rule" from federally funded clinics that had kept counselors from discussing abortion with their pregnant

patients.

Clinton also lifted the ban on abortion services at U.S. military installations and the ban on federal funding for fetal tissue research.

At this same time, Clinton asked the federal Food and Drug Administration to study the safety of RU-486, the French drug that induces abortion and is currently banned in the U.S.

In his book entitled, Abortion Decisions of the Supreme Court, Dan Drucker explains the infamous Roe v. Wade decision. Roe v. Wade began when a single woman from Dallas,

under the pseudonym Jane Roe, was unsuccessful at procuring an abortion because of strict Texas laws.

"For the first time in history, a state's abortion laws were successfully challenged," wrote Drucker. "This decision marked the beginning of the end for the abortion laws of many states."

About 75,000 marchers turned out in Washington, D.C. for the twentieth anniversary of Roe v. Wade to either protest or commemorate the landmark decision, according to The Idaho Statesman.

Daniels resigns as Social Vice President

By LANE ELLIS
BOTTMILLER
STAFF WRITER

Ted Daniels resigned as ASNNC Social Vice President last Wednesday and Todd Shupe was appointed by ASNNC President Rosco Williamson to fill the position temporarily.

According to the ASNNC Senate minutes from January 20, Daniels formally submitted his resignation. "Due to the requirements set by NNC, I am no longer eligible to be Social Vice President," Daniels reported.

The ASNNC Code states that all executive officers must maintain a 2.3 GPA or above.

"I enjoyed doing it," said Daniels. "I miss the job."

Daniels also said that Shupe will do a good job as interim Social Vice President until elections for the 1993-94 school year are held six weeks from now.

Sign-ups for next year's executive positions will be posted March 5 and come down March 12. Elections will be held April 7.

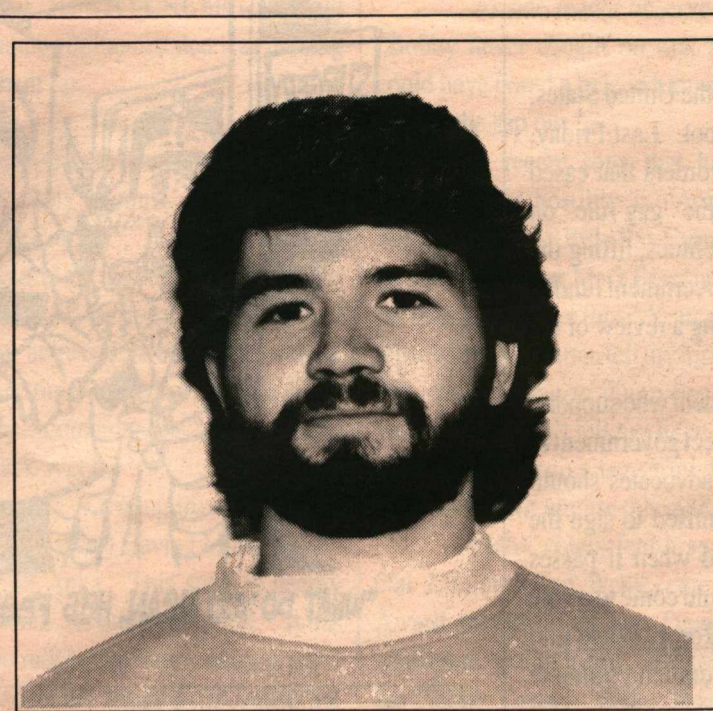
Shupe is a safe choice for Williamson since he served as Social Vice President during the 1991-92 school year under Williamson's first term.

Shupe is a general studies major from Denver, Colorado, who returns to NNC this quarter after working at Pasadena, California, First Church of the Nazarene last fall.

"I see my role as that of a facilitator of Ted's year," Shupe explained. He also mentioned that he would like to see ASNNC involved in some way in the NAIA tournament to be held this March.

"I want to take this from an administrative role," said Shupe. He went on to specify that Daniels has already set most activities in motion for this term.

"I don't want to take any-



Interim Social Vice President Todd Shupe (Photo by Brad Nelson)

thing away from Ted; he deserves much applause for what he's done," he said.

The Social Vice President is a paid, executive council position that is responsible for the creation

and implementation of the social activities sponsored by ASNNC.

ASNNC activities still to come this term are the Roaring Twenties Banquet on February 5 and four more Coffee Houses.

NAIA tournament tickets available

By SCOTT REED
STAFF WRITER

NNC students will be offered tickets to the NAIA National Basketball Tournament at a forty percent discount (\$3.00 per game).

Tickets for the tournament March 11-16 at Montgomery Field House will be sold to the public for \$5.00 general admission or \$6.00 reserved.

NNC Students will also be able to purchase a tournament pass good for all games for \$25.00. Students will be seated in the regular student section.

ASNNC President Rosco Williamson commented, "I am pleased with the \$3.00 price for our students. Dr. Forseth really came through."

Tickets are available at all Treasure Valley Select-A-Seat outlets. Reserved tickets are available at the NNC Athletic Office.

Thurgood Marshall dies at 84

Retired Supreme Court Justice Thurgood Marshall died Sunday of heart failure at the age of 84. Marshall, the great-grandson of a slave, was the Court's first black justice. He resigned in 1991 and was replaced by Clarence Thomas.

"He was a giant in the quest for human rights and equal opportunity in the whole history of our country," said President Bill Clinton.

Marshall, a liberal stalwart on the Court, will be remembered most for his strong stance against racism. He played a key role in many landmark legal decisions.

But perhaps his most influential anti-racism action came not as a justice, but as a lawyer, when he argued and won Brown v. Board of Education, the 1954 case that made racially segregated schools illegal.

"We must dissent from the indifference," he said last year at

Philadelphia's July 4th festivities. "We must dissent from the apathy. We must dissent from the fear, the hatred, and the mistrust. We must dissent because America can do better, because America has no choice but to do better."

Clinton endures bumpy first week; Baird withdraws

After the inauguration last Wednesday, Bill Clinton began a very busy first week as President of the United States.

Clinton's Attorney General nominee, Zoe Baird, withdrew her name last week after a public uproar over the disclosure that she had hired two illegal immigrants as domestic workers.

Clinton is expected to announce another nomination by Friday.

"Clinton said he's down to a choice among three or four people,

but it's not certain whether it will be a woman," USA Today reported Monday.

Baird's withdrawal wasn't the only first-week hurdle for the new president. In reaction to Clinton's reversal of five federal restrictions on abortion last week, anti-abortion activists around the country staged a new wave of clinic protests and blockades. Nearly 400 people were arrested at abortion protests nationwide during the weekend.

Fighting ends cease-fire in Croatia; peace talks continue

New fighting broke out in one former Yugoslav republic over the weekend, as peace talks to end the war in another crawled forward.

A year-old cease-fire was

broken as Croatian and Serbian troops battled throughout the weekend. The Croats want to restore the only land link (a bridge) between two parts of their country. Before the new fighting, Serbs held one end of the bridge and the Croats the other.

