

USA

1 stick butter 1/2 tsp salt
1/4 cup sugar flour
Preheat oven 3
that's to hot

MORTON
SALT
SALT
SALT

C&H
PURE
CA

ARM & HAMMER
BAKING SODA

ARM & HAMMER
BAKING SODA
Nutrition
Serving Size 1 tsp (5g)
Servings Per Container 20
Amount Per Serving
Calories 0
Total Fat 0g
Sodium 0g
Total Protein 0g

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october 24 2003

"Ask not what you can do for your country. Ask what's for lunch."
-Orson Welles

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Nothing gets me more excited than finding my *Real Simple* magazine in my mail box each month. For the lay person *Real Simple* is publication devoted to useful advice about everything from cooking to exercise (emphasis on the cooking). I flip through it (mostly looking at the pictures) and excitedly plan the great meals I will cook for my roommates. This never happens, of course, and I resort to a healthy dinner at Taco John's once again.

This week's issue is a little taste of fall. If you are feeling festive despite the eighty degree weather, you should give one of these seasonal recipes a try. Plan an evening away from the Dex and cook something. Sure you have a million pages to read, several papers to write, and world-changing issues to discuss, which leaves no time to cook. It is amazing to me when I'm completely overwhelmed with life, how good being domestic can feel. It is one thing I can control and enjoy at the same time. I get to see immediate results of my efforts, whether I burn the dinner or have a delightful meal. Sometimes it's nice to focus on the mundane like cleaning the house or cooking. This week try conquering your kitchen instead of the world. Maybe the former is just one step towards later.

Anna Salisbury

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Assistant Editor, *Crusader*

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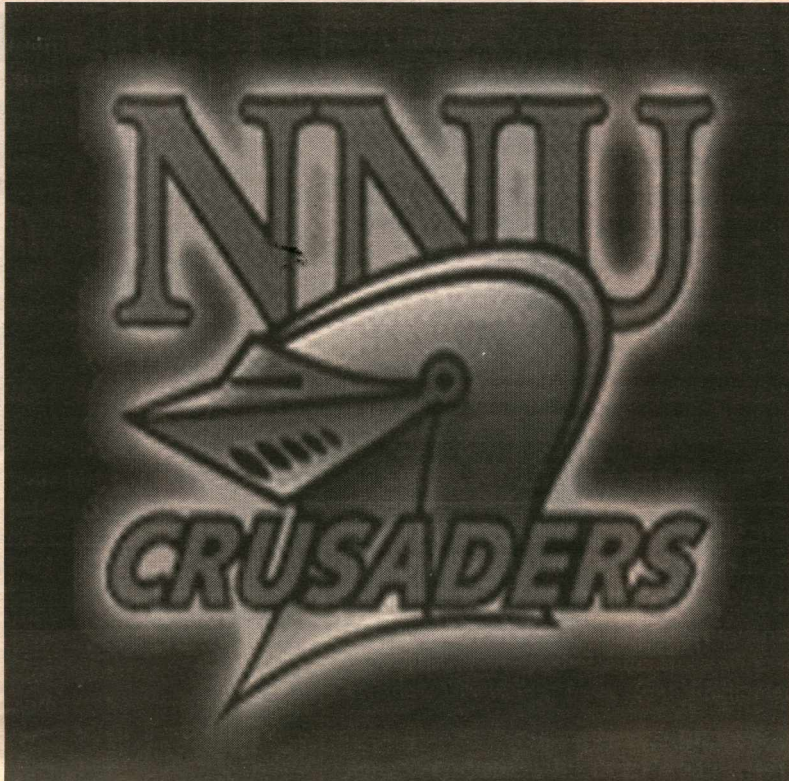
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1 0 CRUSADER 3

the crusader's greatest victory

By Brian Mackey We are the Crusaders, so it is only right that we know about our namesakes. They have left us a great legacy, one that we should all be aware of if we dare to call ourselves by their name. Imagine with me that you are back in time, in 1099 to be precise, and right outside of Jerusalem. The glorious armies of the First Crusade have arrived and are about to liberate for God this most holy of cities. I could describe what happened, but I think I will let you hear it from the words of a crusader who was actually there.

"Now that our men had possession of the walls and towers, wonderful sights were to be seen. Some of our men (and this was merciful) cut off the heads of their enemies; others shot them with arrows, so that they fell from the towers; others tortured them longer by casting them into the flames. Piles of heads, hands and feet were to be seen in the streets of the city. It was necessary to pick one's way over the bodies of men and horses. But these were small matters compared with what happened in the Temple of Solomon, (actually a mosque, Brian's note)



a place where religious services are normally chanted. What happened there? If I tell the truth, you would not

believe it. Suffice to say that, in the Temple and Porch of Solomon, men rode in blood up to their knees and bridle reins. Indeed, it was a just and splendid judgment of God that this place should be filled with the blood of the unbelievers, since it had suffered so long from their blasphemies. The city was filled with corpses and blood." From *Raymond d'Aguilers, Historia francorum qui ceprint Jerusalem*

