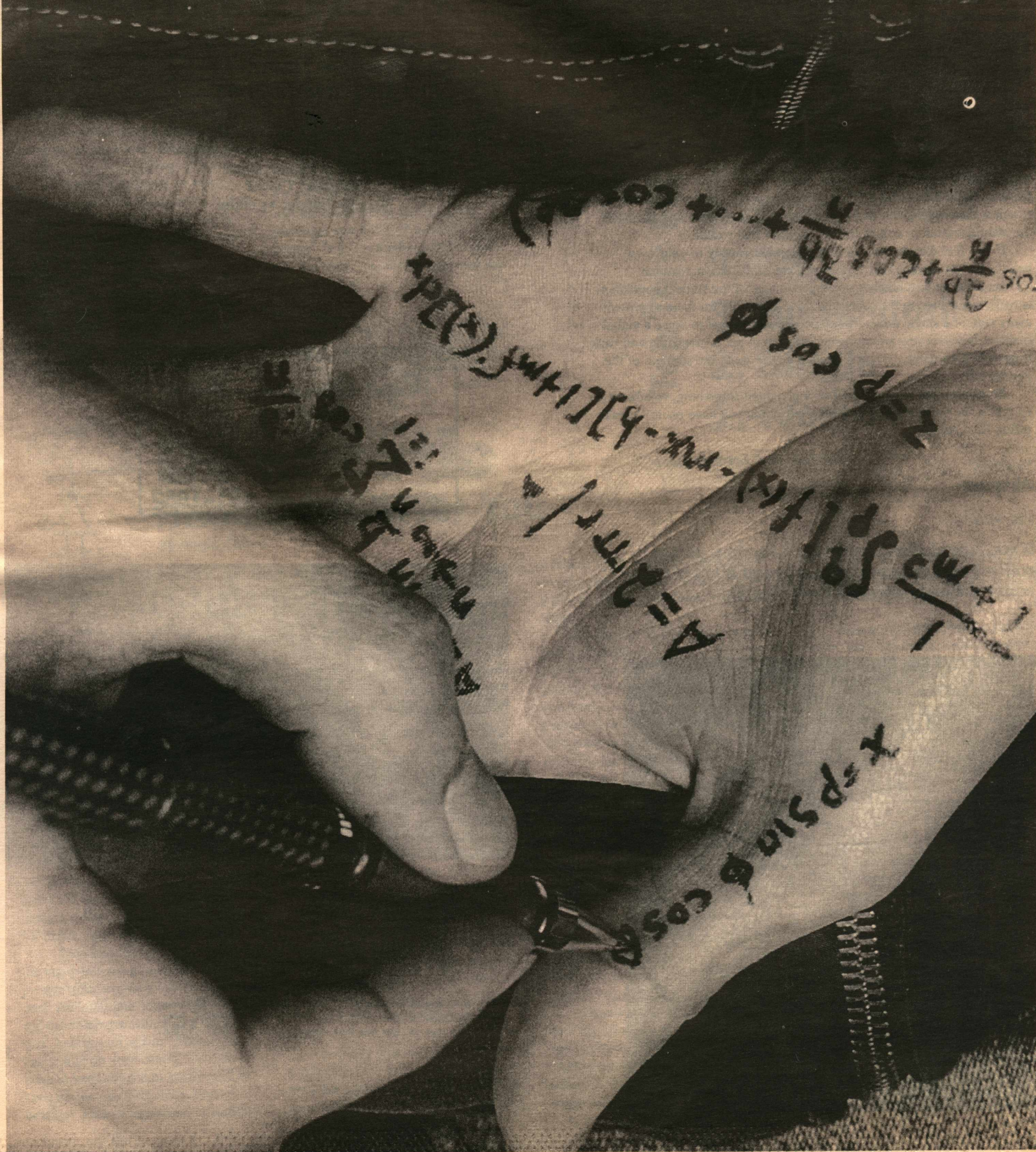


USA Today

we've got issues

november 1



"Opinions cannot survive if one has no chance to fight for them."

- Thomas Mann

Dear Student,

In last week's senate meeting there was some discussion about the changes we have made in *The Crusader*. Most of the senators had positive remarks concerning the changes. A few questions about distribution and the case of the missing Dilbert came up, but for the most part it was a positive review.

The senators' concern is due to the fact that *The Crusader* is a student publication, paid for by student fees. And it is this that I wish to address.

The Crusader staff does not wish to dictate the content of this paper. We see our job as a responsibility to provide students a forum in which they can discuss, share, and debate **their** views. This is a place for your voice (hints, the opinion section title). We will exercise our right to select the content, but this is not a mouthpiece of the Crusader staff, the administration or solely Jason Grenn for that matter.

If you feel that the content is frequently contrary to your own beliefs, do not assume that I, or any of my staff have a personal vendetta—unfortunately a small percentage of the student population actually contribute to the paper and it is impossible for them to present every side of a single issue. Many people seem eager to voice a verbal opinion, however few are motivated enough to put it in writing and back it up with their name. (Need I quote a cliché about the strength of the pen here?)

So please next time you feel strongly about something, whether it be an article we print or just a general observation you have made – please utilize *The Crusader*.

Sincerely,
Ali Brown

P.S. write back

If you would like to write for a section, please contact any section editor, or send a letter to the editor through campus mail, Box C.

crusader

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College Republicans will be giving away Jack-in-the-Box gift certificates to anyone who votes. No matter whom you vote for or what you vote, you will receive a free gift certificate! Just prove you voted by showing Jayson Grenn, President of College Republicans, a sticker from the polling place or a copy of your absentee ballot. Anything that proves you voted! Please show proof before November 8th. We just want you to vote! People with questions can call Jayson @ 8935. THANKS!

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Don't be an apathetic voter

by Jayson Grenn

We have heard the stories since grade school -how candidates and issues have won with just one vote. My favorite is that we speak English because it beat out German by one vote. So why don't we vote? It doesn't take much time, it's easy (unless you live in Florida), and it is assumedly our civic duty. But because we don't vote, most of our elders would call us lazy and apathetic of the world around us. Well, "generationally" speaking, politics just isn't our forte; we seem to drop to ball when it comes to voting. Study after study suggests that young adults like you and me vote less and care less about the political process than at any other time in American history. According to the U.S. Census, fewer than one in three 18 - 24 year olds voted in 2000 (compared to 67 percent of Americans ages 65 and older) Flashing back to the 2000 elections, George W. Bush and Al Gore explicitly begged for the youth to vote, but we decided we had better things to do. So we don't vote, and many of us don't even bother to read a newspaper or log onto cnn.com or foxnews.com. A report by Project Vote Smart discloses that Americans ages 18 - 25 are three times more likely to pay no attention to national affairs than are older folks. So it does sounds like we are a bunch of lazy, indifferent, selfish individuals.