In Geneva, the United Nations continued peace talks to end the fighting in Bosnia, where ethnic Serbs are at war with Bosnian Muslims and ethnic Croats.

Food poisoning linked to Jack In The Box meat; at least 167 cases so far

In Washington state, at least 167 people have been inflicted by a food poisoning outbreak linked to Jack In The Box restaurants. One boy has died and 14 are hospitalized in critical condition.

The E. coli 0157:H7 bacterium produces a toxin that can cause severe diarrhea and abdominal pain. Infection can lead to

kidney problems and death.

Officials estimate that bad meat was sold in 13 of 62 Jack In The Box restaurants in Washington and Idaho. At least three cases have been reported in the Boise area.

Winds ravage Puget Sound area

Winds as fast as 100 mph tore through the greater Puget Sound region last Wednesday, leaving hundreds of thousands of residences and businesses without electricity for days. As of yesterday, 21,500 customers were still without power.

The fierce wind storm uprooted countless trees, causing damage to many homes. Area schools were forced to close Thursday and Friday since they had no electricity.

The high velocity winds were the some of the fastest recorded in Western Washington this century.

Stories compiled by D. M. Bomar, Managing Editor

Clinton starts presidency on the wrong foot

In his first week as President of the United States, Bill Clinton has started on the wrong foot. Last Friday, President Clinton signed five executive orders that eased abortion limits. These included lifting the "gag rule" on abortion counseling in federally funded clinics, lifting the ban on fetal tissue research, permitting government funded abortions at military hospitals, and seeking a review of the ban against RU-486, the "abortion pill."

With the inauguration of a president who supports "abortion rights" it is unreasonable to expect government to ease up on the issue. Instead, pro-life advocates should expect it to get worse. Clinton has promised to sign the Freedom of Choice Act (FOCA) if and when it passes through Congress. The FOCA, which could come to a vote as early as this summer, would codify *Roe v. Wade* into federal law, taking the issue out of the hands of the Supreme Court and the fifty states. Abortion would be made legal for any reason throughout all 9 months of pregnancy and state laws restricting abortions, such as parental notification laws for minors, could be rendered null and void.

The signing of these 5 executive orders should serve as a wake-up call to pro-life forces. Apathy is not acceptable. With this new administration, pro-choice values will be promoted. As responsible citizens, we are obligated to actively involve ourselves in this issue and effectively influence our representative government for life's sake.

Celebrate M. L. King Day

On Monday, the 18th of January, most of the United States honored the national holiday, Martin Luther King, Jr. Day. But NNC went to class, business as usual, believing that because we have a cultural diversity week, we can go to school on Martin Luther King, Jr. day. This is wrong.

January 18th was set aside as a day in which the United States honors an African-American leader who championed and attained rights for millions, even though it cost him his life.

It is also a day in which America can celebrate a part of history that has for so long been ignored by racists and bigots.

It seems as if NNC believes, as one professor put it, "If we give them a day off, all they would do is sleep in, or goof off." Well, if that is true, why doesn't NNC open up the library or the gym on Sunday?

As a Christian organization, it is NNC's duty to be aware of the plight of others, and to honor them as God would. Even if it means a day off.

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"WHAT DO YOU MEAN, HE'S FEELING BETTER?!? WE HAVEN'T OPERATED YET!!!"

Twinkies and respect don't mix

KING WRINKLE'S HAPPY PAGES

By MATT JOHNSON AND RYAN PITTS

Cultural Diversity Week has come and gone (thank God) and we are settling back into our comfortably non-aware state of existence without really grasping what it actually means to be aware. Now, we could approach the whole thing from the perspective that this past week was of token significance. We'd much rather address another concern. What we want to talk about is respect. In the past week the student body had the privilege of hearing some pretty interesting perspectives based on some backgrounds that most of us aren't familiar with. As a whole, we didn't exactly take advantage of our opportunity, and looking back on it all, it kind of reminds us of a story...

Once again it was a beautiful day in the land of King Wrinkle. The sun was shining, the birds were singing, and the children were waking up for school.

"I don't wanna get up. I hate school," said Sam. You see, Sam was staying the night at Billy's house. He liked Billy's mom.

"Oh, Sam," Billy sighed, "school can be fun."

"You're crazy, Billy, and stupid. School is not fun. The only fun I have at school is cheating on tests and pulling Mary Joe Bunnifuoco's pigtails," Sam mused.

"But, Sam, today will be fun. Mr. Wanklerock is coming to our class to talk to us. He's the local authority on cultural diversity," Billy smiled.

"Sam, you fat-head, you wouldn't know culture if it hit you on the noggin'," Billy snidely remarked as the two friends kissed his mother, grabbed their lunchboxes, and scurried for the bus.

When they got to school all the children were herded into the gym and Mr. Wanklerock began to speak. Unbeknownst to Billy, Sam had sneaked a twinkie into the assembly. He revealed the treat and started unwrapping it, causing quite a disturbance for those who were trying to listen.

"How much will you give me if I peg Mary Joe

Bunnifuoco with my twinkie," Sam slyly snickered to Billy.

"Shh! I'm listening!" exclaimed Billy. "Why don't you just quiet down and just balance that thing on your forehead."

Sam thought that was a great idea and actually began to try. His antics quickly became contagious. Soon Billy was laughing hysterically and had quite forgotten about cultural diversity.

"YOUNG MEN, WHAT DO YOU THINK YOU'RE DOING?!?" Mrs. Dangleblorp leered in Sam's face, hot toxic fumes from her breakfast escaping from her nostrils.

Both boys tried to regain straight faces as swiftly as possible, but it was too late to escape the wrath of Mrs. Dangleblorp. She grabbed them both up by the scruff of their necks and dragged them from the gym muttering something about never letting them attend another assembly for the rest of their lives.

Back to the task at hand. It is our duty to respect those guests who take the time to come speak to us, and to show that we are tolerant towards views which don't always fall in line with our own. The moral of this story is simple: we have the opportunity and the responsibility to show appreciation for people from all backgrounds and philosophies. This past week gives cause for embarrassment, to be honest. And based on many observed reactions, WE DON'T DESERVE CULTURAL DIVERSITY WEEK, or any other week for that matter. On the basis of our general insensitivity, we don't deserve the kind of opportunity we're given. Maturity is something assumed on a college campus. Maybe they'd better reconsider.

Here are the final results of the bad song survey

I hope you haven't had anything to eat re-

cently, because, as promised last week, today I am presenting the winners of the Bad Song Survey.

In analyzing these results, I had to make a few adjustments. For example, the Bob Dylan song "Lay Lady Lay" would have easily won as Worst Overall Song, with 17,006 votes, except that I had to disallow 17,004 votes on the grounds that they were cast by my Research Department, Judi Smith, who tabulated the votes, and who HATES "Lay Lady Lay."

To win, a song had to be known well enough that a lot of people could hate it. This is a shame in a way, because some obscure songs that people voted for are wonderfully hideous. One reader sent a tape of a song called "Hooty Sapperticker" by a group called "Barbara and the Boys." This could be the worst song I've ever heard. It consists almost entirely of *The Boys singing "Hooty! Hooty! Hooty!"* and then Barbara saying: "Howdy Hooty Sapperticker!"

