

Bush proposes eliminating Perkins loans

BY SAM TAYLOR
NEWS EDITOR

Thousands of University of Idaho students may be losing a portion of their financial aid packages due to President Bush's newest budget proposal.

In the proposal for fiscal year 2006, Bush has proposed cutting the Perkins Loan program, a low-interest program where the federal government matches university-provided loan funding.

According to statistics provided by Gayle Bryngelson, a financial technician with the UI Student Loans office, more than \$8.6 million in financial aid has been loaned to 6,248 students in the form of Perkins loans in the last three school years.

"This is really going to hurt us. ... It will hurt every school involved," said Dan Davenport, director of UI Student Financial Aid Services.

On the Department of Education Web site, which houses much of the information about Bush's higher education budget proposals, the administration states it would cut the program

to help partially fund an increase for Pell Grants, the government program in which students do not have to pay back the funds distributed to them.

The Bush administration argues Perkins loans are received by only about 3 percent of students enrolled in postsecondary education and only 1,796 institutions were involved in the program during the 2003-04 school year.

Adam Shiroma, a UI junior majoring in psychology, said he thinks the loss of the Perkins Loan program for the 2006-07

school year will be detrimental to students at the university.

"Especially those middle-income students," he said.

Shiroma said he receives Perkins loans, and he probably would not be able to rent an apartment if he did not receive the aid.

"I come from a family where they can't really support me that much ... maybe \$50 a month," he said.

"The administration believes the federal share of funds held by this small group of institutions would better serve students if

invested in Pell Grants, which serve all eligible students regardless of institution," the administration's budget overview states.

Under the 2006 budget proposal, Pell Grant awards would increase by \$100 from \$4,050 to \$4,150 and within the next five years will increase by \$500 total to \$4,550.

However, Davenport said only low-income students receive Pell Grants, and the Perkins Loan program is suited to both middle- and low-income students.

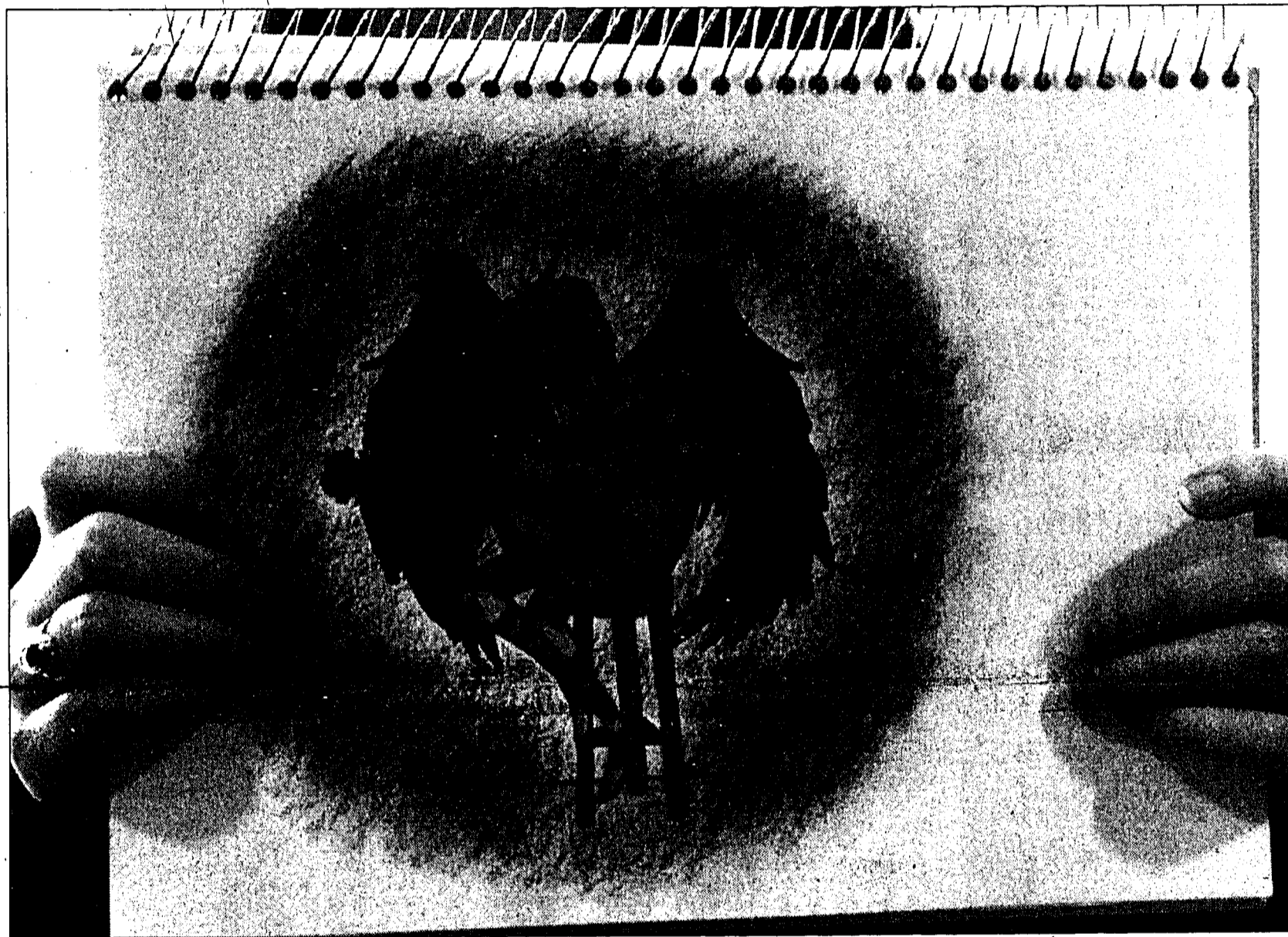
"Pell Grants have not kept up with the costs of education,"