Well, numbers don't lie... or do they? While our generation may seem more apathetic and less informed than our elders, we volunteer more and are more spin savvy and independent-minded. The well-publicized decline in political activity among us twentysomethings, tends to mask an important truth. Just because we don't vote, doesn't mean we don't care. But is there something to say that, while helping out the community serves the people at a personal level, we need to be concerned about what happens at the higher level of politics? Is it important to have good leaders and people we agree with in the system that controls what taxes we pay and what laws we have to follow? I hope you agree with me in answering "yes". Voting determines what people we have serving us at the local, state, and federal level. And though some people see voting as choosing the better of two evils, voting allows us to *choose* (key word here) whom we would like to serve us. But in recent years, we haven't chosen who serves us since less than half of us vote! If a candidate wins only half of the people who vote, in reality, he is only winning 25% of the people. Not really a mandate.

But why don't we vote? Is it because we feel disengaged from the political systems? Is it because after years of affluence, we feel that politicians are doing good enough without me voting for them? Granted, frustrations and excuses for not voting are all over the place. Frustrations with the political process are understandable, but that only means Americans need to be more involved, not less. In the history of civilization, voting is still a rarity, and remains the cornerstone of democratic self-government. The American system believes that all can vote and have the right to; that's what's so great about living in a democracy!

But whatever the reason, the results when we as citizens don't vote is the same; America is diminished when we fail to exercise the rights we are given and don't live up to the responsibilities.

In 2000, in the midst of the Bush-Gore mess, we saw how important each vote is. On September

Lessons from hippies

by Aaron Stuvland

In the heart of the Bitterroot Mountains this summer I came across an old frazzled hippie. His name was Zippy. He was a tree planter by trade and he spent his days and nights either under the stars or under the hot sun. He drove and lived out of a Chevy 4-runner that bore all his political insight in the form of bumper stickers on the back. One day I decided I'd dive into his political philosophies and read several of the faded little phrases. The one that caught my eye read: "Don't blame me I didn't vote." I laughed quietly to myself for a moment then pondered in awkward silence. For the rest of the day I

thought about this little apolitical phrase and what it meant. Why do we vote? Yes, I know it is our "civic duty" as citizens but is that all it is? I would argue, no; there is much more to it than that.

Voting is the essence of participatory democracy. But, the thought and the consideration that proceeds it is a fundamental choice placed on all citizens who care or concern themselves with politics. Let us look at this political realm a little closer. Why should we care? If apathy prevailed in a democracy, then campaign winners who gained political power over us

would be subject to the whims of statistics and odds. Politics, in its simplest form, decide who gets what, when and how. If we take the phrase above and turn it into an "if-then" statement it would read something like this. If we don't vote, or have a say in politics, then we cannot complain about how things are. The trouble is that politics affect every person in this country, even if you're a nomad hippie named Zippy living out of a Chevy and flagrantly displaying your excuses for ignorance on your back window. But hey, it's your choice who am I to convince you otherwise. We, as

Americans, seem so infatuated with our great country that one would think we might take pride in our rights to affect legislation.

I vote because I am entitled to my own educated opinion and I hold the right to voice it in the form of a vote. Whether it does any good on the grand scale of things does not concern me. The point is that I exercised my right by making a choice to vote. Bluntly stated, I vote because I can.

So, why should we vote? Quite simply, I am not going to answer that. After all, it is a choice, so you decide: But, please choose wisely.

Picking a political party

My ears tend to perk up when politics is the subject of conversation. When it comes to ideology, I often hear the quote, "Any man who is under 30 and is not a liberal has no heart; and any man who is over 30 and not a conservative has no brains." Now, I do take this personal since I am myself to be a conservative. Does this mean I have no heart and that older mindset of a Christian to be compassionate and serving to those in need?

under 30 and consider people who disagree with me have no brains? Isn't one How can someone seem to be against helping the poor, sick, and rejected and still be a Christian? Well, as we spiral closer to another election season, maybe we should look at some the key reasons how a Republican, such as myself, can hold views that are both conservative and Christian.

First of all, I shudder when the secular media (or even worse, a Christian) equates Republicanism to Christianity, but to a lot of people they are interchangeable. So, are Republicans Christians? Certainly many of them are, and most church members would agree. Ask a similar question about Democrats and you'll hear a resounding "no", especially when the question is raised in churches in the southern states. Perhaps it is due to the fact that the ACLU, notorious for supporting legislation to limit the church's reach and expand moral issues the church is against, is often affiliated with the Democratic Party. Perhaps it is the Democratic Party's propensity for its members to lean pro-choice rather than pro-life, which is certainly a major affront to Christianity. It seems for many Christians, however, that an affiliation with the Democratic Party is an affiliation with Satan himself. I don't believe this. I simple believe the Republican Party has more to offer me as someone who wishes to make life great for everyone in this country.

But what does that really mean? I dislike it when taxes are raised as much as everyone else, especially when I see the government's mismanagement of current funds. I believe our civil rights should be maintained where they are so that the more fundamental rights, such as the right to worship, are never encroached upon. I believe that the proper function of government is to do for the people those things that have to be done but cannot be done, or cannot be done as well by individuals, and that the most effective government is government closest to the people.

Well, isn't this the same for both parties? Well, my belief in the Republican party and conservative ideology stems from my belief that at root, conservatives and liberals see the world so differently because they have two different concepts of human nature. Liberals tend to go along with Rousseau's arguments that humans are basically good. But, unfortunately, conservatives know better. Conservatives recognize that the two principles in human nature, good and evil, are in constant battle and I believe that we must oppose evil and see that good wins out as much as possible. True, it does seem like a pessimistic outlook, but as a human being I can ignore the fact that there is evil in the world. But there are a few other reasons I choose conservative ideology. Republicans emphasize economic growth while liberals emphasize economic redistribution. Republicans proclaim love of the good ole U.S. of A, while Democrats usually proclaim their love of Humanity. Conservatives insist that force is sometimes required to maintain world order; liberals prefer the pursuit of peace through negotiation and dialogue. Republicans are eager to preserve moral standards; Democrats cherish personal autonomy. Republicans are ardent believers in capitalism, free enterprise, and low regulations because it is a way of steering our natural pursuit of self-interest toward the material betterment of society at large. And Republicans believe in autonomy when it is attached to personal responsibility (when people are held accountable for their actions), but also believe in the indispensability of moral incubators (the family, the church, civic institutions) that are aimed at instructing people to choose virtue over vice. This is some of the main foundational thinking. It is why Republicans are against gay marriage, most welfare, legalization of drugs, and the big one, abortion.