Several readers sent in an amazing Compact Disk from Rhino Records called "Golden Throats," which consists of popular actors

DAVE BARRY

attempting to sing popular music, including William Shatner attempting "Lucy In The Sky With Diamonds," Leonard Nimoy attempting "Proud Mary," Mae West attempting "Twist and Shout," Eddie Albert attempting "Blowin' in the Wind," and -- this is my favorite -- Jack "Soul" Webb attempting "Try a Little Tenderness." You need this CD.

But now for our survey results. Without question, the voters' choice for Worst Song -- in both the Worst Overall AND Worst Lyrics category -- is... (drum roll...)

"MacArthur Park," as sung by Richard Harris, and later remade, for no comprehensible reason, by Donna Summer.

It's hard to argue with this selection. My twelve-year-old son, Rob, was going through a pile of ballots, and he asked me how "MacArthur Park" goes, so I sang it, giving it my best shot, and Rob laughed so hard that when I got to the part about leaving the cake out in the rain, and it took so long to bake it, and I'll never have that recipe again,

Rob was on the floor. He didn't BELIEVE those lyrics were

real. He was SURE his wacky old humor-columnist dad was making them up.

The clear runner-up, again in both categories, is "Yummy Yummy Yummy (I Got Love In My Tummy)," performed by Ohio Express. (A voter sent me an even WORSE version of this, performed by actress Julie London, who at one time -- and don't tell me this is mere coincidence -- was married to Jack Webb.)

Coming in a strong third is "(You're) Having My Baby" by Paul Anka. This song is deeply hated. As one voter put it: "It has no redeeming value whatsoever -- except my friend Brian yelled out during the birth scene in the sequel to "The Fly" in full song, 'Having my maggot!'"

Honorable mention goes to Bobby Goldsboro, who got many votes for various songs, especially "Honey." One voter wrote: "Why does everybody hate Bobby Goldsboro's 'Honey'? I hate it too, but I want to know WHY."

Why? Consider this verse: "She wrecked the car and she was sad; And so afraid that I'd be mad, but what the heck; Tho' I pretended hard to be; Guess you could say she saw through me; And hugged my neck."

As one reader observed: "Bobby never caught on that he could have bored a hole in himself and let the sap out."

A recent song that has aroused great hostility is "Achy Breaky Heart," by Billy Ray Cyrus. According to voter Mark Freeman, the song sounds like this: "You can tell my lips, or you can tell my hips, that you're going to dump me if you can; But don't tell my liver, it never would forgive her, it might blow up and circumcise this man!"

Many voters feel a special Lifetime Bad Achievement Award should go to Mac Davis, who wrote "In the Ghetto," "Watching Scotty Grow," AND "Baby Don't Get Hooked On Me," which contains one of the worst lines in musical history: "You're a hot-blooded woman-child; And it's warm where you're touching me." That might be as bad as the part in "Careless Whisper" where George Michael sings: "I'm never gonna dance again; Guilty feet have got no rhythm."

Speaking of bad lyrics, many voters also cited Paul McCartney, who, ever since his body was taken over by a pod person, has been writing things like: "Someone's knockin' at the door; Somebody's ringin' the bell; (re-

peat); Do me a favor, open the door, and let him in."

There were strong votes for various tragedy songs, especially "Teen Angel" ("I'll never kiss your lips again; They buried you today.") and "Timothy," a song about -- really -- three trapped miners, two of whom wind up EATING the third.

Other tremendously unpopular songs, for their lyrics or overall badness, are: "Muskrat Love," "Sugar Sugar," "I'm Too Sexy," "Surfin' Bird," "I've Never Been To Me," "In-A-Gadda-Da-Vida," "Afternoon Delight," "Feelings," "You Light Up My Life" and "In the Year 2525" (VIOLENT hatred for this song).

In closing, let me say that you voters have performed a major public service, and that just because your song didn't make the list, that doesn't mean it isn't awful (unless you were one of the badly misguided people who voted for "The Tupperware Song"). Let me also say that I am very relieved to learn that there are people besides me who hate "Stairway to Heaven." Thank you.

P.S. Also "I Shot the Sheriff."

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LETTERS

Top ten in poor taste

Dear Editor:

I think the Top Ten listed in the December 1, 1992 issue of the *Crusader* was more than in poor taste. It completely reduces the loss of family members to less than nothing. Those families of Dahmer's victims suffered enough pain during the trial and through the media. For members of a Christian Community to reduce the viciousness of the crimes to a joke is inexcusable. I would certainly hope that as representatives of Christ we would have enough compassion and empathy, for the victims and family members alike, to not resort

to the tactics of those who would make Dahmer's actions into nothing more than something to make fun at. This is as tasteful as if we were to make fun of the Jews who were killed during the Holocaust.

-VICKI SLATER

Thus spoke Rush

Dear Editor:

Having read your final statement to all of us who misunderstood your point in the November 17 issue regarding Rush Limbaugh, I decided we should lay this topic to rest with a word from the very pen of Rush himself.

"I have always been concerned that too many people are credulous, too willing to accept all of the propaganda that is showered on them daily by the media and

politicians. I try to provoke my audience into thinking for themselves, and not blindly accepting all they are spoon-fed by the media, myself included. How do I do this? Psychologically. Each Friday I urge people to pursue their weekend with reckless abandon, and not to worry about keeping up with the news, because I will do it for them. They need only to tune in my show on Monday and I will tell them about any important events that took place over the weekend and, as a bonus, tell them what to think.

This bewilders and confuses my critics, who shriek and moan that I am attempting to take over the country and poison people's minds. Nope. That is what they do, with their political

correctness and dominance of the media. My little offer to think for people motivates them to do just the opposite: to think for themselves..."

Rush doesn't find certain topics absurd but shows how asinine some ideas and policies can be.

His is a tool of communication that entices people to think just the opposite. Remember that Ross Perot once said he never wanted to be President, that he wouldn't give three cents for the job. We all know what happened...

-JOE SPINOZZI, FRESHMAN, WITH QUOTES FROM *THE WAY THINGS OUGHT TO BE* BY RUSH LIMBAUGH

Readers are encouraged to write letters to the editor. Due to limited space, letters may be condensed. Letters must be signed and are subject to verification. Send your letter to Box C.

STAFF INFECTION

Hey, what's with the three Miller Lite bottles outside of Culver?...

Hey if you're thinking about flashing somebody, and need a victim, we suggest Amy Lancaster...

Why is it that you pay three bucks and a Marriott punch for a buffet style Culver banquet with paper plates?...

Go Jayhawks! We're Number One! (Yes, there are those of us who smack of Kansas)...

