

Let there be light

Student Health offers cure for Seasonal Affective Disorder

lis the season to have Seasonal Affective . Disorder, and many students, staff and faculty at the University of Idaho who suffer from SAD should not settle for a long winter's nap or hibernate until spring.

SAD is a disorder that is caused by shorter days of winter when people receive less light throughout the course of the day. A form of depression occurs when the brain chemistry changes due to lack of

light and causes an increase in the production of melatonin, a hormone secreted by the pineal gland in the brain.

Until four years ago, SAD sufferers on the UI campus had no way to help cure the disorder, but treatment is available for anyone feeling depressed during the winter months.

Student Health Services and the Student Counseling Center both offer phototherapy or light therapy sessions recommended in half-hour intervals for free. SAD sufferers are urged to bring reading material or homework and sit directly in front of the lights, allowing their retina to be exposed to the light.

Dr. Donald Chin, director of Student Health Services, said there was a strong need for some kind of treatment for SAD. Although there and those with a parent or close relative suffering from SAD or believes phototherapy is the best

We tend to see many students in the dark months, or the months from about November to February," Chin said. "Although it doesn't completely take care of the more

serious cases, it is one way to . augment the disease. If

case, they will start to see a change for the better take place, but in more serious cases, they may need medication as well."

Although in the past phototherapy consisted of using full spectrum lights, research now suggests

quality fluorescent bulbs with high intensity of light. The specially designed light box contains the intensity of 10,000 lux equivalent to the brightness of the sun at dawn or about 20 times brighter than a well lit room.

Many people who suffer from SAD are people living in areas far from the equator. Because the days are shorter in the northern latitudes, SAD is more severe in the far north.

Those most affected by SAD are women, people 20-40 years of age,

other mood disorders, according to the book Seasonal Affective Disorders by author Angela Smith.

"I have seen a mixture of both men and women SAD sufferers come into the Health Center," Chin said. "But I definitely see more women. I think more females tend to find a way to fix or help the way they are feeling. I think females are also more health seekers and more willing to care about it."

SAD is an expression of mood in all cases and it

brings about a change or imbalance in the body's normal way of functioning. These changes can consist of anything from loss ambition with no desire to carry out everyday activities

to overeating and oversleeping. Chin said minor cases of SAD tend to throw the sleep cycle off for just about everyone.

For more information on Seasonal Affective Disorder and the phototherapy offered on campus, contact Student Health Services at 885-6631 or the Student Counseling Center at 885-6716. If you are interested in receiving phototherapy, no appointment is needed at the Student Health

Backcountry Skis Rock & Ice Gear Snowshoes Outerwear

Announcements

Today

UI students, faculty and staff are invited to contribute coats and winter clothing in reusable condition to benefit Latah County families in need. Drop-off bins are located at the SUB, the Education Building lobby, Family Housing, Wallace Basement, Theophilus Tower lobby, Alpha Kappa Lambda porch, and the Gamma Phi Beta porch. The coats and winter clothing will be distributed to area families by the Community Action Agency.

♣ The UI chapter of Pi Sigma
Alpha, the national political science honor society, is sponsoring a food drive this week. Donations can be dropped off in the Political Science office in Admin. 205. For more information, contact Eric Bennett at 885-6328.

Friday

The Campus Christian Center welcomes UI students to come sing Christmas Carols, Dec. 19 from 11 a.m. until 1 p.m. at the Center.

Opportunities

* Design the logo for the Division of Statistics at UI to be used on their homepage and win a \$100 cash prize. The competition is open to UI students and former graduates of the division. Designs must be submitted to Brink Hall Room 415A by 3 p.m. Jan. 8. The winner will be notified Jan. 19. Be sure to include your name, student ID, and phone number.

B Ever wanted to rant like a true philosopher? ORG, the UI

philosophy undergraduate organization, is taking submission for their annual journal The Hemlock Papers. Submissions are due Jan. 1 to the ORG c/o the philosophy department, Morrill Hall Room 408.

* The Truman Scholarship program is inviting inquiries from juniors who wish to pursue a career in public service. Fellowships include a \$3,000 scholarship for senior year and \$27,000 for two- to three-year graduate programs. Contact Tom Bitterwolf at 885-6426 or by email at bitterte@uidaho.edu.

Services

Need a quiet place to study? The Campus Christian Center will be open from 9 a.m. until midnight all finals week. There are couches, chairs, and small kitchen open for use, plus all the apple cider you can drink.

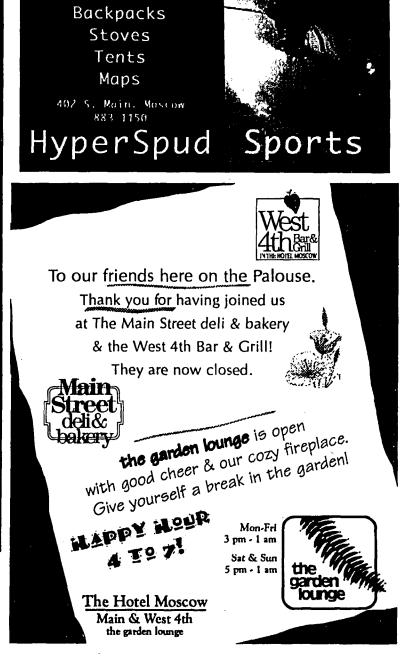
* The UI will provide lowcost bus service to southern Idaho during the Christmas holiday. The bus will leave Moscow Friday evening and return Jan 11. Reservations can be made through the Office of Student Advisory Services in Room 241 of UCC For more information, call 885-

* Student Support Services is offering a \$100 Merit Scholarship for the spring semester. For more information, call 885-6746 or go to CEB 106.

B Donate a vehicle to the American Lung Association by Dec. 31 and earn a tax deduction for 1997. To find out how, call 1-888-300-LUNG(5864).









DESIGN WORK the Argonaut

We need a new logo/flag that represents/portrays 100 YEARS of a STUDENT RUN

> NEWSPAPER at UI

Submit samples no later than Friday, February 6 to the 3rd floor of the SUB.

