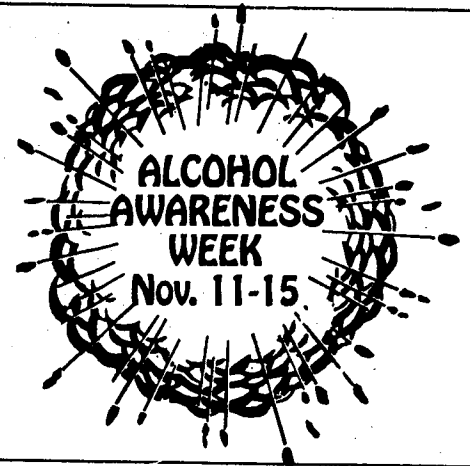


Associated Students - University of Idaho

Argonaut

November 12, 1991 TUESDAY VOL. 94 NO. 24



Darrel Hornback (left) and John Veien busy themselves installing communication networks beneath Nez Perce Drive on a cloudy Monday afternoon. (Travis Gadsby PHOTO)

Students fast for charity

By KALISTA BARCLAY
Asst. News Editor

Students all over campus will purposely go hungry Wednesday night and Friday afternoon to raise money for less fortunate community members.

"A Day of Fasting" and the University of Idaho Hunger Banquet benefit Oxfam America, two events focused on education about world hunger and hunger in the community, will be the cause of growling stomachs at the end of the week.

"A Day of Fasting," a campus-wide event sponsored by Panhellenic Council, will take place on Friday. The event is a philanthropic project that will benefit the Latah County Support Services. The agency plans to use part of the money raised by

Please see FAST page 6>

Candidates debate the issues

By DORI MALINOFF
Staff Writer

Issues varying from whether or not to increase student fees to endorsing the new roving polls in the next election for ASUI Senate were the main topics of discussion at Thursday night's candidate forum. This political forum, which took place in the Morin Room of the Wallace Center, presented issues that the candidates would have to face if elected and helped to familiarize the candidates with the student body.

The first candidates to appear were those running for ASUI president — Rick Noggles, Charles D'Alessio, Bill Heffner and Amy Anderson. Those running for vice-president were Brad Moeller and Allison Lindholm. Each of the candidates were given 90 seconds to answer specific questions about prior political experience and future goals as student representatives.

Among the most important issues discussed were those of the ASUI budget, student fee increases, and the president or vice-president's role at the university.

Presidential candidate Rick Noggles voiced concerns of getting law students their own program, hopes of switching accounts in the budget so the money goes to

students instead of the administrators, and goals of increasing diversity at the university. In addition, he viewed student fee increases as necessary and inevitable.

Presidential candidate Charles D'Alessio expressed hopes of increasing the student budget but cutting it in certain university departments. D'Alessio also said he was opposed to further increasing student fees.

Presidential candidate Bill Heffner showed a strong commitment toward recycling projects and family programming as well as having a drug and alcohol rehabilitation counselor on campus. He cited a low statewide minimum wage as an important reason to keep student fees at an affordable level.

Presidential candidate Amy Anderson stated concerns over library hours and transportation during "dead week" as well as lighting problems near the Administration Building. Changes she would make in the budget would be to sell more yearbooks and to increase funding for all campus activities. Also, she said student fees should be increased in small moderate increases instead of in large amounts every four years.

Vice-presidential candidate Allison Lindholm explained that as vice-president, she would take away the General

Reserve's money and put it into funding for student run clubs and organizations. She also said student fees should be discussed throughout the year rather than right before final exams in the spring, which is a very stressful time for most students. She viewed the vice-president's role as a mediator between the president and the rest of Senate.

Vice-presidential candidate Brad Moeller expressed a desire to concentrate on many small projects instead of just one big project. This attitude was echoed in his wish to allocate funding towards having various bands perform instead of just one popular name. In his opinion, this would be a more cultural and effective way of spending student fees. Furthermore, he said if students couldn't find out where their fees were going towards, then they deserve a decrease in the amount they pay.

Next, the senatorial candidates — Steven Ward, Marc Hall, Bill Owens, Amtul-Mannan Sheik, Kelly Rush, Jill Presnell, Derrick Brown, and Chad Moore were questioned on a multitude of issues.

Some of the issues discussed were how to balance attention given to non-traditional and traditional students and whether or not

Please see FORUM page 6>

Campus geared up for blood drive

By DOUG TAYLOR
Staff Writer

Nearly everyone dreads the sight of a hypodermic needle, but the American Red Cross (ARC) is hoping students can forget their fear for a few days. Starting today, the ARC's mobile blood unit will be on campus to collect blood donations.

Jeff Caveness, ASUI blood drive chair, said that 120 units of blood must be collected each day in order for the mobile blood unit to fill its part of the 171 unit quota. An additional 51 units from the regional ARC branch in Boise makes up the rest of the quota.

"It is very important for the American Red Cross to meet the 171 unit quota because the American Red Cross in this region serves 47 counties in Oregon, Idaho and Washington which collectively have 49 hospitals," said Caveness.

Joan Bernt, the director of donor resources of the AMC's Snake River region, talked about how almost every unit of blood is utilized in these 49

hospitals.

"We pride ourselves on our 98 percent utilization rate which means that for every 100 units of blood, 98 are used by a hospital," said Bernt.

Bernt then went on to say how important the mobile blood unit is to the AMC.

"Only four percent of the population donates blood ... yet every 12 seconds, somebody somewhere needs blood," said Bernt.

Donated blood serves a wide variety of purposes such as in surgery and in baby deliveries. It is also needed in varying amounts, from four units for heart bypass surgery to 20 or 30 units for a cancer patient.

Many people worry about the possibility of contracting AIDS after receiving a blood transfusion with donated blood. Bernt downplayed this possibility by saying blood donors are asked several questions about lifestyle behaviors which may put them at high risk for the AIDS virus.

Please see BLOOD page 6>

News

Edited by Jeff Kapostasy
News Desk (208) 885-7705

• TOMORROW'S NEWS •

UI HUNGER BANQUET Wednesday, Nov. 13 at 5:30 p.m. in the SUB Ballroom Delta Delta Delta sorority will sponsor a hunger banquet. Donations are accepted.

BLUE KEY. Blue Key will meet Wednesday, Nov. 13 at 6:30 p.m. in the Russett room at the SUB.

KUOI AIRS DEBATE 89.3 FM will air the entire ASUI candidate forum Thursday at 8:00 p.m.

WHAT CAN I DO WITH AN L&S DEGREE. Those interested in this Career Development workshop meet Wednesday, Nov. 13 at 4 p.m. in the Brink Hall Faculty Lounge.

TEACHING FORUM. This is a student convocation to discuss the professors at the UI. Those interested meet in the University Auditorium Thursday, Nov. 14 at 7:30 p.m.

LUNCH AND LEARN. The final International lunch and learn seminar will be "Nepal and Democratization", presented by UI Law professor Ken Gallant and his wife Mary Beth Lagerauer. Those interested meet Thursday, Nov. 14 at 12:30 p.m. in UCC 107.

MARVIN HENBERG. Eta Sigma Phi presents a public lecture by Marvin Henberg, professor of philosophy on Plato's Retributivism. Those interested meet Thursday, Nov. 14 at 4:30 p.m. in Admin. room 316.

• TODAY •

BAKE SALE TO BEAT RACISM. A bake sale to benefit the Louisiana Coalition Against Racism will be held from 8 a.m. to 4 p.m. at three locations. Sites of the sale will be outside the library, in front of the SUB and in the Law School building. For more information contact Frank Lockwood at 885-8891.

BLOOD DRIVE. To give blood, go to the second floor of the SUB, Nov. 12 from noon to 4 p.m., Nov. 13 from noon to 4 p.m. and Nov. 14 from 9 a.m. to 1 p.m. The goal is 360 units of blood.

HAVE SOMEONE YOU KNOW ARRESTED. The March of Dimes Jail and Bail event is Tuesday and Wednesday, Nov. 12 and 13. Culprits arrested will be thrown in the mock jail at the Palous Empire Mall and sentenced to an hour of phoning friends to raise bail in the form of contributions to the March of Dimes Campaign for Healthier Babies. To have someone arrested, call 882-7808.

AIDS problem filled with myths

By LANE GRACIANO
Staff Writer

AIDS has as good as hit home. Again.

It's like forcing your eyes open every three minutes as a courtesy during a lecture, but you keep drifting off because the information is just not relevant enough.

But the AIDS virus is very much alive and in the flesh in Moscow, Idaho. According to Margaret Beals, director of education at Gritman Memorial Hospital, a handful of the 1.5 million Americans who are HIV-positive live in Moscow. "They may be walking among us," said Beals, "and we just don't know it."

A recent estimate by the U.S. Centers for Disease Control (CDC) approximates that one out of every 1000 college students is probably HIV-infected. Maybe not many people are easily bowled over by statistics, but the gravity of the problem can be brought closer to home: by CDC figures, as many as 10 UI students could be among those who are HIV-positive.

At a time when accurate knowledge is crucial to curb escalating rates of AIDS cases, too many myths and phobias are still confusing many young adults about the disease that's become the sign of our times.

This is where education keeps coming into the battle scene, whenever it can get in—even if the audience is falling asleep.

Myth #1: Having the AIDS virus is the same as having AIDS.

Hands up, those of you who know the difference between being HIV-positive and suffering from AIDS. Even after a decade of definition, some people still don't (this reporter included, until last Thursday).

HIV, the human immunodeficiency virus that causes AIDS, cannot be compared to the common cold virus. When a person is attacked by a strain of the cold virus he has never experienced before, his immune system kicks in to fight the infection, making the person immune to that particular virus strain for life.

When HIV attacks, it zeroes in directly at the "master" T4 cells, crippling the immune system and preventing it from full activation. Using the cells' metabolism, HIV multiplies, then breaks out of its hosts, killing the T4 cells—or it clumps them together into a gigantic, useless masses that can no longer fight diseases.

While the T cells are under attack, other white blood cells continue to manufacture antibodies to fight HIV. The presence of these antibodies in the blood of a person who takes an HIV antibody test indicates that they are carrying the AIDS virus.

This war that rages in an infected person's immune system may take as short as three or long as 10 years to begin to show. When symptoms appear, they are usually mild illnesses called AIDS-Related Complex (ARC). When a person finally develops "opportunistic" illnesses—such as *Pneumocystis carinii* pneumonia and a rare cancer called Kaposi's sarcoma—then he is diagnosed as having AIDS.

Myth #2: HIV can be spread by casual contact, by mosquito bites or by donating and receiving blood.

HIV is spread by body fluids, but coughs, sneezes, sweat and tears don't count. The virus is an inert organism that dies outside body cells. It cannot survive on toilet seats, phones, drinking fountains, clothes, cups or other objects touched by an infected person.

Mosquitos and other insects like bed bugs, lice and flies do not transmit the virus through their salivary glands. Human saliva does contain low concentrations of HIV in an infected person, but no case of HIV transmission through kissing has yet been documented—not even French kissing.

Since 1985, U.S. hospitals have screened donors and blood for evidence of HIV. If found in the donor, he or she is told to stop donating blood. If found in the blood donated, it is discarded. A new sterile needle is used for each donor and then thrown

away—so no one should worry about getting HIV from donating blood.

HIV lurks at a highly transmissible state in an infected person's semen or vaginal secretions and blood, transforming those life-giving fluids into instruments of death. The only for concern for healthy people, then, is whether or not they're having "safe sex"—when they are having sex.

Myth #3: Birth control, limiting yourself to certain sexual practices and/or ignoring the existence of pre-marital sex and AIDS protects us from AIDS.

The pill protects a female against pregnancy, not HIV. And unless the intercourse is unprotected, engaging in oral and anal sex—risk behaviors in the AIDS realm—also will not safeguard against AIDS.

Many people are battling the wrong enemy when it comes to AIDS and other STD prevention. "In Moscow, we have a large group of people who are at the point of their lives where risk behaviors are a bit more available," said Margaret Beals. "There's a good statistical association between STD and AIDS, and I think we may be number one in the state for cases of chlamydia."

AIDS, therefore, is as much a fact of present life here as is pre-marital sex—and the only real, practical protection for this myth of ignorance is still the latex condom.

Third-year student Dominique Roberts promotes her belief in "safe sex if you're going to have sex" by keeping a help-yourself jar of condoms in her room. At the same time, she encourages her peers to take the time to make informed decisions on sex.

"I wish more of them would talk about it before they do it," said Roberts, "not afterward."

The myths have been explored and explained a thousand times over, and still AIDS remains a complicated issue to deal with. But other than being informed—and staying informed—on every turn of the AIDS battle, we can do little to stop the estimated 365,000 people from contracting the disease by 1992.

Except with the right information, each of us just might prevent that number from climbing to 365,001.

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Slide collection complete, personal

By Christian Thompson
Staff Writer

The slide reads: "As the sun hit the horizon. While I failed to catch a salmon, I was the champion at catching dog-fish. The others caught a few small salmon, so we did not return skunked." (Slide number 117, Amtrack trip - Sept. 1977)

What have you done for the last 20 years? For some of us here at the University of Idaho, we were born, grew up and have entered college, but for F.A. Reberger it is a different story.

Reberger has spent his last 20 years traveling around this country and the world. During his travels, he took and collected 24,585 color photographic slides. Sound like a lot? How about 21 states and 65 countries separated into 49 groups and 19 slide cases? Not only did Reberger accumulate these slides, he also catalogued them and placed them into groups based upon trips he had taken.

Reberger's travels took him to the South Pacific, Egypt, France, England, the Middle

East, Ethiopia, Libya, Athens, Turkey, Kenya, the Far East, Italy, South America, Mexico, Portland, Key West, Washington D.C., Washington State, Navajoland, Arizona, Oregon, Idaho, New England, Canada, Utah, Alaska, Yellowstone, New Zealand, California, Morocco, Spain, Russia, Yugoslavia, India, Thailand, China, and Japan.

His collection is very complete, and when he passed away two years ago, his estate left this collection to the UI. It is obvious from his conscientious work and meticulous cataloging Reberger had in mind a donation of this sort.

Reberger's collection does not just include the slides, but also three bound notebooks with detailed accounts of the slides and reel to reel tapes on which he read the descriptions and tales of his journeys.