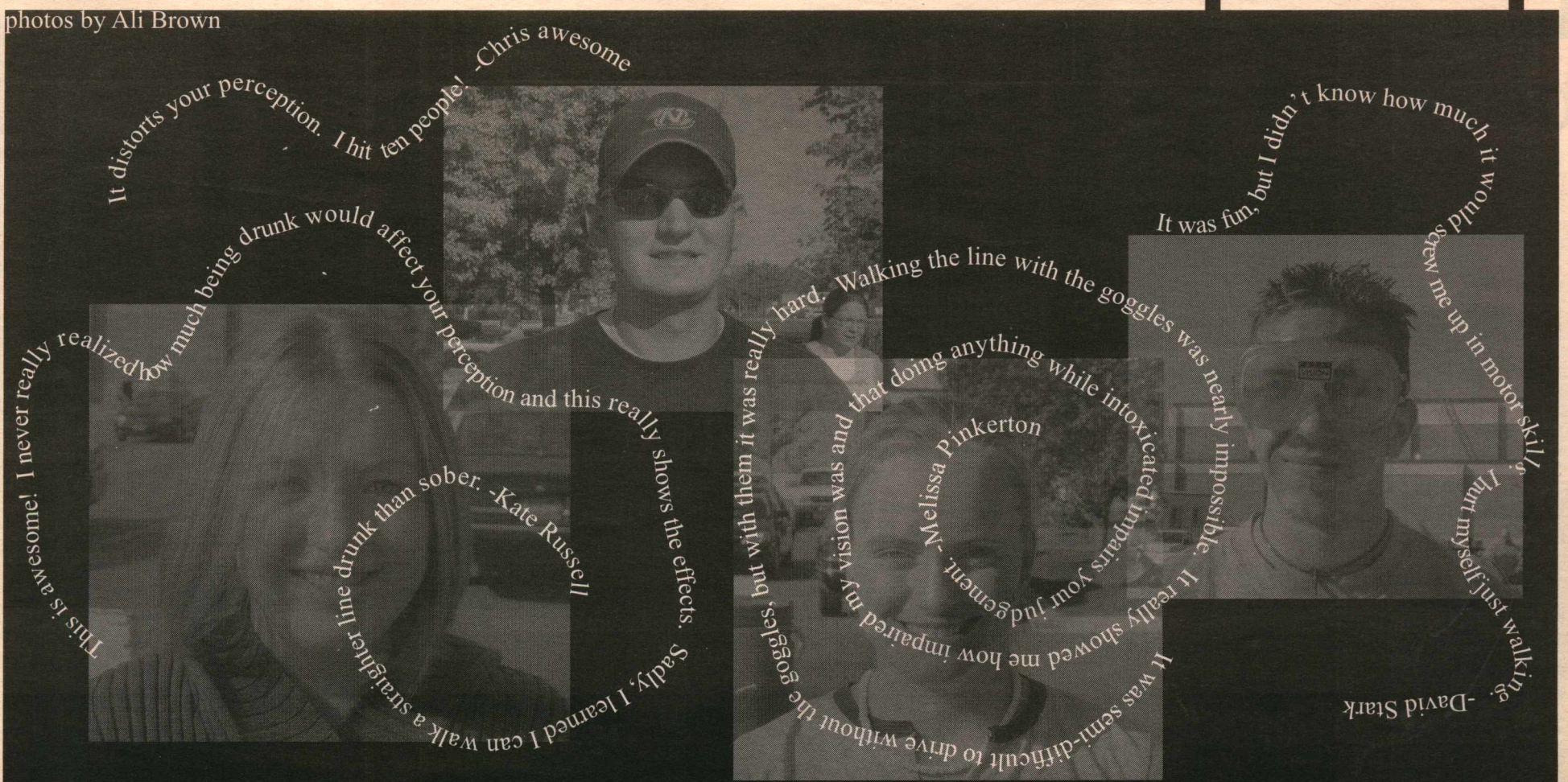
Out of over 40,000 people in Jerusalem, only a few thousand managed to escape alive, and most of them were sold into slavery. What a glorious tradition and what a great witness we are proclaiming ourselves to be heirs of when we call ourselves crusaders. If we are to be crusaders then we should all know what that means. If we are to continue with this glorious tradition we

are claiming for ourselves then let us simply go forward, ignoring the people that are against our name, ignoring the bad image it leaves, ignoring the insult it gives to other races, and ignoring everything that Jesus ever said about loving people. Go Crusaders, God's holy soldiers.

Peer health educators host beer goggle demonstration on campus for Alcohol Awareness Week

perceptions on — fatal vision

photos by Ali Brown



refresh-eree

By Amy Carner Kudos to the Sophomore Class Council for making Fresheree great this year. I went with the sole purpose of seeing a few of my friends do a little song and dance and did not anticipate the hilarity of the evening. There was a lot of original stuff this year which is always impressive. The songs that were written to our dear NNU were very funny. Millie Bustos' NNU Folksong was not only funny, but sadly an accurate description of how rumors of budding relationships spread so quickly. Wendy Leben's ode to NNU food entitled *God Must Have Spent a Little Less Time on You*, was beautifully sung and, again, sadly accurate.

While songs always seem to be a large part of Fresheree, I was impressed with the mixed media of the evening. As a fan of Conan O'Brien, I thought *Secrets of NNU* (by Aaron Montgomery, Sterling Straight, Kevin Tibbs and Melissa Snow) was particularly funny. While the idea is from T.V., the content was totally original. I was disappointed to hear of Gene's college chapel fines, and of Dr. Ponsford's opinion of the "weird" Professor Dennis.

I suppose I shouldn't say the dancing was amazing, so I'll refer to the "choreography" of the evening as quite impressive. I think there were some people who haven't done anything for the past 4

weeks aside from prepare for their debut at Fresheree. *Nate Knodel and Crew* gave us an entertaining rendition of Michael Jackson's *Smooth Criminal*, complete with the moon walk. I also know first hand that the *Domino Jazettes* (Angie Finton, Alicia Kafka, Katie Powell and Andrea Heap) have been practicing their jazz dance number for weeks. It was obvious, once we saw their impeccable coordination, that these girls were serious about performing.