Call Michelle at 885-7845



Fall semester in review

The semester started with missing textbooks due to the UPS strike. There was Cassini and El Nino. The Mighty Mighty Bosstones came and went. The University of Idaho got a little farther away from the rest of the world when flights to Boise were canceled. Much has happened in four months. Some events will have rippling implications for years to come.

Horizon Airlines canceled flights to Boise from the Moscow/ Pullman airport in October. Servicing the Palouse was no longer profitable. The decision came at a bad time for the UI, attempting to combat the perception of being remote. This perception was found in a survey concerning the UI's image. Students wishing to fly now

The survey also found people perceived UI to be a party school. This didn't stop administrators from reintroducing tailgate parties at football games in an attempt to raise student attendance at the games. The university got around city zoning laws by declaring the general parking lot private property during games.

Later in the semester administrators announced the decision to move football games to Martin Stadium in 1999. An attempt to gain A-1 status, the move put the communities of Moscow and Pullman in an uproar. Students and faculty wondered how UI would fill Martin Stadium when it can't fill the smaller Kibbie Dome. They asked who would pay to lease the stadium. Many wondered how important it is to UI to gain A-1

status in the first place. Questions are still unanswered. Administrators will be working on details next semester.

Students voted yes in a referendum to create a student recreation center. The state Board of Education later approved the plan. It was the largest turnout for a college referendum in the nation with 35 percent of the student body casting their vote. Sixty-six percent of voters voted yes. Many students were angered when they discovered their money paid for the referendum and the architectural planning of the rec center after it passed. A \$3 fee was assessed in 1995 to 1996. It was raised

Kris Mc Bride examines the rec center display prior to the student vote in

fees raised \$340,000. The \$12 fee remains and is expected to bring in another \$94,000. One of the plugs for the rec center was that students wouldn't pay a dime until the doors opened. When the building is completed, student fees will rise

The state did not fund salary increases for Idaho faculty. The median UI faculty salary remains about 10 percent below salary averages of comparable institutions. President Bob Hoover gave faculty a Christmas bonus. Salary cuts are hinted at for next year.

Changes in technology made for changes in student life. Students got their midterm grades from the computer instead of waiting in line at the Administration Building. Students voted online and for the first time were sent ballots in the November ASUI elections. Labs were often packed and long lines waited for computers. A new directory was created to find a Vandal. It offered students the option to put their picture on the

The issue of districting appeared when ASUI President Jim Dalton went around the Senate and started a petition to get it on the November ballot. Seventy percent of students live off-campus. Two senators out of 13 are assigned to represent offcampus students. The Senate is 99 percent Greek. Senators did not circulate the petition in their assigned living groups, choosing instead to argue the issue amongst themselves. The petition needed 3,000 signatures. It had a little over 1,000 in mid-November. Dalton hopes to see the next Senate pick up the issue.

A one percent decrease in enrollment helped to spur an advertising campaign to raise UI's

Administrators dumped money into brochures, ads in statewide newspapers and national magazines, TV commercials and \$3.7 million in scholarships. The decrease in enrollment created a glut of extra student housing. The vacancy rate was at its highest point in more than a decade. Fewer students meant less money, money that was expected to be there.

Fen Phen and roofies were the dangerous drugs of

the semester. Fen Phen was taken off the market in September. Dieters used the pill to suppress appetite. It was the drug that put the hole in the heart. Many students took the drug in an effort to lose

Roofies, aka Rohypnol and the date rape drug, was used to rob and rape unsuspecting victims. Often slipped into alcoholic drinks. roofies when ingested cause dizziness, confusion, temporary paralysis and amnesia. UI sororities and Residence Halls were targeted in an information campaign by the Women's Center to educate women about the drug.

Along with the usual parade of minor in possession citations, one student was arrested for indecent exposure. Another student was charged with first degree murder of his three-month-old baby. David Pettit, a 24-year-old student faces trial this spring.

Four years after an alcoholrelated accident that left a freshman

Residents of Borah Hall move into the hallway as their rooms flood with sewer water in October. Damage was estimated at under \$10,000.

pledge paralyzed below the waist, a suit against Alpha Phi was dropped. Plaintiffs were unable to show Rejena Coghlan's accident was the result of some dangerous condition at the house. After a night of heavy drinking Coghlan fell from the roof the Alpha Phi house.

A big student concern was parking on campus. Many spaces were lost when several yellow curbs were extended for pedestrian safety. The UI purchased the Sweet Avenue site on the southeast side of campus. Part of it will be used to create a 350 space parking lot.

The sewer backed up into Borah Hall in the Wallace Complex in October causing around \$10,000 in

It was the last semester of life for the Communications Building, the Women's Center building, and the U-Hut, housing the drama department and Collette Theater. These and others will be bulldozed next semester to make way for a



YOUR SHIRT OGETHER

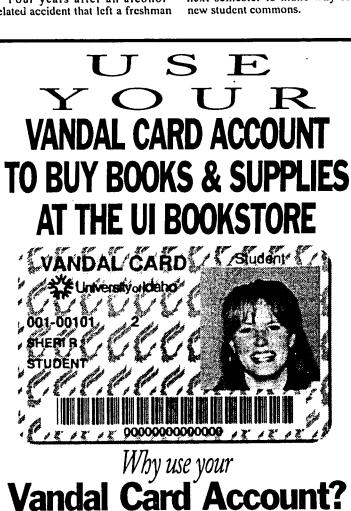
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You get a 5% discount on used textbooks!

You will not have to hassle with writing checks or carrying large amounts of cash!

You can conveniently buy school supplies at the UI Bookstore throughout the semester!

Open your account or make account deposits at our main office in Wallace Complex or at our office in the Student Union.

Questions? Call 885-7522 or 885-2688.

What are we celebrating?



WADE GRUHL COLUMNIST

Nor those of you struggling with finals, Ed Abbey has some advice.

"When the situation is desperate, it is too late to be serious. Be playful."