Reberger obviously researched his destinations thoroughly. His descriptions

include such facts as "Great Salt Lake City, Utah . . . its name was changed to Salt Lake

City in 1968," on "Dec. 5, 1847, when Brigham Young was elected head of the Mormon Church." True, many of these facts could be obtained from the travel brochures and tours, but his details are so well organized and thought out that one instinctively knows how much he enjoyed his travels and his collection.

Reberger also donated two slide projectors, two reel to reel tape recorders, and one microphone, all of which were used to create his collection; it is assumed.

Reberger's collection is a significant donation to the UI. It is a resource that we did not have access to before. It is an inside look at the world, through the eyes of one man. His collection will continue to entice many to follow in his footsteps around the world-or maybe just dream of it.

For more information, contact the Media Center, room 215 of the UCC, or call 885-7755.

Authorities ready for annual snowball fight

By Wendy Deal
Staff Writer

Once again, the annual snowball fight between the residence halls and the greek houses has been forbidden. Bruce Pitman, Dean of Students, commented, "The university will continue to try and prevent the event from happening."

The university has been working with the student leaders of the living groups to enforce the prevent of the annual fight. The idea behind putting a stop to this fight is not to ruin the enjoyment of the winter season, but to avoid injury and damage of people and property that has occurred in past years.

Campus police and security are usually the ones to break up a fight. If the fight happens again this year, and it is expected to, the police and campus security will be called in to put a stop to it, and arrests will be made of those participating in the snowball fight.

Pitman stated, "I can't condone high risk behavior that often results in property damage and physical harm. Those caught

engaging in the act run the risk of being arrested."

The annual battle has cost students thousands of dollars in the past. Last year, Cpl. John Royce, campus liaison officer, had declared the fight to be an "unlawful assembly," and three students were arrested. It was the first time the annual fight had been regulated by this law. Royce also commented on last year's fight.

"Physical injury had been so severe in the past that we needed to do something to stop the fight. The unlawful assembly code prevented such damage from happening."

Last year, Gault Hall had three broken windows by the time the police arrived at the scene, all of which were caused by golf balls. The Phi Delta Theta fraternity also suffered two broken windows.

According to a Moscow Police Department statement, "Snowballs are one thing, but when students are throwing golf balls, the situation changes completely. It is no longer fun, but criminal behavior."

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Getting drunk may not really be worth it

School going bad for you? Thinking of going out with a few friends and blowing off a little steam at the bars?

Think again.

Oh sure, you've heard it all before. Drinking is bad for you and you should just stay home and rent movies instead of partaking in another drunken night.

That is probably true, but the picture is a lot bigger than how alcohol can damage your body and what ill effects it has on people's lives.

I won't try to preach unsuccessfully to college students about alternatives to drinking because it will fall on deaf ears.

But do think before you drink.

Actually, do a little more than think. Analyze your personal situation with alcohol and try to think of ways to alter your drinking habits or get them under control.

Too many people in this country have had their lives fall apart right before their very eyes without any signs or warning due to alcoholism.

With this threat comes the inevitable, "I don't have a problem. I can quit drinking

whenever I want to ... but I just don't want to."

Is this statement really true?

Unfortunately for a good majority of college students, it isn't.

Face it. College campuses are the breeding grounds for alcoholism, and with no one taking a "real" stand against this problem it can only get worse.

The alternative isn't to quit drinking altogether. For a lot of people that is not a realistic goal, and it doesn't always have to be.

As long as alcohol is consumed responsibly and in moderation, I see no problem with it. But it isn't.

Too many people are partying to get away from the stresses of college. In truth, that is what seems to be happening.

Students have been so preoccupied with having a good time that college has become more of a hassle than anything else.

In four years of college I have seen all too many friends — good friends — leave school for the wrong reason.

Not because they couldn't afford it. Not because they didn't want to be here. And not

even because it was too hard for them.

They left school for one reason and one reason only.

They drank their way right out of Moscow, and will most likely never return.

A sad but true story and, unfortunately, it's legacy continues on today.

Alcohol has become an alternative to reality, an escape for most and a dependency for many others.

But some students are still in school despite their reluctance to study and tendency to party. However, it may soon be too late for those people.

One of those people might be staring you in the face when you look in the mirror every morning.

So the next time you want to "tie one on," take time out and think about the ramifications.

Think about not only the moment, but the future that lies ahead.

It is easy to say yes, but it is a lot harder to say no.

Just remember: It is entirely up to you.

— Matt Lawson

LETTERS TO THE EDITOR

Experienced candidate for pres.

Editor;

I have looked at all the candidates for president and tried to find out what each of them has done for me. It seems that most of the candidates are self serving. However, one candidate in particular has the ability to transcend the student government and do nothing but help students, and the same person has sacrificed the most for students.

The candidate I am writing about gave up a month's salary for the victims of the apartment fire. This candidate has traveled to 90% of the State Board Meetings as a Senator and has been an assistant to the President for two years. He even gave a speech against last years Fee Increase, (something no other Presidential candidate did). The person I am

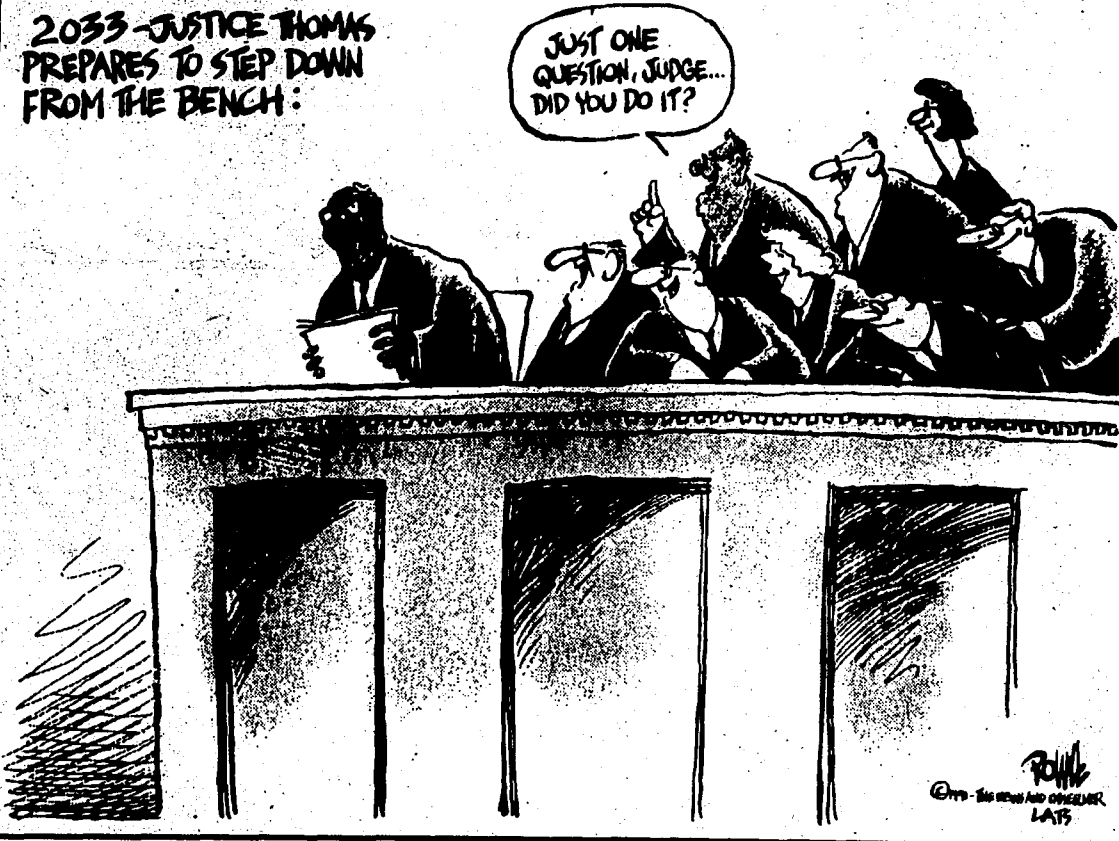
writing about is Charles D'Alessio.

Charles has worked hard for the students and was instrumental under President Pena in increasing the Activities budget to almost four times the previous budget. Charles also helped President Pena in formulating a proposal allocating an additional \$118,000 to the College Work Study program for the students of Idaho.

Charles has served as the Idaho Student Lobby Delegate and was elected Executive Director of the Idaho Student Lobby. He has served on Government Operations and Appointments committee and is currently on the Finance committee. He was also

Please see VOTE page 5▶

2033 JUSTICE THOMAS PREPARES TO STEP DOWN FROM THE BENCH:



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Do prisons really help reform convicts?

In 1981, a man known as the South Hill Rapist terrorized Spokane when he raped several women in the South Hill area. The rapist was apprehended and was identified as Spokane resident Kevin Coe. His trial was front page news for months until he was convicted of four counts of first-degree rape. He was sentenced to a 25-year prison term at the Washington State Penitentiary in Walla Walla.

Coe has now been in prison for over a decade, but he is now eligible for parole. He has expressed absolutely no remorse for his crimes, and many psychiatrists have classified him as having an antisocial personality. People with antisocial personalities harm society due to a lack of any apparent conscience, and so the chances are high that if Coe was released from prison he would rape more women.

The frightening aspect of all this is not the fact that Coe might be released from prison in the near future. The really scary part is that prison life hasn't reformed

Coe or made him feel any kind of guilt for his crimes. In fact, Coe still maintains his innocence, and so the issue of prison being effective in rehabilitating criminals is a troubling issue.

On the one hand, a night or two in jail for a college student caught shoplifting would be the most effective way of preventing that person from stealing again. This

jail. Instead, jail terms may last months or years. The difficulties arise when these criminals are returned to society after being paroled from prison. The average person would probably think that a prison sentence effectively rehabilitates a criminal so that this person could contribute to society and find a job.

This, however, is a fallacy on two counts. The first problem is that an employer tends not to hire a person convicted of a felony. This is a discriminatory hiring practice, but it happens if an employer can find another qualified applicant who doesn't have a criminal record.

The second more serious problem is whether or not criminals will commit more crimes after being released from prison. A criminal will more than likely feel that society did him or her an injustice through imprisonment since he or she was prevented from leading a normal life. Therefore, a criminal is more likely to

Doug Taylor Commentary

scenario, however, is primarily effective because a college student would have great difficulty finding employment after graduation if there was an excessive amount of these one-night jail sentences on their records.

The problem with the above example is that most criminals don't spend just one night in one

Please see TAYLOR page 20▶

• LETTERS TO THE EDITOR •

Time to put some effort into recycling

Editor;
Christian Thompson likes things "easy." Sure, recycling should be "easy." The American public tends to like and participate in things that are "easy." "It's a big effort. So we must make it easy." Well, Ms. Thompson, where were you on Monday when a few motivated individuals attended the most recent meeting of the Environmental Science Club?

Residence halls haven't always had the option of recycling, but I still recycled. It wasn't "easy," or convenient, or even fun for me to load up my recyclables in a backpack and bike down to Moscow's recycling center. But I did it. No one paid me or praised me. I just cared enough to make a difference, however small. It also isn't convenient for me to haul a weeks worth of recycling to the basement of Theophilus Tower every Sunday night. But I do it.

Has Christian Thompson volunteered to help out at the physi-

cal plant? Since Boulder's program is so well-developed, perhaps Ms. Thompson could help educate students in the Greek system or in the residence halls about recycling. The people who developed the recycling program work at the physical plant, and are active in the Environmental Science Club. They are doing their best and making a difference. Are you?

Boulder Colorado's recycling program sounds terrific. Christian Thompson seems to have overlooked a vital aspect of the program there: the people behind it. A lot of overworked, underpaid people committed a good portion of their lives to make that program as successful as it is. Remember that, for many of the people here, the program is a second or even third job. These people are *students*.

Something that I agree with in Thompson's article is the trendiness of this year's Homecoming

theme. What was that bizarre idea with the combustibles? Reuse items and then burn them? What happened to "recycling your spirit for Idaho?" What was recycled at the tailgate party beside napkins from Subway

sandwiches? Do even half of the living groups that participated in the bonfire skits practice wide-scale recycling, including plastic, paper, and cardboard as well as glass, aluminum, and tin? I noticed a lot of cars in the parade; I thought we were focusing on conserving energy.

I realize it's cool to wear beads and Mother Earth T-shirts, but there is more to saving the Earth than an occasional recycled newspaper. Recycling needs consistency and commitment. Words are fine, but work is what makes a difference. Ms. Thompson, I've had enough lip-service; how about some action?!

-Michelle Seeds

Writer shows lack of respect

Editor;
I read your article on basketball try-outs in the Argonaut and found it amusing until you made reference to a friend of mine, Mrs. Steve Barnes.

It is fine to use yourself as an object of sarcastic humor, but to use someone else (especially in a public forum) is rude and offensive.

Fortunately, you didn't repeat your ugly joke in the paper, but the fact that you used a woman you have never met as some sort of "put-down," shows a lack of regard and respect for all women. At the very least, you owe Mrs. Barnes an apology.

-Cindy R. Jacobs

>VOTE from page 4

appointed to the Senate and Elected to the Senate. These are just a few examples of what Charles D'Alessio has done. He has plenty of experience.

As you can see, Charles

D'Alessio is the only choice for student body President. He has the most experience and deserves our support. I urge all of you to vote for Charles D'Alessio on Wednesday, November 20.

-Juli Ann M. Robinson

Argonaut Letter Policy

The Argonaut will accept letters to the editor until noon on the day prior to publication. They must be limited to two double spaced typed pages in length. For subjects requiring greater exposition, arrangements may be made with the editor.

Letters must be signed in ink and include the name, address, student identification number or driver's license number, and phone number of the writer. For multiple-authored letters, the above information will be required for each writer. Proof of identity will be needed at time of submission. Letters received by mail will not be run unless confirmation of authorship is made. Names of writers will not be withheld.

Letters may be edited for length, mechanical errors and spelling errors. The Argonaut reserves the right to refuse to publish any letter.

