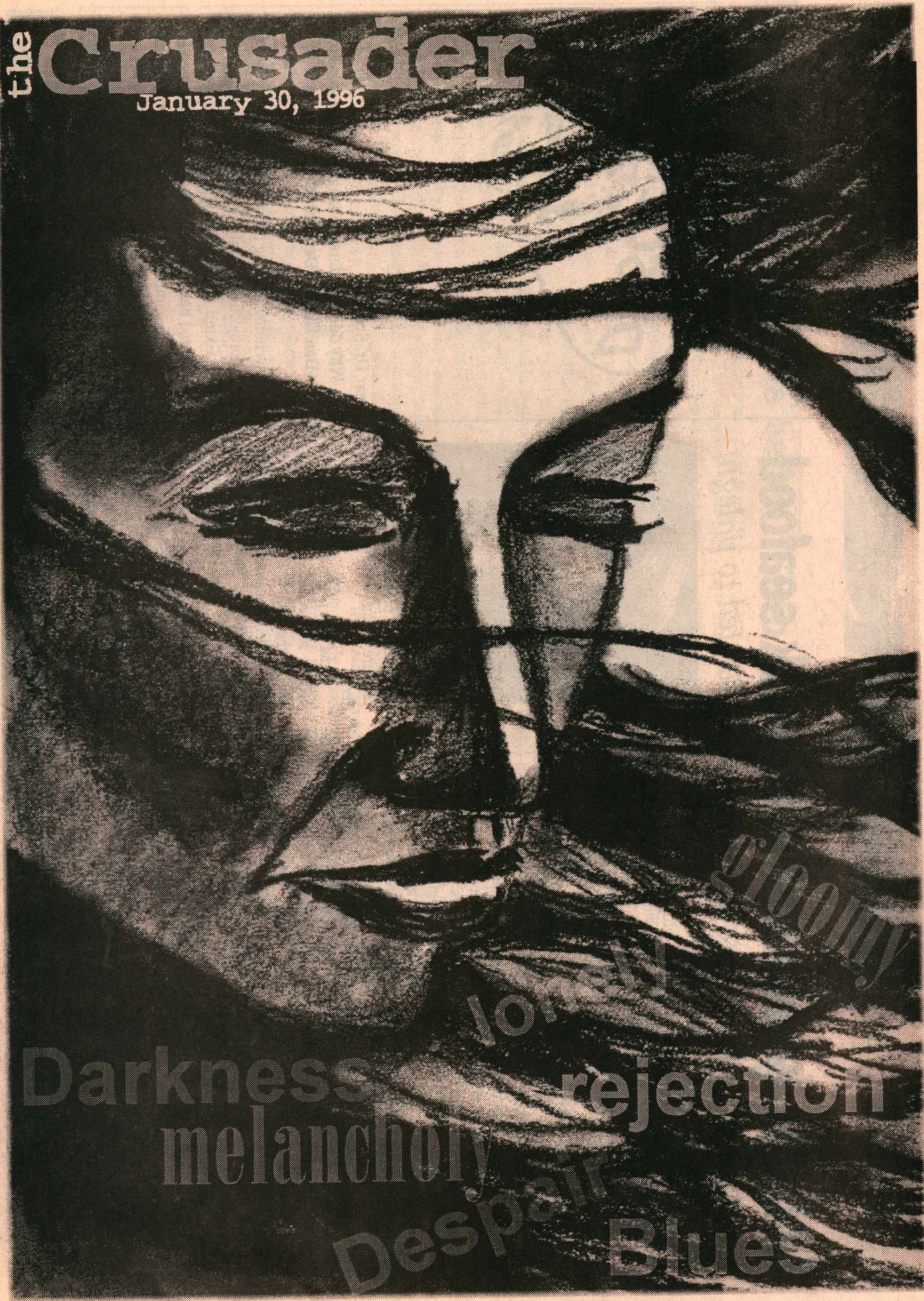


the **Crusader**

January 30, 1996



Darkness  
melancholy  
Despair  
rejection  
Blues

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# climbing out of Depression

As the second term of the year sets in, many students find themselves in the depths of depression. Among other things, spending the short dark winter days of second term in the classroom can be too much for many students to handle.

During this time we are all affected by depression somehow -- if not directly and personally, then indirectly through a roommate or even a professor.

This week writer Chris Barrett explores how to deal with depression. Mixing the advice of experts with personal experience, Barrett explains what depression is, how you can spot depression and how to escape from its often dangerous hold.

-- Cover Story --  
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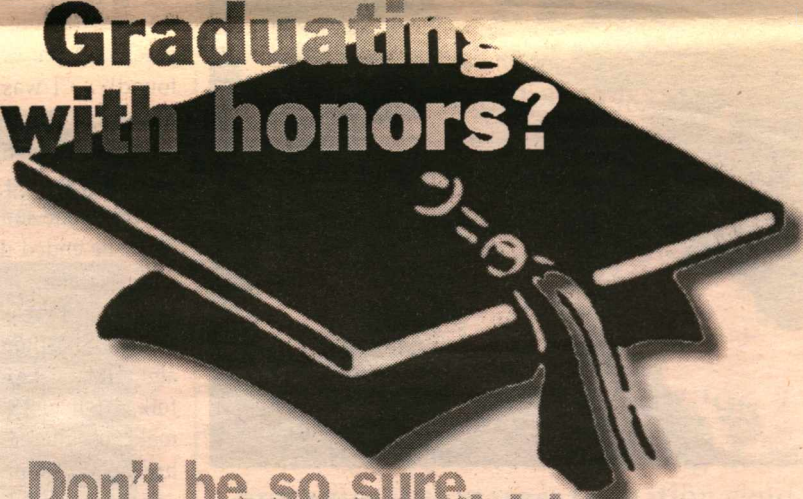
A look at:

## Kids' Activity Day

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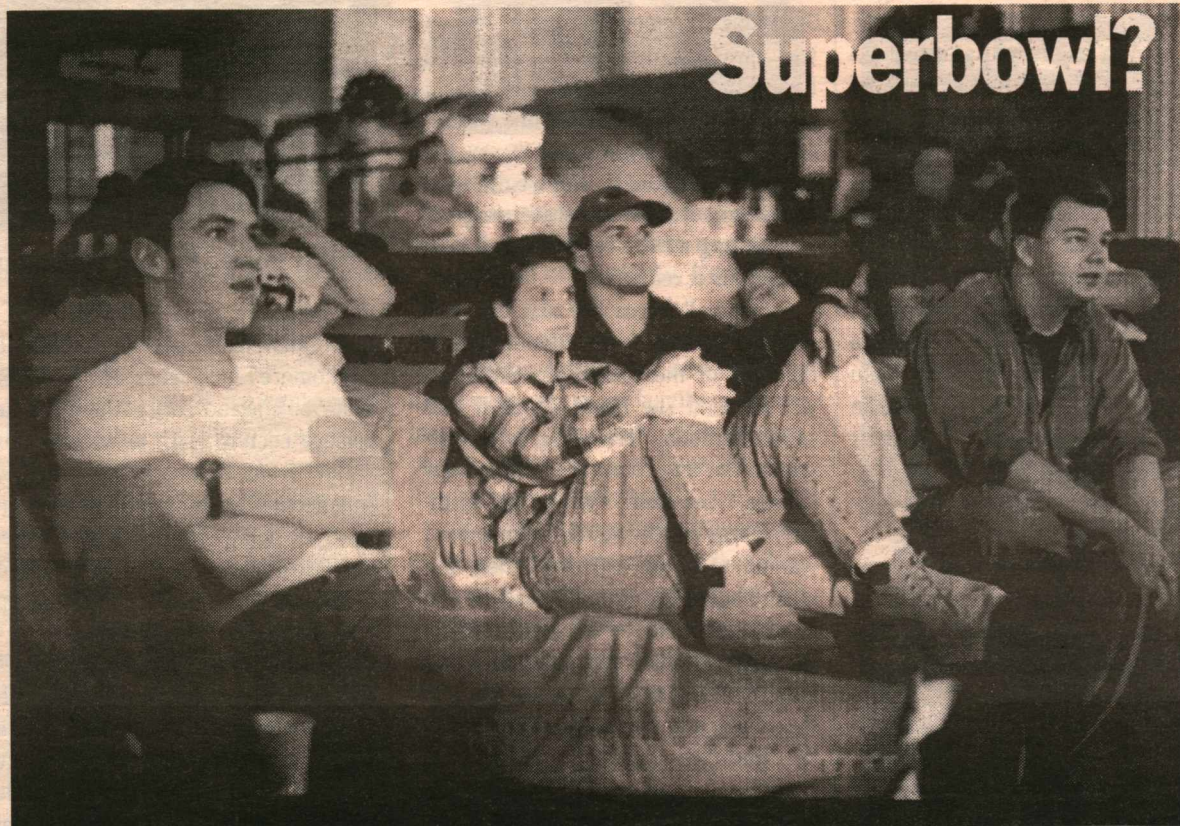


## Graduating with honors?



Don't be so sure...  
See our staff-editorial on page 8!

## Superbowl?



Students packed into Marriott Sunday afternoon for the annual all-school Superbowl party. Several large TV's were set up, Marriott provided the food -- and the Steelers even provided some action!

# Students still remember Challenger explosion

It went up and we all clapped, and then it exploded and we were all in shock.

--Jeff Hagemier



"It got real quiet," student Ben Reese said.

Seventy-three seconds of excitement, and then silence. That's what many people remember about the final flight of the space shuttle Challenger. Ten years ago Sunday, the world watched in amazement and horror as one of mankind's greatest achievements incinerated itself and seven crew members in a ball of smoke and fire.

"I remember walking into my 6th grade classroom and they wheeled a TV in and told us that space shuttle had exploded," senior David Church said. "I thought they were joking at first, and we didn't believe it until they showed us the video 30,000 times."

"I remember being in the 4th grade

it was a really sad, isolated incident."

"I think I was in the 4th grade," said sophomore Julia Crockett. "I thought it was really sad, but I was glad because my dad is a teacher and I was really glad that he wasn't on it."

"I don't know what I remember," freshman Lindsay Mittelstaedt said. "It was on TV at school. They had TV's set up all over the place. I remember the one in the library where I first saw it."

"I remember sitting in class and we were watching the launch for social studies," Sophomore Paul Burch said. "They kept showing shots of Christa McAuliffe's classroom and when it exploded, the look on the faces of the kids—they didn't look shocked, they looked floored. I remember thinking how sad for those kids and I felt a great deal of grief looking at their faces."

"I remember I was in the 6th grade and we were doing a multiplication worksheet in math," senior Tami Hunter said. "We'd been talking about the space shuttle taking off that morning, and then the principal came into the class and told us what had happened and I remember that I started crying and got tears all over the worksheet and it smeared the writing."

Hunter, who is just a term away from graduating with an education degree, says the event affected her profoundly. "I was always interested in space, and it was a teacher going up," she said. "Even then I knew I wanted to be a teacher, so I kept thinking that would be me someday going up. And then she ended up dying."