I'm on the verge of being playful. Just a couple more days until a sense of relief engulfs this campus community. I'm excited about going to Iowa, where I grew up, for the holidays. I haven't been there at this time of year since 1990. Iowa itself isn't particularly exciting, but seeing friends and

I can't wait to see the people I miss, but Christmas doesn't interest

me much. Of course I loved it as a kid, and I don't intend to spoil it for anyone. Yet I know we could come up with a better winter celebration than the frenzied capitalist ritual we have become accustomed to.

We would be better off celebrating the winter solstice. Reaching the shortest day of the year means that each day will be a little bit longer for the next six months. That is cause for celebration! Besides, getting in touch with natural processes is something our society needs more than more stuff.

Some people probably still recognize that Christmas was initially intended to be a birthday celebration for the monkey Jesus. Face it, we're all monkeys! But most folks are vaguely aware that this annual worshipping of commerce has religious connections. I support neither Christianity nor capitalism, so either rationale for Christmas fails to convince me it is positive.

Some historians believe Christmas was a spin-off of the solstice celebrations that occurred prior to Christianity. We would do well to return to festivities focused upon natural processes, rather than unsustainable consumerism, or a

widely misinterpreted book.

Near Elk River, there is a western red cedar that is 18 feet in diameter at breast height. Three adults with arms stretched and hands linked do not extend as far as the tree is wide. I bring this up because this tree puts the Christ story in perspective. The tree is guestimated to be 3000 years old. The Christ story is 2000. Maybe we'd be better off having a bonfire in a cedar grove than spending obscene amounts of money on things we don't need?

I don't have a problem with people being Christian, so long as they don't force it on others or use their beliefs to justify war as has been done so often in the past. However, I do have a problem with capitalism, commerce, and consumerism as we know it today. It is destroying our planet's life support systems. That rascal Ed Abbey claims that "growth for the sake of growth is the ideology of a cancer cell."

Recently a group attempted to buy advertising on NBC promoting the day after Thanksgiving as "Buy Nothing Day." NBC refused, saying that the concept was counter to current economic policy

in the U.S. This intolerance of divergent economic views, on supposedly public airways, should not be tolerated. That Christmas season is the epitome of capitalist excess is inescapable.

It is important to be with your loved ones. It is good to give gifts. But you don't have to buy them! Often a homemade gift is valued more than one bought in a store. I'd rather have something that my loved one put some time and energy into than something from the mall. When we do buy, we can be creative. We can vote with our dollars. We can support local businesses and artisans as we boycott large or multinational corporations that couldn't give a rat's ass about anything but profits. For the loved one that agrees with

Abbey's assertion that "It is not enough to understand the natural world; the point is to defend and preserve some of it," you can get a membership to the Alliance for a Wild Rockies, the Inland Empire Public Lands Council, or a subscription to the Earth First! Journal. To the river guide in the family, you can give a membership to Idaho Rivers United . You can order a subscription to Organic Gardening magazine for the green thumb in the family.

Good luck with finals, and have fun during break! Play at least as hard as you have worked, if not harder. Vigorously celebrate whatever it is that you celebrate, but be conscious of where your money goes. Finally, try dancing instead of drinking on New Years Eve. It's good for you, and it's fun.



The death of Santa: his last words



JR WRIGHT

COLUMNIST

anta said: "At this time, it is of utmost importance for all of you to learn to live independently. I have seen millions of people suffer through dependency on others, without ever realizing they must learn to be independent. Whether these people be dependent on the government for money, or for guidance, or for guidelines within which to live their lives — or if they are dependent on their parents for home, food and shelter, or even if they are dependent upon the workplace in which they dwell — there always has been a rigid dependence by millions of people upon someone or. some organization.

"College exists for three reasons: the first — to discipline you. They assign a certain workload due at an exact time, and understandably set it up so that your mind and body become disciplined. You must get x amount done in a certain amount of time. It gets you used to the rigors of deadline, making you into an efficient producer in the workforce to increase GNP."

"The second — college exists as center of information and ideas. They indirectly indoctrinate you, introducing you to socialization -

a certain way of socialization. Literature exists only as a social tool for people to climb the ladder more quickly, simply because, through their interaction with their colleagues, they appear well read, and even intelligent. This leads to the final and most skewed and misinterpreted of the three reasons college exists: They teach you be critical analyzers, but such a thing does not exist within an institution because they teach you to critically analyze things to the extent that you can maximize profit for the corporation. Colleges do not want to produce independent thinkers. This goes completely against the ideology of what drives our society - capitalism and technology. In order to be productive, they say, you must do it their way."

"Whether you believe I exist or not doesn't matter at this point. The greatest gift I can give any of you is quite simple. I read in a letter sent to me by a young man that he 'Prefers to live the comfortable life.' Well, my boy, you might be in for a lot of pain and suffering, living in your comfy, furnished apartment, paid for by either your parents or by money from the government. In order to survive the crush of being institutionalized for so many years, just follow these steps and you will find true happiness:"

"To be truly independent we must be healthy, strong, and able to take care of ourselves and our families through good times and bad. First of all, a target designation must be found. Where do you want to live? In the deep, thick woods of Montana? Among the century-old Douglas Firs of Oregon? Up in the rigid cold and untouched pristine beauty of Alaska? You must decide. But I warn you, solitude is wherethe answer lies."

"To begin, obtain a backpack of some sort. Pack, at first, the

fundamentals. Food: dehydrated goods, dried meats, fruits, beans, powdered milk, sealed water and a water purifier/filter. This should always be in your pack — this is the foundation to surviving anywhere, be it in the small cities in which you will be living or in the heart of wilderness. Next, field equipment: medical kits, tarps and ponchos, fire starters, topographical maps, moleskin and Rip-Stop, sleeping bags, canteens, hunting and fishing equipment, cooking gear, rope, tape, and nylon cord. Again, these fundamentals should always be present in your backpack."