Let me discuss two of these subjects that are brought up in the church a lot: welfare and abortion. On abortion, my view is that all abortion is wrong, except in the case when the mother's life is in danger. But this too is a touchy subject. My thinking is that all life is sacred and that God has a plan for all of us. Numbers show that people requesting adoptions is sky high and that there are many good people who want these babies to live to grow up, and are willing to accept them into their life. But I also think that the pro-life movement should focus on lowering the number of abortions, not the abolishment of it. When you focus solely on getting rid of all abortions, you end preventing no abortions, which benefits no one. With welfare, I believe that it has been most destructive and assisted in the decline of the family. Initially, welfare was aimed at widows and orphans. But under the no-judgmental logic of liberals, the criterion was changed. From the 1960's to the mid 1990's, America welfare policies paid for illegitimate children and thus more were born. African-Americans watched their illegitimate rate boom from 25 percent to nearly 70 percent. This is not just a black issue, but also something that reaches across the board and has broken down pro-family values in many cultures. I believe this is a direct cause of the expansion of welfare and a liberal mentality to make sure the government takes care of everyone at the expense of others, instead of the people in society taking care of those in need of help. Republicans believe in the mantra of "a hand up, not a hand out"- economic development instead of economic redistribution. I also believe that the welfare system is degrading and humiliates people. Conservatism believes that people would rather earn a paycheck instead of be given a welfare check. Is this still beneficial to people who need help? Is it compassionate to let people dig out of poverty themselves? I'd like to think so. I've seen families who went to work and earned an honest day's pay and smiled bigger than anytime the welfare check came in the mail.

I'll admit that some of my own thinking puts me in a political mixed bag. I'm against the death penalty (for many reasons), but for life-with-no-parole sentences. I'm for lower taxes (for many reasons) and smaller government. I believe in free enterprise (Go SIFE!) but believe in making sure all children have health care no matter what, no matter the cost.

So you see, tying a political party to your faith is a very slippery slope. Does one's faith affect the way he or she views politics? Absolutely. It should. Does one's political view affect their eternity? No. The thing is, often when we do take the time to explore our beliefs, religious or political, we may be surprised at how much we agree with people on

the "other side." But while the Republican party does in fact endorse many, many Christian causes, we must be careful: what makes an individual a Christian is their affiliation to the church of Jesus Christ, not affiliation to an earthly organization.

"It seems for many Christians that an affiliation with the Democratic Party is an affiliation with Satan himself."

by Jayson Grenn

GOP, pretty close to GOD

Even Jesus rode a donkey

Why I'm a democrat

by Jennifer Hopping

I attend church regularly. I recognize Jesus Christ as Savior. I pray. I am continually growing in my relationship with Christ. I believe God is love and I endeavor to show that love to others. But I am not a Christian.

Apparently I can't be. I am also a Democrat, and everyone knows a person can't be both.

I often wonder if those who claim that the term "Christian Democrat" is a mutually exclusive one even know what the party stands for. Many seem to know only the negative connotations and the stigmas that inevitably accompany the democratic title. Based on these stigmas, many people write-off the members of the Demo-

cratic Party as adherents of atrocious, immoral ideologies. For example, since I am a Democrat I am obviously an abortion-loving, tree-hugging liberal who wants everyone's guns to be taken away and taxes raised, right? That is what being a democrat is all about.

I beg to differ.

Foremost on the Democratic political agenda is the common good for all. The Democratic Party is dedicated to finding solutions to ending, or at least curbing, social and economic inequality. Social injustice is something I believe should not be tolerated, and the Democratic Party's principles coincide with that. The party does not deem gross social inequality an inescapable byproduct of a capitalistic society, which I also appreciate. I like the way Democrats address inequality issues. I like the way they tackle oppression and help the disadvantaged, as well as the way they approach foreign policy. After recognizing that the Democratic Party advocates many of the issues that I consider important and agreeing with the way in which it does so, I realized I was a Democrat. I suppose I am going to Hell in a handbasket it.

My political party does not determine my beliefs, but rather my beliefs determine my political party. These beliefs of mine are determined by my Christian faith. In learning about the social injustices that plague our society, I gave significant thought to what my Christian response should be. I looked to the life of Jesus as an example and indication of how I should act. His constant compassion for the sick, the hungry, the homeless and the disenfranchised shaped my political perspective. I find that the Democratic Party best expresses my convictions and represents what I am passionate about.

This is not an article arguing that everyone should be a Democrat. The title of it is not to assert that Jesus would have been a Democrat; I am not about to assign him a political party. I do, however, say with confidence that Jesus would not have excluded us "liberals" by backing the motto that GOP stands for "God's Own Party." That slogan makes me want to gag. It is time for those who claim the Democratic Party is synonymous with "non-Christian" to open their eyes, shut their mouths, and embrace a multi-partisan Christianity.

Is honesty your policy?

We had way too much fun gathering our information for this article. We wanted to observe student honesty at NNU. First of all, Amy Carner and I went undercover to run some experiments. Walking around campus, we would drop one-dollar bills and see whether people would tell us we had lost money or not. Most of the time we wanted to make sure people were looking when we dropped the bill. For this, the results were good: every single time someone watched as we dropped the dollar, they dutifully notified us of what had happened.

A couple times we dropped the dollar when no one was looking, then stood within ten feet of it to see how diligently people would search for the owner before taking it themselves. In one instance, a girl bent over and picked up the bill. An awe-struck look crossed her face, and after walking a few steps toward the Student Center, she discretely told her friends she had just found a dollar. You better tithe that, sister!