There's always that person who has a serious talent and blows everyone away with their act. Brenden Blowers was that person this year. His break-dancing was more than impressive; it was so much fun to watch.

Maybe I'm out of the loop and didn't know that Ian William's *NNU Speak and Spell* was from *Space Odyssey: 2001*, but still thought it was a crack up. It brought out an "unexpected spurt of laughter at a quiet moment" from me, which is a testament to how funny it was.

My biggest comment from the evening is that I think it was the perfect length. It was long enough to incorporate a lot of different people and things, but not so long that I started to lose interest. I congratulate everyone involved, including host Jeremy Hodges (who only had 2 days to prepare), for making the evening a success!



Nate Knodel and Heidi Hansen celebrate sweet victory

boys will be evolved combat soldiers

By Krystal Back

For some people, the thought of blowing somebody's head off makes them want to vomit. But for other people, it is a way to relax and a great way to wind down. Now, I am not talking about somebody really sick and twisted such as Saddam Hussein or Adolf Hitler. Oh no, I am talking about the vast majority of the male population here at NNU. I am talking about the wonderful world of Halo.

For those of you who have not yet

had the delight of encountering Halo, it is a video game which involves a lot of shooting and otherwise demolishing all life forms until you reach the end which I think is something involving world domination. Now I am not one of those people who criticize something that they know nothing about. I have played a few rounds of "Capture the Flag" and "Oddball," not to mention the many hours worth of Halo that I have observed. But the Halo craze was brought to a whole new level last Friday night with the first ever actually organized NNU Halo Tournament. There were 32 very focused boys in the Corlett lobby, all very intent on being the best Halo players that they could possibly be. There had been many hours of preparation, practice and planning that had gone into the event. And they make fun of girls for how excited we are about getting a great deal on a brand new pair of shoes...

By Andrew Kerr Are there a few people who you simply cannot stand to be around? For one reason or another I find myself avoiding certain people because I do not want to be fake toward them. I find a few people annoying, fake, cold, or simply weird, and I wonder if I should try and manufacture affectionate feelings so that I like them. God told us to love our neighbors, and that includes these people who I am not very fond of (it also includes my enemies). But how can I love them if I do not like them? Is it possible?

In this case, God gave us a great example of how to love someone. This example is how we love ourselves. Our love for ourselves does not mean that we like ourselves, it means that we wish our own good. Sometimes I do something that makes me not like myself at all, but all the time I wish the best for myself. I give myself the benefit of doubt and hope that I might not make the same mistake again. Liking someone is an emotion that can come and go. I do not say to myself, "I must like this person because he/she has good qualities." I just sort of fall into liking them because the time spent with the person is pleasurable, fun, or somehow enjoyable. This natural liking or disliking of a person is not a sin nor a virtue any more than a person's likes and dislikes for food are niether sin nor virtue. What we choose to do about these dislikes is where sin can crop up.

Christian love is not an emotion, but a state of the will, a state which we have naturally for ourselves and must learn to have about others. "Do not waste time bothering whether you 'love' your neighbor; act as if you did. As soon as we do this we find one of the great secrets. When you are behaving as if you loved someone, you will presently come to love him. If you injure someone you dislike, you will find yourself disliking him more. If you do him a good turn, you will find yourself disliking him less. There is, indeed, one exception. If you do him a good turn, not to please God and obey the law of charity, but to show him what a fine forgiving chap you are, and to put him in your debt, and then sit down to wait for his 'gratitude,' you will probably be disappointed. (People are not fools: they have a very quick eye for anything like showing off, or patronage.) But whenever we do good to another self, just because it is a self, made (like us) by God, and desiring its own happiness as we desire ours, we shall have learned to love it a little more or, at least, to dislike it less" (C.S.Lewis) If you go on trying to treat everyone kindly, you will find yourself liking more people, even those who you could never have imagined liking before.

It is possible to love someone without liking them, but loving them will perhaps cause you to like them as well. So let us attempt to wish the best for every person we come into contact with, because God loves them and made them just as much as He loves and made you.

Lord God, Creator of me, help me to wish the best for every person regardless of how I feel towards them. Show me how to truly love and give me the strength and reminder to do it. I do not want to be fake and so I ask that you help me genuinely want the best for every person that you have made. Let me not think that I am better than anyone, but let me know how much you love them so that I can show them your love.

LOVE

KERR

east of Fall

Whirlpool

Fall is the season of the harvest, school. For college students, the cooked meals) and either subsist kitchens. If you're tired of the I The following recipes are su dorm kitchens. They have been relevance to the fall season. So

"Dormestic" Cuisine

Easy Sautéed Broccoli

- 1 package frozen broccoli
- 1 package frozen whole kernel corn
- 1 small can of mushrooms, drained
- ½ cup margarine

Melt the margarine in a large skillet. Sauté the broccoli, corn and mushrooms in the melted margarine. Season to taste. Serve warm.

[TIPS: To *sauté* something means to basically stir the food around in hot butter or margarine.]

Delicious Shrimp and Shells

- 1 ¼ cups small shell pasta, uncooked
- ½ lb cooked medium shrimp
- 2-3 tbs olive oil
- 1 clove garlic, minced
- 1-2 tbs fresh dill, minced
- 1/3 cup Parmesan cheese

Cook the pasta shells, rinse with cool water, and drain. Combine the shrimp, olive oil, garlic and dill in a small skillet and cook until hot. Add the pasta and Parmesan cheese and toss to coat. Makes 2 servings.

[TIPS: Minced ingredients are those which are finely chopped. Add the dill gradually, and taste often, to determine the best flavor for your dish.]