"I know I wasn't watching the launch on TV," NNC physics professor Francis Sharpton said. "I just heard about it later. Along with a lot of other folk, I felt just kind of numb. It did make us all realize that it is still a human endeavor. People just assumed every launch would be just a routine launch. But it isn't like that at all. It is still a big risk when you get on top of a rocket that is potentially explosive."

Dr. Dan Nogales, who also teaches in the NNC Division of Science, echoed Sharpton. "I remember exactly where I was. I was a student at Point Loma and I was studying for a genetics exam. I just remembered that everyone was really quiet, no one wanted to say too many things about it. But we did kind of talk about how the space program was getting a little bit cocky and how dangerous it really is."

Senior Rebecca Lee was overseas with her parents on the mission field at the time of the Challenger explosion yet she said she heard about it that same afternoon. "It was big, even overseas in the tiny country of Papua New Guinea," Lee said. "It was my birthday, it was a little weird. I remember I wanted to be an astronaut then, but when I heard about it, that was the end of my hopes to be an astronaut. I thought that space, and astronomy, and going up there was the neatest thing in the world, and that's what I wanted to do. And then..."

By D. ANDREW ZIRSCHKY  
MANAGING EDITOR

and sitting in my classroom," sophomore Al Ellis said. "The principal came on the intercom and he said, 'As you may know the shuttle launch was this morning.' And then he said, 'There was a great explosion.' So I thought, 'What, are they all dead?'"

"I couldn't believe that it had exploded and they all died," sophomore Ben Vavold said. "It took me by surprise that they were really dead."

"I remember my whole class watching it," freshman Jeff Hagemier said of the fateful launch. "It went up and we all clapped, and then it exploded and we were all in shock."

"I was in the 6th grade and got to school and there were all these TV's in the classrooms," senior Tina Hoffman remembered. "It was probably the first real big thing to happen in our country that I knew of; before that I was in my own little world."

"It was one of those deep, impression things like Reagan getting shot," Church said. "But there's no reason because it didn't really effect your life."

"For me, it just happened," Hagemier said. "I didn't think about it that much—I was so little."

"I don't think it really effected my life," Ellis said. "I probably sound just terrible for saying that. I just remember

## NNC Notepad

✓ *The Crusader* has learned that Academic Dean Samuel Dunn may be preparing to make a recommendation to phase out the Department of Family and Consumer Sciences in the next two years.

Dunn wished to make no comment when asked whether he was preparing to make a recommendation to President Rich Hagood. However, several sources have confirmed for *The Crusader* that Dunn is in the process of making such a recommendation.

*The Crusader* reported last October that problems had arisen with the dietetics program, a part of the Department of Family and Consumer Sciences. There has been speculation for some time that the problems with the dietetics program have been linked to administrative plans concerning the department as a whole. However, administrators have, as yet, made no definite comments regarding either the future of dietetics or Family and Consumer Sciences.

✓ In Northwest Nazarene accreditation news individual writers will be revising their own portions of the accreditation report. The revisions have been in process since the 15th of January and are due the 10th of February. A cam-



President Fitzgerald to work with other Nazarene schools (Lindley)

pus-wide reading of the entire accreditation report, including updating, completion and polishing of the report is scheduled. Each division and department will have a portfolio in the exhibit area during accreditation team's visit.

✓ The Steering Committee of Nazarene Student Leadership Conference met last week in San Diego to discuss this coming Spring's conference. Discussion centered around developing a Wesleyan-Holiness identity for Nazarene college students.

COMPILED BY TIM SCHLACK  
CAMPUS EDITOR

## Loeber crowned Mr. NNC



Loeber braves the Bay Watch riptide to become MR. NNC (Lindley)

Saturday, the 1994-95 Mr. NNC, Erik Quissell passed his crown to Sophomore Linc Loeber, Mr. NNC for 1995-96. The audience gathered at the Science Lecture Hall, to witness this annual event. What had been a highly "intellectual" evening ended with Kenny Wade being awarded Most Congenial. Most Inspirational was awarded to Brian Richey, and First Runner-up was claimed by Tim Whetstone.

Ryan "The Viking Woman" Ketchum, serenaded the crowd in talent. Loeber showed that size is not a factor in lifeguard ability. Snake charming was a talent Kenny Wade offered, but the snake seemed to get

the better of him. The crowd's favorite focused on goldfish and their disappearance into the human anatomy, thanks to Chad Duree and Richey.

The event this year was hosted by Erik "Me Tarzan" Quissell and Christi "Me Woman" Peterson.

Mr. NNC, put on by the Freshmen class, raised a large donation for the March of Dimes. As one of the largest donors to the charity in the state, NNC's continued support has been highly appreciated by the foundation.

By SHANNON ADAMS  
STAFF WRITER

# Kids' Activity Day fun for all

*NNC students reach out to community kids*

Kids' Activity Day brought approximately 140 community kids to campus for three hours on Saturday morning. A registration fee of \$3 allowed each child attending to receive a T-shirt, a small frisbee, a basketball game ticket, and three hours of supervised activities.

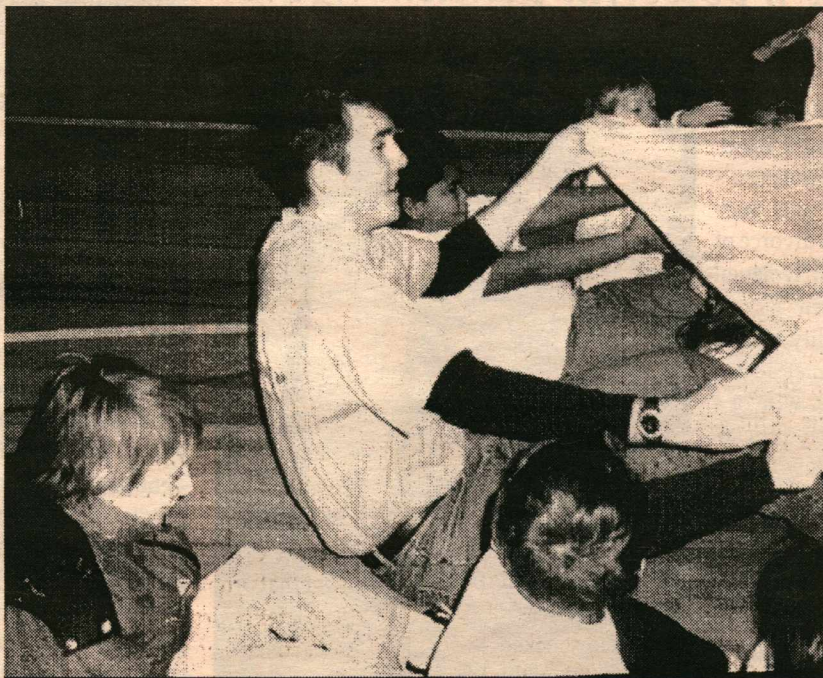
"The kids really responded to everything well," commented Stacy Henrickson, ASNNC Community Relations Coordinator. Many activities were planned to entertain the children in unique ways.

This annual event was originally intended to introduce upper elementary students to college life, and particularly to life at NNC. However, kids in kindergarten through sixth grade are now invited, and the purpose has been adapted to reach the younger ones as well. The focus now is more toward familiarity with the college in a fun atmosphere that appeals to all ages.

"It was definitely an activity day," noted Henrickson, referring both to the busy schedule and to the energetic youngsters.

About 25 volunteers helped to supervise the children by guiding them from place to place and organizing group games. The admissions office was also represented and donated an NNC frisbee for each child.

The teen puppeteers from First Church of the Nazarene presented a



Junior Sean Nixon joins in the fun of the parachute game. (Frahm)

puppet show as one of the first activities of the day. In addition, the music, art, drama, and science departments at NNC were represented.

Senior Kendra Lubiens led the children in music, including a discussion of different musical instruments and an activity which used kids for the orchestra.

Junior Tisha Lagstrom then introduced them to texture in a visual arts presentation and led a group game of Pictionary. Finally, Paul Schmelzen-

bach and Debi Carter performed several science demonstrations using fire and the properties of gases.

"I think it really went well," said Henrickson of this year's Kids' Activity Day. "It was sometimes a time of learning and sometimes a time of chaos, but it was a time enjoyed by kids and volunteers alike."

BY DEBI CARTER  
STAFF WRITER

# Sexual choices: drawing the lines

*Knowing how to say "whoa," and where to say "whoa."*

All freshman women will be required to attend the fourth annual Sexual Choices seminar this Wednesday. There was a similar seminar for freshman men last week.

Student Development originally required all students to attend these seminars, but Ken Hills, Dean of Students, realized that returning students would be repeating the seminar. It is now only required for freshmen and open to any other students who wish to attend.

Freshmen have questioned the reason for having another seminar on sex after attending the Dating Dynamics seminar last term. Yet, according to Ken Hills, the two are not the same. The Sexual Choices seminars focus on helping students set boundaries within relationships. "How do we say, 'Whoa!' and where do we say, 'Whoa!'"

The sessions are separate because of their differences in the questions asked by men and women. "This seems to be an area of question [for students]," Hills said. Student Development decided that this was an important topic to address after reading statistics from Josh McDowell, a Christian counselor and author, stating that 50 to 60 percent of secular students reported losing their virginity before graduating from high school. In evangelical churches, the numbers weren't much better: around 48 percent.

Explicit details will not be given, but the stories will range from those



The seminars involve discussion with members on NNC faculty: Eric and Regina Ely, Mary Perry, and Bob and Marilyn Thompson. The sessions are separate because of the differences in the questions asked by men and women. "While not everyone is excited about it, we want to state our stand on abstinence and create an awareness," said Dean of Students, Ken Hills.

who waited to have intercourse to those who did not.

"In today's world, we think we're enlightened, but we're not," Hills said. Students ask many questions revealing how little this topic is openly discussed by parents today.

Men take longer to feel comfortable discussing the topic of sex. Women talk about how to keep self-respect and not feel trapped in a relationship. This is one reason for having two separate sessions. "What we've found so far is there is a greater freedom to ask questions," said Hills.

In the past, Joanne Rittmueller has

run the seminars, but this year Eric Ely is in charge. Rittmueller said that it is not always easy to get faculty to volunteer to be on the panel. "I think once people either see it or have done it, they're more comfortable."

Ken Hills knows that not everyone is thrilled about spending 7:00 to 8:30 p.m. on a Wednesday evening in the seminar, but, "While not everyone is excited about it, we want to state our stand on abstinence and create an awareness."

BY DEBRA DeCLOSS  
STAFF WRITER

Northwest Nazarene College  
and  
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present  
**The Butler Did It**

A Baker play by Tim Kelly

All Showings in NNC's Science Lecture Hall  
February 7th - 9th, 7:30 p.m.

Special Matinee performance  
Saturday, February 10th, 2:00 p.m.