"Once your place of residence is established — you shouldn't pay more than 200 bucks for rent if you search long and hard enough, a little hole in the wall will suit any explorer just fine - begin to grow your own garden if the climate allows you to do so. If not, and even if so, purchase what you are going to eat the day you are going to eat it. No more, no less. Little known to many people, the system

consumption at a supermarket every two weeks is the worst possible way to live, the most

unhealthy and the most expensive, and its the way the corporation has manipulated you to buy. Transcend their manipulation. Buy what you need when you need it. No more, no

"Food storage within your little place of dwelling may be considered as well. I warn you, once again, to not be dependent upon anyone for anything, including food. There may not always be a local grocer. Store what you eat, and eat what you store. It would be too bad to have a supply of food you would only eat with the greatest reluctance. Also, you can spend a lot of money on a supply of food and other provisions now, but after 15-20 years it won't be much good anymore. Rotate your food supply. Eat the old and replace with new food. It's great on the pocket

"This may also require you to change your eating habits just a bit - like eating a few more beans and wheat mush and whole wheat bread. Whatever you store, insure it is as nutritious as possible with the 50 essential elements required for health. You should include a mineral/vitamin supplement. Some of the more important elements are the essential amino acids (proteins). For financial reasons, the majority of your protein will come from plants for most of you. Special care should be taken in

preserving your

you grow." "Americans consume 18 times the amount of natural resources than the rest of the world. If you want to change the way you live, if you want to conquer the 'comfortable life' and free yourself from societies tendrils, it is

possible. It just takes a little

emergency supply, especially if you

Generally, if you plan on using it up

plan on storing it for several years.

within a year it should be safe to

store your dry grains and beans in

the paper or plastic bags it came in.

But if you do this, be sure you have

"Learn to grow a garden now

before any hard times come. This

out of the way before you really

need to eat off your garden. For

someone who has never grown a

may seem. There is a real art to

growing a great garden and this

knowledge doesn't come all at

once. Become proficient at it now,

and learn now how to preserve what

garden before, it is not as easy as it

way you will get the trial and error

a cool, dry place to keep it.'

intelligence, and a lot of heart." "I succumbed to the enticement of capitalizing on all of your blind consumerism, and now it has killed me. It has left me hollow. You know what you have to do. Reject capitalism even if you are enjoying its cozy comforts right now. Do, however, live life exactly the way you want to live it. Do what you want to do. Do what makes you

happy."

Letters to the editor

GEM has won lots of awards

The role of the GEM of the Mountains is to correctly record and preserve the history of the UI on an annual basis. Thus, it is important that the GEM's history be correctly remembered.

I applaud the efforts of second-year GEM Editor Jamie Waggoner and her staff. Placing in the Associated Collegiate Press' Best of Show competition is indeed an honor. And while the GEM struggles with declining sales and increasing costs, the student body should appreciated the efforts of a small number of dedicated student journalists serving on the

A Nov. 7 Argonaut article "GEM receives honor from Associated Press" however, contained a few factual errors. For history's sake, I'd like to set the record straight.

The university's first Columbia Scholastic Press Association Gold Crown award and Associated Collegiate Press Pacemaker award were presented to the 1983 GEM. The Pacemaker and Gold Crown awards recognize the top one percent of all college yearbooks. Featuring a brown faux leather cover, the 1983 book is often referred to as the Brown Bible. However, this was neither the centennial volume nor was it the yearbook published during the university's centennial. Nor was it the only GEM to be an award-winner

during the 1980's.

The 1985 GEM received the Silver Crown award from CSPA.

The 1986 GEM received the CSPA Gold Crown and ACP Pacemaker awards.

The 1987 GEM also received the Gold Crown and Pacemaker awards.

From 1985-87 the GEM also received more than 100 CSPA Gold Circle citations for individual achievement in writing, design, concept and photography.

I congratulate the current GEM staff on it recent honor, and encourage the staff to continue producing the highestquality yearbook possible.

—Jon Erickson, Former GEM Editor, Former Argonaut Editor

I knew December was going to be a bad month, as soon as I realized I might have to agree with Wade Gruhl on even one item.

I read his column most of the time, because alternative viewpoints are always needed, and I actually appreciate

them. I rarely agree with him, but he was right on target when he said the Argonaut and KUOI are valuable assets to the campus (Dec. 2). They let folks know of events, give them opinions of various happenings, and allow students a form of creative outlet. There are a variety of reasons.

However, maybe you ought to figure out what the administration and the students expect from you. Figure out, or ask them, what value your publication adds to the university and the community. Squeeze in more stories, rather than run lots of half-page university ads, or cut down on the number of pages appropriately. Do your best to avoid getting watered down, though.

—Don Tobin

Argonaut Letters & Guest Columns Policy

Submissions must be typed, signed and include the phone number and address of each writer. Mailed submissions should be sent to: Argonaut Editor, 301 Student Union, Moscow, ID, 83844-4271. Submissions are also accepted via e-mail (argonaut@uidaho.edu) or by fax (208-885-2222). The Argonaut reserves the right to refuse or edit letters.