Lemon Rice

- 1 cup rice
- 1 tsp margarine
- 1 tsp grated lemon peel
- 1/3 tsp black pepper
- 2 ¼ cups chicken broth (or water)
- 2 tbs snipped parsley (optional)

Combine the rice, margarine, lemon peel, pepper, and broth in a 3-quart saucepan. Bring to a boil. Reduce heat, cover, and simmer 45 minutes or until rice is tender and the liquid is absorbed. Stir in the parsley. Makes 6 serving.

[TIPS: Parsley often adds color and appeal to simple recipes.]

Basic Fettuccine Alfredo

- 8 oz. Fettuccine noodles
- ½ cup grated parmesan cheese
- 1/3 cup light cream
- 3 tbs butter
- Black pepper (season to taste)

Cook the pasta. Drain and return the pasta to the pot. Add cheese, cream, and butter. Toss gently until

the pasta is well-coated. Sprinkle with pepper. Serve immediately. Makes 4 servings.

[TIPS: "Tossing" means to lightly or gently combine ingredients, usually for mixing or coating purposes.]

Kashi Fruit Salad

- 1 ½ cups Kashi (wheat grains may be substituted)
- Water
- 8 oz. softened cream cheese
- 20 oz. can of crushed pineapple and juice
- 3.4 oz. package of instant vanilla pudding mix
- 2 cans mandarin oranges, drained
- 8 oz. container of whipped topping (cool whip)
- Miscellaneous fruits

Cover Kashi with water and bring to a boil. Simmer until the Kashi is tender, adding more water if necessary (the length of cooking determines the "chewiness"). Cool the Kashi. In a large bowl, whip the pineapple (with its juice) and the cream cheese together. Add the pudding mix and continue whipping. Fold the mandarin oranges, whipped topping, and any added fruits into the mixture. Fold in the cooked Kashi. Makes 10 servings.

*Note: this salad can be made with sugar-free ingredients. Also, add or top with any fruits to taste (grapes, berries, peaches, etc.)

[TIPS: Kashi is a boxed mix of grains and seeds, often cooked as a hot cereal or used in recipes like this one. The grain adds a hearty element to the salad. If you use wheat instead of Kashi, cook it a little longer, simmering it dry—this could take 1-2 hours.]

Easy Parmesan Chicken Breasts

- 4 chicken breasts
- 4 tbs Dijon mustard
- 8 oz. parmesan cheese, grated

Preheat the oven to 375 degrees Fahrenheit. Brush both sides of the chicken breasts with mustard. Coat with parmesan cheese. Bake for 15-20 minutes until crispy. Makes 4 servings.

[TIPS: Use a cooking brush or a small rubber spatula to apply the mustard to the meat. An easy way to "coat with parmesan" is to put the cheese on a small plate or in a pie pan and place the mustard-coated meat on the cheese. Turn the meat over so the cheese sticks to it, then place the prepared chicken breasts in a shallow pan to bake.]

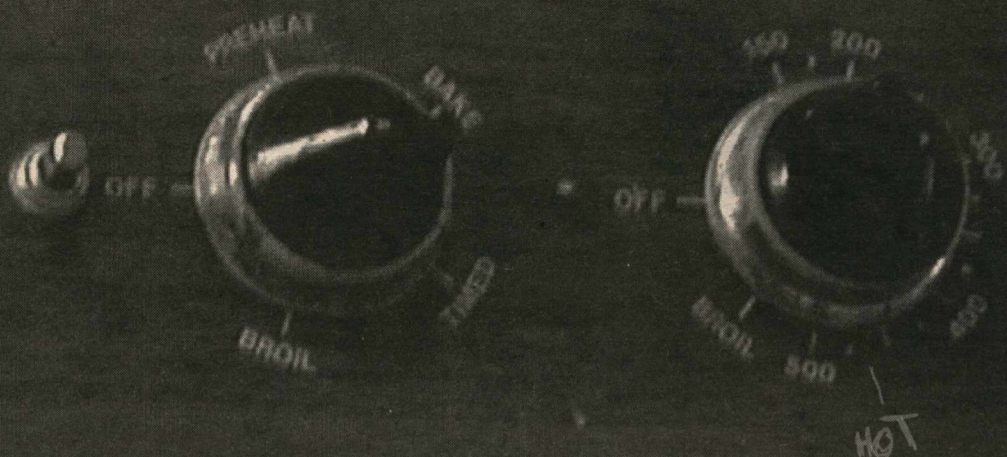
Cinnamon Apple Crisps

- 2 small apples, sliced V
- 1 tbs sugar
- ½ tsp ground cinnamon

Preheat oven to 200 degrees sheets with parchment paper apple slices in a single layer with sugar and cinnamon. B about 2 hours. Cool and ser [TIPS: Parchment paper is a paper used in cooking. It is several sheets. This paper is moisture while preventing f

by Tiana Cutright

fallen leaves, brisk mornings, and the return of students to campus often means leaving home (and all those wonderful home-cooked meals) on cafeteria food, or fending for themselves in dorm kitchens. If you're a "dormestic" chef-hood, you could try your hand at "dormestic" chef-hood. Suggested for producing wholesome meals and party treats in the dorms, these recipes are chosen for their tasty results, their relative simplicity, and their ease of preparation. Have fun cooking up your dormestic creations. *Bon appetite!*



South Pacific Chicken

- Chicken (any pieces)
- Water
- 1 bay leaf
- 1/2 cup vinegar
- 1/2 cup soy sauce

Cover chicken with water, add bay leaf, and bring to a boil. Boil for about 30 minutes. Add the vinegar and soy

sauce and cook for another 30 minutes. Serve and enjoy!
 [TIPS: When you "cover" an ingredient with water, place the ingredient in the cooking container and add just enough water to completely submerge the ingredient.]