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7:00, 9:10 Nightly
Also 2:15, 4:45 Sat/Sun
PEOPLE UNDER THE STAIRS -R-
7:00, 9:10 Nightly
Also 2:30, 4:30 Sat/Sun
YEAR OF THE GUN -R-
6:45 Nightly
Also 2:15, 4:30 Sat/Sun
HOUSE PARTY 2 -R-
9:00 Nightly
Moscow Kanworthy
508 S Main 882-4924
FISHER KING -R-
6:45, 9:30 Nightly
Also 1:15, 4:00 Sat/Sun
Moscow Nuart
516 S Main 882-9340
CURLY SUE -PG-
7:00, 9:10 Nightly
Also 1:30, 3:30 Sat/Sun
Pullman Audian
E 315 Main 334-3111
LITTLE MAN TATE -PG-
SPEC. ATTR.
7:00, 9:15 Nightly
Also 2:30, 4:45 Sat/Sun
Cordova
N 135 Grand 334-1405
OTHER PEOPLE'S MONEY -PG-13-
7:00, 9:10 Nightly
Also 2:45, 4:45 Sat/Sun
Old Post Office
SE 245 Paradise 334-3458
ROBIN HOOD -PG-13-
6:45, 9:30 Nightly
Also 1:00, 3:45 Sat/Sun
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>FAST from page 1

students participating to help pay utility bills and rent that less fortunate residents of Moscow cannot pay themselves. The rest of the money will be used to purchase food items to use in Thanksgiving baskets given away to those in need.

Students from the greek system and the residence halls have agreed not to eat lunch on Friday and instead donate the cost of the missed meals to less fortunate people in the community. In addition, students will actually experience what it is like to go hungry.

"We wanted to choose a project that would touch every single student personally," said Polly Olson, treasurer of Panhellenic Council and coordinator of this philanthropic project. "This project affects the student and makes them think about what we are doing instead of just throwing money at the problem and not getting involved."

"This is the starter year," said Anne Wilde, president of Panhellenic Council. "What will happen with the project is unpredictable, but I think it will act as a catalyst for the years to come."

"I hope this experience will give students an opportunity

to understand the need of the Palouse," said Wilde. "Many of us are sheltered on campus and don't see those in the community in need of food and shelter."

The "Day of Fasting" is in conjunction with the Hunger Banquet sponsored by Delta Delta Delta sorority. The banquet, which takes place in the SUB Ballroom on Wednesday at 5:30 p.m., will also benefit Oxfam of America. Entrance to the Hunger Banquet is free but donations are appreciated.

Participants at the banquet are divided up into first, second and third world countries, and their banquet meal is a representative of the world class they have been assigned to. Participants draw a slip of paper — their meal ticket — out of a jar at the Ballroom entrance to determine which world class, they will be a member of for the evening. The number of slips for each world is a representative of the actual percentages of first, second and third world countries in the world today.

Members of the first world will be eating a complete meal of lasagna and french bread. Second world members will eat rice and broth, a piece of bread and a glass of water. Third world members will receive a piece of bread and a glass of water. During the meal Walter Hesford,

associated professor of English, and an international student from Sudan will speak. Professor Hesford will explain Oxfam America and the work the organization does to combat hunger. Student Farah Farah will speak from personal experience about hunger in his own country. Sudan is one of many countries aided by Oxfam America.

According to a pamphlet from Oxfam America, the Hunger Banquet is a "Dramatization of the inequity of food distribution in the world." According to Oxfam America, 15 percent of the countries in the world are classified as first world, 25 percent are second world and 60 percent are third world countries.

Caryl Kester, member of Tri-Delt sorority and coordinator of the banquet says they hold the banquet close to Thanksgiving to make people think about how fortunate they really are.

"I hope that after the banquet, people understand how shocking it is that there are that many people in the world who eat so little in a day," Kester said. "The meal that is served for the third world is all that some people eat all day. It makes you feel guilty when you realize how fortunate we are to have enough to eat every day."

>FORUM from page 1

roving polls — having the polls come to the various living groups — will help increase student participation.

The opinions on roving polls seemed to be evenly divided with Presnell, Rush, and Hall in favor of it, and Sheik and Owens against it. Those who opposed the roving polls felt it seemed to "dilute the focus of the election."

When asked the question, "What ways can non-traditional students increase participation?" the candidates offered a variety of solutions to this current problem.

Sen. Sheik suggested scholarships for students who need daycare for their children. Another suggestion was candidate Owens' idea of establishing a committee for the students on the Senate. Candidate Presnell suggested publicizing in places where people are more likely to see it. A third viewpoint was offered by candidate Brown when he said we should concentrate on undergraduate non-traditional students instead of just assuming non-traditional students are automatically masters or doctorate students.

Next, the potential senators were asked about what they would do if the living group they were assigned to disagreed with them on a certain issue. Most seemed to agree they would go with the majority of the people they represent. However, candidate

Brown stated, "If there was a sharp division, I would abstain."

When questions were taken from the audience, the issue of bridging the gap between the greeks and those who live in the residence halls was addressed.

Candidate Ward suggested having intramural teams composed of both greek and residence hall students. Candidate Hall proposed an open concert to promote intermixing between students. Another idea was to start right from the beginning by having the first week of classes entirely composed of all campus activities, as offered by candidate Brown. The hope was that our campus' reputation of a poor relationship between the greeks and residence halls can be improved.

The proceedings of this forum can be heard in its entirety on Thursday, November 14 at 8 p.m. on KUOI-FM.

>BLOOD from page 1

Any fear of contracting AIDS by donating blood are completely unfounded, as there is no possible way in which a donor may contract the disease.

The blood drive starts today in the SUB Appaloosa room and will be in operation until Thursday. Donations will be accepted from noon to 4 p.m. today and tomorrow, and from 9 a.m. until 1 p.m. on Thursday.

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Vandals chop down the Lumberjacks

Last Saturday, in Flagstaff, Ariz., someone should have reminded the students at Northern Arizona University that yes, there was indeed a football game that afternoon between the Lumberjacks and the University of Idaho Vandals.

Only 3,870 fans were in attendance to watch the Vandals paste the Lumberjacks, 44-28. It was probably a good thing, because the game wasn't exactly a work of art.

With the win the Vandals move to 5-4 overall and 3-3 in the Big Sky Conference. The Lumberjacks are 3-7, 1-6.

"I was kind of stunned when we came out of the locker room," said Vandal quarterback Doug Nussmeier. "The place was so empty, I thought maybe most of the

people were still in the parking lot tailgating. But by the

time the game started there were no people filing in. I've had high school games with bigger crowds."

"It was kind of like playing a scrimmage," said Vandal coach John L. Smith said. "We just kind of went out and played."

The lack of a crowd didn't hurt the performance of Nussmeier, who played his best game in quite some time. He picked apart a hapless Lumberjack secondary to the tune of 334 yards on 22 of 33 passes, with three touchdowns and no interceptions. But more importantly Nussmeier didn't miff any snaps, a little thing that's been killing the Vandals the last few weeks.

"Don't count your chickens before they hatch," Smith said. "I think we have that worked out, but you never know."

"(Sean)Watkins and I are

getting things straight," Nussmeier said. "All centers snap the ball a little different ... I just had to get used to his style."

Nussmeier's favorite target on the day was, as usual, Kasey Dunn, who caught seven passes for 140 yards, including a nine yard touchdown to build the Vandals' lead to 44-14 with just over 11 minutes left in the game.

"Kasey always does a great job," Nussmeier said. "He gets open. I just have to get him the ball."

NAU also had to deal with a ferocious Vandal defense that held the Lumberjacks to just 56 yards rushing on 27 attempts. That same defense also spent a good portion of the game harassing NAU

quarterback John Bonds. He was sacked five times on the

day; four of them by defensive end Jeff Robinson, who has steadily built his season total to 14. Robinson is only two off his last year's total of 16, and with two games left in the season he should surpass it.

The key to his performance was the coaching staff's willingness to let him roam the defensive line and play several positions.

"I've been coming from the left end spot most of the season and it was fun to work on different offensive line-man," Robinson said.

Robinson has spent much of the season fighting his way through double teams. Shifting Robinson is a move that the Vandal coaches should have maybe gone to a few weeks ago.

"You can always sit and say you should have done this or that," Smith said. "I

thought the move worked well for us and we're going to continue to do it."

"I've learned that coaches coach and players play," Robinson said. "That's just the way it is. I don't question the decisions that coaches make."

Both teams started slow and it looked as if the Lumberjacks were going to make a game of it. The Vandals took a 7-0 lead with 11:07 left in the first quarter, when Nussmeier hit tight end Elia Ala'ilima-Daley with a 29-yard pass. But NAU came right back to tie it when Gerald Robinson scored on a 1-yard run.

The Vandals lead just 21-14 early in the third quarter but then scored on four straight

possessions to put the game away. Nussmeier threw his other two scoring strikes during that span.

Sports

TUESDAY • ARGONAUT
NOVEMBER 12, 1991

7

Edited by Chris Gatewood
Sports Desk (208) 885-7845

Vandals look forward to new faces

By MATT LAWSON
Editor

With the Vandal basketball season just two days away, head coach Larry Eustachy might want to look up the word chemistry in the dictionary and show it to his players.

With nine new players from last season, including eight junior college transfers, starting from scratch is what Eustachy had to do during pre-season workouts.

"We've got a lot of new players," Eustachy said. "As a whole we are behind, but that's to be expected."

Idaho finished 19-11 and one win away from the NCAA Tournament last year in Eustachy's first season.

But the loss of six players, including four starters, forced Eustachy and his staff to take on the formidable task of finding new talent to replace former players like Sammie Freeman, Leonard Perry, and four-year starter Ricardo Boyd.

Fortunately for Eustachy, he didn't have to travel too far to find some of his players, as four of the nine recruits were already attending classes at Idaho.

Of those four players came Hiwassee Junior College transfers Orlando Lightfoot and Frank Waters.

The 6-7 Lightfoot was named Mr. Basketball in the state of Tennessee his senior year in high school and Waters, at 6-10, becomes one of the first "true" big men to join the Vandal squad in several years.

Another former Hiwassee standout, guard Calvin Ward (6-1), is the only player to return who started more than



half of Idaho's games last season. Ward has struggled with injuries, including a knee operation this fall. If Ward can get healthy he will anchor the backcourt along with two-year letterman Mike Gustavel (6-4). Gustavel was hampered by injuries last season, but improved on his strength and quickness in the off-season.

Idaho was hindered by the lack of a natural point guard

last season and as a result, Eustachy brought in five new perimeter players. Marvin Ricks may be the best of the group, but will not be eligible until Dec. 20, due to grade difficulties. Eustachy is looking for JC transfers Andre Whitney (5-11, Pensacola, Fla., JC)

and Scott Matthews (5-9, Eastern Wyoming JC) to take over the point guard position.

Matthews has been the most impressive of the guards in pre-season and provides another outside shooter to compliment Ward. True freshman Jason McKain (5-10) from New Orleans, LA, and transfer Ricky Wilson (5-11, Walla Walla JC) will compete for playing time and provide depth along with sophomore Swede Trenkle (6-2).

Please see **HOOPS** page 14>



MATT
LAWSON

Idaho might be one year away

When Idaho basketball coach Larry Eustachy took over for Kermit Davis last season he had a realistic approach toward his expectations of success.

Eustachy felt it might take up to three years to get the players he wanted and move Vandal basketball to another level of success.

However, after a 19-11 debut, the Vandal boss might have rendered thoughts to reconsider his previous prediction.

But that was then and this is now. The second-year coach realizes he faces more of a challenge this year than during his rookie campaign.

Idaho lost six players from last season's Big Sky Conference runner-up team and Eustachy had to look hard to find a new flux of talent to fill the holes.

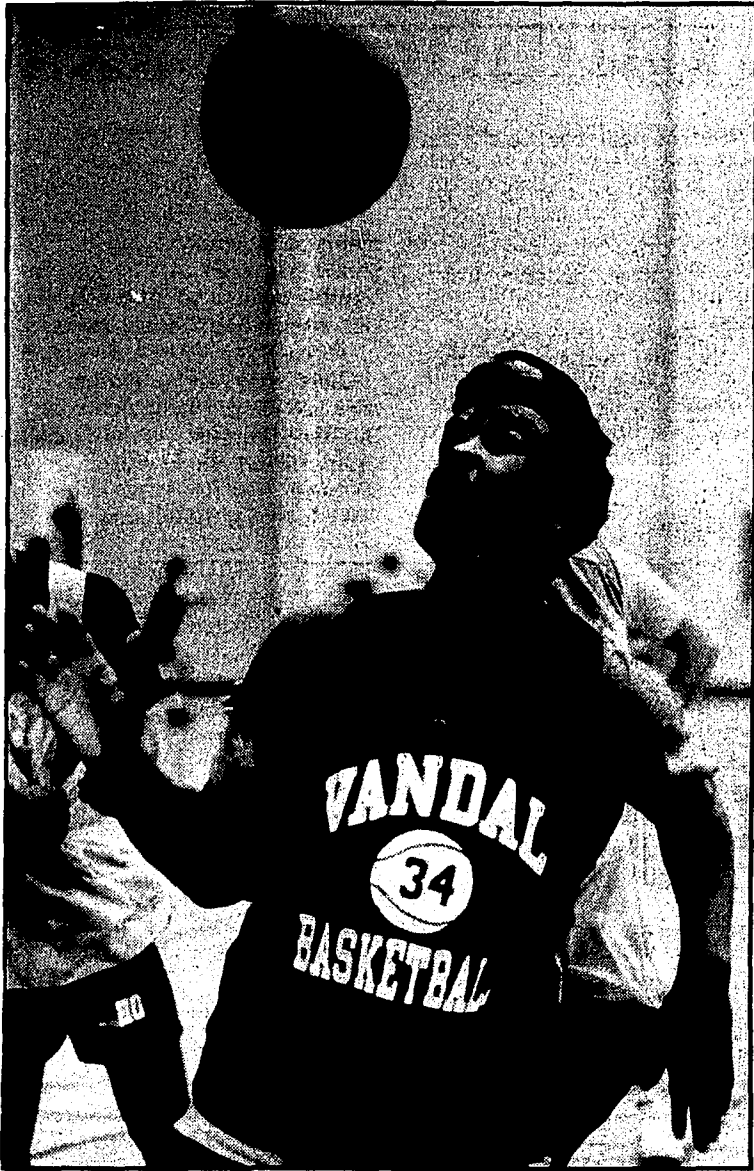
In came nine new faces and a new team altogether. Gone are the likes of Ricardo Boyd, Sammie Freeman, Clifford Martin and Leonard Perry, names that became associated with success on the court.