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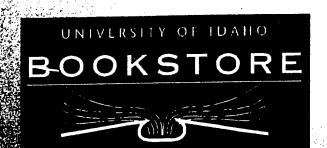
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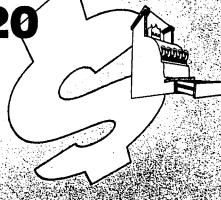
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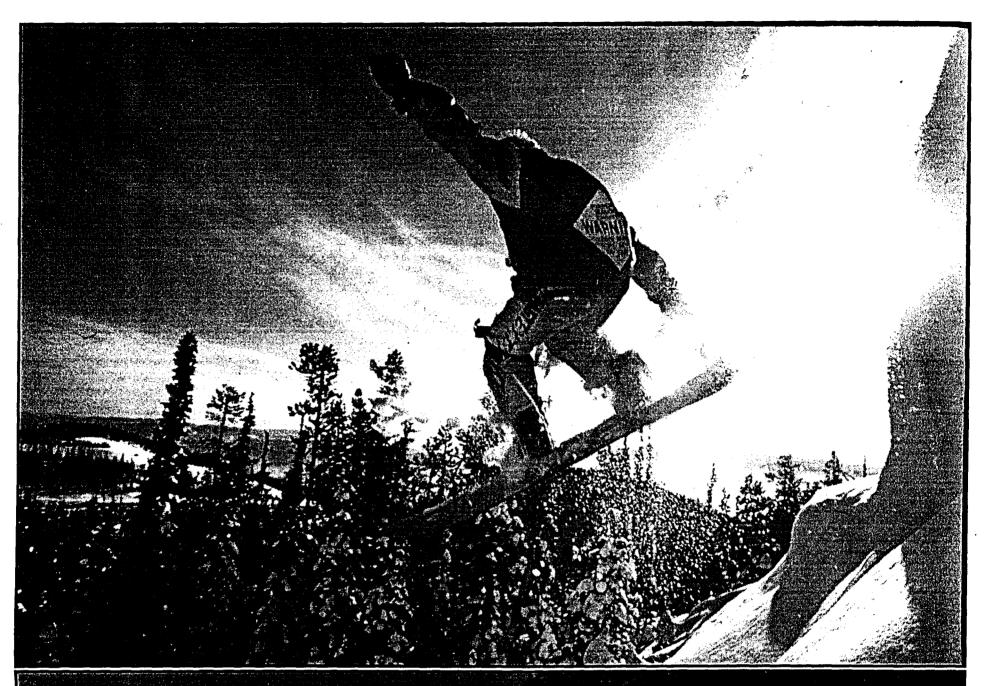
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Skiing: where do you want to go?

T.SCOTT CARPENTER

ASSISTANT ENTERTAINMENT EDITOR

the thought of rushing down a snowy mountain on a bright, clear day is probably starting to sound pretty good to you. Finding a place to go is definitely not a problem, but choosing the right place is another thing.

For those of you who aren't into driving long distances, you may consider going to Silver Mountain which is only a few hours away. Silver Mountain is the home of two 6,300 ft. mountain peaks with three bowls, 50 runs, and exciting tree skiing. Crowds are not a problem here, and the locals complain if they have to wait more than a minute or two to jump on a chair. Snowboarders will not want to miss the Northwest Snowboard Demo Series this Dec. 19. It's the perfect chance to try out all your favorite equipment. A full day's ticket is \$29 for adults.

. Schweitzer Mountain, located in Sandpoint, has some good sized runs. Fifty-five of them to be exact. There is a wide variety of terrain

here and you don't have to worry about crowds here either. The mountain consists of 2,400 vertical feet and 2,350 acres which are served by six lifts. Ski Country Magazine has ranked Schweitzer in America's top 50 for the past six years.

This Dec. 17 is Girls Night Out Ski Day. A full day's ticket here costs \$34 for adults, and \$27 for students.

At Brundage Mountain near McCall you will find one of the more scenic ski areas. The view from the top of Brundage includes the nearby Salmon River Mountains, the beautiful Payette Lakes, Oregon's Eagle Cap Wilderness, and the Seven Devils towering over Hells Canyon, the deepest gorge in America.

Brundage is a good place to bring the whole family. The Kid's Center and bright, colorful day care will keep the young ones happy while you enjoy the skiing. For a full day's pass, an adult must fork over \$29 here.

Brundage also offers incredible Catski trips for back-country skiers. Led by an experienced guide, you and a group of six to 10 could board a snow-cat and go find miles of untouched slopes to have your way with. A full day costs \$165 per person (includes skis) and a half day costs \$105 per person (also includes skis).

Sun Valley, located in the heart of the Sawtooth Mountains, has been voted the #1 ski resort in the U.S.A. It also features two mountains — Baldy, at a whopping 3,400 feet, and Dollar which is a bit smaller. Serious skiers will be more inclined to stick to Baldy, while beginners will cling to Dollar like a teddy bear.

The 17 lifts bring visitors to the beginning of 77 possible ski runs on 2,054 skiable acres. Sun Valley is responsible for building the very first chairlift which was adapted in design from a machine that was used to load bananas onto cargo ships. For a full day's pass here,

adults must sacrifice \$52 to the Capitalist God.
But perhaps the closest place of them all is that hill over by the Hartung Theater. Since most students can't afford skis, or even shoes for that matter, trays from the Wallace Complex cafeteria make superb makeshift snowboards. Wherever you go, have fun out there.



เพเพธบเร่ม ศูกษาบร

When there's snow, there's cross-country

HEATHER FRYE

STAFF

"Langlaufer leben langer" ---"Cross-country skiers live longer."

Whether the inspiration for this German T-shirt slogan comes sheerly from the physical benefits of the sport, or from the spiritual profits of gliding gently through the snow bound woods on a crisp afternoon, cross-country skiing is a time honored sport that is as good for the body as it is for the soul.

The roots of cross-country skiing can be traced back over 5,000 years to the tribal peoples of Scandanavia, Russia, and Northern Asia. Wooden skis dating as far back as 4,500 years have been recovered from peat bogs in Scandanavia, some having such modern features as grooved bottoms, sloped tips, and bindings made from animal tendons. Tribal people used skis as a means of moving quickly over the eternally snowy ground in order to hunt more efficiently. While advancements in ski material, bindings, waxes, and technology have made the sport less cumbersome and dangerous, the basic elements of the sport have not changed.

The popularity of alpine skiing forced cross country into the back seat for a long time but it came back into vogue when many skibums became frustrated with the high prices of equipment and long lines at the chair lifts. Unfortunately, cross-country was marketed as the sport that could be mastered by anyone with a decent command of walking.

"It was oversold and undersold," said University of Idaho Outdoor Recreation Program Coordinator Mike Beiser. Many ski companies lured customers by touting crosscountry as a simple and economical sport but forgot to mention such details as waxless skis only work well in dry powder and that it does actually take some skill to gain any enjoyment from the sport. Hence, many a pair of once-used skis hangs abandoned and dusty in America's attics.