Davenport said. "It doesn't even come close. As far as I'm concerned, it's not a fair trade-off at all."

Another problem with Pell Grant eligibility, Davenport said, is that the government has updated tax tables and is basing their off state tax tables, which in recent years have seen a decrease in taxes, meaning people would technically have made more money.

"Now you'd show more income and you would get less grant

PERKINS, see Page 5



When "Sarah" feels depressed, she often turns to drawing to express herself.

KIANNIA HAIL / ARGONAUT

College stress triggers depression among students

BY LISA WAREHAM
ARGONAUT STAFF

Kathryn McGuckin loved college when she came to the University of Idaho, because she was making new friends. But once here, her mood changed, she said. "Things settle into a pattern, and everything's not so new," the sophomore microbiology major said. "I wished I had my sister to talk to. I started to miss comforts of home. It definitely made me into a sadder state."

It is estimated that 20-25 percent of all people are depressed at any given time, even mildly, said Anne Cabanilla, a counselor at the UI Counseling and Testing Center.

McGuckin said she thinks a major cause of depression is the transition between high school and college.

"From high school to college, away from your family ... then you've got academics, tests, social pressures, financial concerns, and that's probably just the beginning," Cabanilla said.

Cabanilla said depression is common among college students, and the effects can range from minimal to devastating.

"Typically the worst-case scenario is suicide," she said.

While she is not aware of anyone committing suicide at UI this year, Cabanilla said, "We are aware that people have had suicidal thoughts (at UI)."

Depression often leads to bad grades, withdrawals from school, poor relationships between friends, insomnia, weight changes, decreased energy and antisocial behavior.

Cabanilla said this school year, 66 percent of patients (248 of 375 patients) at the center cited depression as a reason for seeking treatment. Statistics were compiled from a survey given to patients before they were counseled.

James Wood, a third-year UI law student, said if he had a depressed friend he would probably take him drinking.

But Cabanilla warned consuming alcohol is a mistake many people make. Alcohol is a depressing agent that only furthers depressed behavior, she said.

"There are a lot of stressors in college," she said. "There's a lot of transitions."

McGuckin said she did not miss her home upon arriving at UI because she was making new friends. When everything became routine, she started missing small things, like her mom making her cookies when she would get sick.

William Cone, a psychiatrist at the Student Health Center, said some depression is from childhood issues. Physical, emotional and sexual abuse could be factors.

Cone added people with depression might have poor coping skills, mood disorders or Seasonal Affective Disorder.