Tickets are on sale at: NNC's Bookstore  
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\$3.00 for General Admission  
(\$2.00 for NNC students/faculty/staff)

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ISRAEL

# Papandreou steps down in Greece

However, his playgirl wife now a powerful political figure

Greece's controversial and ailing socialist Prime Minister Andreas Papandreou, 76, stepped down from his post for health reasons two weeks ago. This sparked an intense political battle over who would take his place and form a government. The anticipated departure of Papandreou held Greece in suspense for months prior to his resignation and prompted battles between possible successors, especially Papandreou's young wife Dimitra Liani.

Last Monday, however, the ruling PASOK (Pan-Hellenic Socialists Movement) party announced its selection of Former Industry Minister Costas Simitis as new Prime Minister, who removed almost all of Papandreou's advisors and ministers.

Papandreou had controlled PASOK since its creation in 1974 and had been Prime Minister from 1980-1989 and again from 1993 until his resignation two weeks ago. He had governed Greece with an autocratic iron fist. With the Greek economy and infrastructure in shambles, the selection of Simitis as Prime Minister is a clear sign of a shift away from the policies of Papandreou.

The succession was never certain, however. Other Papandreou cronies had serious claims to leadership as well,

and many Greeks worried that PASOK may never come out from under the shadow of Papandreou's wife, Dimitra Liani. Liani, who was Papandreou's mistress and half his age, married him after the cold divorce of his first wife of thirty-seven years and four children.

A cult of personality formed around Liani, the former airline stewardess and former wife of a Greek communist party official, as she became intricately tied to Papandreou and his policy making. Some feared that she would follow in the tradition of Argentina's Eva Peron who succeeded her husband.

One Athenian resident reported that *Avriani*, a daily Athenian newspaper, obtained numerous nude photos of Liani and had been printing them on their front page each day to crush any public support or legitimacy for Liani in future Greek government. It is too soon to determine what influence Liani may have in the future.

The selection of the new Prime Minister may have drastic effects on the nation. After losing their bid for the "golden Olympics" of 1996, a vast ma-



majority of Greeks are bitter toward the West, especially the United States, for taking away from them what they considered their national heritage and pride. The new government may indicate a change of direction for Greece, something that many desired but few could express under Papandreou.

By DAVE ROEMHILDT  
ASSISTANT EDITOR

## Ready, aim, execute

With the choice to be executed by a firing squad rather than lethal injection, John Albert Taylor died at 12:07 a.m. last Friday.

Taylor was executed in a Utah State Prison by a four-bullet volley shot by five anonymous marksmen. One gun was loaded with a blank. Taylor's execution was the first in 19 years by a firing squad in the U.S. Taylor had confessed to the rape and murder of 11-year-old, Charla King in 1989.

Taylor chose a firing squad over lethal injection because it would be more "costly and embarrassing to the state," and would also support his claim that executions are state-sanctioned murder. He also didn't want to be seen "flipping around like a fish out of water" after being given an injection.

"We strongly prefer that, number one, there be no choice," said Randy Ripplinger, spokesman for the Utah State Department of Corrections. "Occasionally the inmate may manipulate the system, and the choice allows that. He (Taylor) has stated that he chose the firing squad to make it hard for Utah to carry it out. The lethal injection is more sterile, and we would strongly prefer that."

Separated by a distance of 23 feet, five gunmen, chosen from local agencies for their emotional stability and shooting marksmanship, fired in unison with .30 caliber deer rifles. Each gunman was paid \$300 to do the job. The Department of Corrections received that it received many calls from people volunteering to be part of the firing squad. The last person to be executed by a firing squad in the U.S. was Gary Gilmore in 1977. Gilmore was the first person to be executed in the country after the Supreme Court lifted the ban on the death sentence.

The original ban of the death penalty was enacted in 1972 because the methods then used were declared to be "cruel and unusual punishment" and unconstitutional.

While many Americans favor the death penalty, the number, according to Sister Helen Prejean's book, *Dead Man Walking*, is declining. She writes, "In the U.S., the murder rate is no higher in states that do not have the death penalty than in those that do." In Canada, the homicide rate dropped for ten straight years after the death penalty was abolished.

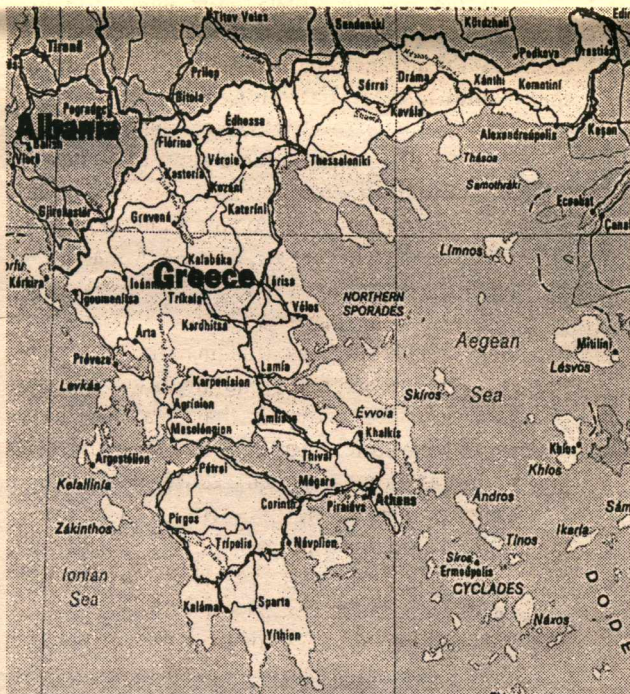
While some believe Taylor's execution will deter people from committing horrible crimes like rape and murder, others are not so sure.

By RACHEL ROEMHILDT  
STAFF WRITER

vicinity. Greece and Turkey nearly went to war in 1987 over a mining dispute in the Aegean.

They also disputed last year over whether Athens has the right to extend its territorial waters from six miles to twelve.

By DAVE ROEMHILDT  
ASSISTANT EDITOR



## Greece, Turkey fight

Tensions rose between Greece and Turkey on Sunday over who planted their nation's flag on a deserted island in the Aegean Sea first.

The dispute began when a Turkish ship ran aground on Imlia, off Turkey and near the Greek island of Kalymnos. The captain refused to let a Greek tugboat assist, saying Imlia belonged to Turkey.

Greece summoned the Turkish ambassador for an explanation and also informed the U.S., Russia and the European Union of the dispute and its claim to the island. Greece claims the island was given to them by Italy in 1948 after World War II.

After the ship had left, the mayor of Kalymnos planted a Greek flag on the island. Turkish journalists responded by removing the flag and placing a Greek flag instead.

The Greek navy responded by removing the Turkish flag and re-raising the Greek. Military sources said that a Greek naval patrol boat is patrolling the waters around the tiny island and a Turkish Coast Guard vessel was in the

## Week in Review

### F-14 crashes in suburb

What started as a routine training flight took a tragic turn when a Navy F-14 crashed into a neighborhood near Nashville on Monday at about 10:00 a.m. Don Isert, who was driving toward the Nashville International Airport saw the crash. "It was moving so fast I couldn't even tell what shape it was" he said. "Then this huge fireball erupted and the heat came through the glass of my car."

The plane hit a suburban home, killing the house's three occupants, as well as the two pilots of the plane. "One guy was just sitting on his couch," commented firefighter James Dean. "He never had a chance." Two other homes were destroyed by the fire. The explosion created a tower of black smoke which could be seen for miles.

According to one eyewitness, the plane "looked like it was going directly down ... nose down."

The cause of the crash is not yet known, but the military is looking into the matter.

*"How could you be so stupid?"*

--Hillary Clinton to Bill Clinton as quoted in this week's *U.S. News & World Report*

*"If you are into really physical, violent things, the NFL is great to be part of."*

--Pittsburgh linebacker, Kevin Greene

### Bosnian POWs freed

In an act that kept the peace process in Bosnia alive, the Bosnian Serbs have promised to release all of the prisoners of war that they captured during the two-year conflict.

The freeing of all prisoners of war, which was a major goal of the Dayton peace plan, was hampered when the Bosnian government refused to release its prisoners until 20,000 missing Muslims were accounted for. The Bosnian Serbs are releasing their prisoners in hopes that an embargo set up by neighboring Yugoslavia will be lifted.

Many of the missing Muslims were believed to have been killed in fighting in a Muslim region of Bosnia in July. According to a NATO estimate, as many as 300 Hitleresque mass graves have been found in the area, one of which the Bosnian Serbs are investigating the mass graves and have agreed to cooperate with war crimes investigations, but, as Bosnian Serb leader Radovan Karadzic is wanted by the war crimes tribunal, little may come of the investigation.

# Americans like Bill, hate Hillary

*State of Union success overshadowed by Whitewater*

Bill Clinton started off campaigning this year with the State of the Union address and testimony in the Whitewater case. The former has caused popularity to rise a little, but the latter has led to an all time low.

The State of the Union address has caused Clinton's popularity to rise in the polls and has given him the jump he needs to stay ahead of Bob Dole.



**The State of the Union is strong**

In the address, Clinton said "the state of the union is strong." He cited as proof of this the facts that the economy is the healthiest it has been in three decades and unemployment is decreasing.

Inflation rates are down, and eight million new jobs have been created since Clinton took office. America's leadership in foreign affairs that is bringing hope for new peace, and we are now selling more cars than the Japanese.

Clinton then went on to offer seven challenges, which ranged from the family and

children to maintaining American leadership for freedom and peace throughout the world.

By the end of the speech, Clinton was able to blur the lines between Democrats and Republicans. Many Republicans felt like Clinton had stolen their issues: family values, Medicare reform, smaller government.

Bob Dole gave the Republican response following the State of the Union, and began by saying that he wanted to offer the American public another different perspective on the state of America today. He spoke about the need to find a purpose for this generation. Dole spoke about the importance of values and morality to the Republican party. "Our battles will not be about numbers," he said. "They will be about the character of our nation."

In what amounted to the first Clinton-Dole debate of the election season, Clinton's persuasive, easy style appeals more to the American public than Dole's stiff and formal

approach. While Clinton was able to present a compelling vision, Dole just left us cold.

As Bill Clinton was racking up the popularity points, Hillary Clinton was dropping them. Mrs. Clinton's approval rating is at an all-time low following her testimony Friday before a grand jury.

Mrs. Clinton was subpoenaed to testify before the Senate Banking, Housing, and Urban Affairs Committee, headed by Senator Al D'Amato.

In her four-hour testimony on Friday, the First Lady said what she had said publicly before. "I do not know how the billing records came to be found where they were found [in the White House living quarters]."

A *USA Today* Poll found that 52 percent of the American public believes Mrs. Clinton is lying about her role in both the travel office and the Whitewater land-investment deal; 68 percent say they think she probably did something illegal or unethical.

Clinton is going to need more than 43 percent of the popular vote this time to regain the presidency. If even one or two percent of the voters are swayed because of Mrs. Clinton's actions, it could make the difference in a close race.