Fun Party Snacks

- 8 cups Chex Cereal
- 1 cup unsalted nuts
- 1 envelope onion or herb soup mix
- 1/2 cup margarine or butter, melted
- 1 cup pretzels
- 1 cup gummi candies

Preheat oven to 300 degrees Fahrenheit. In a large bowl, combine the cereal, nuts and soup mix. Add the butter and toss thoroughly. Put the mixture onto baking sheets and bake uncovered for 10 minutes. Cool completely. Mix in pretzels and gummi candy and serve.
 [TIPS: Make sure the soup or seasoning mix doesn't have dehydrated noodles in it!]

Easy Shortbread Cookies

- 1 stick butter, softened
- 1/4 tsp salt
- 1/4 cup sugar
- 1 1/2 cups flour
- Powdered sugar

Preheat oven to 350 degrees Fahrenheit. Cream the butter and sugar together until smooth and fluffy.

Add flour and salt, blending to make a smooth dough. Press dough into an ungreased 8" pie pan. Bake 15-20 minutes until lightly browned. Remove from oven and sprinkled with powdered sugar. Cut into wedges (like a pizza) while still warm. Makes 8 large or 18 small wedges.

[TIPS: To cream butter without an electric mixer, use a sturdy spoon to press the softened butter against the side of the mixing bowl then stir briskly. Repeat until the butter is smooth and other ingredients are evenly combined.]

Simple Key Lime Pie

- 1 small box of flavored gelatin
- 1/4 cup of water
- 2 containers of key lime yogurt (8 oz. size)
- 8 oz. container of semi-frozen whipped topping (cool whip)
- 9" ready pie crust or cookie crumb crust

Dissolve gelatin in boiling water. Stir in yogurt and whipped topping. Pour mixture into pie crust and chill in the refrigerator for at least 2 hours.

*Note: this pie can be made with low-fat and sugar free ingredients. Try lemon or raspberry flavored ingredients too!

[TIPS: Try a chocolate cookie crumb crust with raspberry filling!]

a raspberry in a pie is worth two in a bush!

Hot Spiced Lemonade

- 9 Cups of Water
- 1 Cup lemon juice
- 2 cups orange juice
- 2 cups sugar
- 1 tbs vanilla extract
- 1/8 tbs ground cloves

Combine all the ingredients in a saucepan and simmer gently. Serve the lemonade hot. Makes 3 quarts.

(Tip: Fresh lemon slices make a lovely garnish for this beverage!)

VERY thin
 Fahrenheit. Line 2 baking (not wax paper). Place on the paper and sprinkle until lightly browned.
 very thin, somewhat stiff usually sold in packages of useful in absorbing excess food from sticking to pans.]

eat more than 1 apple crisp a day

life in general

the new comic craze

By Erik Eilers During the past couple of years, the movie-going public has been bombarded with movies based on comic book series. The recent craze began with the release of *X-Men* and exploded with the smash hit *Spiderman*. Now it seems as though the movie industry cannot get comic book movies out fast enough. Recent movies in this genre include *Daredevil*, *Hulk*, and *X-Men 2*. With the success of several of these movies the film industry has been buying up rights to nearly every superhero/superheroine out there (and believe me, that is saying something). Over the next three to four years there are plans for at least a dozen more movies in the genre featuring some very well known heroes such as Captain America (TBA), Iron Man (Summer 2005), The Fantastic Four (Christmas 2004), and Catwoman (July 2004). However, even some lesser heroes are getting their fifteen minutes of fame. Characters such as Shazam, Doctor Strange (2005), and Iron Fist (2005); who might leave all those unfamiliar with the comic book universe scratching their heads in puzzlement, will be getting their own movies as well. Not to mention the sequels that have already begun

with *X2* earlier this year. *Spiderman* is signed for at least two sequels, *X-Men* will have another, and both *Daredevil* and *Hulk* are in the process for sequels as well as a spin-off from *Daredevil* featuring Elektra. There are many more movies being discussed, or rumored, including Green Lantern, Silver Surfer, Wonder Woman, and The Submariner.

However, we are forgetting one important fact. There were comic book movies before *X-Men*. Who could forget the old Christopher Reeves *Superman* movies, or the four *Batmans*. What happened to them? Both are working on additional movies in their series. Batman will go back to his first year as the masked vigilante, to see his origins, and will feature Ra's Al Ghul as the villain, though The Scarecrow may show up as well. The Superman franchise briefly considered basing the fifth installment around the "Death of Superman" comic series (a rather long series where it appeared that Superman died during a battle with an alien named Doomsday), but abandoned the idea and are still working on the plot. Both franchises are working together on a Superman vs. Batman movie, though it is still several years away.

The question is begging to be asked. Are these movies ruining the comic book series they are based on? Both *Daredevil* and *Hulk* received less enthusiasm from movie goers than did *X-Men* or *Spiderman*. Special effects and computer animation make virtually anything possible in movies now, so the action, superpowers, and abilities of the heroes can be done convincingly. However, there is so much to a comic book series that cannot all be fit into a movie. Compromises are made, such as a Rouge who cannot fly because the story line behind her acquiring that power would take a movie in itself. The depth of the characters is missing as well. The star characters are treated with a fair light, but often the lesser characters, and even villains, are skimmed over. For comic book enthusiasts, these characters add a layer of depth, and motivation for the hero, that is missed in the movies.