The cause of SAD is light deprivation, making it most

DEPRESSION FACTS

1. 80 percent of depressed people are not being treated - National Healthcare Quality Report, 2003
2. 15 percent of depressed people will commit suicide - National Healthcare Quality Report, 2003
3. It is estimated depression will be the second largest killer by the year 2020
4. Everyone will be affected by depression in his or her life, even if it's somebody else's - Australian Institute of Health and Welfare, 1998
5. The fastest-growing market for antidepressants is preschoolers. More than four million preschoolers are clinically depressed - Study published in "Psychiatric Services," 2004

Panic started it

Student depression a common problem

BY LISA WAREHAM
ARGONAUT STAFF

A girl kneels, holding a box with the word "happiness" attached. Above is the caption "Why the f--- can't I open it?" Sarah drew this image when she was depressed.

"All my friends noticed I've changed, and I don't really know how, or why, or when," she says.

Sarah, who requested anonymity, says she was diagnosed with depression and an anxiety disorder last semester.

Steve Cimbalik, who has known Sarah since kindergarten, describes her drawing as "very disturbing. All of her drawings are all revolving around death."

He says she used to draw unicorns and now draws death

scenes, such as a girl with a noose around her neck.

Codi Barber, a sophomore majoring in Spanish, says she's known Sarah for a month.

"She just seems dark," Barber says. "But she's still a really caring and generous person, she just seems to not care about herself."

Sarah says calling her "dark" is over-dramatic.

Mark Blickenstaff, a friend of Sarah's since kindergarten, says his biggest concern is suicide, because Sarah talks about death every day.

Sarah says she is not suicidal, and has never practiced self-mutilation.

Blickenstaff says he's also concerned about Sarah's drinking habits.

Last semester she drank on weekdays, during the week and

between classes.

"I'd get so drunk I couldn't go to school the next day," she says. "I hated myself for that."

She says she felt better when she drank, but felt more depressed in the morning.

Barber says Sarah doesn't seem less depressed while drinking, but acts more confident.

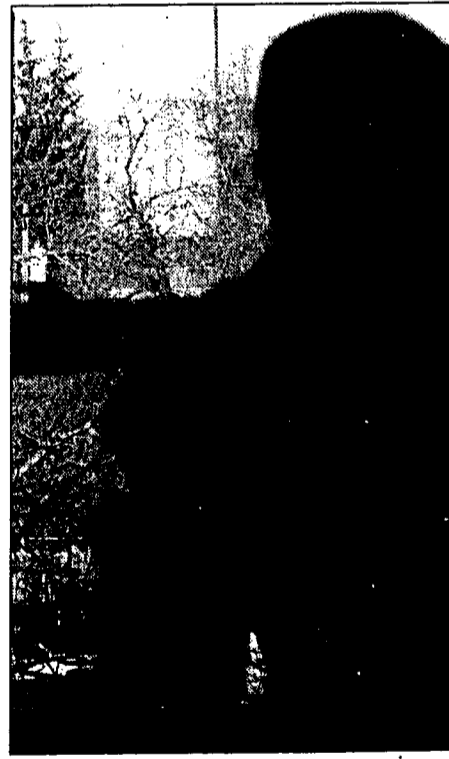
Sarah says last semester she skipped classes because she didn't feel like going.

"I'd get so pissed at myself. I'd feel worthless, the guilty worthless," she says.

Charlie McGlashen, a sophomore majoring in sports science, says Sarah has almost stopped socializing with him and Cimbalik.

"I'm worried about her losing all her friends and not being able to make new friends," Cimbalik says.

PANIC, see Page 3



DANIEL BICKLEY / ARGONAUT
Depression often forces students to withdraw from their friends and family.

Jaywalking prompts action by university and city

BY KIMBERLY HIRAI
ARGONAUT STAFF

Many students traveling to and from campus are risking a dangerous trek across Third Street in Moscow.

The Moscow Police Department is seeing more and more students jaywalking across State Highway 8, endangering themselves and drivers.

"The area that causes us the most concern is from where Third Street starts to curve into Pullman Road," said Carl Wommack, MPD crime prevention officer. "The section is from Pullman Road all the way out to Farm Road or Perimeter at that second stoplight."