Hillary Clinton said, "You can't accomplish anything in government unless you win." If the Clintons are going to continue to accomplish the goals they see for America they must win the upcoming election. To win in November they are going to need more positive press, such as the State of the Union Address, and less press about Whitewater.

By SHANNON DONIVAN  
STAFF WRITER



**52% of the American public believes that Mrs. Clinton is lying**

## And you thought the Clintons had it rough

*Whitewater pales in comparison to other world scandals*

Throughout the nation, people are watching as the Whitewater scandal unfolds. However, scandals involving the world's political leaders are by no means limited to the United States. In just the last week, three major political scandals have surfaced, each with far-reaching effects.

The scandal which has the greatest lasting impact on the United States is in Colombia, where president Ernesto Samper has been accused of soliciting campaign contributions from the Cali drug cartel. Samper first started getting nervous when someone tape-recorded a conversation between two drug lords, in which they talked about the donations.

Many students and workers began calling for their president's resignation after his campaign treasurer, Santiago Medina, testified that Samper knew about the donations. Now Medina has released a document which proves that Samper not only knew about the money, but he actually went out and asked the cartel for it.

Still, Samper has refused to leave office, instead calling for a national referendum to decide whether he should

resign.

However, most of the president's top advisors have decided not to wait for a referendum and are bailing out. Colombia's ambassadors to Cuba, Venezuela, Argentina, the Netherlands, and New Zealand have all left office in protest of Samper's actions, as have three government ministers and one general.

Presidential bribery is not limited to Colombia. In South Korea, former presidents Chun Doo-hwan and Roh Tae-Woo have been indicted for accepting bribes while in office. Chun allegedly accepted \$300 million dollars in exchange for government contracts during his 1980-1988 term in office. The money came from 42 different businessmen, including the founder of Hyundai, a company that markets cars in the U.S.

Roh is accused of taking \$365 million over the course of his 1988-1992 term in office. At his bribery trial, Roh testified, "I have never, ever intended to accept any bribes. I have received only donations." Roh couldn't remember if he was ever personally involved in awarding contracts to businesses.

Also on trial are fourteen businessmen and government officials who are also charged with bribery.

The most shocking accusations that have surfaced this week are not in South Korea, but in Poland, where Prime Minister Jozef Oleksy has resigned to fight accusations that he is a Russian spy.

Apparently, Poland's UOP security service has gathered enough evidence to allow the military prosecutor to launch a formal probe into the matter. None of this evidence has been released, but it is well known that Oleksy was friends with the KGB's top agent in Poland.

Oleksy maintains his innocence, and blames Former President Lech Walensa, who was voted out last November for fabricating the evidence. Considering the problems that these other countries are having, the Whitewater scandal seems rather trivial. While Whitewater is a serious matter, it appears that Americans should be thankful that things aren't much worse.

By DAVID STILLMAN  
OFF CAMPUS EDITOR

## CRUSADER COMMENTARY

By Dave Roemhildt

The Bosnian Slavs have a sad and harsh history. In treaties, alliances and occupations, Bosnia has been abused by nearly every powerful nation that has had ties with them. This condition, which increases animosity of the Slavs towards other nations, has also divided the Slavs against each other. Hence, we hear of Croats, Serbs and Muslims fighting one another in an area that they all consider their homeland. Each of these groups is ethnically Slavic. Each of these groups also has, at one time or another, sided with a powerful ally that made them the enemy of the other two. These historical facts are hard to forget, as you will see.

Consider first the Serbs. They have had to suppress much of their anger over atrocities committed on them by the Croats during World War II. During the war, the Croatian Ustache ("Insurrectionists"), who had allied with Nazi Germany, are said to have murdered 700,000 Serbs, who are eastern Orthodox Christian, as well as thousands of Jews and other minorities. These were not prisoners of war, but often women and children who could not flee as quickly as the men. The Croats currently claim only 60,000 were killed. While the genocide of Jews and gypsies by Nazi Germany has slowly been faced, admitted and forgiven by the world at large, the atrocities committed by the Ustache in WWII have only just come to the surface. Forty years under the communist rule of Marshal Tito insured that the groups in Yugoslavia all got along, even if at gunpoint. Some Serbs still feel their dead women and children have not been avenged.

Consider also the Croats. The smallest of the Slavic groups within Bosnia, they suffered along side the Serbs, the advance and occupation of the Turkish empire until 1878. As Catholic Christianity's eastern front, the Croats were weighted for centuries with Islamic rule. They also suffered from close ties to Austria and gained disapproval of the Serbs who wished separation from the Austrian Empire, which led to the assassination of Archduke Ferdinand and the beginning of World War I. Although powerful under the Nazis, they have had to defend themselves from Serbs and sometimes Muslims who want vengeance for crimes that their grandfathers had committed. *National Public Radio* reports that Croats in suburbs of Sarajevo have been abused by Serbian residents and police force as recent as January 28, 1996.

Consider then the Muslims. Although the Turkish empire spread like wildfire in the fifteenth through eighteenth centuries, since then Islam has been in decline in the west. The Muslims of the Balkans are its forgotten children and they comprise over 40 percent of Bosnia's population. They have been hated for dominating the Balkans for centuries and for leaving an Islamic culture in between eastern and western Christianity. In an interview with a reporter from the *Atlantic Monthly*, one Muslim man expressed the visceral hatred that the Muslims feel towards the other Slavs. "Do you know what it is to throw a child in the air and catch it on a knife in front of its mother?" he said, "Or to have your ass split with an axe so that you beg the Serbs, beg them, to shoot you in the head and they don't? And they go to their church after." These images, though the product of WWII, are burned into the minds and hearts of many of Bosnia's Muslims. Recent events have not given them cause to be forgiving of their oppressors. The *Washington Post* reports that many of the Serbs condemned by the International War Crimes Tribunal are living free in Serbian held districts of Bosnia, while some are being indicted for as many as 77 counts of torture, murder, plunder and rape against Muslims.

The Bosnians are not in turmoil because they are uncontrolled and violent people. They are people who are hurt, and have been consistently brutalized by other nations and each other. This is not easy for many people to forget.

# Climbing out of depression

Hopelessness. Darkness. Despair. Everyone is prone to depression at some point in their lives. That's just the way it is. So what's the big deal?

Depression puts a person onto a self-destructive, downward spiral. They unconsciously let go of their rope of "normal" reality and fall into a pit of darkness, hopelessness and despair. Once in this pit, they may feel there is no way out.

However, in "normal" reality there is a way out. There are means that could help a person to climb out of a depression. But, in order for this "climbing" to begin, it's important to know what depression is, what the symptoms are, and what some ways out are.

The easiest way to describe depression is to put it on a spectrum. On the extreme right side of the spectrum is "the blues" or just feeling down. This includes the times a person just feels "blah" for a day or two because he didn't receive the grade he thought he deserved on a paper.

These times come and go fairly quickly. People handle the "blues" in a variety of ways. For example, some people go for a walk, play basketball or just find a way to have fun. Experts also say that a person should eat regular balanced meals, develop a consistent sleeping schedule and get some exposure to light.

On the extreme left side of the spectrum is chronic depression. Chronic depression is low-keyed and will last for years. Some psychologists call chronic depression a mood disorder.

Somewhere between these two extremes of the spectrum is major depression. Major depression is quite similar to the flu because it has a beginning, a middle and an end. Despite this similarity, major depression lasts for months and tends to reoccur. When major depression does reoccur, the depression lasts longer and is more debilitating than the previous depression.

The reason for this increased se-

verity in major depression is due to a chemical imbalance. Dr. Frederick K. Goodwin, director of the Center of Neuroscience, Behavior and Society at George Washington University Medical Center said, "In depressive prone people, what starts as a normal response takes on a biochemical life of its own. The regulatory systems keep running, and you get a kind of burn-out."

The brain produces certain chemicals, called *neurotransmitters*, to help the brain cells transmit information throughout the brain. Researchers have found that a certain neurotransmitter, called *serotonin*, plays a role in depression. The brain produces serotonin in a steady drip similar to a leaky faucet. A person feels "fine" when this happens. However, when someone faces a

negative situation the brain slows the serotonin production down. In essence, the brain shuts the faucet off.

After a while, the brain restores the

production. When a person is prone to depression, this restoration is not complete. Each time this person enters a down time, the down time lasts longer and becomes a little more severe.

There are, however, medications that restore this chemical imbalance. These are known as antidepressants and can only be obtained through a prescription from a licensed professional with a masters degree. Although there are some slight side effects, they tend to disappear after a period of time. Today the most popular antidepressant is prozac.

Depression has some common symptoms. The National Institute of Mental Health (NIMH) say these signs include: marked changes in sleep patterns; change in eating patterns; persistent sadness, anxiousness or "empty" moods; feelings of guilt, worthlessness, helplessness, hopelessness and pessimism; fatigue or decreased energy; and thoughts or talk of death or suicide.

Ellen Frank, director of the Depression Prevention Program at the University

of Pittsburgh remarks that there are other subtle warning signs of depression. She says, "Picking up on these small clues soon enough can literally be the difference between life and death." These subtle signs of depression are best described as uncharacteristic changes in a person. These signs are not necessarily linked to depression but over time still may indicate that a depression is ahead.

Sudden silence is a subtle sign of depression. When a person becomes depressed they typically turn their focus inward. A normally outgoing person becomes a recluse.

A second subtle sign of depression

is a tendency to magnify things. Once petty, insignificant things become major issues. This could range from the way someone eats to dwelling on the reason why someone did not say hello to you.

Forgetfulness is another sign of depression. A person has a difficult time remembering appointments and when an assignment is due.

Having a short temper, which causes one to be easily angered and easily irritated, is one other sign of depression. A person tends to use this in an attempt to cover his or her feelings of sadness and isolation. This "thin skin" idea then leads the person further into depression.

**Always remember it takes time to climb out of depression. Patience is necessary. A person should not expect to beat his depression right away.**

Depressed people sometimes try to hide into a set routine. During the day they attend class, eat, and return to their room. Any deviation

from this routine really frustrates them.

Another subtle sign of depression is a deteriorating appearance. A depressed person becomes so self-focused that they forget to keep their appearance up.

Depression also causes a lack of concentration and indecision. This person may have a difficult time reading or listening in class. Also they may not be able to decide what to have for dinner so they just do not eat.

Some people when depressed complain of mysterious pains. Doctors hear problems dealing with headaches, tight muscles, soreness and gastral problems that do not respond to treatment. Women even sometimes miss their period.

The final subtle sign of depression is a sudden brightening of mood. A person may be depressed for weeks or even months and then seem to suddenly snap right out of it. There is a possibility this could be serious. After weeks of hopelessness, a person may have decided to finally end it by committing suicide. This lightened mood is a result of knowing that it will soon be over.

Now that it's understood what depression is and what the signs of it are, what are the means of helping oneself or a friend to climb out of a depression?

Recognizing that you may be depressed is the first step out of a depression. People say depression feels like they are drowning in an ocean with no



hope of rescue. Just knowing that they are depressed gives them hope of being rescued.