But now might be just the time to pull out those shunned skis and buried bindings and give this sport a try again. A list of groomed and backcountry routes is available through the Outdoor Program office in the basement of the SUB. Skiing is possible even without routes. Cross country skiing can be done anywhere that there is snow.

Even if you do not have skis of your own, the ASUI Outdoor Rental Center has inexpensive daily, weekly, and weekend rates. They will be running special snow package deals over the break (December 19 to January 12). The cross-country ski package is a mere \$29 for boots, bindings, skis and poles. While no cross-country instruction classes through the UI will run over the break, the Outdoor Program will be holding crosscountry and other snow sport courses starting next semester.

For more information on equipment price and availability call the Outdoor Rental Center at 885-6170. For information on Spring ski classes and ski trails/tours call the Outdoor Program at 885-6810

Ski the World Wide Web

STAFF

A multitude of sites on skiing and snowboarding exist on the Web. Unfortunately, wading through the several egocentric homepages boasting personal "watch me do cool tricks" photos can be a painful experience. However, there are also some very informative pages out there to find deals on ski vacations, equipment info and the weather conditions at local resorts.

GoSki — http://www.goski.com This is the site to find the latest stats on resorts throughout the United States and the world. There are over 2,000 resorts reviewed here from over 30 countries including Chile, Italy and Korea. Several nearly obscure Idaho resorts are tracked down here including the currently un-operational North South Ski Bowl. Reviews include information on vertical drop, number of lifts, where to drink, etc. Opinions from those who have visited the resorts are included and readers are encouraged to add their own experiences here.

Ski Canada Homepage —



http://grover.educ.ualberta.ca/skican.html

With the current Canadian exchange rate over 30 percent, many skiers and borders are heading up north to play in the snow. Most Canadian resorts have their own homepages and the Ski Canada page provides the links to many of these hot spots in Alberta, Ontario, British Columbia and Quebec. From here vacationers can find incredible deals on ski packages. Look for the resorts' off season prices, usually after New Years Day, to get the best rates.
The site also includes news and "rumors" happening in the ski world.

AMI Home page —

http://www.aminews.com Here is another database for finding snow and weather reports on the web. The site offers the option to chat with other skiers and boarders to swap equipment or learn about someone's worst accident. Users can fill out a form on the site for no cost and become eligible to win prizes such as trips and lift

NW Board Connection -

http://www.oz.net/~imfax/nwsnwbrd.html As snowboarding is quickly becoming the dominant activity on the slopes, many sites devoted to the sport are now popping up all over the web. This site, dedicated to the Pacific Northwest, gives the lowdown on local resorts. Snow reports and weather conditions are updated daily and the site includes an online message board for those looking for a buddy to board with. Despite a less than fancy page design, this is a helpful site for finding info and links concerning the snowboarding scene.

Dave's Equipment Guide -http://www.monmouth.com/~dschutz/equip.h

Dave shares his knowledge on snowboarding equipment including boards, bindings and clothing. As anyone who has ever tried to purchase boarding equipment discovers, there are over 100 different brands on the market each with different models. Fear no more that trendy snow board shop! By visiting Dave's site, beginners can pick up boarding equipment lingo, learn to discern between alpine and freestyle boards, and gain insight on how to pick the right length and type of board. Starting at this site before spending large amounts of money on equipment just might keep you from getting frustrated and tired of continually landing on your

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Sun looks to Nagano, prays for funding



our years ago, he carried the Trinidad and Tobago team flag at the XVII Winter Olympics in ☐ Lillehammer, Norway — a first ever for his country. After breaking ground as his country's first winter games athlete, Gregory Sun is once again back on the icy bobsled tracks, looking to Nagano, Japan, his Visa card in his right hand.

"I'm still paying for all of it out of my pocket. Nothing like my good old Visa card!" Sun said. Sun, the founder, president, secretary and everything in between for the Trinidad and Tobago Bobsleigh Federation, is still paying for the team's expenses with his credit cards and praying for some government support for the next four years, support he's very unsure about receiving.

"I'm in the middle of a proposal to the prime minister. Hopefully I can put in enough information so it sounds like a good idea for them to get involved in it, since we are the only winter sports federation," Sun said.

After the 1994 Olympics, Sun and partner Curtis Harry searched for a corporate sponsor to help with the daunting financial task of purchasing for a new sled and paying track fees, food and lodging and the other major expenses associated with the sport. Competing in the bobsled World Cup runs at around \$120,000 a year in American dollars. Figure in the exchange rate at six Trinidad and Tobago dollars for one U.S. dollar and the costs seem tremendous.

In an attempt to find a sponsor, Sun has looked high and low, even asking his favorite money lender for some help.

"I went to Visa and they wouldn't even give me a sponsorship!" Sun

With a new sled going at \$29,000, the T and T team is still making due with renting their sled at every competition. This causes some troubles for the team. While most of the bigger powers in the sport are out finding the fast lines in the track during training runs, Sun, the driver, is adjusting his style to the feel of his new sleds, battered and misused as they may be.

The team still plans on renting their sled this February as they head to the Winter Olympics in Nagano, Japan. Not only will their rental sled me unfamiliar to Sun and Harry, but the course will be as well.

'I haven't seen it - I don't even know what it looks like," Sun said. "That's kind of a drawback because of no funding. We have four training days in Japan which could help, but I have to really pick up the first couple of days what the track is doing and what I need to do."

So far this year, the team has performed, for the most part, up to Sun's expectations. In their first competition of the year, the World Cup race in Calgary, the T and T team finished 36 out of 39 and 11 out of 18 in the America's Cup on the same course just a week or two later.

Things didn't go as well as Sun would have hoped in their last race in Park City, Utah, the site of the 2002 Winter Olympics. For the first time in four years, the T and T sled crashed, all in an effort to push for speed, crashing in corner four.

The team is one course away from qualifying for the Nagano games in February and plan to meet that requirement in January. To qualify for the Olympics, a team must compete in at least five races at three different tracks and score a minimum of 45 points over a two-year period. Sun and Harry have competed in eight races and have 49 points to their total. Their race this January will seal the Olympic deal for them.