Students continue to cut across the highway instead of using crosswalks at the main intersections on Line Street and Perimeter Drive.

Wommack said he believes the increase in apartment housing to the north of the highway was the prime reason for the increase in

students jaywalking across the road.

"Since that increase," he said, "we have people that live really close and feel more comfortable walking to school, and they're looking for the fastest way to get to campus."

Many stores span the north side of the highway, including Tri-State and several fast food restaurants, enticing students on campus to cross the busy road.

Officer Lee Newbill, who works at the police substation on campus, said from his own experience he thought the amount of jaywalkers tended to increase around midterms and finals when students had a lot of events going on. He also said students cross more frequently at the beginning of the semester when they are looking for places to live.

Wommack said he has seen students take the shortcut across the street even more often recently.

"I've stopped hundreds if not thousands of University of Idaho students out there," he said.

Wommack said he has written up three accidents over the course of his career at that specific section of road. All of the accidents were due to jaywalking.

While no one was hurt in the three incidents, he said the impact of a car traveling 35 mph could hospitalize or even kill a person attempting to traverse the four-lane highway.

This danger has not stopped many students, however. Wommack described an incident that occurred last week during his shift.

"Just as an example of how bad it gets," he said. "I was out there a week ago, and I saw a group of 14 people crossing the street all at once where there was no crosswalk. It was kind of right there at Stinker Station. They were probably going to Rayburn Street. ... So on State Highway 8 there were 14 people strung out from one curb to the other."

Danger is not the only consequence of jaywalking near campus, Wommack said,

JAYWALKING, see Page 4

Police captain leaves UI

BY CYNTHIA REYNAUD
ARGONAUT STAFF

As Captain Cam Hershaw prepares to say goodbye, he reminisces about his time working for the Moscow Police Department.

Hershaw says he will never forget the time he was in Seattle providing security for University of Idaho's cloned mules. At the exposition, a security guard approached and began speaking with him.

Throughout the conversation, the guard kept commenting on how well he spoke English. Hershaw was confused.

"But I'm from Moscow ...

Moscow, Idaho," Hershaw told the man.

The security guard blushed with embarrassment and hurried away. He had thought Hershaw was from Russia.

Hershaw has served as a police officer in Moscow for nine of the 24 years he has spent in law enforcement. Several of his years in Moscow were spent as UI campus division commander.

Today, he will leave the department and begin a new chapter in his career.

The Moscow police captain will begin his new position Feb. 21 as chief of police in Washougal, Wash.

POLICE, see Page 4

NEWSBRIEFS

American Red Cross blood drives coming to the Palouse

These American Red Cross blood drives will be in February:
 • 10 a.m. to 2 p.m. Wednesday, Gritman Hospital
 • 10:30 a.m. to 4:30 p.m. Thursday, UI
 • 9 a.m. to 3 p.m. Thursday, Pullman Memorial Hospital
 • 12 p.m. to 6 p.m. Feb. 16, WSU CUB
 • 9 a.m. to 3 p.m. Feb. 17, WSU CUB
 • 2 p.m. to 6 p.m. Feb. 24, Summit Therapy, Pullman

Basic criteria for donating blood include: must be 17 years of age or older, must be in good health, and must weigh at least 110 lbs. There is a 12-month wait if the donor was recently tattooed.

To prepare to give blood, a donor should start drinking water 48 hours in advance – the more water, the easier the experience – sleep at least 8 hours the night before; eat a high-protein, well-balanced breakfast; bring photo identification to prove age; and bring a positive attitude.

Donors who prefer to make appointments or learn of other restrictions can call the Lewis & Clark Blood Region, American Red Cross at 1-866-798-4613 or the Whitman County Red Cross at (509) 332-2304.

UI celebrates 'TRIO' programs Wednesday

"TRIO Day," Wednesday at UI, celebrates the success of TRIO's nine federally funded programs and the 2,000 students collectively served by them. It also commemorates 40 years since the nationwide programs began – now at more than 1,500 institutions.

Congress created the original three (hence TRIO) programs in 1965 to help first-generation, low-income students and students with disabilities enter college, graduate and then participate more fully in the nation's economic and social life. UI is one of the few institutions to sponsor all nine TRIO programs.