The second step is to begin to apply basic coping measures which people use in dealing with the "blues." Again, these include exercising, eating healthy, getting enough sunlight, etc.

The third step is to simply discuss the depression with close friends. By discussing the depression, a person starts to turn a focus of inwardness to that of a focus of outwardness. This also triggers friends to start making a depressed person accountable and gives him a group from which he may draw support.

In some circumstances, a fourth step is required. Seeking professional help. There may be some issues that a person just does not feel comfortable discussing with his friends. This group of professional help includes Student Development, local pastors, and other social services.

From here, the professional may seek medication and/or hospitalization to help a person through the depression. Medication should only be used when a person suffers from a biological depression which, causes physical disturbances such as difficulties in sleeping, eating, an in energy levels. The medication allows the person to get back on the right track. Once this happens, he is physically able to begin to deal with specific issues in his life.

Always remember, it takes time to climb out of depression. Patience is necessary. A person should not expect to beat his depression right away. The climb is difficult, but it can be done.

How should you deal with a friend who is struggling with a depression? Julius Segal, Ph.D., author of *Winning Life's Toughest Battles*, and Zelda Segal, a practicing school psychologist, offer seven suggestions. First, "do not blame the depressed person." Remember that a friend's depression is, in part, biological. He can't just snap out of it. Thus, when a person is depressed, he is not just feeling sorry for himself, but is



truly ill.

Second, "see the person beneath the symptoms." Usually, depressed people are difficult to get along with.

A friend should remind himself of the way the person was before the depression. The friend should also remind the depressed person of this. Many depressed people do not remember when they were last happy. Giving them specific examples helps.

A friend should also "encourage ego-boosting activities." Frederick K. Goodwin, M.D., former director of Mental Health said, "There needs to be some resistance to the self-defeating images that depression victims have of themselves and their world. Otherwise they may regard their misery as a natural way of life."

What a friend needs to do is help the depressed person "find an island of self-esteem." Having the depressed person focus on some aspect of his life allows him to begin to reconnect with the world. An example of this would be encouraging him to a change of hairstyle or forcing him to make his bed in the morning.

The fourth suggestion in helping a depressed person is to "guard against self-medication." Some depressed seek quick solutions to their problems. They turn to drugs and alcohol to alleviate the pain. This interferes with treatment because it deepens the depression. A friend should also discourage tranquilizers and sleeping pills which are not approved by a psychiatrist.

"Encourage treatment" is the fifth suggestion by Segal. This may be tricky. "It's not likely to help if you come on too strong," remarks Frederick Goodwin. "Instead, start by asking the depressed person whether he himself has thought about consulting a professional." Focus on the life quality instead of the quality of behavior. A



person does not need to feel bad all the time. If the depressed person continues to resist, a friend might need to force him to see a professional.

The sixth suggestion by Segal is to "get support for yourself." It takes a lot of energy to deal with a depressed person. Talking to a professional will help relieve some of the friend's stress and may give him suggestions of how to help his depressed friend.

"Remain hopeful" is Segal's final suggestion. Statistics show a recovery rate around 95 percent. Also, a depression tends to strengthen a person after they recover.

A personal suggestion in dealing with a person who is depressed is prayer. Do not just pray for them, but tell them that you are praying for them. Continue to pray for them even if they disapprove of it. Subconsciously, a little seed is planted.

A friend should remember that he may be the only lifeline his depressed friend sees. This is especially true when a depressed person is about to go over the edge. A friend may have to drag him back. The friend will need to ask God to give him the strength to do it.

Finally, Jack Canfield, author of *Chicken Soup for the Soul*, in a short story summed up what one needs to do to help a depressed person. A boss gave an employee a blue ribbon for being a good worker. The reason he gave the blue ribbon to the employee was that he

needed to pass it along to someone who had done something special for him. So the boss decided to give the ribbon to an employee for a job well done.

The employee, in turn, needs to give the ribbon to someone. But who? After going through a list of names he decided to give the blue ribbon to his son because he seemed down lately.

After work, the employee went up to his son's room. He sat his son down and explained the story.

After giving the ribbon to his son, the son began to weep. The son explained to his father that he was going to commit suicide the next day because he

thought no one cared for him.

In dealing with a depressed person, the little things matter. A friend should take him out to coffee and see how he is doing, or write a quick note to him asking how his test went. A friend may never see the results, but these little things do make a difference.

**A personal suggestion in dealing with a person who is depressed is prayer. Do not just pray for them, but tell them that you are praying for them... Subconsciously, a little seed is planted.**

Articles from the December 1994 issue of *Parents* and the November 1995 issue of *Reader's Digest* contributed to this article. Material obtain from Dr. Ken Hills of Student Development also contributed to this article.

By CHRIS BARRETT  
STAFF WRITER



## STAFF EDITORIAL

Last year, 34 percent of graduating seniors had some nifty Latin syllables attached to their degrees: the coveted Cum Laude, Magna Cum Laude, and Summa Cum Laude. Faced with this fact, you can choose to believe one of two things: either the class of '95 was a collection of standout scholars, or it's too easy to graduate with honors from NNC.

Administrators have chosen to subscribe to the second option. Granted, graduating with honors is far from every student's basic right and bestowing honors on every third senior makes the distinction less than, well, honorary.

We are of the view that with grade inflation spiraling out of control in classes not taught by Steve Shaw, a 3.4 GPA (currently the Cum Laude cut-off) is too inclusive. What we staunchly oppose is those who seek to change the rules in the middle of the game: the administration will alter the requirements for graduation next year. Originally, there was a motion to change it for this Spring, but just hours before going to press, *The Crusader* was informed that Dean Dunn has decided to wait one year.

But either way, the administration is operating without integrity towards students. The authorities are effectively pulling the carpet out from under those upperclassmen who have set high personal goals and whose GPA's are at that near-frozen stage where little will alter them. Instead of the 3.4, 3.6, and 3.8 cutoffs for Cum, Magna and Summa Cum Laude respectively, the changes will raise the standards to 3.5, 3.75 and 3.9.

If you are as disturbed as we are, we encourage you, regardless of your graduation date, to voice your disapproval of this unfair decision by writing a letter to *The Crusader*. If you want the administration to get a clue, use your newspaper as an intermediary. It works.

Staff Editorials express the majority view of *The Crusader's* editorial board and those board members only: Brenda Clough, Anne Frahm, John Fraley, Toby Jeffrey, David Roemhildt, Tim Schlack, Heather Slater, David Stillman, and the big cheese himself, Dwight Andrew Zirschky.

## LETTERS

"Spirit of Heresy":

In the "Spirit of Brotherly Love," we are writing this letter because we do not want any members of this campus to be misled by those ideas presented in your article on heresy, and perhaps to show you where your beliefs might be misconstrued. As we are not able to confront you personally, because of your wish for anonymity, we have decided to talk to you in the only way possible--writing a letter.

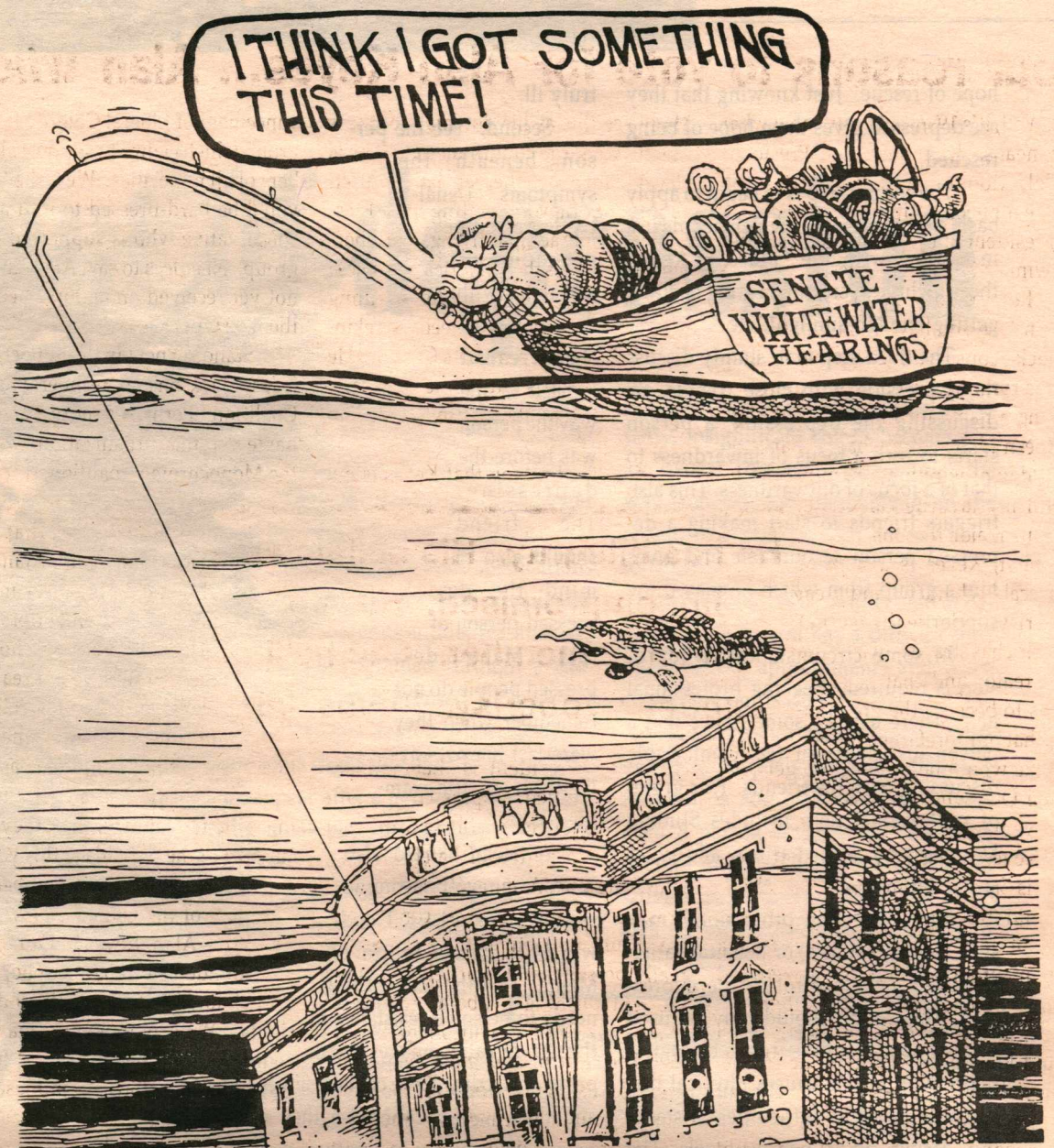
We may not be "powerful" or may not even have a "voice" in this campus community, however we, as followers of Christ, feel it necessary to confront you. We sense some bitterness towards the church as a whole and, believe us, we can understand your concern. Furthermore, we compliment your hunger for knowledge and to discern the truth without blindly accepting tradition. However, just because something is traditional or belongs to mainstream Christianity does not make it wrong.