For people who grew up loving these heroes, these movies can be disappointing if not done correctly. However, we have only just begun. The next few years will see comic book movie after movie. After a few years the craze will wear off, but will comic books be ruined? Only time can tell.



cruelty not entirely intolerable, not terrific either

By Christin Runkle It was inevitable. Hollywood's two most beautiful stars, George Clooney and Catherine Zeta Jones, would have to be paired together eventually. It is just unfortunate that the vehicle for this pairing had to be *Intolerable Cruelty*, an uneven movie that occasionally falls on its face. However, in spite of the mediocrity of the film, Clooney and Jones are consistently a delight to behold.

In *Intolerable Cruelty*, Clooney plays Miles Massey, a cutthroat divorce lawyer who is obsessed with his teeth, and Jones plays Marilyn Rexroth, the soon-to-be ex-wife of one of his clients. It turns out that Marilyn is attempting to make a career out of being a gold digger by repeatedly marrying and divorcing unwitting billionaires (one of whom is played to giddy perfection by Billy Bob Thornton). Even though he knows this, Miles still falls in love with her. And who can blame him? Jones is dazzling as Marilyn, the shallow beauty who secretly only

desires someone she can love and who will love her in return. When she is on screen, everyone and everything fade dimly into the background. Clooney is charming and neurotic in his turn as Miles; he radiates old Hollywood glamour, and at several points in the film, one has to wonder if he is somehow channeling Cary Grant. The chemistry between the two stars is undeniable, and the coupling seems almost as obvious and as brilliant as putting Tom Hanks and Meg Ryan or Julia Roberts and Richard Gere together.

Cruelty is a film by Joel and Ethan Coen, but it lacks the bite of their previous fare, particularly *O Brother, Where Art Thou?* and *Fargo*. The movie begins with all the charm and couth of an episode of *The Jerry Springer Show*, but just when it seems that all is lost, the Coens manage to resurrect it from the mire. But for the most part, the movie moves along in typical romantic comedy fashion, and the ending is cookie cutter. Only briefly does the movie

evinced the dark humor for which the Coens are best known. *Cruelty* is not without its moments; they are just few and far between, and several of the jokes just do not work. A baron's testimony at a divorce hearing and a hired thug's mix-up with his inhaler and a gun both make for hilarious comedic bits, but the repeat appearances of a foul-mouthed private eye and a decrepit senior partner at Miles's firm are decidedly unfunny.

If nothing else, *Intolerable Cruelty* should be seen because of its eye-candy co-stars. A director could shoot either of them reading from the phone book, and the result would still be scintillating. *Intolerable Cruelty* is certainly not the funniest or the most romantic movie to come out this year, nor is it one of the better Coen films, but it is a fairly entertaining trifle of a film. Indulge in it as a guilty pleasure, or wait 'til it hits dollar theaters or the video store. (Two stars out of four)

what is with the previews?

By Kevin Lambert As I begin my college career, I cannot help but look back at my childhood and reminisce about the good old days. \$.99 would buy a gallon of gasoline, good healthy T.V. shows like "Full House" were still on, a toy plane that with a little imagination became a rocket, Sunday School lessons about Jonah and Noah, and let us not forget the maximum of five minutes of movie previews before theatrical films.

I had plenty of time to reminisce as I watched advertisement after advertisement precede theatrical trailer after theatrical trailer precede logo after logo precede the movie I had wanted to watch, whose title I suddenly could not remember. It is true that advertising is a driving force of our economy, but seriously, people can take it too far. It used to be that you go see a movie and gladly watch three theatrical trailers for upcoming movies of the same genre. Now you see the theatrical trailer for every movie slated to come out in the next month, and every DVD set to

be released as well. When you see a Disney movie, you get loads of James Bond chases and Matrix paradoxes that subtract from the mood Disney is trying to set. Why do the theatres involve themselves in such scandals? I have come up with three possible scenarios:

First, Internet pirated music has paved the way for pirated movies. This, coupled with actors who continue to demand higher and higher salaries, and now editors throwing in their pleas to be acknowledged and appreciated as much as the actors, is slowly bankrupting Hollywood Studios who must turn to the age old cruel torture of allowing companies to use them as an advertising medium.

One studio owns every other large film making company. This is kept secret, through bribery and hit-men, because if it was ever found out the government would declare it a monopoly and break it up. The CEO of this studio cannot help, but wants to draw younger and younger generations into the evils of this world, and therefore

shows previews for the sex, drugs, and violence movies that currently plague our generation.

Third, a complaint group formed, called "Procrastinators Anonymous," and slowly took over the theatres, insisting that preview after preview be shown to push back the actual starting time of the movie so all those who are late can still see the whole movie.

However, while mostly annoying and obnoxious, the theatrical trailers do hold some good. You see, you thought you were going to see *Secondhand Lions*, but what you really got was back to back features of *The Matrix Revolutions*, *The Return of the King*, *Runaway Jury*, *Finding Nemo*, *Bruce Almighty*, and finally *Secondhand Lions*. On top of this you can also see an advertisement for some disgusting fruits of the forest drink and Fandango (an incredibly unreliable source for movie show times). So next time you hit the theatres, do not be afraid to be a little bit late. You are not missing anything, I promise.

TOP ten reasons Nampa rocks

10. Mayor Tom Dale
9. 3 freeway exits all on the north side of town.
8. We have a park with a big airplane in it.
7. Road construction is always in season.
6. Staple burger joints like Beefy's and Wheelers - home of the long, juicy burger
5. We have Avenues and Boulevards!
4. Home of NNU
3. Everyone is Nazarene
2. Any storm lasts 30 mins.
1. You can always tell which direction the wind is blowing based on the smell.

By Daniel DeCloss

the plum creek cottage: breakfast, lunch, and gellato!