Three cheers for Danny Freeborn... Congratulations on becoming the First Mr. NNC. WAY TO GO YOU FRESHMAN STUD (from Kansas)...

from post-holiday letdown to lack of exercise. For those who suffer from recurrent bouts of depression during the winter season, the diagnostic term is Seasonal Af-

fective Disorder. Did that "D" on your Ethics paper destroy your self-confidence? Perhaps SAGA food has lost the appeal which it had for you first term. Do you feel dissatisfied

or bored, especially when you think about your nonexistent love-life? Maybe your sleepless nights can't all be blamed on your rowdy and rambunctious next-door neighbors. Whatever the specifics of your situation may be, the c o m m o n

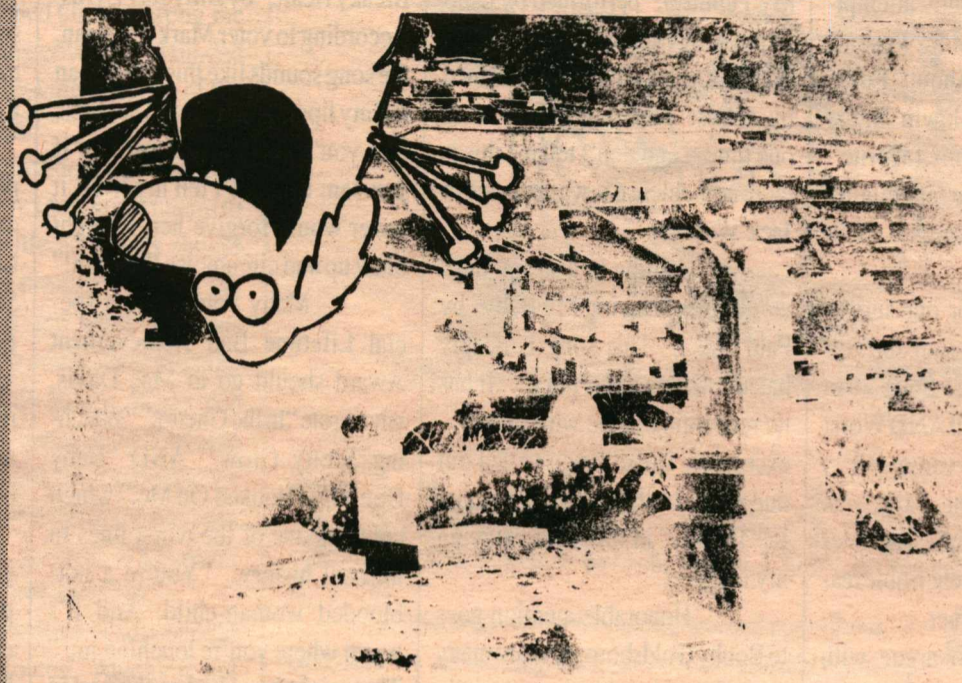
symptoms of depression can be summed up as irregular eating and sleeping patterns, low energy, and general unhappiness. However, do not let the word "symptoms" scare you. Although some cases require professional help and/or medication, there are some steps which you can take on your own.

Exercise is an important part of a healthy schedule. At NNC, racquetball courts are available nearly any time of the day, and the weight room is open as well. Hours for the pool are posted in conspicuous places like next to the cage at the gym and in Cru-Keys. If that doesn't sound good, how about walking fifteen or twenty laps around the gym, going rollerskating, or skiing? Though most of these activities can be accomplished by yourself, a partner increases the amount of fun to be had as well as your commitment

level. Even if going outside is not always feasible, exercise is still a vital part of keeping healthy, physically and mentally. Increasing your level of activity counteracts depression by making you feel that you are accomplishing something.

In addition to exercise, it is critical that your eating and sleeping habits be regulated. Granted, some nights it is impossible to get even five or six hours of sleep, but these nights should be avoided if possible. Though this conflicts with the lifestyle of a college student, the human body does require sleep and cannot be expected to perform well without it. Eating balanced meals is often complicated, but that it is just as necessary as sleeping. Instead of hearing Mom say, "Clean up your plate, Johnny," you have to find your own fruits and vegetables. This vital to a healthy body, even though the preferred diet of college students is often Pepsi, french fries, and Hershey bars.

With the shorter and colder days of winter, some days pass with very little sunshine. Although increased exposure to light is key in the treatment of SAD patients, it can also help those who have the winter-time blahs. Going for a walk out-



By NAOMI BROWN
ASSISTANT EDITOR

Everyone knows that rainy days and Mondays got Karen Carpenter down, but what happens to the general populous when every day is rainy, snowy, icy, muddy...? For starters, tempers get short, stress levels rise, and sickness sets in. The term paper that is only supposed to be fifteen pages long and isn't due for another month looms overhead with monstrous proportions. Chapel is filled with vibrations from hacking coughs, and the urge to disinfect is nearly overpowering.

Perhaps the most debilitating side effect of winter is the depression which can attack even the most chipper of people. The causes of this depression range

from post-holiday letdown to lack of exercise. For those who suffer from recurrent bouts of depression during the winter season, the diagnostic term is Seasonal Af-

fective Disorder, which is known by the appropriate acronym, SAD. Although SAD can occur during any season, it is more prevalent in the winter months.

Before you rush off to the nearest psychiatrist, make sure that you aren't merely suffering from a case of the wintertime blues. Briefly, to be diagnosed with SAD, you must have experienced episodes of major depression for three or more years with it falling into remission during the off-seasons. If you are not plagued by Major Depression but are still feeling down, you may join a legion of others who occasionally lapse into wintertime gloom.

Does this describe you a little more accurately than does the term Major Depression? Maybe you feel sad or unhappy much of the time and just seem unable to snap



D

EP R R E

side is a great antidote, but that is not always practical when six inches of snow cover the ground and an inch of ice layers the sidewalks. What is possible, though, is opening the blinds of your room and turning on all the lights. This is a simple way to brighten your day.

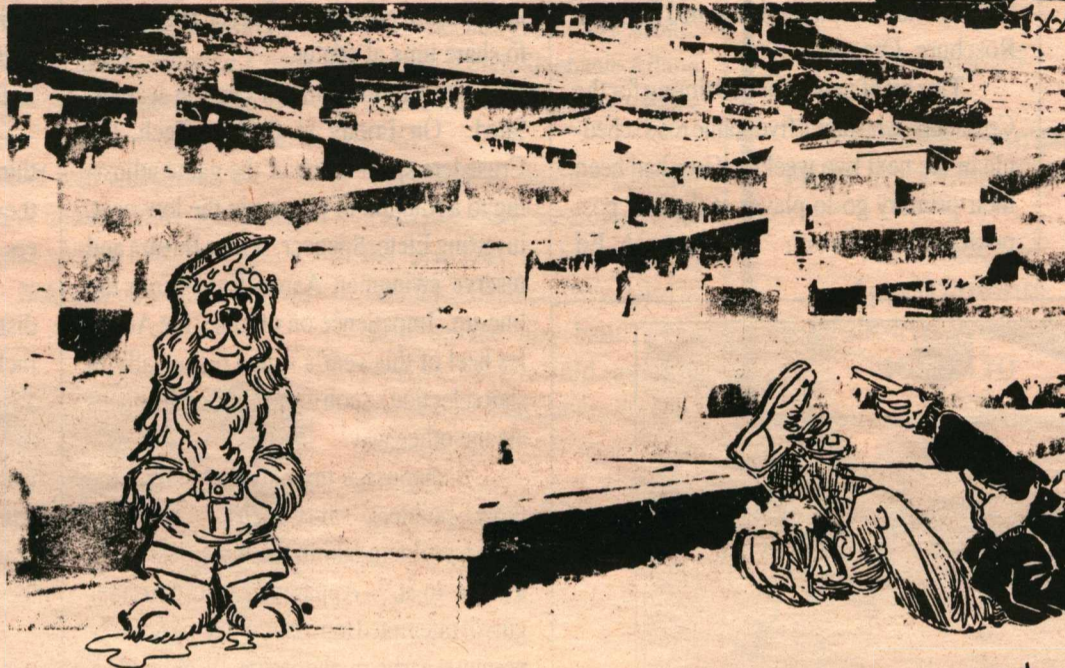
Literal brightening of your day is not the only way to beat the blahs. You can do this psychologically by changing your routine a little. Try studying at Fireside for an evening instead of always going to the library or your room. Your change could be as simple as sitting in a different row for Anatomy and Physiology. Although making new friends is sometimes scary, the deviation from the