Now, just eight months later, steps in a new group of athletes that Eustachy can hopefully tune to his liking.

Names like Lightfoot, Matthews, McBride, McKain and Waters will be gracing the stat sheets this season for the first time.

Most with high credentials, but still with a lot to prove to their coaches, teammates and fans.

Please see **LAWSON** page 9>



Orlando Lightfoot looks towards a big season. (JIM VOLLBECHT PHOTO)

Lightfoot has a heavy game

By CHRISTOPHER GATEWOOD
Sports Editor

He looks like any other 6-foot-7 superstar walking to class. Long coat, headphones and a ready smile. In fact sophomore forward Orlando Lightfoot looks like he doesn't have a care in the world.

But, ah, dig under the surface see a different picture. See how his shoulders slump. Why do they slump, you ask? The weight of expectations on his shoulders is so big it's a wonder that Lightfoot smiles at all. If you hear some people talk you'd think he was going to have to carry the load of the University of Idaho basketball team by himself. Lightfoot has come to UI with a reputation as wide as the Palouse itself.

"I don't really feel any pressure at all," Lightfoot said. "I don't like all the attention. It's all about my teammates. Basketball is a team sport. The only expectations I'm worried about living up to is that of the coach."

"I just want Orlando to give me 100 percent in everything he does," Vandal coach Larry Eustachy said. "I think he's giving me that."

Lightfoot is of a rare breed these days. He actually enjoys playing basketball. Maybe that's why he smiles so much. He brings no ego or attitude to the court. He just likes to work and sweat.

"Orlando is one of the nicest

people you'd ever want to meet," Eustachy said. "It shows in his attitude and in his work ethic on the court."

But what of this reputation that he carried like luggage when he stepped off the plane in Moscow? It started in the sleepy Southern town of Chattanooga, Tennessee and it just kept getting bigger.

Lightfoot is considered by some to be the best player to ever come out of Tennessee. In fact in his junior year at Chattanooga High School, Pat Kennedy, the Head Coach at Florida State called him the best high school basketball player in the nation. Lightfoot had some gaudy numbers that year, averaging 28 points and hauling in 18 rebounds. He came in second place in the voting for Mr. Basketball in the state of Tennessee, almost unheard of for a junior.

Not to worry, his senior year he won the award as he averaged 32 points and 17 boards. *Street & Smiths Magazine* called him the ninth best player in the nation. Lightfoot also had the pleasure to be rivals with Malcom Mackey, who played at cross-town rival Brenard High School and now is at Georgia Tech. The rivalry created legendary status. So much so that in their last match-up, the two received special awards and a standing ovation.

"The crowd went nuts in that last game," Lightfoot said. "I usually outscored Malcolm, but we could never seem to beat his

team." A question remains. Why would a player that was recruited by every Division I program in the country come to the vast open spaces that is the Big Sky Conference? A interesting twist of events led to his arriving in Moscow.

He took recruiting trips to Oklahoma, Tennessee, North Carolina St., Clemson and Florida St. He eventually chose Oklahoma, which at the time was the No.1 team in the nation.

"I liked coach (Billy) Tubbs and his style," Lightfoot said. "I felt comfortable with their system."

The comfort zone ended quickly when Lightfoot couldn't pass the ACT. Tubbs grew frustrated and gave up on his number one recruit.

"After I couldn't pass the test, things just sort of fell apart," Lightfoot said.

That is where Hiawhassee Junior College Coach Hugh Watson came in. He watched Lightfoot grow into the legend. He followed Lightfoot like a scavenger, waiting for his chance at the prize recruit.

"He's one of the best I've seen," Watson said. "He can dominate games."

When Lightfoot didn't get his test score, Watson was more than happy to oblige him with a spot on his team.

"When your a junior college

Please see LIGHTFOOT page 9>

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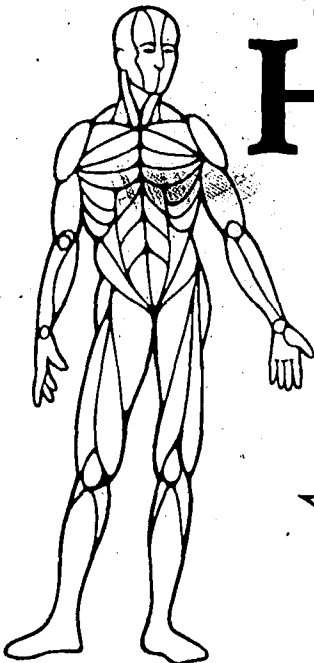
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>LIGHTFOOT from page 8
coach, you've got to hope that certain kids don't get their scores," Watson said.

When Eustachy hired Watson as an assistant last season, Lightfoot came right along with him. Eustachy was more than happy to give him a scholarship.

"If it wasn't for Hugh, Orlando wouldn't be here," Eustachy said.

There's only problem: Lightfoot hasn't played basketball in almost two years. Right after enrolling at Hiawhassee, Lightfoot hurt his knee and played in

only four games that year. He was impressive, though, getting 26 points in one half of a game. "Give him the ball and he can score from anywhere," Watson said.

After transferring to Idaho, Lightfoot had to sit out another year because of the transfer rule. The inactivity caused Lightfoot's weight to balloon to 255 (he plays at about 230).

"That was Orlando's biggest problem when he got here," Eustachy said. "He was out of shape and overweight. He's worked hard and right now he's down to 232. He's also worked hard in the classroom, where he's raised his

GPA to 2.5."

"I need to get to the point where I feel like the second quarter in the fourth," Lightfoot said. Lightfoot likens his game to that of Chuck Person of the Indiana Pacers. A big, hardworking guy that can score equally well inside and out.

"Orlando has the ability to be the best player to ever play at Idaho," Eustachy said. "But all the comparisons now are unfair because he hasn't played in so long. He still needs to get in better shape."

Watson can see the day when Lightfoot is dominating the Big Sky Conference.

>LAWSON from page 7

Is Idaho still one year away from greatness?

Eustachy seems to think so and as far as optimism goes, the 35-year-old has never shown a great tendency toward it.

His players seem more positive and realistic, but they have to prove to Eustachy and the rest of the skeptics just how successful they can be.

With a tough schedule and an improving Big Sky Confer-

ence, that could be a fair assumption.

Idaho found glory in winning two-straight Big Sky Championships and appearing in consecutive NCAA tournaments. Unfortunately, that seems like ages ago as a new Vandal team takes the court this season with equal hopes of success.

Glory may find it's way back to Vandal program soon. But the definition of how soon still waves in the distance.

At least for now, that is.

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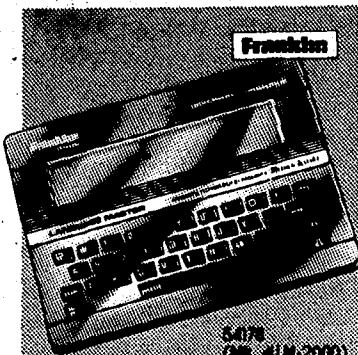
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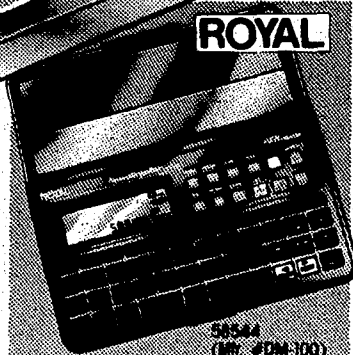
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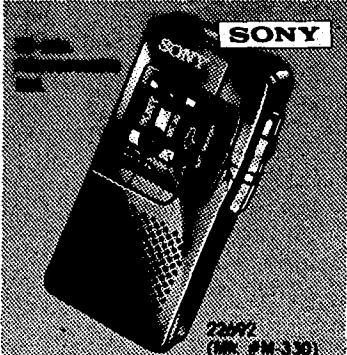
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Havelin and aerobics, the two go together

By CHRISTOPHER GATEWOOD
Sports Editor

When taking an aerobics class from Jenelle Havelin, one doesn't mind going that extra mile.

Havelin is one of those instructors who sort of fools the participant into thinking they're really not working that hard. Call her a cheerleader in tights. Havelin helps both the advanced and rookie exerciser with a quick smile and a pep talk whenever someone looks like they might drop from exhaustion.

Her love for her profession sweats through in every workout.

"I love aerobics and what it does for people," Havelin said. "I think everybody should be concerned about their health and what health benefits can do for you."

Health and the lifestyle that goes with it have been with Havelin the last 10 years. In fact, it's been the one thing that has kept her going through trials and tribulations that would have made some people give up long ago.

She was married at eighteen, right after graduating from Clarkston High School. Soon after the couple moved to Moscow so her husband could get his construction business going.

"Moving to Moscow was the best thing for my husband's career," Havelin said.

At 21, Havelin began teaching aerobics at Fitness Unlimited right below what used to be David's. Things were going smoothly until she and her husband were divorced. Raising her two children, Billy age 12, and Christen age 10, hasn't been easy. As a single parent Havelin faces



Jenelle Havelin (right) with partner Sally Walls. (JIM VOLLBRECHT PHOTO)

the daily challenge of making ends meet.

"You should see Billy, he eats like a horse and looks more like he's fourteen," Havelin said. "Both my kids are growing up so fast it's hard to keep up with them."

In an attempt to make more

income Havelin decided to take a chance and strike out on her own, so she started Aerobics Unlimited, in July of 1987. In nearly five years of business she has never failed to make a profit and her rates are slightly lower than other aerobics in town. A month of unlimited classes costs \$26.25 for

students and \$31.50 for the general public. Classes are held in the multi-purpose room above the North 4-D.

"People usually shop around but I think they find my prices to be competitive," Havelin said.

Unfortunately with two kids, aerobics alone doesn't pay the

bills. As a supplement Havelin also works at Nutra-System in Moscow. The long hours of work keep Havelin from doing what she would really like, going to school. She is a sports science/physical therapy major who takes classes when she can.

In January of 1990 Havelin faced another road block. Her mother, Andree Smith, died of cancer. While Andree was sick, Havelin helped her near deaf father, Delbert, take care of her mother.

"That whole situation was hard on everybody," said Havelin. "My father needed help, but he's pretty amazing because he runs his business with basically no help."

For now she concentrates on having aerobics that are safe for the people that participate. Her aerobics are virtually non-impact, but you still get all you can handle. Her classes emphasize working, while at the same time controlling the muscles, to achieve maximum effect.

Havelin says she falls a little to her competition because she doesn't offer the new stair like other places. But she isn't totally sold on the idea of all that bouncing up and down.

"The stair is a good workout, I'm not going to deny that," Havelin said. "But all that moving up and down is hard on your on your muscles and joints. Besides, it hasn't been tested. I have to be careful in my classes so

everybody will work at their own level and enjoy it. I don't know who's going to come in off the streets."

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 Port of Hope
 Pregnancy Counseling Service
 River Crest Hospital
 Safety Office-- UI
 Skin Therapeutics
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 The Palouse-Clearwater
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 The Spectacle, Dr. See
 Transportation Dept. of Idaho
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 Woman's Center-- UI

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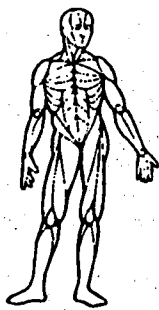
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Height/Weight Figures for ages 20 to 55



height	Male lbs.	Female lbs.
5'	-	119
5'1"	-	122
5'2"	133	125
5'3"	135	128
5'4"	137.5	131
5'5"	140	134
5'6"	143	137
5'7"	146	140
5'8"	149	143
5'9"	152	146
5'10"	155	149
5'11"	158.5	152
6'	162	-
6'1"	166	-
6'2"	169.5	-

5 to 10 pound difference either way from the chart above is normal

Weight control key in health

By SEV HONESS
Staff Writer

Not long ago, a majority of men preferred women with a full figure and most women tolerated men with a spare tire or two.

That has all changed with the fitness blitz that began in the 1980's and is continuing now into the 90's.

Obesity has become more of a social entity rather than a health issue in our narrow-minded superficial society. Although obesity is a health risk, socially it is misunderstood and has received a bad rap.

In many cases, obesity has been linked to genetics and the likelihood of an individual's genetic disposition to gain excess weight. Dr. Susan K. Gellately, a staff member at the Student Health Services on campus, described an experiment done with identical twins suggesting a stronger link between genetics and obesity than previously thought.

The twins were separated at birth and raised in different family environments. One lived with a family that was more heavy set and the other more slim, but both twins weighed basically the same. Genetic dispositions to obesity has been proven scientifically, but there is a trend in the U.S. towards obesity attained by inactivity, overeating and poor diet.

The most common and well known form of inactivity is probably "couch potatoing," but people who live "sedentary lifestyles" (such as sitting at a desk all day) come in close second.

According to Gellately, obese people may overeat at times because they are lacking an essential nutrient in their diet.

This in turn causes them to eat more, but if they don't eat the right foods then the nutrient isn't supplied to the body and they are driven to eat more. This can also be the case with more slim persons, but their metabolic rate inhibits weight gain.

"Another element that's debated is metabolic rate," Gellately said.

A person's metabolism (the rate and efficiency that food is digested) may be thrown off by hormonal imbalances. When this happens it can result in abnormal weight gain. People with this

condition should watch their diet more than others, but in many cases an obese person is ignorant of this fact and continues to overload their system unknowingly.

Types of foods that obese people or persons with a family background of obesity should avoid include: those fried in saturated fats, commercial pastries, fatty meats, fruits canned in heavy syrup, and most food toppings.

"Good foods to concentrate on are food in the complex carbohydrate family like crackers, breads, pastas, potatoes and rice," Doctor Gellately said.

A good substitute for sour cream, as a topping on baked potatoes, is low-fat cottage cheese and jelly instead of butter on toast. Gellately also recommends high-fiber starchy foods like rye crisp to make a meal feel more filling.

Another factor in obesity is the time spent in front of the television. In our society today, the family group has centralized around television and consequently become less active and more overweight.

The legendary "freshman 15"

(weight gained by college freshman) can be verified by countless college students and their class-

mates. This phenomena can be caused by the stress of a new environment, a personal loss, and homesickness.

"You could call it the freshman plus or minus fifteen," Gellately said.