Another instance a group of young men approached the bill. I knew it had been discovered when I heard a big "Yessss!" and one guy put the bill in his pocket. We decided to see what would happen if I approached them and asked if they had found a dollar I had just lost. Like a little gentleman, the young man returned the bill, quick to explain that they had been unsuccessfully looking all over for the rightful owner. For as smooth as we thought we were, there was one guy at a computer in the Amity Perk who started to catch on to our experiment. I could see him grinning at us out of the corner of my eye. But hey, top secret investigative reporting was going on: no time to chat. Another young man in the Sodexo must have thought the dollar had fallen from heaven. When I dropped it with Laura Croft-like stealth, it ended up clumsily placed right below his feet. I choked! What was I going to do, crawl up and get it? He noticed it when he finished taking his dishes to the belt, and a pleasantly surprised expression crossed his face when he picked it up.

There was a similar situation in the Administration Building. A girl said "Look, a dollar!" to her friends. There was a bit of a pause, and I could almost hear the internal battle she must have been facing. Finally, she asked if it was our dollar, and we said yes. She seemed a little discouraged, but handed it back right away.

When the evening was over, we had only lost \$2, which is awesome considering we dropped the dollar about 15 different times.

The Crusader staff also helped me run some other experiments. We thought it would be interesting to see how people would react to us if there were something amiss with our appearance. Ali Brown decided to test SGA when she attended a council meeting with mascara smeared across an eyelid. She walked in late and sat down, and watched people's reactions to her. One member subtly mentioned the dilemma to

Ali right away. Others just stared throughout the meeting.

Another staff member, Josh Walker, wore a camouflage jacket. People commented on it's big and camouflage with a totally flat bill. People commented to him about his fashion statement. One student asked, "Are you celebrating the opening of hunting season?" Another student in and said, "No, he's celebrating Nampa White T-shirt season."

Dawn Stuvland messed her hair up really bad. Comments made to her ranged from, "you look like a mess" to "you look like you messed up, but you're still pretty."

For my experiment, I put some toilet paper on the floor. I had almost forgotten about it. I went to class and said, "Hey Angie, I really like your shoe," while she was looking at the toilet paper.

How do you draw conclusions from such random experiments? Well, kids are pretty supportive to you unless you're weird. We had fun. Note that none of the experiments were successful.

Although picking up a dollar you innocently dropped is a minor, someone they have toilet paper on their shoe can be a major. Students deal with issues of honesty on a daily basis.

I ran into Dr. David Houghton, a professor in the Administration Building. I was doing surveys on the topic of student honesty. This semester he conducted a survey on ethics for the Student Involvement (SIFE) earlier this year. He did the survey in the Administration Building. Questions asked students if they have ever cheated. The results turned out that over half (54%) of the students reported that they had cheated. According to the survey, men were more likely to cheat than women were more likely to admit it on a survey).

According to Houghton's survey, fifty-eight percent of students said if they caught someone cheating, they would not tell. Sixty-six percent of those who were caught cheating, 66% said they would not tell.

The Crusader surveyed professors and students in the classroom setting. I wanted to know how often professors give students to cheat. Of surveyed professors, 66% said they would not give students to cheat. Of surveyed professors, 66% said they would not give students to cheat. On the other side of the coin, 66% of professors responded that they are at least a little tempted to give students to cheat. Professor leave the classroom during test time.

To investigate this a little further, a cooperative experiment was run. A professor left his class taking a test. He left the classroom and I stood in the back of the classroom. The professor seemed to be paying a lot of attention to her behavior. It seemed like cheating was going on. I watched more, though I didn't see anything written on it. I concluded that she was



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problems. I do think there may have been one student with a wandering set of eyes, but it was difficult to say for sure. I guess our camera guy in the white van parked in front of the building couldn't get a close up on him with satellite images.

Surely nearly every student has worked like this to get an assignment done: "You do problems 1 through 15, I'll do the rest, then we'll get together and copy each other's answers." One shocker on the survey was that 69% of professors consider it cheating if students go about completing homework assignments like this. Of the students we surveyed, 58% admitted that they have copied homework from someone else. That's not even counting the students who work together with someone to do the work!

We asked how many students professors have caught cheating during their career at NNU. 32% of professors have caught between 1 and 3 students cheating, 26% have caught between 4 and 7 students cheating, and 12% have caught between 8 and 11 students cheating.

Surely nearly every student has worked like this to get an assignment done: "You do problems 1 through 15, I'll do the rest, then we'll get together and copy each other's answers." One shocker on the survey was that 69% of professors consider it cheating if students go about completing homework assignments this way. Of the students we surveyed, 58% admitted that they have copied homework from someone else. That's not even counting the students who work together with someone to do the work!

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In college, I have found multiple windows for cheating. Professors are mostly so willing to give their students the benefit of the doubt when it comes to bestowing trust. When I asked professors if they were willing to participate in our experiments, a couple refused. Perhaps it was really student protection, but I think they didn't want their perception of angelic students to be tainted.

Maybe it's a good thing, though. Professors should set high standards. Maybe we could learn to rise to their expectations. The truth is this is a time in our lives when we are paying a lot of money to learn. Over and over we hear that college is what you make of it. As Christians we hunger truth from God. I think we can dine on truth in knowledge, too. Our time at college is our training time: our 40 years in the desert and our preparation for the things to come. Find what knowledge there is to gather during college. Devour it all, and don't tolerate any compromise in your career as a student. Make a decision to rise above.

Heaven on Earth

by Chris Canton

You're watching Fox channel 12 Sunday night in your room, and after two hours you suddenly realize that you're not watching the Disney movie "Angels in the Outfield," like you had originally thought. Instead, you are watching Game 7 of the World Series in which the Angels are competing!

If you've been living under a rock, or in Dooley Hall for the past weeks, the news of the Anaheim Angels making the World Series might come to you as a shock, leaving you with nothing but questions. Isn't this the team that prior to this year had yet to win a playoff series in its 40+ years of existence? Yes. Isn't this the team that's five miles down the road from Disneyland? Yes. Isn't this the team that has a giant collage of phony rocks looking over center field? Yes. Isn't this the team that finished 41 games out of first in the American League West last year? Yes. And isn't this the team that failed to win their division again this year? Yes. Were the Yankees contracted or something? No.

It's in the middle of the seventh inning, with the Angels leading the Giants 4-1, when you remember hearing Rob Dibble say that the Atlanta Braves would be the team representing the National League in the World Series. What happened to the Braves? The San Francisco Giants beat the Braves in a final and decisive Game 5, where Barry Bonds' home run off of a Kevin Millwood fastball sealed the victory.