depression. Instead of focusing on how awful you think SAGA food is, fix your attention on the social aspects of cafeteria dining or think about

These tips are by no means intended to replace professional counseling but to assist those who are struggling against sadness and minor depres-



Most of the preceding suggestions were obtained from the January, 1992, issue of USA Today. Psychologist William Leber and physiologist Roger Thies, University of Oklahoma Health, Sciences Center are the cited authorities.

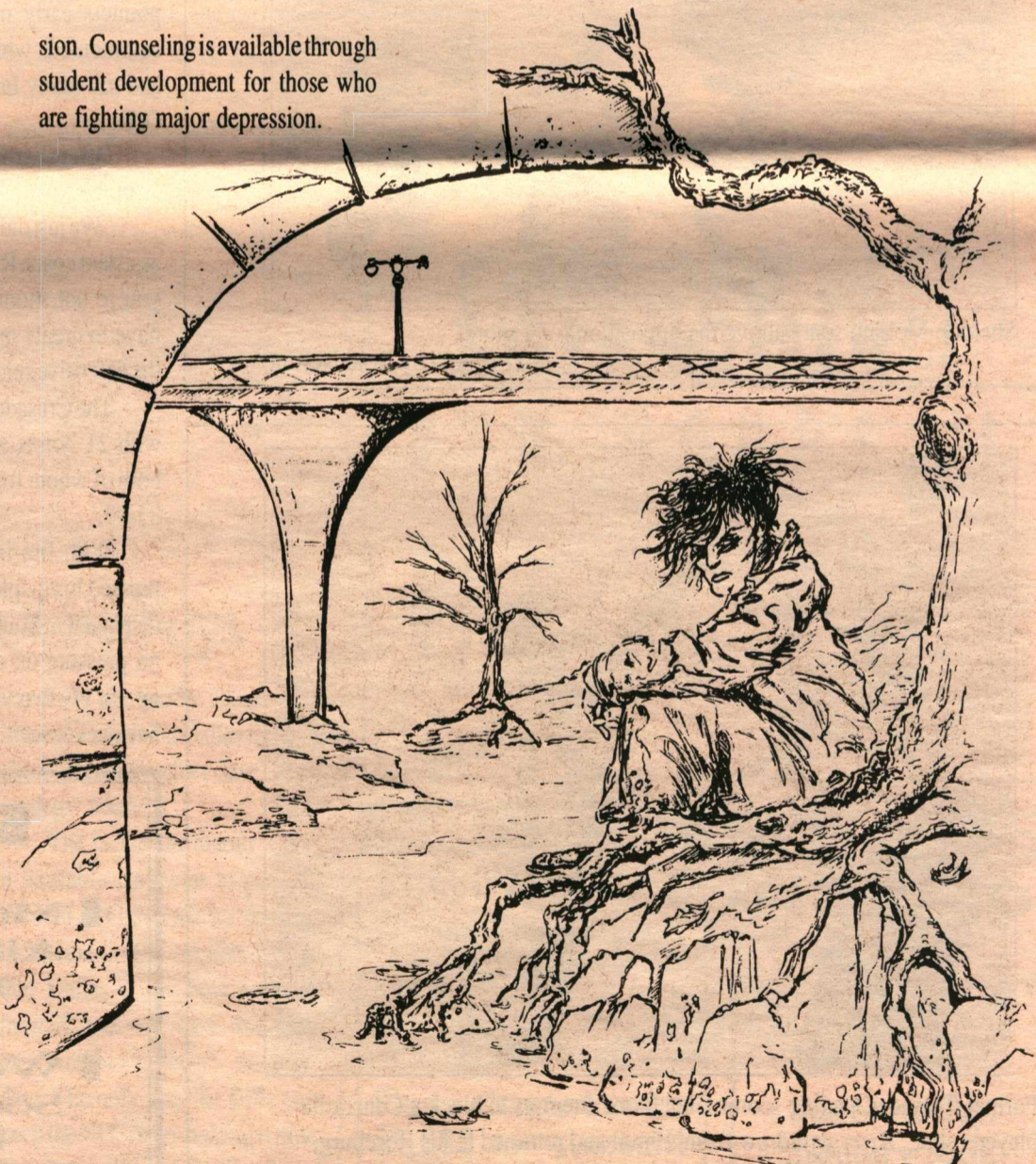


how the wok bar and frost-your-own-cookie bar are intended for innovative dining. Rather than belaboring the fact that you have no significant other, plan a "Ladies Only" or "Men Only" night out with friends.

Counseling is available through student development for those who are fighting major depression.

Although none of the prior suggestions promote vegetating, this is significant enough to make a separate point: immerse yourself in social activity. At times it may seem that there is no time for anything except for studying; that is when it is most important to take time for your social life. Get involved in your church, join a special ministries club, or help the members of your class council plan activities. If service-oriented activities aren't your thing, attend the basketball games, go the McCall Winter Festival, or join an intramural team. Whatever your area of specialty is, get involved.

Being active physically, emotionally, and socially is crucial to maintaining a positive outlook on life and beating the wintertime blahs.



normal could be just what your body needs.

Altering your behavior could be facilitated by changing your thought patterns. This could also lift

SSION

Short Crusaders stumble through Oregon trip

Injury to Joel Marion and school withdrawal of Glen Kiser leave Sanders lean in the middle and looking for answers

By PETE BRUMBAUGH
SPECIAL TO THE CRUSADER

The Crusaders have hit a roadblock. They have run out of bona fide inside players. Joel Marion is out with a broken collar bone, and Glen Kiser withdrew from school, leaving the team to face a lonely road trip to Oregon Tech and Southern Oregon.

The 6'8" junior center was starting for

the men's basketball team this year and seemed to be enjoying reasonable success as the team's leading scorer. But on Thursday, January 21, he withdrew from school for personal reasons and returned home to Roseburg, Oregon.