Student Health Services offers help for overweight people in an emotional, habitual, and behavioral capacity. Mary Schwantes is in charge of the nutrition program at Student Health where they welcome anyone with questions or weight problems.

In comparison to the artificial powders and pills that diet centers offer, Schwantes works with real food. She tailors a persons diet to their emotional and habitual patterns.

Obesity also causes arthritis in the weight-bearing joints, more likelihood of gall bladder surgery, heart disease, more likelihood of breast cancer in women, high blood pressure and diabetes.

"The majority of people with diabetes have that as a weight related condition," Gellately said. "If they could get back to normal weight the diabetes would go away."

This list of diseases and obesity related complications should be an incentive to lose weight and improve one's health. Not to be trendy or with the so-called times, but to be healthy and live a longer life.

The Health and Nutrition Fair sponsored by Student Health Services is today in the SUB ballroom. Free food and literature on nutrition will be offered to educate students on a healthier diet.

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Cardiovascular training

By TOM BITHELL
Senior Staff Writer

It's been a rough day of work and you're tired. your college days are gone and you can't remember the last time you had a good nights sleep, or sat down to a good meal. And how long since you last exercised? A month, two, six, ... a year?

Oh well, you figure. That's just life in America for someone struggling to get to the top.

Then one day as you drive down the road, or wait in line at the grocery store, or wake up to go to work, a sudden sharp pain hits your chest. You break out in a cold sweat and have trouble breathing. Then your arms go numb as the pain increases. Finally you black-out, your world disappearing in a blur.

You've just been the victim of a heart attack. If you're lucky, you won't be among the over 550,000 Americans that die from heart attacks every year.

Hard to picture isn't it? After all, your young and your heart is too.

Unfortunately, the time to prevent future heart problems is now.

Please see HEART page 13

HEART from page 12

"It's an everyday job," said Dr. Dwaine Marten, a physical education professor at the University of Idaho.

For exercise Marten recommends a 20 minute work out every-other day. It doesn't matter what the exercise is as long as your heart rate is raised for the required 20 minutes.

Here's one way to figure the rate you should work out at: Take 220 and subtract your age. Then take that number and multiply by .75. That will give you the approximate rate you need to maintain.

"As your heart gets stronger it puts out more blood per stroke, so it has to beat less to pump more blood," Marten said. "It will reduce the probability of you having a heart attack, but it won't guarantee you that. Fitness is only one aspect."

Other factors are your diet, blood pressure, heredity, and sex.

Foods high in fat like whole milk products, egg yolks, liver, and red meat can contribute to high cholesterol. According to The American Medical Association, you can reduce your risk of heart attack by two percent for every one percent reduction in your cholesterol level.

A healthy cholesterol level should be below 200. If you don't know yours, the National Cholesterol Education Program recommends screenings for adults 20 and over. Screenings can be performed through a routine visit to the doctors office.

Keeping control over high blood pressure can also help prevent heart troubles. While high blood pressure can't be cured it

can be treated through diet, weight loss, stress reduction, medication, and quitting smoking.

Hereditary factors also play a role. Diseases like diabetes can go undetected for years in its milder form while sharply increasing heart attack risk. Checking family history for cases of diabetes and heart disease will allow preventative steps.

Males may need to be on guard even more than females. The rate of coronary heart disease is three to four times higher for men during the middle decades of life, and twice as high in the elderly stages.

Women using birth control pills as a contraceptive are also at an increased risk of heart disease. The pill can cause changes in blood pressure, particularly in overweight women or those with high blood pressure already. Women who smoke while using the contraceptive are also at a higher risk.

Weight training for firmer you

By DOUG BAUER
Staff Writer

In today's modern sports world, weight training and conditioning plays a major role in how prepared and conditioned an athlete is, but weight lifting is not just for the "average jocks," as considered by some.

Weight training and conditioning, if used properly, can be a very healthy asset to anyone. Many people around the world that are not athletes use weight lifting to their advantage in order to put their body into better, more physically fit condition.

Weight lifting not only provides the body with an excellent figure and a defined look, but it helps with cardio-vascular conditioning also.

A few of the more popular lifts which are used by weight lifters are the bench press, which

strengthens the pectoralis major and tricep muscles, curls which strengthen the biceps and forearms, the squat, which builds up the quadriceps, hamstrings and lower back, and the clean and jerk, which basically gives the entire body a thorough work out.

There are many healthy aspects of weight training, but everything must have a bad side, as does weight training, with the use of steroids.

Steroids are a short-cut to a physique that is desired by many, and a terrible mistake to be made.

Unfortunately, many athletes, feeling that they cannot compete in their given fields in the condition that they are in, take steroids or Human Growth Hormone in one of its various forms in order to "catch up."

This is a big mistake which is made by many, including non-athletes, and can lead to such

problems as shrinkage of the testicles in men, growth in length of the clitoris and shrinkage of the breasts by women, and bladder and kidney problems and various forms of cancer for both of the opposite sexes.

A few references can be used for proper information on weight training. Most of these can be found in various local book stores.

Another excellent way of getting into weight training and learning the proper techniques is to enroll in one of the many weight training and conditioning programs offered by the university.

The campus provides many locations where anyone with a student ID card can work out with weights. Among them are the basement of memorial gym and a room located in the Kibbie Dome.

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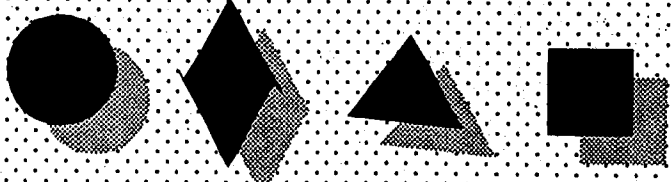
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>HOOPS from page 7

Eustachy looks to utilize the depth at guard by implementing several defensive pressure combinations along with some full court pressure.

"Right now we are straining on defending and rebounding to get a base to our team," Eustachy said. "Later on we have the capability of pressing and picking up the tempo, but only time will tell."

The guards lack height with four players under six-foot, but depth and a determined defensive tone may help against some of the bigger players in the conference.

What Idaho lacks in production from its guards may be accounted for in the front court. With Lightfoot and Waters joining last season's part-time starters Deon Watson (6-8, sophomore) and Otis Mixon (6-5, senior), Idaho could be tough to stop inside the paint. Another returner, Terrell Malone (6-4, senior), looks to improve after a up and down season last year.

Malone has worked on his offensive game in the off-season and his great athletic ability will blend in with the

talent of Watson and Lightfoot up front.

Transfer Chauncey McBride (6-4, Johnson County, Kan., JC) provides the same mold of player as Mixon with a

tough temperament on the court along with strong defensive and rebounding abilities. Fred Lovett (6-4), who sat out last season, has been a pleasant surprise in pre-season workouts and may see more playing time than expected. Waters still has a lot of developing of offensive skills, but

undoubtedly provides the defensive force inside that has been missing from Idaho's scheme for several years.

"We're going to try to get inside and get fouled and go to the foul line," Eustachy said. "We're going to try to those guys (the inside players) shots."

Idaho has it's toughest schedule in recent years with two tournaments, including the Alaska Shootout, and an always difficult struggle with Washington State set for Dec. 5. With only four home games before Big Sky play opens, Idaho will be tested early and a slow start may hurt the confidence of a young, but talented team.

"We play five straight games on the road early and we have a better chance to lose than win those games," Eustachy said. "It will be tough on this team, but hopefully we'll be better in February and March."

Not only does Idaho face a tough schedule early, but Eustachy has also faced another stumbling block with players who sat out last season. Of the nine recruits, only three (Scott Matthews, Jason McKain, and Ricky Wilson) played organized basketball last season.

Eustachy said he will play nine or 10 players consistently, but admits that some good talent might not see the court.

Eustachy admitted that the people picking Idaho to win the conference aren't very realistic, but he hopes his team can finish in the top four and peak at tournament time.

"I like the kids as individuals and as a group," Eustachy said. "We'll compete and we'll just have to see what happens. Time takes care of everything."

Bithell picks the Big Sky

By TOM BITHELL
Senior Staff Writer

With the 1991-92 NCAA season starting this week, the race for the Big Sky Conference basketball crown is right around the corner.

Last year, Idaho and Nevada were stopped short of the Big Sky Championship by Montana. The Grizzlies won both the regular season championship and the post-season tournament with a 23-8 record.

This year's Big Sky race again looks tight at the top and overall the conference should be improved.

Only time will tell, but here's an idea of what to expect.

■ 1st - BOISE STATE: In his eighth year as coach Bobby Dye is the elder of Big Sky coaches. He also has the most solid program established.

Dye has four starters back from last year's 18-11 team that finished 10-6 in the Big Sky, before losing to Southern Illinois, 75-74, in the NIT's first round.

Returning Center Tanoka Beard (6'9", 17.7 ppg.) earned All-Big Sky honors last season as a sophomore for his dominant inside play. Billy Fikes (6'6", 10.9 ppg.) and Michael Trotter (6'4", 9.8 ppg.) should also play prominent roles up front.

If the Broncos win a few on the road and end up hosting the post-season tournament, they'll be looking at the NCAA's.

■ 2nd - IDAHO: The Vandals (19-11, 11-5) will be without Sammie Freeman, Ricardo Boyd, Clifford Martin, and Leonard Perry; but coach Larry Eustachy's cupboard isn't bare.

Forwards Otis Mixon (6'5", 7.0 ppg) and Deon Watson (6'9", 6.4 ppg.), return to join some talented newcomers.

In particular, 6'7" forward Orlando Lightfoot has the potential to tear-up the league. With 6'10" Frank Waters joining him, Idaho could have the league's dominant front-line.

The backcourt will be the question for Idaho. If Eustachy finds a guard to direct the show, Idaho could be back for it's third NCAA appearance in four years.

■ 3rd - MONTANA: The Grizzlies return four full or part-time starters from last years Big Sky Championship team.

Trouble is, Montana lost both it's league leading scorer and coach.

Forward Kevin Kearney graduated after leading the league in scoring last season with 18.3 points a game. Coach Stu Morrill left for the Colorado State job.

What the Grizzlies do have are forward Delvon Anderson (6'4", 13.3 ppg.), and center Daren Engellant (6'10", 11.5 ppg.) as returning starters.

The question in Missoula will be whether new coach Blaine Taylor can implement his program smoothly, and replace Kearney and point guard Eric Jordan.

■ 4th - NEVADA: This will be the last chance at a Big Sky Championship for Coach Len Stevens. It's one the Wolf Pack would like before moving to the Big West Conference next year.

The mainstays of Nevada's four returning starters are center Ric Herrin (6'10", 18.2 ppg.) and guard Kevin Soares (6'1", 11.4 ppg.).

Last year the Pack (17-14, 12-4) finished in the thick of the Big Sky race. This year shouldn't be any different.

■ 5th - IDAHO STATE: Second year coach Herb Williams went to the Midwest again for some heavy recruiting. The

roster looks good. If the newcomers develop with Kareem Carpenter (6'7", 12.7 ppg.), another Midwest product, and the other two returning starters, the Bengals could surprise some people down the stretch.

■ 6th - EASTERN WASHINGTON:

The Eagles (11-16, 5-11) were surprising at times last year under new coach John Wade.

Now Wade has three starters back to build this year's team, including forward Kemo Patrick (6'6", 12.6 ppg.).

Look for EWU to battle for a Big Sky tourney spot.

■ 7th - MONTANA STATE:

If the Bobcats (12-16, 6-10) can fill vacancies up-front, Johnny Mack (6'2", 16.8 ppg.) and two other returning guard starters should be able to handle the back-court for coach Mick Durham.

This year the Big Sky Tournament is as far as they'll go.

■ 8th - WEBER STATE: New coach Ton Abegglen will have his hands full at WSU (12-16, 7-9) just trying to get a winner.

With three starters back he'll pick up some conference wins, but it will be at least another year before the Wildcats compete for the title.

■ 9th - NORTHERN ARIZONA:

Last year was a nightmare for the Lumberjacks (4-23, 1-15) and coach Harold Merritt. The transfer of his best player, sophomore guard Corey Rodgers, to New Mexico didn't help.

With four starters coming back, the Lumberjacks should improve. It just won't be enough to go anywhere.

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GATE AND LAWS PICK THE TOP TEN

Gate's Top Ten

1. **Duke** - They have the best coach in Mike Krzyzanski and the deepest talent. A repeat in order.
 2. **Arkansas** - Todd Day, Oliver Miller, and Lee Mayberry. Anything else need to be said?
 3. **Kentucky** - Rick Pitino's long range bombers could find themselves in the final four.
 4. **Louisiana St.** - They're thanking their lucky stars that Shaquille O'Neal decided to hang around.
 5. **Indiana** - Bobby Knight has an experienced Damon Bailey and the best baseline player in America in Calbert Cheaney.
 6. **UCLA** - With Don McLean and Tracy Murray, the Bruins front court is hard to match.
 7. **Kansas** - Just the name Jayhawks sometimes means final four.
 8. **Arizona** - Khalid Reeves is clear and Sean Rooks is as tough as there is in the nation.
 9. **Sevens Hall** - Terry Dehere is as good a shooting guard as there is in the nation.
 10. **Oklahoma** - Six new recruits and undrafted Jeff Webster. The Sooners won't stay down for long.
- FIVE TO WATCH** - 1, Oklahoma St.; 2, Georgetown; 3, Missouri; 4, St. John's; 5, Arizona State

Laws Top Ten

1. **Indiana** - Bobby Knight is due. With Damon Bailey and Calbert Cheaney and a strong bench the Hoosiers will return to the top.
 2. **Duke** - will find out how UNLV felt last year. NCAA is just too tough to repeat.
 3. **Louisiana St.** - Shaquille O'Neal is arguably the best since Kansas.
 4. **Arkansas** - The trio of Todd Day, Lee Mayberry, and Oliver Miller are hungrier than last year.
 5. **Kentucky** - Has one of the best coaches in Rick Pitino and the three-point shot will help lead the way.
 6. **Arizona** - Sean Rooks and Chris Mills will shine after the departure of Brian Williams and Lane Olson always finds a way to win.
 7. **North Carolina** - George Lynch and Eric Monrose have a year under their belts and Dean Smith still has the star departures from last year's tournament in the back of his mind.
 8. **Kansas** - Strong recruiting class and the leadership of tournament veteran Alvin Williams will lead the Jayhawks.
 9. **Ohio State** - Jimmy Jackson and a strong backcourt will lead the Buckeyes through the Big Ten and into the tournament.
 10. **Duquesne** - Best team since Tony Meyer took over for his father and David Smith is one of the top small forwards in the nation.
- FIVE TO WATCH** - 1, UCLA; 2, Sevens Hall; 3, St. John's; 4, Georgetown; 5, Oklahoma