After the Angels were unable to get a hit off Giants' reliever Kirk Rueter, the game now moves into the top of the 8th, with Rich Aurilia of the Giants set to bat first. You look at the Angels' ugly red uniforms, and ask, "Why am I not seeing the pinstripe uniforms of the Yankees? And how did they get beat?" The Angels demoralized the Yankees in the first round of the playoffs by winning the last three games of the series in impressive fashion. Not only did they have more hits, RBI's, and home runs than the Yankees, but their pitching surprisingly shut down the Bronx Bombers, limiting them to a team batting average under .300 for the series. The Angels beat the Yankees at

their own game and seemed to capture the hearts of many baseball fans whom had been praying for a Yankee meltdown in the Playoffs for the past decade.

The game moves into the bottom of the 8th inning after Benito Santiago struck out stranding the ever-so-deadly Barry Bonds at first base. Your phone is ringing but you do not answer it because you're so tense, that you are left staring at the screen even though it's a commercial advertising "Preparation-H." You recall that the Angels were overshadowed at the beginning of the year by the Seattle Mariners and Oakland Athletics, whom were projected to finish 1-2 in the AL West Division, with Angels at the "3" spot. You see the picture of Gene Autry on the TV screen and remember that this cowboy Angel owner died earlier this summer. The Angels had a lot to overcome this year, and the odds were stacked against them as usual.

The game enters the top of the 9th, with the Angels still leading 4-1, and you take a deep breath and hope that this game's finish is every bit as good as last year's. Suddenly, Angels' closing

pitcher Troy Percival has allowed two men to reach base, with the tying run coming to the plate. The pitching coach shows off his "40"-time by sprinting out to the mound to have a discussion with his pitcher. Percival composes himself, and goes on to strike out Tsuyoshi Shinjo and sucker Kenny Lofton into a pop fly that ends the game.

Within twenty seconds the entire Angels team is celebrating their incredible victory, and first ever World Series Championship, on the pitcher's mound. You are somewhat disgusted that another Southern California team has won a championship, but you feel good for players like Darin Erstad and Tim Salmon, who have been with the ball club for most of their careers. It's also great to see a classy guy like Troy Glaus win the World Series MVP trophy. He truly played like a champion. After watching all the post-game ceremonies and the ending credits of the Fox telecast, only one question lurks in your mind: "Why are those Southern Californians so obsessed with that dumb monkey, and what does it have to do with the Anaheim Angels?" Don't ask.

Ultimate Frisbee

by David Hille

Upon the beautiful foothills of the mountains surrounding Utah State University in Logan, Utah, the NNU ultimate frisbee team stepped it up to a whole new level two weekends ago when they made their first appearance at the "Big Sky College Warm Up", a pre-winter invitational college tournament. An identity was found both on and off the field, partly due to an inspirational coconut monkey, and a powerful team, now known as the NNU Primates in the making.

Ask any of the twelve players that traveled with the team to this tournament and they will tell you that the 3-4 record from this tournament does not tell the true story of how well the team played. NNU competed against big name schools such as Colorado State, BYU, and Montana State, along with several other schools such as Colorado College of the Mines and Colorado College. The team's three wins came from two convincing wins over Colorado College and one over Colorado College of the Mines B. But don't let the losses to the big name schools fool

you. Every game was a hard fought battle resulting in extremely close finishes.

The epic game of the tournament went down in the Primates' third game of pool play against Colorado State University, one of the most powerful teams there. Sophomore Jeremy Hugus referred to it as, "the apex of NNU ultimate." CSU took the early lead but the Primates hung within one or two points the entire game until taking the lead late in the game. Games are traditionally played to 13, as long as the team wins by two points. The score was too close when the teams hit 13, so they played on, with NNU threatening to pull off the upset win. The following points were long and intense, and in the end CSU squeaked out a 15-13 win over the scrappy Primates. In spite of the loss, Senior Paul Clark sums up the team's mindset as he says, "We were happy to have competed so well against such a good team." Every primate stepped it up and showed off the talent that exists within the team as we came "oh-so close" to beating a strong state

school, such as Colorado State.

So whether you want to give the credit to the coconut monkey, the new red Star-Fit jerseys, or the intimidating pre-game monkey dance (you'll have to come and watch to find out what that is), it is clear that NNU ultimate came to compete in Utah. And there is more to come in the near future, as the team will

be traveling in three weeks to Seattle for competition with the University of Washington, Oregon State University, Gonzaga U., and a number of other schools. Warning: The Primates have officially been released.



NNU's ultimate frisbee club team. Photo by Jana Harris

Should I stay or should I go?

NNU offers mission trips to Kenya and Venezuela

by Dawn Stuvland

To hop on a plane with twenty other people to fly somewhere you've never been to help people you've never met may sound a bit ludicrous, but in reality, going on an overseas mission trip is anything but insanity. Getting out of your comfort zone to help others can really put your life in perspective. Not only do you learn from the new people you interact with in the foreign country, but you learn and grow from your teammates and leaders. Spending two weeks with the same twenty people in close quarters usually results in many new friendships (or sworn enemies), and typically way too many inside jokes.

Students come away from mission trips with vivid memories of the people and activities that remind them of lessons learned. Mindy Slaughter went on the Mozambique trip in 2000.

"I remember one day when we were working inside a fenced-in college campus. There were all these kids on the other side of the fences who couldn't come in. We were doing a VBS program and we went around and had the gates opened and I'll never forget their faces as they started sprinting to get in. They were so excited just to be there and listen to us."

A common feeling among students who go on a mission trip is the wonder of how much they can learn from poverty-stricken people. "I went over there feeling so bad for these poor people and thinking that I was going to give them things, but I came back feeling sorry for us. We have so much, so many things, and often aren't happy.

They are *so* happy and have nothing. They sang all day. We don't do that here," Slaughter remembers.

For each person, a mission trip may offer different attractions and different lessons. NNU is offering two mission trips this year and both will begin in May right after graduation.

Be open to going on one. This is a chance to take time out to learn more about yourself, your classmates, God, and the world we live in.

VENEZUELA

This will be the 8th year that NNU has sent a group to what locals and travel brochures like to call the "best kept secret in the Caribbean." The projects planned for the Venezuela trip this year will include building a parsonage in a rural community in central

Venezuela, holding services in local churches, and various community enhancing activities. If you've never built anything in your life, fear not. I hadn't either, and I helped build a church in western Venezuela a few years ago. The methods of construction are a bit rudimentary (okay, not a bit, very) in comparison to ours, and I'm not sure if they have building codes. Since they don't have extreme weather to guard against, simple walls of concrete blocks with simple roofing to keep some of the water out will suffice.