This bit of news was bad timing for the Crusaders, who face a five-game road schedule in the next two weeks. Kiser had been their primary go-to player at the low post position all season. Head coach Ed

Weidenbach and his staff scrambled to make last-minute adjustments prior to the Oregon road trip, looking to sophomore Emiko Etete, reserve center Eric Spencer, and spirited all-purpose player Joe Basura to share time at center.

The trip to southern Oregon was ill-fated. On Friday at Oregon Tech, the Crusaders spent much of the game adjusting to a rotation of players at the low post, inserting Etete, Spencer, senior Basura and reserve swingman Aaron Harris into the line-up. Impatience on offense, the Achilles heel of this year's squad (especially in shot selection), soon turned into quick buckets the other way.

"I encourage my players to shoot the three [-pointer]," said Coach Ed. "We don't have a problem taking the three, just when to take to it." Apparently, the Crusader guards attempted too many entry-pass three-pointers early in the game, Weidenbach commented, which led to long rebounds and too many fast break opportunities for OIT.

Offensive execution did not hurt them as much as inconsistent play on defense.

"We just didn't do the job defensively," assistant coach Rich Sanders added. "When you're not shooting well on offense, you have to create opportunities to score from the defensive side of the ball, and we didn't."

The Crusaders were led by Brian Locke with 21 points and Emiko Etete with 15, both of whom fouled out in the loss to OIT, 83-77.

With fire in his eyes, Coach Ed expressed his displeasure in the lack of effort displayed at Southern Oregon: "There was no pressure on defense; nobody matched up. In my two years as head coach here, I have never seen us play worse than we did

Saturday night."

Poor defense was the key to their three-point loss on Saturday night to Southern Oregon, the last-place team in the Cascade Conference, who shot out of this world in the second half, missing only eight shots in the final twenty minutes.

"We played defense like we didn't think they could hit the three-pointer, but they made believers out of us," said Sanders.

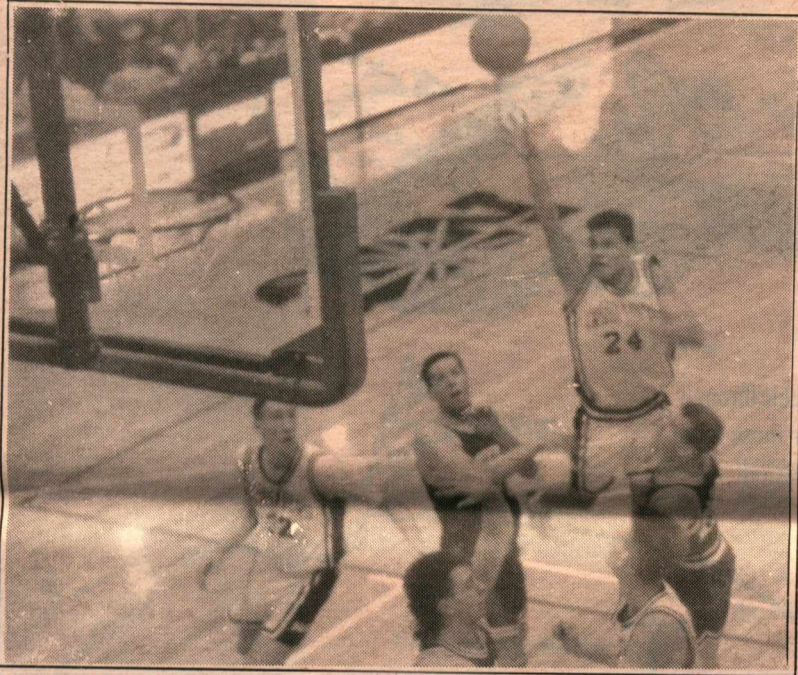
Southern Oregon was hot from long distance, dialing AT & T frequently and racking up 45 points from the tri-vector on 15-of-24 shooting.

The bright spot, if one can be found, was that the reserves played well late in the game, bringing NNC back from a twelve-point deficit to close to within three before the buzzer, 77-74.

So what can we expect tonight against Albertson College of Idaho?

"It's going to be a physical game. Anytime these two teams play, you can throw away the record books, because of the long traditional rivalry," Weidenbach noted. "Good teams act; they initiate action. We're re-acting right now, playing reactionary ball. We've got to take the initiative against ACI because they're hot right now."

The Yotes are leading the Cascade Conference, one game ahead of NNC. This is a crucial game in the grand scheme of things for the Crusaders, because they are searching for some kind of self-identity as a team. With all the recent setbacks, an upset in Caldwell could be the spark that ignites them and takes them up a notch in their play. It doesn't seem to matter right now, but the Crusaders need something from someone and they need it soon.



Sheidon McLain soars above the opposition for a score.

(Photo by Brad Nelson)



Former Crusader leading scorer Glen Kiser attempts to block a Concordia player's shot. Kiser withdrew from school and returned to his Roseburg, Oregon home on January 21 stating personal reasons. (Photo by Brad Nelson)

Sports this Week

■ **Men's Varsity Basketball: At Albertson College of Idaho**
Tip-off: Tonight, 7:30 p.m.

■ **Women's Varsity Basketball: Southern Oregon State at NNC**
Tip-off: Friday, 7 p.m.

Jeckyl and Hyde Saders split weekend games

By TESSA PHILLIPS
SENIOR STAFF WRITER

Opening with a conference victory, the Lady Crusaders basketball team had a "win one, lose one" weekend against Eastern Oregon State and Linfield College.

Friday evening the Crusad-

ers faced the women of Eastern Oregon State College hoping for an easy victory. Playing well and executing like they wanted, Coach Roger Schmidt praised the Crusaders' efforts stating, "We shot the ball well and played the best twelve minutes of the season during the second half."

Schmidt also commended

the performance of junior forward Becky Woods stating, "Becky had one of her best games all season!" As high scorer, Stephanie Arland led the way to a Crusader victory 73-67.

Saturday against Linfield was an upsetting turnaround from the previous night's play as Schmidt recounted, "We failed to show up and play ball!" The women of Linfield quickly grabbed the lead putting the Crusaders in the hole 18-3 early in the first half. Down by 13 at the half, the Crusaders rallied back to gain the lead with 17 seconds left on the clock. Contesting a shot, the Crusaders committed a costly foul, sending Linfield to the line, converting for two. With three seconds left the Crusaders got a final shot off, but were unable to claim the bucket.

Reflecting on the performance of his team Schmidt commented, "We knew they (Linfield) shot well and rebounded, but we just didn't execute how we had planned. We didn't want to play ugly, but we did!" Linfield prevailed 52-51.



The Lady Crusaders are searching for the consistency that will propel them into the play-offs. (Photo by Brad Nelson)

Super Bowl XXVII: Real America's Team to be decided Sunday between Bills, Cowboys

By JIM SEANEY
SPORTS EDITOR

The Buffalo Bills decided that this year they needed to do something different.

After all, they are making an unprecedented third trip in a row to the Big Show and it would be extremely embarrassing to keep a goose egg in the W column when it comes to Super Bowl victories.