By Kandice Gingrich Every few weeks or so, the average college student's body craves a type of nourishment that the cafeteria services cannot provide. I have found the perfect solution, and it is just a few blocks from campus. Gellato! I had never tried this tasty Italian icecream before, and I must say that it is heavenly. There is only one place in Nampa to find it, however. The Plum Creek Cottage, on 12th Avenue, offers 12 different kinds of gellato, including orange, caramel, chocolate, coffee, and seasonal flavors such as gingerbread and pumpkin. Gellato, however, is only the tip of the iceberg. They also offer 16 bulk varieties of specialty coffee beans, such as Frangelica, Crème Brulee, Snickerdoodle, and many more; and 20 types of loose tea sold by the ounce, with such interesting flavors as sencho green tea, plum, royal Darjeeling, ginger peach, and other exotic, fruity blends.

This is a destination for the tea aficionados of NNU. The Plum Creek Cottage sells teacups and saucers, teapots of every style, shape and color, measuring spoons for loose tea, tea canisters, tea strainers, tea filters, and teapot cozies. They also sell a variety of soup mixes, jellies, pickles, honeys, dessert toppings, drink mixes of every kind, cook books, dish sets, and mixing bowls, among other things. In addition to all this, the Plum Creek Cottage serves breakfast and

lunch six days a week, with some of the most delicious food I have had in quite some time. On the breakfast menu, all of the selections are under \$5.00. Choices include gingerbread pancakes, Belgian waffles, French toast, and several kinds of frittata, along with an equally tempting a la carte menu. For lunch, the PCC offers a selection of specialty sandwiches, such as chicken salad and turkey foccacia. The turkey foccacia,

my choice of the day, has cream cheese, cranberry sauce, sprouts, romaine lettuce, and red onions, and is served with potato chips and apple salad. Fabulous! Apart from the specialty sandwiches, they also offer make-your-own sandwiches, daily soups, chili, and a variety of salads and lighter entrees. All of the vegetables and fruits used for breakfast and lunch are delivered fresh every morning, and you can tell that the PCC takes pride in taste and presentation.

The selection does not stop there. The Plum Creek Cottage also has a coffee bar that offers a wide range of coffee drinks, and they offer a variety of desserts that are sure to please. The day I visited, the selection included muffins, biscotti, cookies, quiches, cakes, cannolis, pecan tarts, pies, and cinnamon rolls made fresh every morning; all of this alongside the ever-popular gellato selections.

The PCC has a cozy, relaxed atmosphere, where time slows down and the people there make sure that whatever you order is prepared with care and attention to detail. The dining room is filled with mismatched chairs and tables are located in the corners and hidden places of the room, giving a feeling of privacy when you sit down. While you wait for your food, you can take a look at the merchandise or play one of the board games placed around the room. During the spring and summer, outdoor seating is available. Study groups, Bible studies, and business groups often meet in their larger dining room, and the PCC has an open schedule for many more groups who need a rendezvous point in a relaxed environment. For a relaxing and more refined break from the ordinary, whether you need a drink, something sweet, or just a quiet spot to sit for a while, this is the perfect place to be.

Plum Creek Cottage

920 12th Ave. So.

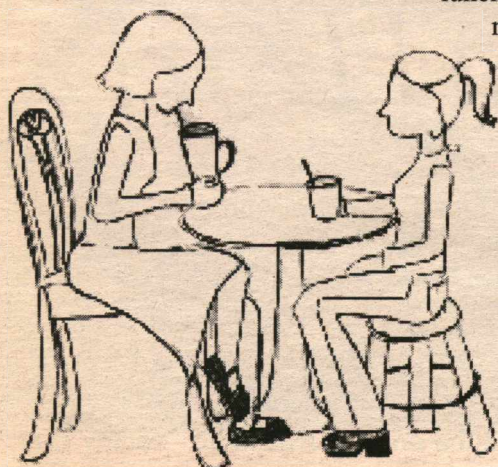
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Note: I realize that, as an entertainment writer for this newspaper, I need to appeal to as wide a spectrum of students as possible. And yes, this newest venue has a slightly feminine slant to it. Don't worry, men of NNU, for I have not forgotten you. Look for my next article for one of the most testosterone-filled entertainment ideas to be addressed this semester! STAY TUNED!!





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my marathon

By Angie Finton Sunday, October 5, 2003, was a banner day in my life. No, it was not a moving sermon I heard in church. I did not sleep in, or go on a cool camping trip. I got up and ran 26.2 miles.

When I began to train for the Portland Marathon, the longest distance I had ever run was about six miles. I got a training calendar off the marathon website and zealously plunged into a new running schedule at the beginning of the summer. It was easy enough in late September. Running in the cool evenings was a perfect way to end my day. I enjoyed feeling my heart thump in my chest and the challenge of going further little by little.

It was not long, however, until I began to wrinkle my nose when my running schedule required me to do 15 or 16 miles. The calluses on my feet left me hesitant to wear sandals, and my body would protest long runs for days with aching knees and lower back pain. The summer temperatures would soar to above 100 degrees regularly and running after a long day at my internship was not always appealing.

Just when I was feeling like keeping up with the schedule was impossible, I got myself an MP3 player to keep me entertained as I clipped along with my schedule. (I had four days of shorter runs (between four and eight miles), and Sunday was an increasingly long run, and two off-days.) My boyfriend had signed up for the marathon as well, and we would run together regularly which was necessary encouragement.

One night, we decided to run 14 miles together. We ran way out on Amity, past the meat packing plant (gag), and did a big loop in the countryside. We came back to campus, and began to do intervals of two miles on the track, then two miles on the soccer field. As we approached our 12th mile, we passed the stinky junk pile by Environmental Services, and I had a reminder that I was not a superhero when projectile vomit flew out of my mouth. That was definitely the low-point of my training.