The free event for the campus community and the public is from 10 a.m. to noon in the Idaho Commons Whitewater Room. The event will feature refreshments and comments by Margrit von Braun, associate dean of the College of Graduate Studies and director of the McNair Scholar Program.

Von Braun will address the accomplishments of the \$2.5 million funded programs at UI. Special recognitions will be made.

In addition, from 1-3 p.m. the same day, a Student Support Services Open House in Room 306 of the Commons will recognize 21 of its students who achieved a 3.5 grade point average or more during the 2004 fall semester.

Researchers help lead hydropower workshop in Chile

UI water researchers, as part of an extensive Idaho delegation, recently organized a workshop in Chile to develop a collaborative research agenda between Chile, the United States, other Latin American countries and the European Union.

Chile is currently facing an energy crisis.

"Our emphasis is on transferring some of the lessons and experiences from the Columbia Basin to such regions as Patagonia, where there is unique biodiversity and cultural heritage," said Steven Daley Laursen, UI College of Natural Resources dean. "There are many similarities to our geography in the Pacific Northwest and the Continental Interior."

UI researchers and graduate students managed a Pan-American Advanced Institute study titled "Balancing Hydropower Development and Biodiversity: Is Sustainability in an Adaptive Management Framework Achievable?"

The workshop at the University of Concepcion in Chile was a collaboration between UI, the University of Montana, the University of Michigan and the European Union-Latin America Center for the Environment.

The principal investigator of the workshop was Klaus Jorde, part of the Ecohydraulics Research Group at the UI Boise Center.

"This workshop included presentations, discussions and field visits with leading international scientists in riverine physical process and ecosystem research," said Jorde.

"As a result, we are confident to establish a strong and long-term interdisciplinary research agenda on adaptive management of watersheds and sustainable hydropower development in the near future."

Other Idaho delegates to this workshop included Emmitt Taylor, Nez Perce Tribe; Steve Lipscomb, U.S. Geological Survey; Gregg Serveen, Idaho Department of Fish and Game; Phil Groves, Idaho Power Co.; and Jason Dunham, USFS Rocky Mountain Research Station, UI faculty, graduate students and postdoctoral researchers.

Other contributors included researchers from Brazil, Germany, Italy, Columbia, Uruguay and Costa Rica.

Idaho Horse Council announces scholarship

The Idaho Horse Council has announced that 2005-06 scholarship applications are available for students who have graduated or will be graduating from an accredited Idaho high school.

The Idaho Horse Council, a nonprofit association, is made up of people across the state who are involved in the equine industry. In 1999, the council's board of directors voted to fund up to three scholarships in the amount of \$1,000 each, to be awarded annually to benefit youth involved in the horse industry.

The scholarships are funded by activities and events held during the Idaho Horse Expo, which will be held April 14-16 at the Idaho Horse Park in Nampa. Applications must be received by June 10 and scholarships will be awarded by Aug. 5.

For more information and scholarship applications, contact the council at (208) 323-8148 or visit www.idahohorsecouncil.com

PANIC
From Page 1

He says Sarah usually hangs around her boyfriend and his friends, and if that relationship ends, she might be afraid to socialize with any other group.

"Her social skills are definitely a worry," Cimbalik says. "And she doesn't like other girls."

Sarah says she had a few good girl friends, but she wasn't close to any of them. Girls are more dramatic than guys are, she explains.

She finds solace in her drawing and writing.

"I like to be alone anyway, so I'll just sit and be by myself," Sarah says.

The depression problems weren't there for Sarah in high school or her freshman year of college.

"I hate being like this," she says.

Blickenstaff says Sarah was bubbly and laughed more in high school.

"I was really optimistic and really upbeat," Sarah says meekly.

It used to be that when the group of friends teased each other, everyone laughed it off. But now, Cimbalik says, Sarah just gets mad.

"Someone made a comment last week, and she just got up and left," he says.

It started with anxiety attacks.

Sarah says she was sitting in her English class last semester, and panic just came.

"It was a little cramped, and always hot. Kind of suffocating," she says.

It may have been a "social phobia," Sarah says. "I don't really like people if that makes sense."