Obviously, whatever the gameplan was in the past it just didn't work. Well, I guess that it probably wasn't in the grand

scheme of things two years ago for Scott Norwood to boot the ball wide right and his butt into the unemployment line or to get thrashed by Washington last year. No matter which way you look at it, the Bills needed to try something different.

This year they tried the silent treatment. No brash "Namathesque" predictions. No trash talking. Beat 'em on the field. That's their motto this year, yessirree Bob.

Didn't last long. Bill's coach Marv Levy declared Monday that

the Bills are really "America's Team," a label that Dallas has had since the Landry glory days. Nice strategy, Marv.

The fact of the matter is that it probably isn't wise to piss off the NFL's #1 defense by stealing nicknames. The second fact is that Dallas is the best team in football and will show that they are "America's Team" on Sunday. The only way the Bills can keep the NFC from making it nine in a row will be if the Cowboys somehow left all they had on the soggy field in San Fran. Sorry, Marv.

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ACTIVITY DAY

Meet in the gym
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January 30th.

Sponsored by ASNNC
Community Relations Office

Dan Freeborn awarded first Mr. NNC title

By KEVIN HUISMAN
OPINIONS EDITOR

When the first finalist for the Mr. NNC 1993 contest came up on stage, the evening was set to be entertaining, and extremely wild.

The first part of the contest was the sportswear competition, with showings from Dan Freeborn as a sumo wrestler, Chris Dinter as a golfer, and Neil Fox as a Scuba diver. Other sportswear ensembles included Eric Lacey as a tennis player resembling Andre Agassi, Troy Grant as a soldier, Ross Jones sporting the basic workout look, complete with yellow arm pits, Jeremy Hansen with the skiing fashion, and Grant Stevens wearing a pink ballerina outfit.

The talent competition was next, with lip syncs from Dinter, and Grant, and a literary reading from Stevens (*There's a Wocket*

In My Pocket by Dr. Seuss). Lacey and Hanson cheered for the judges, and Fox showed his talents as a physics major, by showing us a liquid nitrogen balloon trick. The highlight of the talent competition was an opera duet by Freeborn and Jones. They performed an original opera entitled "Dance of the Italian Lovers." With Freeborn playing the part of an Italian lover, and Jones playing the part of the fat lady.

The evening wear competition included the sophisticated look by Hansen, the formal look with Freeborn in a tuxedo, and the just out of the shower look by Stevens. Fox showed the retro look complete with the open shirt and huge collar. Dinter came in the Jamaican look, and Lacey came dressed in boxers, with a teddy bear sticking out through the fly and above the waistband.

The final part of the compe-

tion was the question. Each contestant was asked one question from the judges. The questions included, "What type of dog would best represent your per-

sonality?" and "Who is your favorite NNC professor and why?" The question that brought the most controversy was "What kind of vegetable best suits your person-

ality and why?" Grant Stevens unwrapped his bath towel, and held it out behind him, looked down at his shorts, and said, "A cucumber." He said later that evening, "If I get a disciplinary action note, I'm gonna frame it!"

As the judges were tallying the results, we were surprised by a group performance of *Copa Cabanna*, with Lane Bottemiller as the lead singer.

Some of the awards given included the Congeniality Award to Freeborn, the Cheezy Smile Award to Grant, and the Most Inspirational to Hansen.

The second runner up was Troy Grant, the first runner up was Grant Stevens, and the winner of the 1993 Mr. NNC contest was Dan Freeborn.

"We were super happy with the turnout," said Linda Swaim, who said the contest generated over \$400 for the March of Dimes.



Dan Freeborn was dubbed "Mr. NNC" last Saturday night.

(Photo by Brad Nelson)

Clapton: was, is, and seemingly always will be

By RYAN PITTS
SENIOR STAFF WRITER

The selection of a "rock" album to review was much more difficult than my prior selections -- there were so many more records to choose from. Ultimately I realized that I would really be unable to pick an album that truly typified all of rock and roll; such a record just didn't exist. So I came up with a few criteria that I would try to satisfy. The album should be by an artist or group with great rock and roll heritage and history, one that has made an impact on a wide base of fans, and one that reflects the current movements of rock and roll evolution. Eric Clapton's "Unplugged" is a release that meets all those requirements, and does a lot more besides.

Clapton was, is, and seemingly always will be. This legend truly uses the guitar as an instrument. Obvious, perhaps. But unfortunately a lot of "guitarists"

have forgotten this truth, and even more unfortunately have become popular. Eric Clapton, on the other hand, probably defines guitar rock better than any other individual in music history. And his lyrics capture emotion and soul, not...well, you've listened to most popular bands.

"Unplugged" was recorded in front of a live studio audience for MTV's *Unplugged* series. The return to the acoustic sound is one of the few identifiable trends of the nineties, and this album captures it beautifully, right down to the squeak of Clapton's fingers on the steel strings as he changes

chords. And the small crowd atmosphere lends a casual attitude to the record's feeling, and, as a side note, the audience stays fairly quiet when they should -- they aren't as annoying as most live album crowds.

The cuts on "Unplugged" are comprised of many classic

Clapton tunes with a few newer ones mixed in. "Tears in Heaven" is the stirring tribute to his son which thrust Clapton back into the rock limelight, and "Layla" and "Old Love" are two recognizable former recordings appearing on the current record. I won't waste time naming off other titles, because most anyone but an Eric Clapton fan won't recognize them anyway -- and they all have the album already.

The bottom line on "Unplugged" is its pure rock and roll appeal and addictive quality. If you're like me, when you get a hold of this album it'll be the only one you listen to. There's just this unshakable feeling that somebody sneaked you into a jam session with Eric Clapton. The bluesy pulse of "Unplugged" can't help but make you tap your feet, snap your fingers, and drum your desk. But I'm warning you, this album does share one vital quality with all other important rock records, it certainly won't let you study.

What makes it all rock?

When asked, a whopping 74% of United States citizens between the ages of 18 and 24 replied that at least half of the music they listened to was comprised of some form of rock and roll. Well, okay...maybe that statistic isn't completely legitimate, but I do imagine that it can't be too far from the truth.

Why such an overwhelming passion for this particular musical genre? Perhaps the answer lies in the diversity of what we call a single style. There really seems to be as many types of rock and roll as a fan could ever want...maybe more.

The "golden" years of rock

and roll were much easier to classify. Chuck Berry and Jerry Lee Lewis come to mind along with other names that typify the musical fun that was so popular. Life was simple and good as long as "Earth Angel" was being played at every prom in America.

Then along came the Brits, and their musical invasion radically resculptured rock and roll in America. Bands like the Beatles, the Kinks, and the Hollies recorded songs that caused mass hysteria among 1960's teenagers.

In the later sixties and early seventies the heavier sounds of Jimi

Hendrix, Jefferson Airplane, and Led Zeppelin began to throw their weight around the musical scene. Quickly rock and roll began to diversify and transform into the many styles that we're familiar with today. Each decade had its quota of trends -- the seventies will never escape that disco stigma, and the eighties was a bowl of techno/mod/rap/dance/metal stew.