GATE'S ALL-AMERICAN PICKS

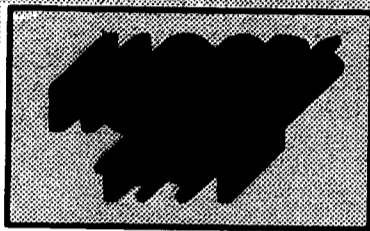
First Team:

- G - Lee Mayberry, 6-2, Senior, Arkansas, Lead Runnersback
- G - Terry Dehere, 6-4, Junior, Sevens Hall, Unstoppable when hot
- C - Shaquille O'Neal, 7-1, Junior, LSU, Maybe the best ever
- F - Jim Jackson, 6-6, Junior, Ohio State, Crazy forward, tough
- F - Don McLean, 6-10, Senior, UCLA, A scoring machine

Second Team:

- G - Chris Smith, 6-2, Senior, Connecticut, Extremely explosive
- G - Harold Miner, 6-5, Junior, USC, Only lacks intensity
- C - Christian Laettner, 6-11, Senior, Duke, Great in big games
- F - Todd Day, 6-9, Senior, Arkansas, Maturity keeps him off the first team
- F - Byron Houston, 6-8, Senior, Oklahoma State, A man among boys

Honorable Mention - G, Allan Houston, 6-6, Junior, Tennessee; G, Terrell Lowery, 6-2, Senior, Loyola Marymount; G, Anthony Peeler, 6-4, Senior, Missouri; F, Chris Mills, 6-6, Junior, Arizona; F, Tracy Murray, 6-8, Junior, UCLA; F, Clarence Weatherpoon, 6-7, Senior, S. Mississippi; C, Alonzo Mourning, 6-10, Senior, Georgetown; C, Oliver Miller, 6-9, Senior, Arkansas



SPORTS REPORT

This weekend the Vandal volleyball team split on the road where they lost to the University of Montana Grizzlies and beat the Montana State Bobcats.

at just below the .500 mark for league.

The Vandal's will host Weber State this Saturday at 7:30 p.m. in the Memorial Gym. If the Vandal's win and numerous other events take place in the Vandal's favor, they could attend the Big Sky Conference Tournament.

They lost in short order to Montana 17-15, 15-11, and 15-8, but won in four games over Montana State 15-8, 15-6, 14-16 and 15-13, placing them

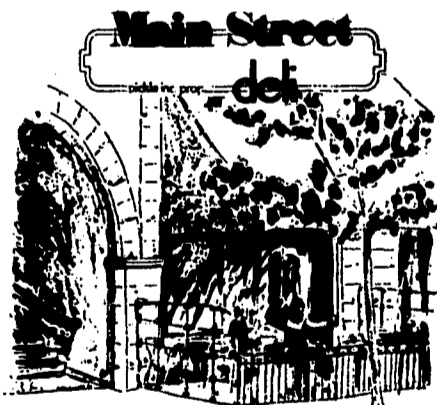
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Edited by Trent Young
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'Screaming obscenities at record executives is fun'

An exclusive article revealing secrets of the CMJ Convention

By **TIMOTHY COOK**
Health and Nutrition Expert

Twas my second sojourn to the city, that's New York City, the city I'd delight in taking some of you Muscovite pedestrian types to just to see you mowed over, and it started in an amusing fashion ... sharing a cab ride from the Kennedy airport with a businessman from some obscure place like Tunisia and a housewife from Minnesota over to the World Trade Center where my convention was to be held.

The cab driver's name was Lance, and never in my life have I been so thrilled to watch a true professional in action. He was brilliant. Lanes on New York expressways are optional to men like this, as hesitation is the kiss of death and street cop/traffic directors are only to be sneered at.

"I'd pull your ass down if it weren't for your fares," one cop shouted as Lance nearly flattened him. I wish there were no fares so I could observe this fantasy scenario, the classical confrontation of cab driver versus street cop, two distinctly different kinds of bad breath.

The focus of this trip was my inclusion into the *College Music Journal's* 1991 Music Marathon, five days of panel discussions and 'workshops' having to do with 'college' or 'alternative' music and its presentation in the media. Scary stuff, especially since I was supposed to participate on a panel, called "Programming Philosophies," which was a forum of all different types of

college radio stations chatting about what makes for successful radio.

Shop talk and show and tell, you know these things. They're never really quite what they seem. Some of the discussions were quite useful, others fell apart into the, "my station is better than your station" syndrome. I found that politeness was essential. Biting my fingernails and biting my tongue in restraint.

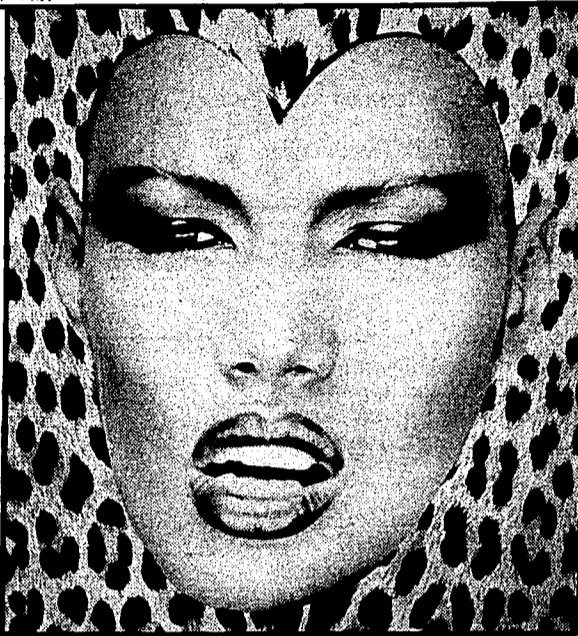
Socializing with record representatives with large corporate expense accounts was another perk, though the beer selection in most of the joints I solicited left something in the wish department. There's nothing wrong with Rolling Rock I kept reminding myself and others.

With about 350 bands playing throughout the convention, it was very important to not to screw up and miss out on some of the cool live acts folks here in the Gem State lack the balls to book. Stuff like *Cop Shoot Cop*, *Codiene*, *Elliot Sharp*, *Head Of David*, *Unrest*, *Jazz Passengers*, *Jad Fair*, *Sonny Sharrock Poster Children* and about six billion others were the artists I chose to see. I sadly missed out on the *Mekons* and my local favorite *Hammerbox*. I'm still kicking myself, but there's always tomorrow.

It was a true kick in the pants to finally meet those industry types I deal with on a daily routine as music director ... kinda terrifying too, but insecurity, in my case, is the ultimate dishonesty. Besides, what with free lunch and everything.

A true disappointment of the Music Marathon was the absence of Grace Jones, a personality I've always

The DIVA of all things. The only woman whom Arnold himself is afraid of. The gal who bore Dolph Lundgren's child, slept with James Bond and played the stripper (slash) vampire role in *VAMP*. Ladies and gentlemen ... the person I didn't get to meet ... Ms. Grace Jones.



had a severe need to meet...though I did have the inclination to speak to *Public Enemy's* Chuck D about his fondness for his Cincinnati Reds hat and Kevin Shields from *My Bloody Valentine* about live venues we suspected would be far too crowded to even attempt later in the evening. I saw Debbie Harry too, though what could one possibly say? "I just loved what you did with that cigarette in *Videodrome!*" The tide is high indeed.

In order to save money I stayed with some friends in the East Village. I'll tell ya, there are some great breakfast joints out there, with service of varying degrees of friendliness. That's New York for ya, I guess.

By the way, the newest sales pitch in crack selling is the potential seller jumping up and down on the corner uttering the word "smoke" over and over and over again. I kept wanting to stop one of these fellas

and ask if they were selling or celebrating, though I wasn't quite that stupid. My friend Trent suggested that next year I should try stepping from side to side uttering the word "fire." Sounds like fun...I can hardly wait.

ENTERTAINMENT AT A GLANCE



Movies:
Save your money for the *Addams Family* on the 22nd

TV:
Eerie Indiana (7:30pm Sundays NBC)
Northern Exposure (10pm Mondays CBS)
Star Trek
The Next Generation (Syndicated)

CEREALS:
Cocoa Pebbles
Life
Boo-Berry (if you can find it)

VIDEO:
...umm

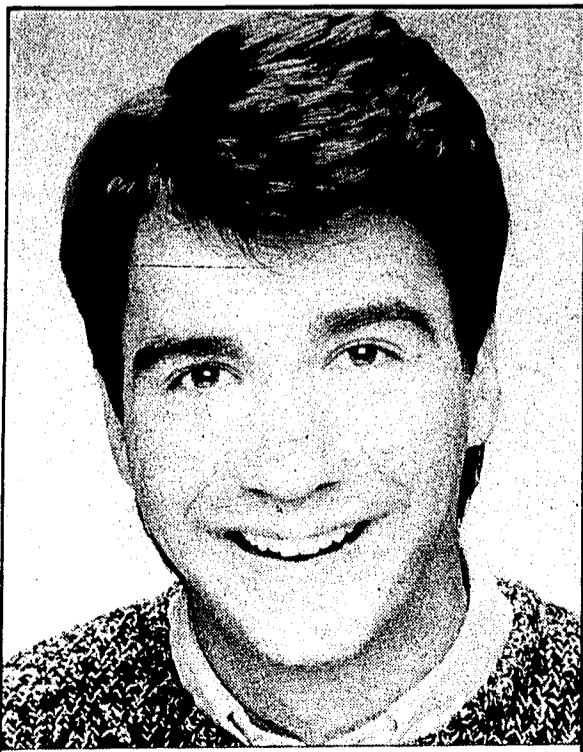
PREVIEW '91 THIS WEEK:

KUOI FEATURES MUTE RECORDS ALL WEEK IN THEIR ENTIRETY, @ 10:30PM BE THERE OR BE UNCOOL

- Tonight: *Miranda Sex Garden Mad* Angellic a capella 17th century madras from heaven
- Wednesday(11/13): *War The First Letter* (Mute/Elektra) Another stunning innovation by true craftsmen
- Thursday(11/14): *Tyranny Of The Beat Original Soundtracks* A compilation of many incredible yet underappreciated audio artists like Cabaret Voltaire, Throbbing Gristle, SPK, Loop and many others
- Friday(11/15): *Head Of David Seed State* (Mute/Blast First) Gnawing techno-rock, both alarming and therapeutic
- Saturday(11/16): *Panoxym Vol.1* Authentic rave music culled from real life acid houses in England
- Sunday(11/17): *Holger Hiller As Is* Further proof that music is best when it's constructed and edited properly
- next Monday(11/18): shhh, don't tell anybody, its the world premiere of *FORTRAN 5's* debut entitled *BLUES*(Mute/Elektra)...after extensive market research, and begging by KUOI's music director, it was determined that KUOI's listening audience will be the first in the world to hear one of the year's best.

Look out for giveaways all week long of these preview '91 albums, as well as new albums by Nitzer Ebb and Erasure and *Tonal Evidence (USA)*, a Mute compilation with works by Nick Cave, Renegade Soundwave, Wire and Diamanda Galas.

Comic learns to laugh back at tragedy



Stu Stuart

By **KORINNE BODILY**
Staff Writer

Poor Stu Stuart. Success has been a struggle. But, after two last place finishes in the Seattle International Comedy Competition, a fight with the big C (cancer, not commitment) and losing his day job, Stu has emerged as one of Seattle's hottest young comedy stars.

Auditioning for the 1989 Seattle International Comedy Competition along with more than 100 hopeful comedians was done on a whim. To his surprise, and the surprise of many other aspiring comics who'd been in the business for years, he made it. Despite his last-place finish, his talents were recognized by local agents, who offered him his first paid shows.

Stuart now performs at many of the major comedy clubs in Seattle, *The Comedy Underground*, *The IMPROV*, *Giggles Comedy Nite Club* and *The Last Laugh*.

He'll be performing Wednesday, November 13, at *Chasers Lounge* at 8 p.m. Don't miss your chance to catch his twisted and witty humor in action.

Heard steals spotlight in suspense-thriller

By SEV HOINESS
Staff Writer

Goldie Hawn isn't known for many serious acting roles, but along with Tom Heard in *Deceived*, she effectively breaks out of her ditzy blonde mold.

This suspense thriller starts out slowly with predictable dialogue. Hawn exhibits absurd gullibility, but the pace picks up and nudges viewers to the edges of their seats.

Hawn has played serious roles before and received mixed reviews, but she can hang her hat on this effort.

The use of foreshadowing sometimes made the actors part of action obvious and created a certain sort of audience participation. I found myself second guessing what I thought was going on and what would actually take place on screen.

Tom Heard portrays Hawn's husband and eventually becomes a very believable villain. Only in the beginning, when Hawn suspects her husband of some wrong doings and inquires what he has been up to, is Heard's credibility marred.

The explanations he gives her are weak and clearly false, but she believes her "loving" husband.

He turns out, as the title alludes, to be a liar and low-down character with nothing to lose and everything to gain. Heard is the type of person that would do whatever it takes to preserve his own self-worth no matter who he hurts, even his own wife.

The bottom line in this movie is

money. Heard will stop at nothing to become more financially secure.

Heard will, and does, lie, steal and kill to further his egocentric cause.

to put two and two together, the action becomes intense and furious.

Heard supposedly dies and leaves Hawn a grieving widow with many unanswered questions that don't take long to find answers to.

The primary focus of Hawn's despair is an Egyptian necklace worth millions that her husband is accused of having stolen from the art gallery where he worked in acquisitions.

Heard wants the necklace so badly that he comes back from the dead to try and steal it again from his wife. When she doesn't have it, he becomes quite irritated and kidnaps his own daughter to ensure its recovery.

Some of the most entertaining parts of the movie are when Heard's ruthless calculations are evident and he is doing everything he can to survive.

As the plot advances, Heard becomes nastier by the minute.

This movie is worth the price of admission and is recommended by this movie reviewer.