You seem to accept that Jesus was the Son of God and that his "message was simple." Obviously you missed it: you said that by judging others a person would be the antithesis of Christ. Jesus' "thesis" was not about judging, but about loving. If we are to follow the commandment deemed by Christ as second most important (loving your neighbor as yourself, Matt. 22:39), then would it not seem logical to go and confront a brother in an attempt to work out his salvation? It's very simple--but confrontation brings with it the connotation of judgment, does it not? Or are we to love our brothers in Christ into Hell by allowing them to wallow in sin?

My friend you must read your Bible. Nearly everything that you attacked in your article is opposite of what Christ taught. If you believe that Jesus is the Christ then you must come to the conclusion that he was nothing more than a charismatic, raving lunatic. You must either accept Jesus as Christ and what he says as the truth or discount everything he said as rubbish.

For example, on the subject of heaven you said that it did not exist. However, an afterlife is continually mentioned in the New Testament and by Jesus Christ himself. In the parable of Lazarus and the rich man, Jesus talks about a material heaven and hell that humans go to following death. Jesus never used any misconstrued or false information in any of his parables, so we can accept this parable as fact. Also, there is the thief on the cross where Jesus gives us the promise of eternal life in heaven (Luke 23:43). Just read the gospels and you will get the picture. Obviously premarital sex is wrong also. Jesus says that looking upon a woman

...letters continued on page 9...



## The many merits of the Senior Bachelor

*An opportunity to meet the (single) man of your dreams*

Though this is somewhat of an epitaph, it is also straight from one who knows plenty about the topic.

It has oft been the opinion of Senior Bachelors that they have been somehow slighted by fate, punished by God, or simply cursed with the worst sort of luck, but I contend that the Senior Bachelor has, in reality, everything to be thankful for. For instance, the Senior Bachelor has learned self-sufficiency of the highest sort. He has had no one to support him through the grueling years of college. There has been no warm shoulder on which to rest his head when he is weary. Comforting hugs have not been readily available to the Senior Bachelor when he has needed understanding. The Senior Bachelor has been limited to sharing his vision of life and all his dreams with only those roommates and friends whom he has managed to acquire in the lonely years. Friday nights have provided many a quiet and productive study session for the Senior Bachelor. The financial status of the Senior Bachelor has not been strained by the onerous eating out and movie viewing that so often accompanies exclusive female companionship. Truly, the Senior Bachelor is prepared for anything life throws his way!

Because the Senior Bachelor has had more time on his hands than the Senior Veteran Dater, he has had the extremely valuable opportunity to view a great many dating relation-

ships from an objective third-person perspective which has led to a heightened, if sometimes cynical, understanding of the essence of dating.

In much of his ample free time, the Senior Bachelor has been able to plan out his actions should any conceivable possible situation occur in the event of a future dating relationship. The Senior Bachelor is prepared for anything. Because the

Senior Bachelor has had ample time to himself, he has developed his own skills to a greater degree than would otherwise have been possible, making him quite a prize to an opportunistic female. Often these skills may also be used to woo a female who is not in the optimal opportunistic frame of mind.

Because his singleness has been a central theme for the majority of his thinking existence, the Senior Bachelor is quite prepared to go the extra mile for any female willing to make even the slightest show of interest in pursuing a dating relationship. Combined with the intense years of planning which the Senior Bachelor has undertaken in preparation for a dating relationship, the highly developed skills cultivated through lonely years, finances accumulated through years of single life, and

the self-sufficiency acquired through doing everything on his own for so long, this willingness to go to any length to obtain the affections of a female presents an irresistible package to all but the least ambitious single females of marriageable age.

It is obvious that the Senior Bachelor is in the ideal position of being able to choose at will from the mass of females unable to resist making a bid for this prize. As if this were not enough, the Senior Bachelor has his purity to offer the lucky female of his choice. He is unblemished by past relationships and is perfectly malleable in the hands of his female who can mold him as she wishes. The Senior Bachelor is unworked clay. An experienced female who knows what she wants will have

no trouble in directing her willing subject in the ways of dating which she prefers.

Can there be a better existence than that of a Senior Bachelor? I think not. All of the evidence points to Senior Bachelorhood as ideal for a male

who wishes to date. The hard part is waiting that long...

By MASON VAIL  
SOMETIME STAFF WRITER (AND SENIOR BACHELOR OF YESTERYEAR)

Editor's note: I couldn't agree more. May scores of women heed your wise, wise words, O roommate of whom I am currently unworthy.

**Friday nights have provided many a quiet and productive study session for the Senior Bachelor.**

**He is unblemished and perfectly malleable in the hands of his female who can mold him as she wishes.**

## Four reasons to vote for Alan Keyes... Alan who?

Well, it's 1996, and you know what that means. Leap year (and Presidential elections). And now, the time you've all been waiting for--my choice for President of the United States. And the winner is... Alan Keyes.

Huh? Who? Alan Keyes.

In case you haven't heard, there is a black, conservative, Christian man who is running for President, and he is making a name for himself. Although he doesn't have a snowball's chance on a hot day of winning a nomination, he is still my favorite candidate, for four major reasons.

First, Keyes is a man of impeccable character and great integrity. He realizes that America has strayed away from the Creator and that in order for us to become the great nation that our forefathers hoped that we would be, we need to get back to the One who gave us the freedom that we have.

Keyes constantly says that freedom is from a "transcendent authority" and freedom can't be exercised without discipline. "If it comes from a certain authority, it has to be exercised with some respect for that authority."

It is this kind of character that I would love to see in the White House, especially in comparison to the current circus we are putting up with now.

Second, Keyes is anything but wishy-washy. He comes out and says what he feels and does not allow himself to be intimidated by outside groups.

Many see this as his downfall, but it is exactly what the country needs. If he is elected, then no one can be confused about what they are getting for a President. He is adamantly against abortion, he believes that America's problem is a "heart" problem, and he is willing to tell the country that it needs to rekindle its relationship with its Creator. He has laid his cards out on the table, and now it is the country's turn to take him or leave him.

The third reason that Keyes is my

**He has integrity. His beliefs are uncompromised. He is a minority member. And he'll expose hypocrisy. Keyes '96.**

choice for President is that, if he is elected, so-called "oppressed" minorities will no longer be able to claim that America is a nation of hateful, racist, white bigots. A minority member as President would test their complaints; we would find out if their claims are really personal and heartfelt, or if they are just pushing a liberal agenda to make conservative whites look bad.

The fourth, and most "entertaining," reason for my support of the Keyes campaign is that it makes a couple of liberal groups show just how hypocritical they actually are.

First of all, there is the NAALCP, the National Association for the Ad-

vancement of Liberal Colored People, a group which claims to support all members of all minorities. Well, the truth is, you'd be hard-pressed to find a single conservative who is supported by this group. Needless to say, Alan Keyes has not yet received an endorsement from them. Hypocrites.

Standing next in the hypocrisy line is Jesse Jackson and his liberal Rainbow Coalition. Perhaps a more appropriate name for this organization would be the Monochrome Coalition, since it has never come out in great support for anyone that is not black. But, again, Alan Keyes, although he is a black man, has not received an endorsement.

This just goes to show that these groups do not really care about fairness or leveling the playing field, but rather about liberalism. If they could see past themselves and really had a desire to make this a better country, then they would support of the only black this year who even has a remote chance of becoming President of the United States.

Why Alan Keyes? Our country was founded by religious people, and they knew that we had God-given rights. Well, with Keyes, maybe our country would begin to head back towards the God who gave us these rights.

Besides, he's a Republican. He'd be perfect for the job.

BY CHRIS FIELD  
STAFF WRITER

### LETTERS

with lust is committing adultery (Matt. 5:27-28). Young adults know it is wrong, because it is something that they try to hide from their parents and others. We realize that your conscience may not always be right, however, the Holy Spirit is, and one of His main duties is to convict us of wrongdoing.

We sincerely hope that your article was a cry for help. It is obvious that you are misguided and do not even know what you yourself truly believe. For instance, you said that you do not believe in the existence of a heaven, yet you "encouraged" staff writer John Fraley to say that "Christians will not be alone in heaven." Has this changed or do you simply not know what you believe?

Please do not take this as an attack on you, personally, it is just an attempt to bring to your attention some beliefs that do not seem very clear to you.

In the "Spirit of Brotherly Love,"

--Bill Ceele & Tim Wiegman

## Joke in poor taste

To the Editor:

Though at first I took the guest editorial ("Resident Spirit Breaks Loose!" Jan. 23) seriously, it has now come to my attention the article in question was intended to be a joke. If the article was of serious intention my heart goes out to the writer. However, the article, as a joke, was in poor taste. I do not find God to be one to mock. His ways are straight and true and it concerns me that *The Crusader* treats His ways so lightly. I imagine you will reply with some remark about us "pretty little NNChristians" being so easily

wound up and I imagine to an extent you would be correct. Just let it be said, God is not to be taken lightly, especially for a bad joke.

Sincerely, w/ Hugs + Kisses,

--Phillip Jensen

*Editor's heretical note: The Spirit of Heresy is, of course, very secure in his / her / its beliefs, and as an immortal, bodiless entity, and certainly not a student, does not see the need to change his / her / its / ways. He / she / it is equally amused at the bent of several students to take him / her / it seriously.*

## Don't threaten us

To the Editor:

I am writing concerning Paul Miller's response to your phone service article. I don't remember ever having problems with outside phone lines, and while I don't doubt that there were, how serious could they have been? If there were only 12 outgoing lines before (and 14 incoming), why in the world would we need 90 now? If the problem was so bad as to require an additional 64 lines, then I would think I would have had at least one or two problems throughout the year. Also, it seems as though Mr. Miller's defense of departmental discounts was more of a threat than anything else. He says that the administration "would gladly reduce student rates if students were willing to pay an additional \$30 per month fee." Well, for all of you mathematics fans, let's do a little number crunching. A department pays thirty dollars a month for each phone line, most of which are used by only one person--

the resident of each particular office. However, in the dorms, most phone lines are shared by two people, and in the cases of Corlett and Olson, more likely four. Now, with a \$30 per month fee, a phone line in Corlett would bring in \$1440, and a normal dorm line would be \$720--twice that of any department line. I'll bet that Mr. Miller would gladly give us a discount (on additional long distance charges) for those types of numbers, especially since the departments use their phone lines more than the average student.

Mr. Miller emphasizes that everything they've put in was very expensive, a quarter of a million dollars in all, "at no direct cost increases to the students." I think the operative word here is "direct." In other words, there is most likely an *indirect* cost increase to us, such as increased tuition, student fees, etc. I'm sorry, but I refuse to believe that this \$250,000 system was donated by the friendly folks at AT&T. I must say, also, that it doesn't seem right that we can throw so much money into a system (which is anything but perfect, simple, ideal, etc.) while there are rumors going around about cutting faculty, rumors about cutting academic and extracurricular programs, while students are living in decrepit, nearly condemned dorms, and while certain programs (i.e. dietetics) seem to be worthless as far as the real world is concerned. It seems to me that we are putting the cart ahead of the horse, if you will. And in my opinion, the horse is getting tired of pushing around such an useless cart.