Rock is truly a music ruled by the taste of its fans. As America developed from the 1950's way of life, so did its music. Now, you and 74% of your peers will determine the music of the 90's.

Shakespeare's Globe goes global

By LANE BOTTEMILLER
STAFF WRITER

One hundred years from now people in London, England, could be looking at a plaque with the name Northwest Nazarene College on it. One thousand years from now excavators on the banks of the River Thames could unearth a capsule of NNC paraphernalia. Both of these oddities have to do with NNC's Drama Department's assistance in the rebuilding of Shakespeare's Globe Theater in London.

About 20 years ago, the dream began to find the very location where Shakespeare and his business partners had built the Globe Theater in 1599. Until a recent accidental discovery, experts could only guess the whereabouts of the famous London playhouse's buried remains.

Ironically, it was an American actor, Sam Wanamaker, who began this long quest through British authorities and private contributors from all over the globe. NNC is getting in on the action thanks to the efforts of Dr.

Earl Owens, professor of Speech and Pathology, and NNC's resident Drama Director for more than 20 years. According to Owens, the project "is to build the Globe Theater as it probably looked originally before the fire burned it down and it was rebuilt."

The Globe will be created by 20 oak-framed bays built in a circle around the stage. Each bay costs 30,000 pounds sterling which is close to \$50,000-\$60,000. Through a program called GLOBELINK, NNC's Drama Department has been rais-

ing funds and will make a 200 pound donation toward the reconstruction. In return, our school will be recognized somewhere in the theater and also will submit a time capsule that will contain good old-fashioned NNC junk that will be buried underneath the theater for posterity.

In the future, watch for the opening of the Shakespeare Center in London and feel a sense of satisfaction because your school had a part in giving new life to one of the greatest theatrical facilities in history.

'Winter Fantasy' adds new events

By AMY LANCASTER
FEATURES EDITOR

Perhaps I'm the only student at NNC who has never been to McCall Winter Carnival, but not for long. This sha-bang sounds like more fun than inventory at the Emporium.

Who can pass up events like "The Outrageous Lake Races" which will include races with out-houses, innertubes, obstacle courses, a snowmaze, and winter waiters? Better yet, the 15 snow sculpting teams. This is a big deal. They take one team from every town and even pay for their food and lodging (not to mention parties.)

Ice Skating at Legacy Park is offered everyday. This is Idaho here, it's not like they have ice rinks on every street corner. After skating, there's a great Warren Miller flick or the play "Lovers and Other Strangers" at the Alpine Playhouse.

Other events new to the Carnival this year are: an air show, a Superbowl party, a variety show, Cross Country Ski Race & Poker Run, and, for confused blonds and overconfident men who "never get lost," there's an infor-

mation center.

Don't forget the old time favorites like skiing Brundage or cross country at Ponderosa State Park, The Beard Contest and Chili Feed and the miniature "Snow" golf tournament. There's also the Grand Parade on the 30th, and a childrens snowman building contest on the 6th. If high society is your forte, then you'll want to attend the Snowflake Ball at Shore Lodge.

The theme for this year is "Winter Fantasy" and it runs from Friday, January 29 through Sunday, February 7. That's two weekends worth and you could drive up for the afternoon at a very nominal cost. So this year, there's no opportunity to miss it.

If you need more information contact Helen Eimers at the McCall Area Chamber of Commerce, P.O. Box D, McCall, ID, 83638, 634-7631 or Dan and Norma Wiberg, Chairmen, P.O. Box 2025, McCall, 634-3262. I'm not going to miss this opportunity one more year. My fellow Idahoans will accuse me of shirking my responsibilities. If you don't see me there and I'm not at the information center, I'll be at the Emporium.

Gaithers to visit Boise

By AMY LANCASTER
FEATURES EDITOR

The Bill Gaither Trio and Vocal Band along with Michael English will be in concert Feb. 4.

Gloria and Bill Gaither have written many well known songs including: "He Touched Me," "Because He Lives," and "Let's Just Praise the Lord." Michael English's repertoire consists of: "That's What Heaven Will Be," "His Heart is Big Enough," and "Mary Did You Know?"

The Concert is part of the 1993 Treasure Valley Christain

Workers Conference which will be held Feb. 4-6 at Boise Centre on the Grove.

The concert begins at 7 p.m. at the Boise Centre with Michael English followed by the Gaithers. Tickets are \$12 and can be purchased at Nampa Christain Book and Supply.

The conference is \$17.50 for one day and \$25 for the weekend. Local church leaders will present workshops on topics such as: "Teaching like Jesus," and "Ministering to the Blended Family." For more information call 1-800-521-2264.

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TOP TEN

Prepared especially for you by RYAN PITTS, JOHN NORDSTROM, and MATT JOHNSON

Top 10 Reasons You Know Your Relationship is Pathetic

10. He calls to say he's stepping out to the bathroom.
9. She offers to take the same classes although it's not her major.
8. "Your song" is "Everything I Do, I Do It for You."
7. You have no friends of your own.
6. Going to the lounge is your main activity for the evening.
5. He calls from his dorm because he misses you after seeing an AT&T commercial.
4. You're not dating Juli Barton.
3. He likes you so much because you remind him of mom.
2. You call each other "Pooky" and "Daddy."
1. It takes 45 minutes to feed each other lunch.

ON CAMPUS

TODAY

Men's basketball vs. Albertson - 7:30, Caldwell.

Food Preparation class meeting, Elmore 103, 10:15 a.m.

WEDNESDAY

Dr. George Lyons Chapel.

FRIDAY

ASNNC Chapel.

Deadline for 1993-94

Departmental Scholarships.

SATURDAY

Deadline for Dooley T-shirt

Contest.

Kids Activity Day - 9:30 a.m.,

Gym.

Senior deadline for Oasis photo.

OFF CAMPUS

TODAY

The Artist's Hand, Boise Art Museum (Thru 3/27.)

"Beauty and the Beast," Borah High, 7:30 p.m. \$3.

"Les Miserables," Morrison Center, 8 p.m. \$29-\$49.

Chair's Honor Recital, Morrison Center Recital Hall, 7:30 p.m.

WEDNESDAY

"Les Miserables."

Annual Mickey Mouse Celebration 10:30 a.m. and 1 p.m., Nampa Public Library.

THURSDAY

"Beauty and the Beast."

"Les Miserables."

Mickey Mouse Celebration.

FRIDAY

McCall Winter Carnival begins.

SUNDAY

Dino in concert, College

Church, 7:30 p.m. Donation.

Inventory at Emporium to benefit NNC baseball.

PRAYERLINE

Remember this week to pray for all the recipients of the flu bug.

QUOTABLE

"Although we say that money doesn't bring happiness, we are always willing to give it one more try."

--Unknown



A lot of campus rapes start here.

Whenever there's drinking or drugs, things can get out of hand.
So it's no surprise that many campus rapes involve alcohol.

But you should know that under any circumstances, sex without
the other person's consent is considered rape. A felony, punishable
by prison. And drinking is no excuse.

That's why, when you party, it's good to know what your limits are.
You see, a little sobering thought now can save you from a big
problem later.