Deceived is playing at the University Four Theatre nightly at 7 p.m. and 9 p.m. with showings at 2:15 p.m. and 4:45 p.m. Saturday and Sunday.

Top 10 Movies

1. *The Fisher King* starring Robin Williams
2. *Ricochet* Denzel Washington
3. *Necessary Roughness* Scott Bakula
4. *Deceived* Goldie Hawn
5. *The Super*
6. *Paradise* Melanie Griffith
7. *Suburban Commando* Hulk Hogan
8. *Freddy's Dead* Robert Englund
9. *Shout*
10. *Stepping Out* Liza Minnelli

Again, some of the revealed plot is predictable, but by hitting you with what you don't expect, this movie earns its wings.

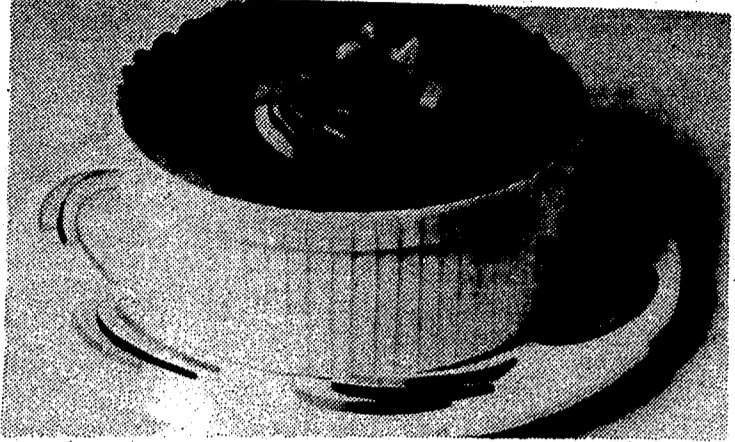
The plot is strengthened with scenes of Heard and his daughter sharing tender moments. The audience wonders if this guy is capable of the destruction he may or may not have done.

When the plot starts to become more twisted, and Hawn begins

The Chopping Block

by Philomena Corradeno

Look at the labels on packaged sandwich meats. Most of them will be marked "Lean," "98 Percent Fat Free," or something similar. Yes, they make excellent sandwiches, but you can get good meat flavor when you combine even a small amount with vegetables in a main dish or salad.



HAM AND YAM BAKE

8 ounces packaged Lean Ham
1/4 cup concentrated orange juice, partially thawed
1/3 cup light brown sugar
3 pounds yams, peeled, cubed and cooked
1/4 cup butter or margarine
1/2 teaspoon salt, optional
1 apple, cored and thinly sliced
Nutmeg or cinnamon
 Preheat oven to 350F. Cut ham into one-inch squares; set aside. In medium bowl, combine orange juice, brown sugar, yams, butter and salt. With electric mixer, beat until well blended. Fold in ham. Turn into greased casserole. Top with apple slices. Sprinkle with nutmeg. Cover and bake 30 minutes or till heated through. Makes eight servings.

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 All abbreviations or small groups of numbers (including phone numbers) count as one word
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 No refunds will be made for partial cancellation of weekly classified advertising. Cancellation for full refund will be taken only before the classified advertising deadline. Refund Deadline: noon one day prior to first insertion. Please bring your receipt.

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 Notify us of typographical errors immediately. The Argonaut will not be responsible for more than the first incorrect insertion of any classified advertisement.

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 Word Classified: Monday NOON for Tuesday
 Thursday NOON for Friday

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2. Houses for Rent	11. Rides
3. Trailers for Rent	12. Wanted
4. Houses for Sale	13. Personals
5. Trailers for Sale	14. Announcements
6. Roomates	15. Child Care
7. Jobs	16. Lost and Found
8. For Sale	17. Miscellaneous
9. Autos	18. Services

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CITY _____	DATE AD STARTS _____
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Print your ad below, one word per line. Use caps & small letters; do NOT use longhand.

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For information call 885-7825 or Come by the Argonaut Office in the Student Union Bldg

CASH IN ADVANCE

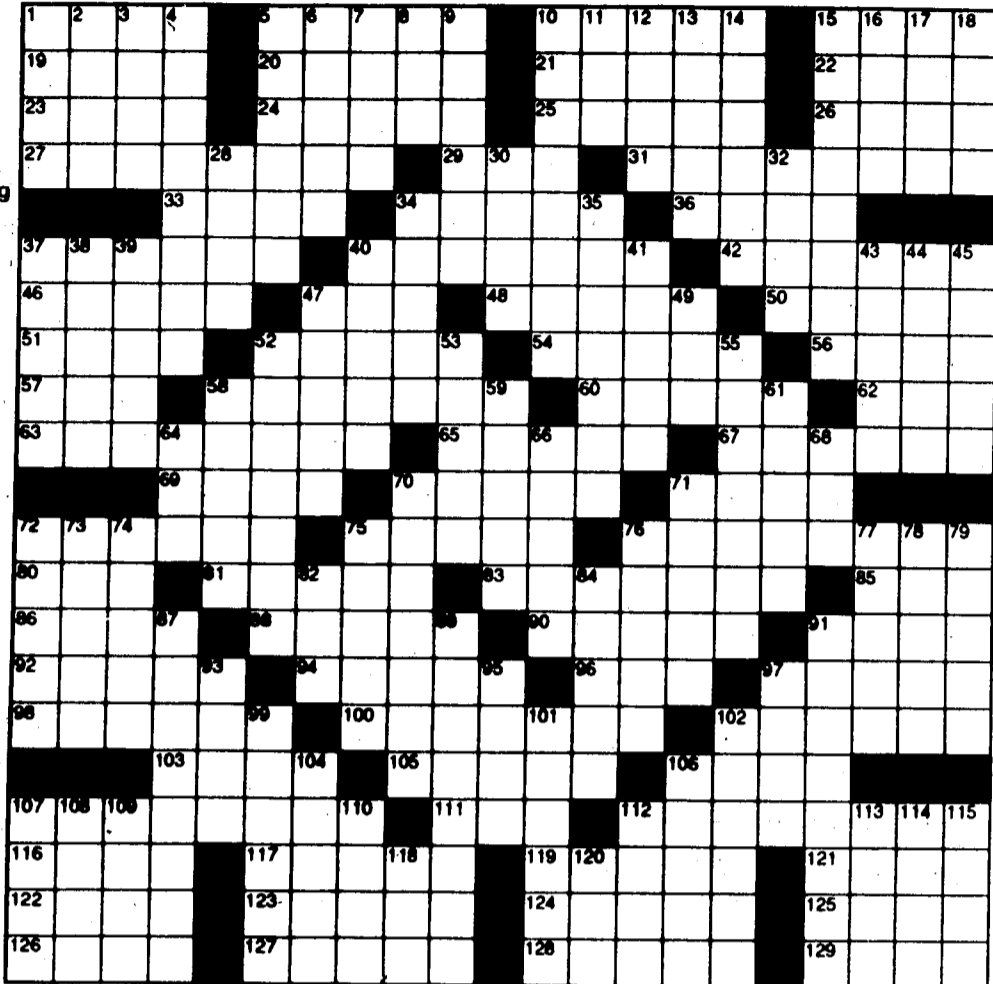
Super Crossword

- ACROSS**
 1 Venetian blind strip
 5 Provide food
 10 Born or hand lead-in
 15 Golf course hazard
 19 Wife of Zeus
 20 Pea tree
 21 Liquid used in perfumery
 22 Plexus
 23 D.C. office
 24 Greek island
 25 Burrowing animal
 26 Presently
 27 Dismissal notice
 29 Anger
 31 Small person
 33 "A little pot and — hot"
 34 Fragrant seed
 36 Word before heat or letter
 37 Crushing snake
 40 Theory of cosmology
 42 Ran wild
 46 Dormouse
 47 Ralph Kramden's vehicle
 48 Icy rain
 50 River in France
 51 Once more
 52 Strong cotton
- thread
 54 Sea birds
 56 Underdone
 57 Fr. holy woman
 58 Quick-tempered person
 60 Western "monsters"
 62 Taylor or Steiger
 63 Emergency fund?
 65 Japanese gateway
 67 Excludes
 68 Work units
 70 Worn by monotony
 71 Minor continent?
 72 Biblical landing place
 75 Compact
 76 Recently acquired
 80 Russian space station
 81 Ancient Greek dialect
 83 "Arsenic and —"
 85 Palm leaf: var.
 86 Of an amide
 88 Forbidden things
 90 Card or loan follower
 91 Diploma recipient: colloq.
- 92 U.S. inventor
 94 South Pacific island group
 96 "Cat — Hot Tin Roof"
 97 French philosopher
 98 Noble goals
 100 Autumn leaf color
 102 Rope loops
 103 Baseball team
 105 Hollandaise, for one
 106 Provide money for
 107 Fishy item?
 111 Fast plane
 112 Reduce for sale
 116 Nimbus
 117 Watered silk
 119 Misdeeds
 121 Author Wiesel
 122 Quick look
 123 Kitchen gadget
 124 Concise
 125 House wings
 126 South African fox
 127 Smooth and shiny
 128 Charger
 129 " — of Heaven" (1978 movie)
 38 Busybody
- DOWN**
 1 Visit the mall
 2 Leah's son
 3 Isles off Ireland
 4 TV feature
 5 Style of type
 6 Once more
 7 Ram down
 8 DDE's command
 9 On the way up
 10 Bargain event?
 11 Author Levin
 12 Actress Lillian
 13 Gaffer Sam
 14 Bank employee
 15 Hinged floor opening
 16 Italian painter
 17 Like — of bricks
 18 Confined
 28 Chimney dirt
 30 Joshes
 32 Go bankrupt
 34 Bridal path
 35 Cell nucleus with protoplasm mass
 37 Neo or ecto follower
 39 Planted with maples
 40 Thick and full
 41 Guardian spirits
 43 Coronet
 44 Baseball boo-boo
 45 Legal documents
 47 Stings, as a mosquito
 49 — Aviv
 52 2,240 pounds
 53 U.S. industrialist Cyrus
 55 Well-meaning incompetent
 58 Goddesses of the seasons
 59 Of the back: comb. form
 61 River in Paris
 64 Mai de —
 66 Lively dances
 68 Man or lands lead-in
 70 Suits
 71 Palm cocktail
 72 Cremona violin

- 79 Moves with effort
 82 — Angeles
 84 Wild dog of Asia
 87 Seaside social?
 89 Fountain worker
 91 Charitable act
 93 Actor Baldwin
 95 Chills and fever
 97 A blow on the head
 99 They're often traded
 101 Groups of eight
 102 Tended the sick

- 104 To your health!
 106 Incorrect
 107 Spanish cloak
 108 Regrets
 109 War god
 110 Land of the shamrock
 112 Thick mud
 113 Spicy stew
 114 Crafty
 115 Monster's loch?
 118 Female ruff
 120 Doggie doc

Give Up? Quitters and cheaters, turn to page 19



NORM'S CUSTOM GLASS, INC.

- * Glass shelving
- * Mirrored glass
- * Glass table insets
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- 73 Covered with hoarfrost
 74 Ascend
 75 Ancient gold coin
 76 Suave
 77 Standards of achievement
 78 Gladden

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50¢
 3:30pm-12pm

Thursday
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P195 R 14...\$38.62	175/70 R 13...\$32.95
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Tuning In

by Selj Groves

SHATNER DIALS A ZERO: "This will probably surprise you," Bill Shatner, the host of CBS' "Rescue: 911" series said, "but you can't always dial 911 and get the help you expect."

Shocking news indeed! As Bill explained: "My family and I were at our ranch and we heard what sounded like a prowler outside the house. I did what you'd expect me to do: I dialed 911. But," he added, "I was just a few days too early. The system had been installed but had not yet been activated."

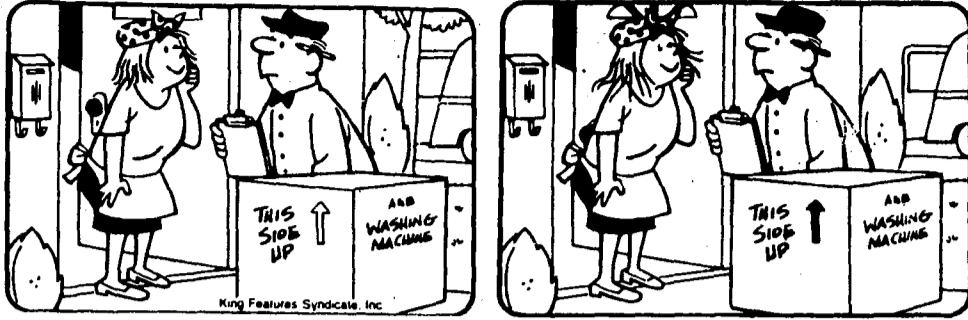
Fortunately, there was no prowler on the grounds, or if there were, he didn't cause any problems. As Shatner said: "Still, this could have been an emergency, which points up all the more the importance of having the system installed in as many areas as possible."

As for reports that "Star Trek VI: The Undiscovered Country" may be the last flick in the series, Bill said: "Probably so."

(Note that he said "probably" which gives hope to all Trekkies that there may be something to the rumors that there's movement in the direction of No. 7, which could be called into production some time late next year.)

Vision Teaser

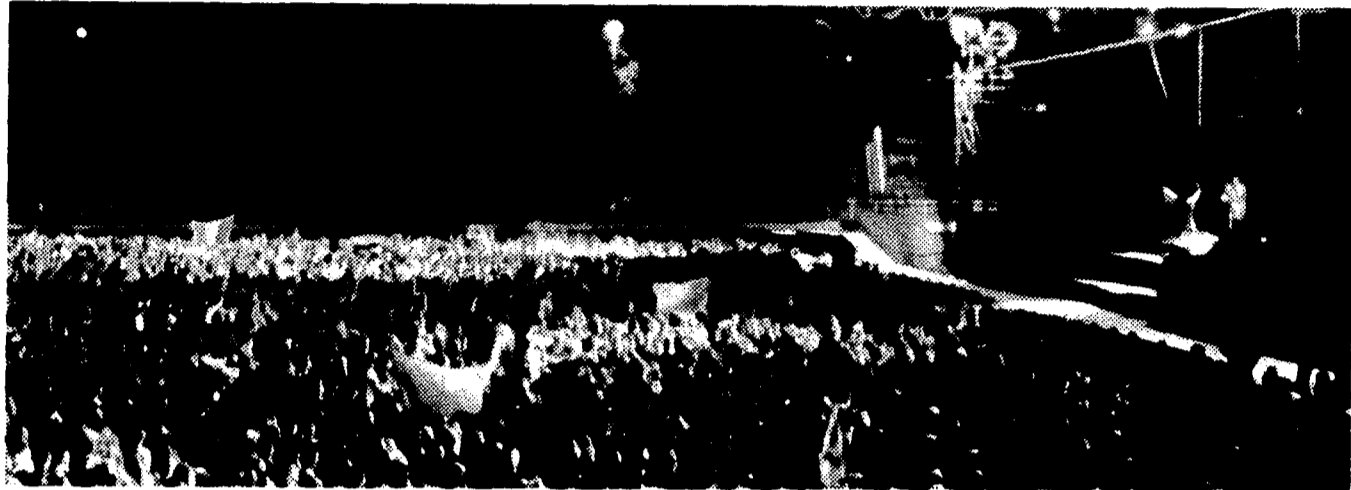
Find at least six differences in details between panels.