Signed,

--Brad Jahn

### REVIEW

## Godfather's brings quality service and atmosphere to the Treasure Valley

Those who are pizza lovers could not be happier to know that yet another Friday night pizza opportunity has come to the Treasure Valley. The granddaddy of pizza's--Godfather's Pizza--has recently opened a store worth visiting in nearby Meridian.

### Godfather's

### Pizza

Reviewed by Tim Schlack

I found Godfather's to be an excellent dining establishment for three basic reasons: service, atmosphere, and overall eating satisfaction.

First, the service of Godfather's was good. My friends and I walked into the newly-opened restaurant expecting that it would be busy, and to no surprise it was. This did not affect the quickness with which we were served, and our order was taken with great courtesy. Our waiter even asked if we would care to have a salad.

We found that there was a good variety of choices on the menu. There were the traditional selection of toppings and a Jumbo combo that included six toppings and an order of bread sticks for \$15.99. The usual pepperoni, Canadian bacon, and combination pizzas were there, along with about six different choices of custom pizzas ranging from the vegetarian to the bacon cheeseburger pizza--topped with pickles--to a taco pizza that looked tempting. The bread sticks looked appetizing, but for that night they were out of our budget. Free refills on drinks were a great relief to our pocket books.

Our pizza arrived piping hot, though possibly a little on the late side. The 35-minute wait was possibly the most negative part of the evening.

Second, the atmosphere truly enhanced the dining experience. The lighting in the place was excellent. The atmosphere was a great deal better than the dark, secluded, cave-like ambiance of my hometown Godfather's in Montana. Our booth was private, yet not too small. All the eating areas were clean and the cleanliness of the staff was appreciated. One particular element that I did not care for, however, was that the entire mood of the place was ruined by the country western music playing softly in the background. While other customers may thoroughly enjoy such music, I fail to see the connection between pizza and the bronco-busting scene.

Finally, the overall eating experience was superior. The pizza we ordered, a jumbo meat combination for only \$13.99, was very tasty, exactly like the ones I remember eating with my family.

As far as price is concerned, Godfather's pizza is comparable to Pizza Hut and Chicago Connection. True, places like Domino's, and Little Caesar's are going to be able to offer better prices, but Godfather's quality and service go beyond those of other pizza places.

Sadly, the major drawbacks to planning an excursion to Godfather's is its location in Meridian; I'm pretty sure they won't deliver to Nampa. After all though, students often drive over to Shari's. Those who are accustomed to having pizza delivered to their dorm lobby just might have to get a group together and make an evening excursion to Godfather's for some worthwhile pizza.

### STAFF INFECTION

Teri Kaptein specifically asked me not to quote her when she said, "Don't ever quote me in the newspaper" ... in related news, much pity for all those who took last week's Spirit of Heresy article seriously, although the writer is glad some people read it (see our letters to the editor) ... When watching the Super Bowl, it is advisable to keep a safe distance between yourself and Chucky--like about two time zones ... what's with this M. T. Bernard guy? ... Just a thought: Toby was wondering if the disciples ever cracked jokes on their long desert journeys ... "Hey Judas, pull my finger?" ... Chris Field, we found something of yours in the recycling bin--a very illustrated SI ... For your vanity and enjoyment, here are the lucky winners in our weekly random names game: Adrian Van Hooser; Katie Sterk; Juli Barton ... for old times' sake ... All *Crusader* editors are offering a \$5 reward for any information leading to the capture and conversion of some Spirit of Heresy ... haha.

## Lady Crusaders deserve better

Many of you will never have heard of me much like many of you may be surprised to know that NNC has a very good women's basketball team.

Coming from Alaska I never took much interest in women's sports. Nothing really changed here until I saw how many trophies the girls basketball team has at the gym. I made it a point to go and see the girls play at least once. The main reason being, so that I could say that I went and watched them play, once.

Well, the one time did it for me, I am hooked. Not only is the girls' team good, but they are a very well-coached team. The NNC women's basketball team plays just as they are named, as a team. This is not an easy task and it requires much time and dedication. I was in utter shock at how dominant these women were on the court. They play with an intensity that makes some guys' games look weak by comparison. They work the court very well and are dominant not only on offense but on defense as well. I was amazed at how many three-pointers the women's team made.

Not only does the team have a strong inside game but they also have

an excellent perimeter game as well. I guess that I am the one to blame for thinking of women as the weaker sex because I saw no weakness in the way that our women crashed the boards. These women work hard throughout the whole game.

One of the main reasons that I wrote this little note to all my fellow students is in the hopes of getting a better turnout at games. The women practice just as much as the men and they play just as hard. The only thing that the games lack is the student body supporting and shouting out praises to the women's team.

The atmosphere and sound of a game draws both player and fan more closely into the game. The fans get the feeling of being caught up in what is happening on the court. Without this atmosphere, a lot is lost for both the players and the fans. These women deserve to be recognized and praised for their hard work and excellence. Come out and support the team, you will not be let down.

A GUEST EDITORIAL BY JOEL ALSWORTH  
SPECIAL TO THE CRUSADER

## Two passes cost Pittsburgh the ring

Larry Brown, Larry Brown and Larry Brown.

Pittsburgh Steeler fans will cringe at the mention of this name for quite some time.

To the surprise of the entire nation, Super Bowl XXX was a ballgame. Although the favored Dallas Cowboys left the field with the trophy and the ring, the Pittsburgh Steelers left the field with America's respect, something AFC teams have not received in recent years.

Earning MVP for the game, defensive back Larry Brown pulled down two interceptions for the Cowboys, both of which came at the worst time for the Pittsburgh Steelers.

The Steelers stayed in the game behind timely defensive stands and Neil O'Donnell's passing, with the exception of two passes.

With four minutes to go, Pittsburgh had the ball and the momentum thanks to a series of strong defensive stands. The entire country actually sat up on the edge of their seats as the Cowboys seemed to be reeling. Maybe, just maybe, Pittsburgh could pull off the impossible. The sensation lasted about one play.

Facing a Dallas defense blitzing in the hopes of making something happen, Neil O'Donnell choked. He threw a pass Vinny Testaverde in his Hurricane prime wouldn't have thrown.

I thought of Bill Buckner's World Series blooper, Chris Webber's ill-fated timeout, or Scott Norwood kicking wide to the right. Then I found myself wishing O'Donnell had chosen to pull a Scottie Pippen and sit out the last crucial drive.

Larry Brown was wide open. O'Donnell had checked off the audible letting his receivers know their was a blitz coming. The Steelers picked up the blitz like a professional football team should have, O'Donnell panicked. Rather than firing a pass that nobody would catch, he threw a lazy pop fly that Larry Brown simply stood and waited for. The nearest Steeler was ten yards away.

Emmitt Smith iced the game with his second touchdown of the game.

For the third time in four years the Dallas Cowboys are World Champions. Dallas 27, Pittsburgh 17.

BY TOBY JEFFREY  
SPORTS EDITOR

Two interceptions become the big story line to an otherwise great Super Bowl, finally.

# Lady Crusaders move to seventh in the nation

Ladies win two while men get snowed into Portland Airport, splitting weekend games

Winning on the road is important in any conference race.

As the NNC basketball teams began the second half of the Cascade Conference schedule they faced their second straight road trip.

On Friday evening, both teams traveled to Portland, Oregon to face the Cavaliers of Concordia. The Cavaliers opened the weekend in the cellar of the conference standings in both men's and women's ball.

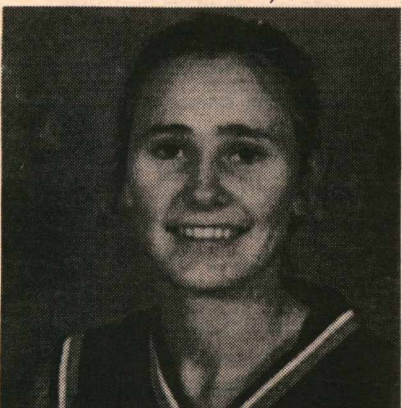
The Lady Crusaders stepped up against the weaker Concordia team and dominated the game from start to finish, winning 68-54.

The Lady Saders led by as many 22 points in the game. Although the Cavaliers made a run, NNC held on for the 14-point win.

Coach Schmidt was pleased with the overall effort. "We played 11 players and at this point in the season we need to do that," he added. "I was pleased with our effort, our shot selection was good."

For the game, the Saders were led by Erica Walton and Kari Smith, each scoring 19 points on the night. Donna Knight added 17 points, pulling down 7 rebounds as well.

After the game, Coach Schmidt and team flew out of Portland just ahead of



Erica Walton scored 30 points on the weekend for NNC.

a major snow storm.

Saturday evening, the Lady Crusaders made the trip to Eastern Oregon.

Jumping to an early 10 point lead, the Lady Saders controlled this game from beginning to end, winning 72-62.

Once again Coach Schmidt used the cushion as a chance to get everyone some playing time.

With the bench in the game, Eastern Oregon stayed close, but the game was never in doubt.

"I was pleased with our second-half start," said Coach Schmidt. "We were up 10 at the half and right away the lead was 21. That was nice."

Donna Knight led all scorers in the game with 23 points while pulling down 9 rebounds. Ellen Duncan added 15 points.

In the national rankings, the Lady Crusaders moved up to seventh place in the country.

For Coach Weidenbach and the men's team it was an interesting weekend.

Friday, the men faced a Concordia team that despite a 1-7 record is one of the conference's tougher teams.

The Crusaders used a balanced game of inside and outside shooting to take a two-point lead to the locker room at halftime. In the second half, NNC took control with two big scoring runs to win the ball game 75-61.

Trevor Stott stepped up his game to help the Crusaders win. Stott scored 14 points and pulled down 12 rebounds.

"I thought Trevor had a great game," said Coach Weidenbach. "It was his best game of the year."

Chad Herron added 14 points as well, including four 3-point shots that played a key role in breaking the Concordia zone defense in the second half.

After the game, the men's team found themselves snowed into Portland airport. Unable to fly out, the



Trevor Stott scored 14 points in Friday's win over Concordia, 75-61.

Crusaders were forced to wait until Sunday morning for the skies to clear.

As a result, Saturday's game against Eastern Oregon was rescheduled for Monday night.

Against Eastern Oregon, the Crusaders struggled offensively in the second half.

With six minutes to play, NNC led the game 64-62. Over the next four and a half minutes the Saders failed to score. Forced to foul down the stretch, the Saders were unable to surmount the dry spell falling in a disappointing 74-70 loss.

On the game, Tony Schumacher led NNC with 14 points. Nate Smith added 13 points and pulled down 12 rebounds.

The loss ended a five game winning streak for the Saders.

Both teams return for a much needed home stand. The men's team plays Friday and Saturday night against Southern Oregon and Oregon Tech, respectively. Both games will begin at 7:30 p.m. The Ladies will play Saturday against Southern Oregon, this game will begin at 5:30 p.m..