First-timers are encouraged to join the Venezuela team. "We see the Venezuela trip as an initial mission experience," Chaplain Gene Schandorff explained. Preference will be given to students who haven't gone on the trip before.



Many times in the past, students who have gone on the two week trip have gone back to Venezuela for an extended stay as a volunteer in service with the resident missionaries, Craig and Gail Zickefoose.

- Sign-up deadline- Dec 1st
- Total estimated cost- \$1330
- Non-refundable deposit due Dec 1st
- Get trip application and pamphlet in Student Development Office

KENYA

This mission trip is a medical trip and has a two or four week option in the outskirts of Nairobi, Kenya. The schedule will include trips to Africa Nazarene University Clinic, a Nazarene clinic, a government clinic, and an AIDS orphanage, and students will participate on evangelical teams. The focus will be on the medical needs of the people in the area, and several medical professionals are going along to help the team. Students do not have to be science or pre-med majors to apply.

- Sign-up deadline is TODAY, Nov. 1st
- Total estimated cost is, 2 weeks- \$2300, 4 weeks-\$3000
- Non-refundable \$100 deposit due Nov. 1st
- Get trip application and pamphlet in Student Development Office

Church Spotlight

by Jeff Miller

Karcher Church of the Nazarene is a wonderful place of worship. I have been attending Karcher for close to a year now and the people there just keep getting better. Karcher offers an incredibly friendly environment and a great place to take a break from the stresses of the school week.

Karcher has an upbeat worship service that uses a blended style of worship. There is fresh new music every week but they also stay true to the older songs that a lot of us grew up singing. I love the openness of the service at Karcher, it never seems like they're trying to put on a huge produc-

tion. I come from a small church in Alaska, and although Karcher is quite a bit bigger than my home church (even though Karcher is relatively small for this area), the services still feel like a small church setting. The services are very personal and meaningful but still lighthearted enough to have fun.

I love listening to Pastor Garmon preach. He has a very dynamic style of preaching and he conveys his message in a very interesting and captivating style.

Karcher has two Sunday services with no style distinction between the two. It's only a matter of preference for

when you want to get up. There is Sunday school during both of these services but the college group only meets during the second service, so if you desire Sunday school and the worship service, you have to get up a little bit earlier. Sunday nights the church has home groups so there is no regular service except on weeks where the home groups all meet together.

Karcher has many different ways for people to get involved at the church; I work with the youth group and have a blast doing it. If you're looking for a place to come worship and possibly get involved, Karcher is a fantastic place to

come check out.

Anybody who has heard of Shadow Box Puppets will be excited to hear that they're coming to Karcher on Saturday, November 23rd for a concert. Shadow Box Puppets is a band from southern California who are up and coming in the Christian music industry. They really have a heart for ministry and it's going to be a great concert. Mark it on your calendars and make sure you come ready to worship.

Karcher Nazarene Church
 Pastor: Rick Garmon
 Location: W. Karcher Rd and N. Middleton
 Services: Sunday 9:30 and 11 a.m.
 Office: 467-7479

Yoga: What's all the fuss about?

by Allison Cummins

It's Monday night and you have two research papers due tomorrow and one exegetical paper due on Wednesday and your boy/girlfriend wants to "talk" and your mom won't stop calling about your bedroom which is now a bathroom and your roommate keeps wearing your clothes and, my word, you wish you could find some way to relieve your stress. You've thought about screaming; too loud. Crying; don't want the headache. Take a warm shower; oh wait, your roommate is in the shower getting ready for that huge date that you just so happen to be envious about. Could life get any more stressful? Yes it can, and there are many ways to relieve stress. One popular way is down a path called yoga.

What is yoga? It is a form of relaxation, meditation, and exercise developed in India over 5,000 years ago. The word "yoga," which literally means "to join" (from the Latin "jungere"), is a spiritual technique used to bring together the mind, body, and

spirit. It consists mostly of stretches and breathing to help one relax and mellow out from the stresses of everyday life. Some Christians today think of yoga as a pagan religious practice. However, those negative opinions are often based on misconceptions. Webster's Dictionary defines Yoga (with a capital "Y") as a Hindu religious practice, but it defines yoga (lower case "y") as a form of exercise.

There are many forms of yoga, but the most commonly used is Hatha yoga. Hatha, meaning: ha~ "sun" tha~ "moon," attains this union of mind-body-spirit through a balanced practice of Astanga, the eight limbs of yoga.

- 1 Yama - observances to others
- 2 Niyama - self purification
- 3 Asana - the physical postures
- 4 Pranayama - breath/energy mastery
- 5 Pratyahara - inner focus
- 6 Dharna - concentration
- 7 Dhrana - meditation
- 8 Samadhi - absorption.

Although the names seem foreign, the concepts they represent are not inherently evil. Yoga is an exercise just like aerobics or any other workout. So why is it that yoga gets the bad reputation? Because most people, especially Christians, do not understand and will not open their minds to a new way of relaxation.

The breathing is one of the most important steps in the relaxation process. Next time you are stressed I would suggest that you close your eyes, take in a deep breath (through the nose) and exhale (again, out the nose). Do this over and over till you feel relaxed. I

"You don't have to start rubbing Buddha's belly, or chanting every time you stretch."

promise it will work. Relax all your muscles the next time you try breathing, concentrate on the oxygen going in and out of your lungs. Try sitting on the floor with nothing around you... no TV or stereo. Sit there breathing and not thinking about homework or bills. I promise, after five minutes you will feel better and less stressed.

Many times people have a hard time knowing when to spend time in prayer. "I don't have the discipline to get up in the morning, and before I go to bed I always end up falling asleep," someone might say. Well, there's a quick answer to that. Take five minutes of your day, sit on the floor, start your breathing, and once you are feeling relaxed, start talking to God. This is what a person who practices yoga would call Meditation.

Yoga is a very good way of taking a break, relaxing, and feeling good about yourself. I, the writer have been doing yoga for more than a year now. You would be amazed at the health benefits. People with chronic illness are often referred to yoga classes, or encouraged to invest in videos and books. Some of the illnesses yoga can help treat include depression, diabetes, high blood pressure, asthma, and weight problems. The list could go on. Yoga is a highly sought out practice. Everywhere you look, you can find yoga classes available for couples, moms, business people, etc.