Differences: 1. Door knob is lower. 2. Hair is longer. 3. Door window is different. 4. Cup is different. 5. Arrow is different. 6. Tree is missing.

Answers to Super Crossword

SLAT	CATER	FIRST	TRAP
HERA	AGATI	IRONE	RETE
OVAL	SAMOS	RATEL	ANON
PINKSLIP	IRE	HALFPINT	
SOON	ANTISE	DEAD	
PYTHON	BIGBANG	RIOTED	
LEROT	BUS	SLEET	LOIRE
ANEW	LISLE	ERNES	RARE
STE	HOTHEAD	GILAS	ROD
MADMONEY	TORII	DEBARS	
ERGS	BORED	ASIA	
ARARAT	DENSE	BRANDNEW	
MIR	EOLIC	OLDLACE	OLA
AMIC	NONOS	SHARK	GRAD
TESLA	SAMOA	OMA	COMTE
IDEALS	REDGOLD	NOOSES	
METS	SAUCE	FUND	
CRABCAKE	JET	MARKDOWN	
AURA	MOIRE	EVILS	ELIE
PEEK	PARER	TERSE	ELLS
ASSE	SLEEK	STEED	DAYS



AT&T's long distance savings plan can take you to this location.

Health & Nutrition

by Judith Sheldon

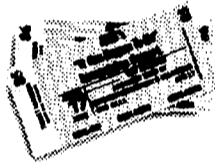
NEWS NOTES: Fertility may well be a matter of a man's basic health habits, including his diet. According to a research study cited in the October 1991 issue of RN Magazine, smoking and drinking can damage male fertility. So can a lack of vitamin C and zinc.

As an added note, I should point out that one important source of zinc is in shellfish — and come to think of it, for years, men have believed that eating oysters would help maintain virility. And while virility is not always a guarantor of fertility, it is interesting that this zinc rich bivalve is involved in both conditions.

Headaches are among the country's most common ailments. For most people, they are temporary and caused mostly by benign factors that are rarely life threatening. However, in some cases, headaches can be early warning signs of something much more serious. Another article in the October issue of RN Magazine says that if someone experiences a new type or pattern of headache pain, the smart thing to do is notify their doctor. The pain could signal eye or ear problems or a brain condition that needs immediate attention, such as a brain tumor, a hemorrhage, an aneurysm, or other serious illness.

SUN-SENSE: It may strike some people that a discussion of the dangers of sunlight in autumn is out of season. But the fact is that exposing the skin to the sun — regardless of where or when it happens — causes changes that are often irreversible. At the very least, the result of sun exposure is photoaging, with the skin wrinkling and often turning leathery. The more tragic, and increasingly more common consequence of sun exposure is skin cancer. Some of these conditions are curable if caught in time; some are not.

One reason for warning people about skin exposure at this time of year is that many folks either head south for their vacations, or travel to more tropical areas for their holidays. Because they feel they need to get as much out of their limited time in warmer, sunnier climates as possible, they tend to ignore discretion in favor of an intense solar ray soaking. They may come home with a tan, but they may also have sustained skin damage that can have serious aftereffects.



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OFFICIAL RULES—NO PURCHASE NECESSARY

1. To enter, handprint your name, address, phone number and zip code on an official entry form or a plain piece of paper. Official entry forms can be found in the October 31st, 1991 issue of Rolling Stone, the October 18th, 1991 issue of Entertainment Weekly, the November 1991 issue of US magazine, the November/December 1991 issue of U. The National College Newspaper and the Fall issue of Directory of Classes. You may enter as often as you wish, but each entry must be mailed separately to: AT&T "IT CAN HAPPEN TO ME" SWEEPSTAKES, P.O. Box 4870, Grand Central Station, New York, NY 10163. All entries must be received by December 30, 1991.
 2. Winners will be selected in a random drawing from among all entries received. Drawing will be conducted on or about January 15, 1992 by MediaAmerica, Inc., an independent organization whose decisions are final on all matters relating to this sweepstakes. (1) Grand Prize: A 4-day/3-night trip for two to see the concert of winner's choice anywhere in the continental U.S., including roundtrip coach air transportation to and from the nearest major city, first class hotel accommodations, hotel and airport transfers, tickets to the concert, backstage/VIP passes, limousine service to and from the concert, meal allowance, and sightseeing plus a 5-day/4-night trip for two to see the concert of winner's choice anywhere in Europe, including roundtrip coach air transportation to and from the nearest major city, first class hotel accommodations, hotel and airport transfers, tickets to the concert, backstage/VIP passes, limousine service to and from the concert, meal allowance, and sightseeing, plus one year's worth of AT&T Long Distance Service awarded as \$800 in AT&T Long Distance Gift Certificates and an AT&T Cordless Phone (total approximate retail value of Grand Prize = \$15,940.00). (2) First Prizes: An AT&T Cordless Phone, \$25 in AT&T Long Distance Gift Certificates and five compact discs of winner's choice (total retail value = \$200). All prizes will be awarded and winners notified by mail. Prizes subject to availability and confirmation of reservations and must be taken by December 31, 1992. Choice of concert locations is subject to artists' performance schedules, availability of tickets and backstage/VIP passes, and final approval by MediaAmerica, Inc. Limit of one prize per person. Prizes are nontransferable and no substitutions or cash equivalents are allowed. Taxes, if any, are the responsibility of the individual winners. Grand Prize Winner and travel companion may be asked to execute an affidavit of eligibility and release. Grand Prize Winner and travel companion consent to the use of their names and likenesses for publicity or trade purposes without further compensation. No responsibility is assumed for lost, misdirected or late entries or mail.
 3. Sweepstakes open to legal residents of the U.S., 18 years of age or older, except employees and their families of AT&T, its affiliates, subsidiaries, advertising agencies, MEDIAAMERICA, INC. and their program suppliers. This offer is void wherever prohibited, and subject to all federal, state and local laws.
 4. For a list of winners, send a stamped, self-addressed envelope to: AT&T "IT CAN HAPPEN TO ME" WINNERS LIST, P.O. Box 5019, Grand Central Station, New York, NY 10163 by January 30th, 1992.

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 On Campus Student Off Campus Student (7437)

All entries must be received by 12/30/91. No purchase necessary. Void where prohibited. You must be 18 years of age or older to enter. © 1991 AT&T

TUESDAY • ARGONAUT
NOVEMBER 12, 1991

Classifieds

Classifieds Desk
(208) 885-7825

APTS. FOR RENT

Big one bedroom apartment available now. Desperate! Grey carpet, new. Five minute drive to campus. \$309 per month. Last month's rent plus deposit required. Call 883-4527 anytime.

ROOMMATES

Wanted: female roommate to share two bedroom duplex. Close to campus. Call 885-5868 or 883-4469.

Roommate needed for spring semester. Quiet, non-smoking female. Two bedroom apartment \$175 a month plus utilities. Call 882-1948.

Wanted tidy roommate to share 2 bedroom apartment \$145 per month. 882-1589.

JOBS

Attention! Readers needed! \$35,000 year income potential! Reading books and T.V. script. 1-601-388-8242. ext. B1285.

High earnings. Part time or full time. U.S. Government. Own hours processing FHA mortgage refunds. No experience. 1-601-388-8242. ext. F1285.

FOR SALE

CRUISE JOBS

Cruise Lines Now Hiring. Earn \$2,000+ per month working on cruise ships. World travel! Holiday, Summer and Full-time employment available. For Employment Program call 1-206-545-4155 ext. C212

AUTOS

1981 Honda Accord 4 door, 5 speed, AC, very good condition. \$2,200. 746-5026.

1988 Subaru Justy GL 62,000 miles. Excellent condition, \$3000. Call 882-6305.

PAID PERSONALS

FREE PREGNANCY TEST

Early detection, ALL services free, open evenings and Saturdays. Call 882-2370, 24 hour phone line, Open Door Pregnancy Center.

GAY AND LESBIAN ASSOCIATION
Support groups - social activities
335-4311.

ANNOUNCEMENTS

GET PRACTICAL SALES AND MARKETING EXPERIENCE

Need a challenge?
Earn up to \$2500/term
managing credit card
promotions on campus.
Flexible hours.

ANNOUNCEMENTS

Brushed Books

Literature, philosophy, music, comic books, etc. Buy, sell, trade. Monday - Saturday 11-6 pm. N. 105 Grand, Pullman, WA 334-7898.

Need someone to talk to? Dr. Bruce Wollenberg is a trained Pastoral counselor at the Campus Christian Center. Appointment: 882-2536. No Fee.

CHILD CARE

UI Child Care Resource and Referral for information on child care. Call 885-5927 12:30-4:30.

LOST AND FOUND

Lost: UI class ring in Ag. Sci Bldg. Reward offered. 882-7717. Leave message.

Lost: female 1 1/2 year old cat with bright purple collar. Gray tabby, answers to Casey. 882-7288.

MISCELLANEOUS

NO DIET WEIGHT LOSS! HIGH ENERGY! Centuries old Chinese Herbal formula. Hans 882-5451 7-9 pm.

SERVICES

Computer Tutorial Services. Customized to fit individual needs. Call evenings 7-9 pm for appt. Hans 882-5451.

TAYLOR from page 4

express anger and frustration rather than guilt over the crimes committed. An unremorseful convict could very well repeat the same crimes again, as a manifestation of anger and frustration.

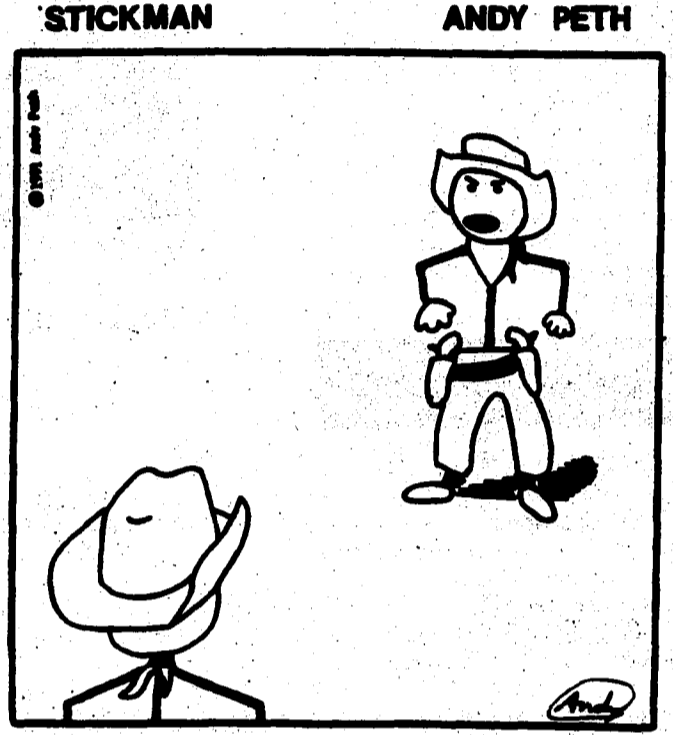
Yes, criminals like Coe and serial killer Charles Manson are very frightening individuals, and our society has built increasing amounts of jails with the hope of rehabilitating these criminals. However, prisons defeat their own purpose when criminals commit the same crimes over and over again because they don't

know any other lifestyle.

This recidivism among criminals is a very good indicator that some kind of change is in order. Perhaps the federal government could stop slashing funds for social programs like they have during the Reagan and Bush administrations. These social programs could try to stop criminal activity from even happening by educating children about the value of an honest life. Basically, any change from the current system is needed because when I see Charles Manson telling the world on TV that he would kill again if he was released from prison, I know that prisons have failed.



"Of course I think your jokes are funny, sir. That's my job."



"IT'S NO USE, TEX. THIS TOWN AIN'T BIG ENOUGH FOR THE TWO OF US. OUR EGOS ARE TOO DAMN BIG. MAYBE WE SHOULD GET SOME COUNSELING."

DOMINO'S HAS

30 minutes or FREE

Some restrictions may apply

EAT A

TERRIFIC TUESDAY

LARGE

PAY FOR A SMALL!

Order a large 1 topping pizza for the price of a small, additional toppings a dollar each. So you get a large pizza but pay for a small! Only on Tuesdays, and only at DOMINO'S PIZZA.

Moscow
883-1555

DOMINO'S PIZZA DELIVERS FREE.

Wednesday Night Special
Pizza Meal Deal

\$9.99^{+tax}

Order 2 medium original style 2 topping pizzas for only \$9.99 Additional toppings available Exp: Nov. 13, 1991

One coupon per pizza. Valid at participating stores only. Not valid with any other offer. Prices may vary. Customer pays sales tax where applicable. Delivery area limited to certain mile radius. One driver carry less than \$20.00. Our drivers are not permitted for home deliveries. © 1991 Domino's Pizza Inc. Cash Value 1/20¢

Thursday Special
Medium Pepperoni
Extra Cheese

\$5.00

tax included
Just call!

883-1555

Good every Thursday
No coupon necessary just ask!

One coupon per pizza. Valid at participating stores only. Not valid with any other offer. Prices may vary. Customer pays sales tax where applicable. Delivery area limited to certain mile radius. One driver carry less than \$20.00. Our drivers are not permitted for home deliveries. © 1991 Domino's Pizza Inc. Cash Value 1/20¢