Marathon time rapidly approached, and I began to gather as many tips from cross country friends as possible: Vaseline in the armpits to prevent chaff, deodorant and duct tape application to blister-prone areas of the feet, Band-Aids on the nipples for protection, adequate athletic "goo" to consume to keep the sugar levels up, and carry identification in case if I got hit by a car. I came up with some of my own self-helpers, too like wearing two sports bras and chewing gum, and got myself some of the tiny cross country shorts that were once so terrifying to me because of the lack of thigh coverage. I began to notice patterns with my body's reaction to the long runs (like a necessary bathroom break around mile 6). I was as ready as I could be.

My parents agreed to come and be our "pit crew" during the race. We met in Portland the weekend of the race. Marathoners took over the city, and people loading up on carbs and wearing running tights were not difficult to find. When race day came, we got up at five in the morning. We managed to park, and found ourselves in an ocean of runners in downtown Portland. There were over 10,000 participants gathered to complete the course. We found a sign for our pace (ten-minute miles), and waited.

When the race finally began at 7 a.m., we stood and waited another five minutes until our pack of runners finally began to move. We walked for a while, and finally were able to jog and gradually get up to our pace. Our first mile took nearly 15 minutes because of the congestion. Perhaps it was the excitement of the race, or the pumping adrenaline, but once we got moving, our pace was a little faster than we had planned. We ran 8-minute miles for the first few, and finally settled into a more reasonable pace for the shape we were in. We met with my parents at the half way point and were feeling great. I lubed up my armpits and we were off again. By the time we got to our 16th mile, we were both starting to feel it. I took a second bathroom break, and found that I could barely stand up again afterward.

The final miles of the course were increasingly agonizing. As we approached our 17th mile we had to run up a 150 ft. elevation gain. A song by Cademon's Call was on in my MP3 player as I trudged up the hill, and I could not help but laugh at the words: "Will you fall to pieces in the high countries?"

By the end of our run, we were pitifully waddling through the last miles, laughing at how foolish we looked and wishing we had taken our training even more seriously. We crossed the finish line at 12:06 p.m., hand-in-hand, jelly-like legs somehow still moving. When I first decided to do the marathon, my goal was to finish in less than 4 hours. As time went on, I decided to run the whole time would be satisfactory. Finally, I concluded that just crossing the finish line would be enough for me.

I crossed the finish line, smiled for the picture, and got my t-shirt. I felt the satisfaction of knowing that I had finished what I would set out to do, and I had disciplined myself physically and mentally in a way I never had before. I see it is a pinnacle experience for me as a runner, but I still can not help but shake my head in disbelief that I ever thought it would be cool to do in the first place. Some say that once you complete one marathon, you become addicted. I think one is enough for me.

when food talks

By Sharece Bunn Hopefully, most of you noticed that this is the food issue. Food is very important to the average college student. The freshman could not gain their worthy fifteen if food was out of the picture. Students would not get away with the "I'm sick" excuse if they did not overeat during midterms. All food should really be congratulated on a job well done.

Most of us who eat at the 'dex have at one point or another complained about the food. Yes. I have been one of them. The truth is, no one will ever cook as good as your mom, it is a tragic fact of life.

In my opinion, we should be eternally grateful to the cooks at the 'dex. The food really has improved since my freshman year, believe me. For those of you who do not believe me, keep reading. You should get a glimpse of how the food feels. Yes, Food does have feelings. Please try not to hurt them or they will rot much faster.

We will start out with the ever-popular cereal, because when the lines are too long, you still gotta eat.

Captain Crunch: Why doesn't anyone eat me anymore?

Cheerios: Hey, quit complaining, ever since they made my cousin Honey Nut, I've been seriously ignored.

Lucky Charms: I don't know what all you lads are talkin' about. I still get eaten all the time.

Cinnamon Toast Crunch: Shut up! The only reason people eat you is because they think you'll bring them good luck. They don't know that you are ruining their teeth and ultimately their entire bodies with all the sugar you contain.

Lucky: Stop talking young lassie. You shouldn't be talking neither.

(The two cereals get in a nasty fight. Marshmallows and piles of cinnamon are thrown all over the place.)

Tuscany's Goat Cheese Soup: DON'T HATE ME CUZ I'M BEAUTIFUL!

Broccoli and Cheese Soup: What? Are you going crazy?

Bagels: Don't you guys see the cereal fighting? This is horrible.

B&C Soup: Hello! We're in a massive metal thing. It's not like we can see out it. We don't jump very well, okay?

Bagels: Oh brother. Anyway, did all of you notice that I am the food that makes it out of the 'dex the most?

Butter: Yeah, and I'm on you most of the time.

Cream cheese: You wish! I'm the most loved ingredient to put on bagels. Just you watch.

Peanut Butter: I miss my friend. Celery has been brutally murdered!

Ironically enough, there was a similar conversation elsewhere in the 'dex...

Chicken Salad: I'm tired of you celery. Get out!

Celery: WAAAA! It's not my fault. The cook vegnapped me from where I was hiding with my best friend, Peanut Butter. Oh how I miss him. We went together like peas and carrots.

Chicken Salad: Excuse me, you ninconpoop! But if you ask any child about peas and carrots, they would tell you that they do not go together. In fact, they don't even GO!

Celery: How would you know? Kids never eat you! You don't even know what you're talking about!

Chicken Salad: Stop talking. We're done with this conversation.

These are the conversations that go on in the 'dex. When the cooks aren't lookin', the food is talkin! Hopefully, you have come to understand that the food also has feelings. So, instead of complaining, let's just eat it!