All in all, yoga is a great workout and a wonderful way to relax. As far as the religious issue is concerned, Muslims, Christians, and Buddhists all kneel in prayer. However, no one would assume that such a position is indicative of worship to the same god. In a similar way, the benefits of yoga need not be limited to the Hindu religion. Look into yoga and see what you think.

-if you have any questions or interest in yoga and yoga positions go online, or to any book store.

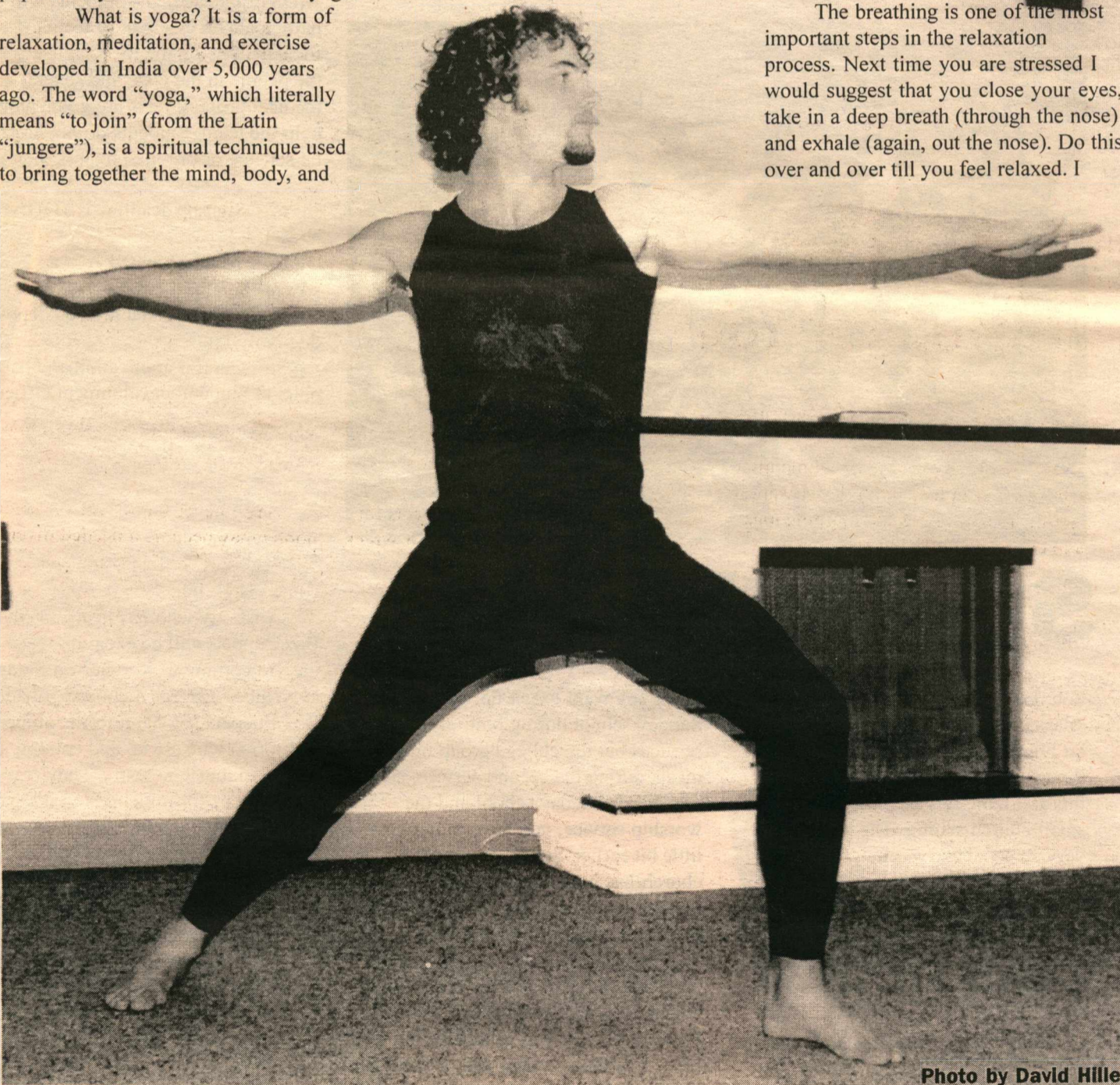


Photo by David Hille

Mediterranean Fare

by **Kandice Gingrich**

I'll admit, I love trying new food. I am a fanatic for new flavors, new scents, and new atmospheres. That drive is what first convinced me to try the Cazba, a Mediterranean and Greek restaurant in downtown Boise. The atmosphere alone is remarkable and lends an air of novelty to the whole dining experience. The walls are painted with frescoes of marble walls, landscapes, and an enormous blue sky that lights up the whole restaurant. The menu boasts a grand variety of entrees from different countries all over the Mediterranean; from Lebanon to Turkey to Greece. The Cazba's gyros are to die for, that's all I can say. They come with a variety of different meats prepared in different ethnic styles or falafel, and can come with grilled vegetables and feta cheese on top. When dining there with friends, three of us tried the gyros, each with a different main topping. Another person tried the

mousakka, a type of Greek lasagna with eggplant and other vegetables, and liked it quite well. All of the gyros came with a choice of fries, steamed veggies, or rice pilaf seasoned with mint and curry, another personal favorite of mine. The desserts are just as wonderful as the entrees, and just as ethnically diverse. We ordered the baklava, and found it to be absolutely fabulous, though very rich. If you are a coffee fan, I would definitely recommend the Turkish coffee, which is served strong with cocoa, cinnamon, and sugar. While the price of the food may be a little higher than the usual dinner outing, I can guarantee that it is well worth the money. If it is something exotic and fun you seek, I would recommend the Cazba any day.

The Cazba
211 N 8th in Boise
(208) 381-0222
Mediterranean and Greek food

Top Ten: Funniest Words

10. Ointment
9. Thump
8. Gonads
7. Pickle
6. Spork
5. Flop
4. Fart
3. Hunki-dori
2. Dingle
1. Womb

Composed by: Tyler and Travis



Dormestic Hand Crafted for You

by **Angie Finton**

I am an art major. Contrary to popular belief, I don't sit around and doodle and get a diploma for it. Sometimes there is nothing more vague and abstract than trying to do well in the graphic design program. I see what I want to do in my head, and I try to make my hands make it happen. Sometimes it happens. Sometimes it doesn't.