BY TOBY JEFFREY  
SPORTS EDITOR

### Cascade Conference Standings

#### Women

	Conf.	Overall
Western Oregon	6-1	16-4
NNC Crusaders	6-2	13-7
Albertson	5-3	15-9
Southern Oregon	3-3	13-9
Western Baptist	3-4	15-8
Eastern Oregon	2-5	4-14
Concordia	0-7	5-21

#### Friday's games

NNC 68, Concordia 54  
Albertson 52, Eastern Oregon 38  
Western Oregon 83, Southern Oregon 62

#### Saturday's games

NNC 72, Eastern Oregon 62  
Albertson 78, Concordia 49  
Southern Oregon 79, Western Baptist 49  
Western Oregon 60, Western Baptist 49

#### Men

	Conf.	Overall
Albertson	8-0	19-2
Western Oregon	7-1	14-5
NNC Crusaders	6-2	14-7
Western Baptist	4-4	15-10
Eastern Oregon	4-4	10-12
Oregon Tech	2-6	12-10
Concordia	1-7	9-12
Southern Oregon	0-8	5-18

#### Friday's Games

NNC 75, Concordia 61  
Albertson 85, Eastern Oregon 70  
Western Baptist 65, Oregon Tech 60  
Western Oregon 103, Southern Oregon 56

#### Saturday's games

NNC at E. Oregon, ppd. snow,  
Albertson 81, Concordia 62  
Western Oregon 80, Oregon Tech 69  
Western Baptist 86, Southern Oregon 66

#### Monday's game

Eastern Oregon 74, NNC 70

# Lobster (yuck) and other sick seafood

*Lobsters are insects and oysters must be related to phlegm*

I am pleased to report that the scientific community has finally stopped wasting time on the origins of the universe and started dealing with the important question, which is: Are lobsters really just big insects?

I have always maintained that they are. I personally see no significant difference between a lobster, and, say, a giant Madagascar hissing cockroach, which is a type of cockroach that grows to approximately the size of William Howard Taft (1857-1930). If a group of diners were sitting in a nice restaurant and the waiter were to bring them each a freshly killed, steaming-hot Madagascar hissing cockroach, they would not put on silly bibs and eat it with butter. No, they would run, retching, directly to the restaurant to the All-Nite Drive-Thru Lawsuit Center. And yet these very same people will pay \$24.95 apiece to eat a lobster, despite the fact that it displays all three of the classic lobster biological characteristics of an insect, namely:

1. It has more legs than necessary.
2. There is no way you would ever pet it.
- 3) It does not respond to simple commands such as, "Here, boy!"

I do not eat lobsters, although I once had a close call. I was visiting my good friends Tom and Pat Scroth, who live in Maine (state motto: "Cold, But Damp"). Being generous and hospitable people, Tom and Pat went out and purchased, as a special treat for me, the largest lobster in the history of the Atlantic Ocean, a lobster that had probably been responsible for sinking many commercial vessels before it was finally apprehended by nuclear submarines. This lobster was big enough to fee a coastal Maine village for a year, and

there it was, sprawling all over my plate, with scary insectoid legs and eyeballs shooting out in all directions, while Tom and Pat, my gracious hosts, smiled happily at me, waiting for me to put this thing in my mouth.

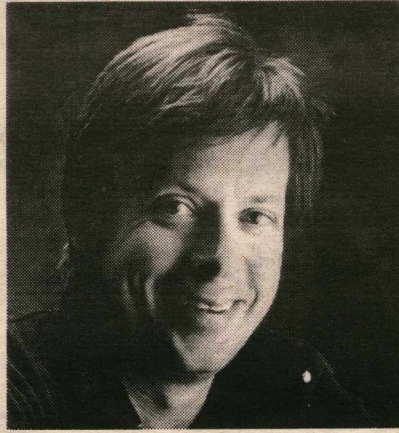
Remember, when you were a child, and your mom wouldn't let you leave the dinner table until you ate all your Brussel's sprouts, and so you took your fork and mashed them into smaller and smaller pieces in hopes of eventually reducing them into individual Brussel's sprouts molecules that would be absorbed into the atmosphere and disappear? That was similar to the approach I took with the giant lobster.

"Mmmm-MMMM!" I said, hacking away at the thing on my plate, and when nobody was looking, concealing my pieces under my dinner roll, in the salad, in my napkin, anywhere I could find.

Tom and Pat: I love you dearly, and if you should ever have an electrical problem that turns out to be caused by a seven-pound was of old lobster pieces stuffed into the dining room wall socket, I am truly sorry.

Anyway, my point is that lobsters have long been suspected, by me at least, of being closet insects, which is why I was very pleased recently when my alert journalism colleague Steve Doig referred me to an Associate Press article concerning a discovery by scientists at the University of Wisconsin. The article, headlined GENE LINKS SPIDERS AND FLIES TO LOBSTERS, states that not only do lobsters, flies, spiders, millipedes, etc., contain the EXACT SAME GENE, but they also are all descended from a single common ancestor: Howard Stern.

No, seriously, the article states that



the ancestor "probably was a wormlike creature." Yum! Fetch the melted butter!

And that is not all. According to articles sent in by alert readers (this was on the FRONT PAGE of the New York Times), scientists in Denmark recently discovered that some lobsters have a weird little pervert organism living ON THEIR LIPS. Yes, I didn't even know that lobsters HAD lips, but it turns out that they do, and these lips are the staging ground of a tiny creature called "Symbion Pandora" (literally, "a couple of Greek words"). The zoology community, which does not get out a lot, is extremely excited about Symbion Pandora, because it reproduces differently from all other life forms. According to various articles, when Symbion Pandora is ready to have a baby, its digestive system "collapses and is reconstituted into a larva," which the parent then gives birth to by "extruding" it from its "posterior." In other words -- correct me if I am wrong here -- this thing basically reproduces by pooping.

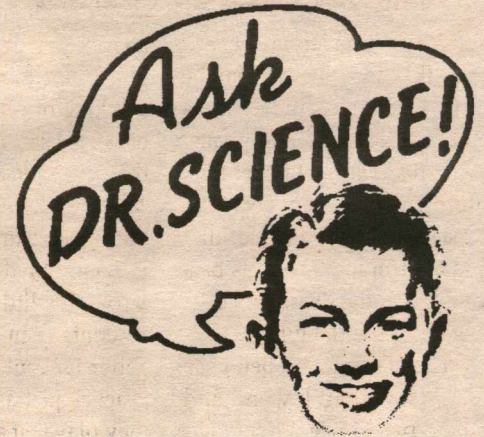
So to summarize: If you're looking for a hearty entree that (1) is related to spiders; (2) is descended from a worm; and (3) has mutant baby-poopers walking around on its lips; then you definitely want a lobster. I myself plan to continue avoiding them, just as I avoid oysters, which are clearly -- scientists should look into this -- members of the phlegm family. Have you ever seen oysters reproduce? Neither have I, but I would not be surprised to learn that the process involved giant undersea nostrils.

And don't get me started on clams. Recently, I sat across from a person who was deliberately eating clams: she'd open up a shell, and there, in plain view, would be this stark naked clam, brazenly showing its organs, like a high-school biology experiment. My feeling is that if a restaurant is going to serve those things, it should put little loincloths on them.

I believe that Mother Nature gave us eyes because she did not want us to eat this type of food. Mother Nature clearly intended for us to get our food from the "patty" group, which includes hamburgers, fish sticks and McNuggets -- foods that have had all of their organs safely removed someplace far away, such as Nebraska. That is where I stand on this issue, and if any qualified member of the lobster, clam or phlegm-in-a-shell industry wishes to present a rebuttal, I hereby extend this offer: Get you own column.

Dave Barry is a syndicated columnist with the Miami Herald.

Hey, everybody it's time to . . .



Dear Dr. Science:

Why don't spiders get caught in their own webs?  
--Dan Hunter, Des Moines, IA

Psychologists long insisted that spider webs were merely projections from the unconscious mind of the spider, a kind of arachnid virtual reality versions of accumulated neurosis, but now we know the explanation is much simpler. Spiders have their feet coated with Teflon. Their webs are spun from Velcro. If webs were Teflon, or their feet were coated with Velcro, they'd be prisoners of their homes like so many of us. But nature is wise, crafty and elegant, as well as cynical and malevolent.

Dear Dr. Science:

Is there a scientific basis for the affinity that law enforcement officers have for donuts?  
-- Timmy Werner, Seattle, WA

There is, and it lies in the criminal nature of pastry. Being toroidal in shape, donuts are the culinary equivalent of a snake eating its own tail, a perpetual motion machine, if you will. This violates the laws of Thermodynamics, and any cop worth his badge has a gut feeling whenever a law is broken. So the next time you enter a donut shop and see a policeman chowing down on a baker's dozen, keep a respectful distance. He's risking his cardiovascular system to serve and protect.

Dear Dr. Science:

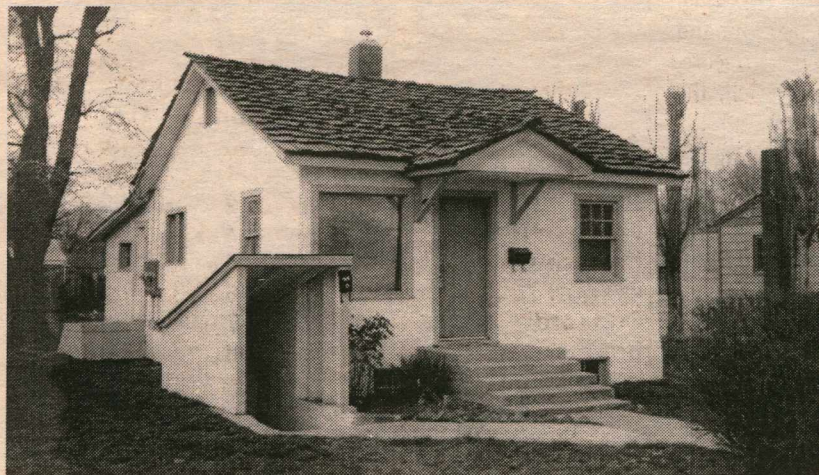
Is a periodic table more frequent than an occasional table?  
--Earl Mitchell, Twin Falls, ID

Periodically, which means of course, that it's more often less frequent. In humans they call this bipolar disorder. In furniture it's not considered a liability, but rather an asset. Occasional tables aren't expected to be dining room tables, or even TV trays. So it's all a matter of expectations, and we will only be content when we learn to reduce our expectations of inanimate objects. Accepting them for what they are, rather than wishing they were other objects, or pets, or even our best friends. My best friend is a gas chromatograph named "Oscar," but that's a choice I've made, not an expectation.

"There is a fine line between ignorance and arrogance," says Dr. Science, "and only I have managed to erase that line." Each day Dr. Science puts that philosophy to work and grapples with your questions. Write Dr. Science, Box 22513, San Francisco, CA 94122

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