Preparation for 1998 Olympics has been tougher on Sun than his first in 1992. He went into his first Olympic games not knowing what to expect, but now he's been there and knows what it takes. Between now and the games in February, Sun plans on letting his body recuperate and then build it back up to peak for the Olympics. Sun has undergone three knee operations in the past and says his are still holding out.

"They're hanging in there," said Sun. "There's nothing a little ibuprofen

The qualifying rules have changed and are more demanding on the team. There are only 12 such bobsled tracks in the world, the closest in Park City, Utah.

Sun and Harry, despite being partners, don't practice together. The reason - geography. While Sun is up here working out at the Kibbie Dome track, Harry is in Denver, Colo., making practice impossible. In fact, the only times the two are on the ice with each other, or at all for that matter, is during competitions.

That's why government of sponsored funding is so crucial to the T and T bobsled federation. With more money comes the World Cup circuit where the team would get much needed practice - practice against some of the biggest names in bobsledding.

Despite all of Sun's efforts, the bobsled team has generated relatively little interest back home.

"Because we are so far away and it's a tropical island country, they don't have the concept of exactly what's going on. They all know about the movie Cool Runnings so they all have an idea what it's all about. The movie is just fiction based on a story so it doesn't give them a lot of information."

If government financial support comes through in the next few years, Sun hopes to return to T and T with some footage and expose the people of his country to the speedy sport and hopefully recruit a few more guys, maybe enough to start a much desired four-man team. Sun, a graduate student in Sports Science, hopes to one day have a 4-man team representing his country, but that won't happen without sponsorship.

'It's more exciting. People like to see the fourman," Sun said. "There's a greater chance of success because of the number of athletes involved. That's my goal. I would love to compete in the four man."

Sun plans to be around and competing in this sport for quite a while despite the financial and physical strain.

"I always feel that I can beat the track and that's kind of what keeps me going. The day I feel I can't beat a track is the day I'll stop," Sun said.

Sun and Harry will compete in the Olympic games Feb.



The season that could have been



BARRY GRAHAM

As the 1997 fall semester comes to a close, let us take a look back in retrospective at some of the highlights and defining moments of this season's Idaho football team.

Obviously, the Vandals finished below the Mendoza line with a record of 5-6, the most disappointing loss coming to Boise State in the final game of the year, here at the ASUI Kibbie Dome.

The loss to Boise State was felt by all here at the university for several reasons. First, Boise State did not have a stellar season in its own right. BSU finished the season in the middle of the pack in the Big West Conference.

So, it wasn't like one team or the other was supposed to dominate. In fact, both teams were on equal grounds going into the contest. Nevada and Utah State had put an end to the bowl aspirations of both teams before the Vandals and Broncos took the field on that forgettable night here in Moscow.

Of course, no one likes to lose to

your biggest rival.

In fact, if the rivalry is truly intense, then there is an amount of hate involved in the game itself. Not hatred toward the player across the line from you as a person but as a competitor that will try to keep you from doing the things needed to help your team win. And, it just so happens that the Broncos had a little more in prevailing in

Of course, last season down in Boise, the Vandals had the better team from the first snap to the last and the Broncos never had a chance in getting thrashed by 50 points or so. Well, this year, they had revenge on their minds and never gave up even after Idaho made some big plays that appeared to seal the deal.

However, even before the contest against Boise State, the Vandals had a couple of big games that would help decide their fate for the season, the most important against Big West opponents Nevada and Utah State. Against Nevada, the Vandals ran into a player that was itching to break out of his early

Well, it just so happened that John Dutton, quarterback for the Wolfpack, picked the experienced secondary of Idaho to exploit. Dutton had missed several games this season due to injury but came back with a vengeance against Idaho. The quarterback looked like a surgeon as he picked apart the Vandal defense with short and long

The Vandals could do little in falling behind early and not being able to make up the deficit late. Idaho had opportunities but just could not capitalize. In the end, Nevada was just too tough.

Idaho came right back the next week and faced the best team in the conference, Utah State. The Aggies had a balance on offense that no other team could match in the Big West. And that offense came to play at the Kibbie Dome on Oct. 25. The Aggies totaled 662 yards of

offense in a 63-17 Idaho loss. Gone was the Idaho 21-game home winning streak and gone was the Vandals chance for the Big West title and a berth in the inaugural Humanitarian Bowl in Boise.

Aggie runningback Melvin Blue exploded for 229 yards and three of the team's seven touchdowns.

It was a disappointing loss for the Vandals but Idaho still had to regroup again to face Eastern

Eastern Washington, which had a season to remember in achieving its most successful season in the history of the university and reaching the Division I-AA semifinals before losing to Youngstown State in a tough battle, earned one of their 12 wins holding down Idaho 24-21.

The Vandals and coach Chris Tormey were hampered by injury and had to play five freshman. Idaho quarterback Brian Brennan was suffering from a sprained ankle and was unable to play. So it was up to Ed Dean to take the reigns and lead the squad.

Dean played solidly and lead the team to a 21-17 lead with just over a minute remaining on the game clock. Dean had found Deon Price for a 40-yard touchdown that gave the Vandals the lead.

But back came Eastern with pinpoint passing from Harry Leons and the game-winning touchdown run from Rex Prescott that enabled the Eagles to hand Idaho its thirdconsecutive loss.

Idaho did come back on Nov. 15 to dominate New Mexico State. The Vandal offense ran and passed their way to a 38-19 win.

The ending portion of the Idaho schedule was difficult to handle. But, Idaho did have some success

did not allow a point in two-straight games cruising past Portland State and Idaho State by the combined score of 89-0. In the two games, the Vandals combined for over 900 yards of offense while holding their opponents to 352 yards.

The Vandals also had success against their first opponent in the Big West, North Texas, on Oct. 4. The Vandals used their defense to control North Texas and used some big plays in the second half of the contest to win 30-17.