There was a contest for the president's Christmas greeting card that ended earlier this week. Ask my roommates; I was a mess trying to get something together for that. I just could not get it out. A pretty little watercolor of Williams Hall? It looked like a bird had pooped all over it. I was pining for that \$300 prize scholarship, but after doing 6 different paintings, I decided I'd better move on.

The sleepless nights squinting at the computer screen in the iMac lab, printer jamming, the prof telling me to push the highlights more, more originality, the computer won't read my Zip disk, hearing yet again, "Angie, you have paint on your cheek." And they have to keep the rooms really cold to keep all the machines from overheating! I adore my major. I couldn't

do anything else. We all have our gripes about our major, right?

So when I get my downtime after a busy week in the studio, I just want simple things: hiking and morning jogs and climbing a tree, baking a big blueberry pie, thrift store shopping with the girls, fishing with the boy; they become even more priceless.

Another pastime is sewing. Ma taught me at a ripe young age how to repair the holes in the knees of my jeans (I pretended like I was a horse all the time). Then came working on the sewing machine, then crocheting. Time goes by, I get to college. Someone shows me a ripped sweatshirt. In passing I say, "You know, that wouldn't be hard to fix."

"Hey, great, you could fix that?" A few more repairs like that, and I'm suddenly the campus seamstress, taking personalized orders for beanies to make for people. Ripped shorts to mend, a broken sandal to patch together. It's not free, of course. But I delight in it so much!

A friend was about to throw away a sweatshirt his dad had been wearing since his college days. No way! Give me a half hour with it and the zipper's

working again, and the busted seams are like new. You can't just throw in the towel on a family heirloom over an old zipper.

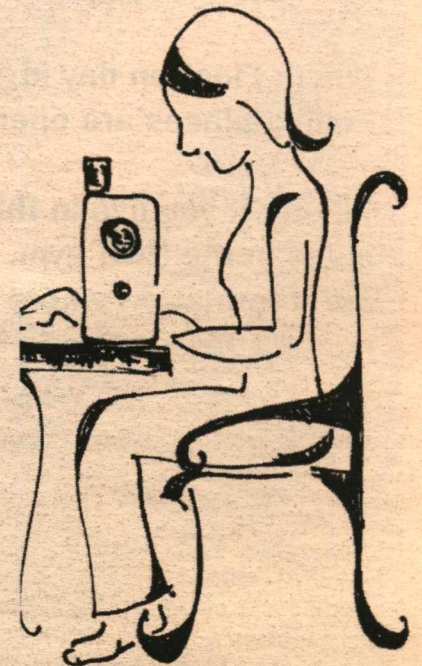
By far my favorite repair was for Jeff Miller. When he was in a car wreck last year, the paramedic had to cut his favorite fleece jacket off of him on the way to the hospital. It was tragic because it was his favorite, but probably good because they could help him then. He showed it to me and asked if it was possible to fix. I surveyed the situation. There was a long pause, and finally, "It's not going to be pretty, but I'll do my best."

I brought it back to him a few days later all fixed up and, no joke, the guy wore it for at least a half hour in 70-degree weather, giddy as a school-girl. Now it's even better: his favorite fleece is back, and it makes him remember how he survived the car wreck on that cold winter's night last year. Priceless.

I know I can't be cutting edge with my art always. Originality flows in and out like the tide. But give me my crochet hook and some yarn, and I can watch Oprah and make scarves forever. If my career as a graphic designer

never takes off, I am guaranteed a happy retirement hunched over sewing projects in my little rocker.

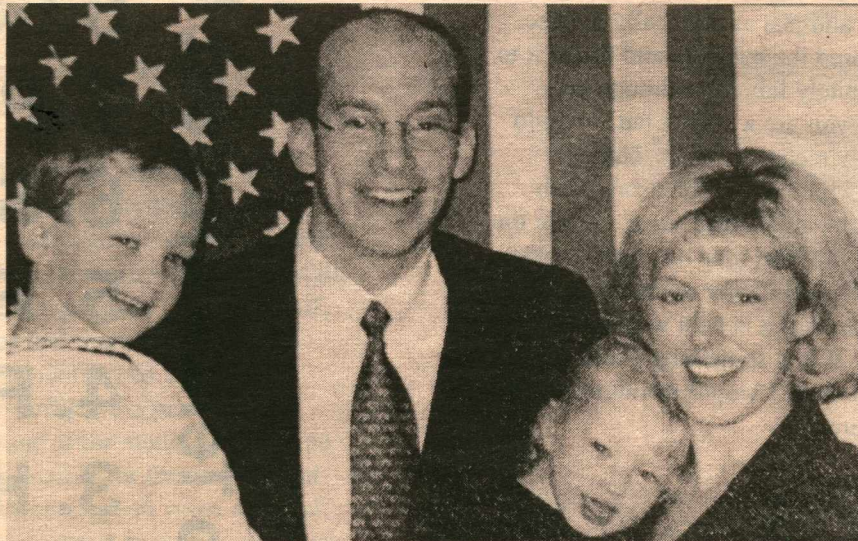
You never know when a random hobby may become a needed diversion from the stress of school. Why don't you grab a book on sewing or crochet and give it a try? Or if you'd like a beanie and sewing is just not your thing, give Angie a call.



Curt
MCKENZIE

for Idaho State Senate
www.curtmckenzie.com

Paid for by Citizens to Elect Curt McKenzie, Mike Crow, Treasurer



**Curt graduated Magna Cum Laude from NNU with degrees in
History and Physics**

**He attended Georgetown University Law Center and graduated with a Juris Doctor
in the top ten percent of his class**

**Endorsed by U.S. Senator Larry Craig, Nampa Mayor Tom Dale, Rev. Dr.
B. Edgar Johnson, and Idaho State Treasurer Ron Crane**

Chairman of Canyon County Republican Party

How to Vote

**When: Election day in Tuesday, November 5th.
Polling places are open from 8:00am to 8:00pm.**

**Where: If you live in this precinct, you polling
place in the NNU gym.
For information where to vote, in other precinct,
contact Jayson Grenn @ 8935.**

**Why: The American system believes that all can
vote and have the right to; that's what's so great
about living in a democracy! It is what we owe to
ourselves and our nation. Please exercise one of
your many freedoms that make America so great;
go out and vote.**

**Help out: There are many opportunities to help out
this election. Contact Jayson Grenn, President of
College Republicans, at 8935. I would love to have
your help!**