All in all, 5-6 is not the type of record that Idaho had envisioned at the start of the season. But the Vandals have one tremendous advantage. And that is youth. The Vandals do lose some big-play competitors on the offensive side of the ball, including Brennan and his favorite target, receiver Antonio

But the Vandals have a young and aggressive defense that should be better in 1998. Also, Dean returns and will give Idaho an added dimension with his mobility inside and outside of the pocket. The Vandals will have an experienced running game that should be effective. Idaho, will grow from this season and will be back in 1998 to contend for the Big West title.

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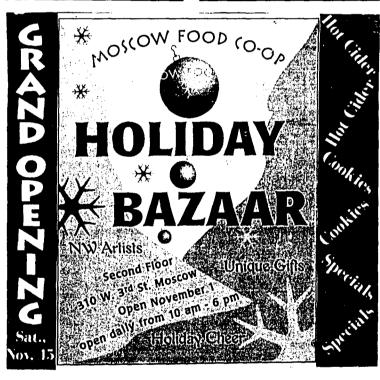
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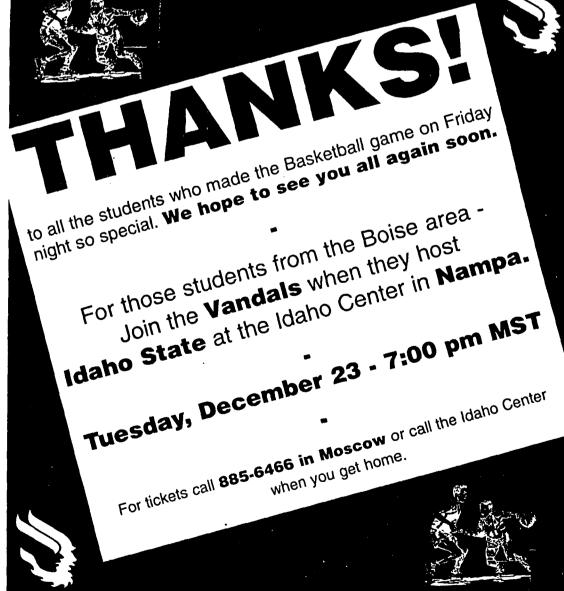




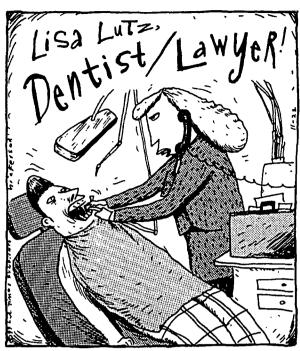
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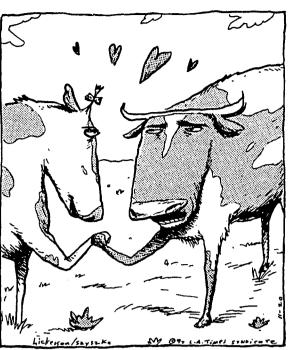
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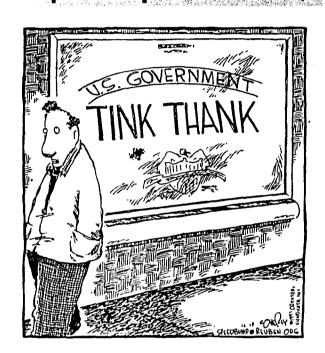
"That's right, Jay. In my new film, I play a lovesick schoolteacher. I'm hoping to break away from all the typecasting."

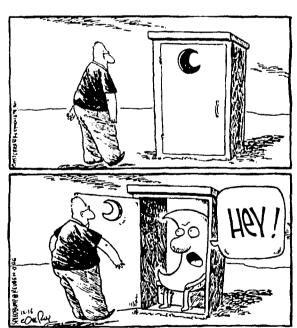
Speed Bump

Dave Coverly

Rubes

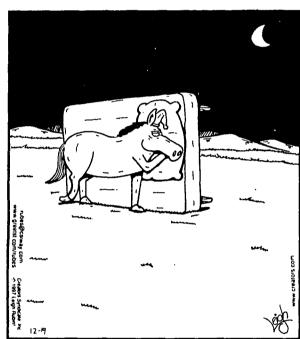
Leigh Rubin







Little Billy Gates' plans called for the biggest tree house in the entire Northwest. Unfortunately, after all the lumber was cut, there was no place to put it.

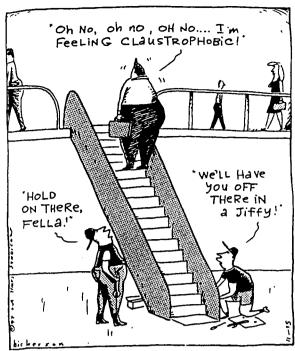


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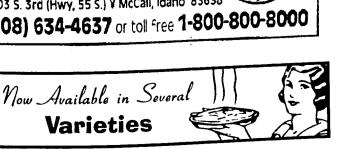
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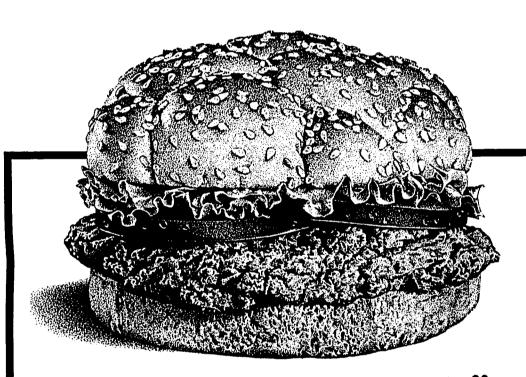
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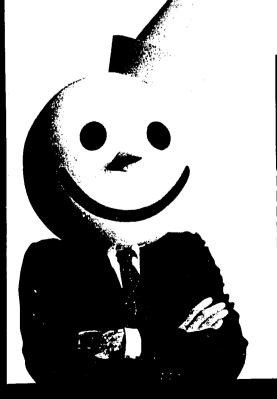
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