Another episode came in church last semester.

"You just flush and get all dizzy," she

"I just want to be normal again."

"SARAH"
UI STUDENT

says. "And I was focusing on not running out of the room or throwing up."

The depression came after that.

"I was mainly just depressed about the panic attacks," she says. "I didn't wanna have to run out of the room."

Her boyfriend may have also contributed to the depression.

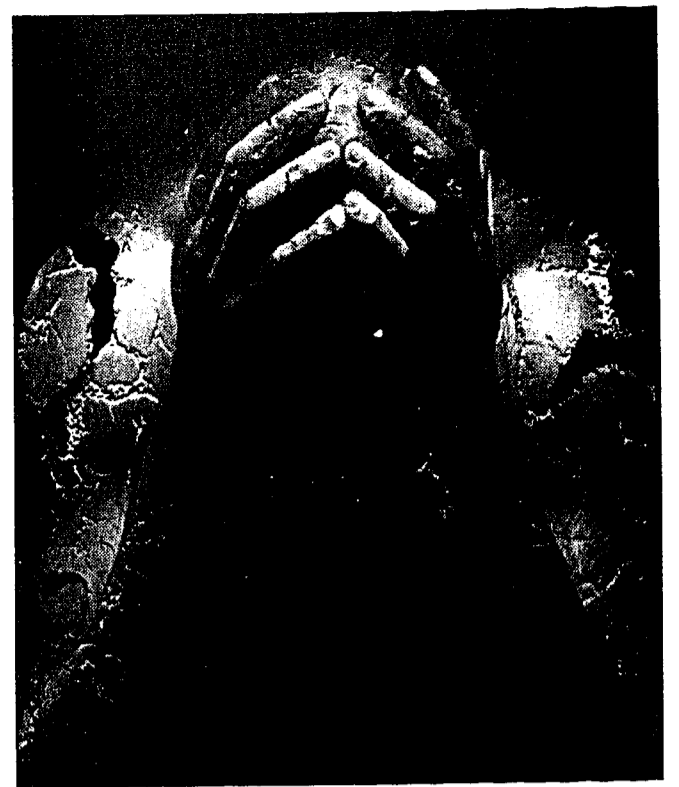
"He's kind of an angry person, and it's just kind of rubbed off," she says. "And we're both very disagreeable people, and we fight over stupid stuff."

She's not as depressed as she was last semester, partially because she's taking medication now. Zoloft for the depression, and Zanex for her panic attacks, helps to fight off of worries.

Sarah says she's unsure what she will do after college, but might join the Peace Corps.

"I just want to be normal again."

FALLING APART



Rick Nease color illustration of a man, torn apart by anger and depression, with his head in his hands. Detroit Free Press 2004.

DEPRESSION
From Page 1

common in the winter because there are fewer hours of daylight, and the sky is often overcast. The cause of SAD likely is related to melatonin, a sleep-related hormone that may cause symptoms of depression, according to information provided by the Counseling and Testing Center.

In darkness, the production of the hormone is increased.

McGuckin said she is usually emotionally stable, but her moods fluctuate more during the winter. She said she is in a better mood when the weather is nice.

"It's amazing the way my mood will change as the seasons change," she said.

According to the Counseling and Testing Center, more than 90 percent of people have a change in mood, behavior or energy when the seasons change.

Cabanilla said people with symptoms of SAD can get light therapy for free at the Counseling and Testing Center. The therapy consists of sitting under a high-intensity light for 20-40 minutes. Often students do homework during that time.

People who don't want to go to the center can buy high-intensity bulbs for use at home and work.

Cabanilla said people with depression can take many steps without professional help.

Talking to a trustworthy friend or family member usually helps. Being active by going to a club meeting, meeting a friend for lunch or going to a movie can also help.

"The idea is to try to do something that makes you feel good,"

she said. "Sometimes it helps just taking a shower and getting dressed."

"People will often feel the need to isolate themselves. ... Don't give in to the urge to stay on your sofa."

Cabanilla recommended exercising, and said studies have shown it makes people feel better.

"Get over to the rec center or get out and move," she said. If someone feels depressed, "don't blame yourself, don't be hard on yourself, and don't try to self-medicate with drugs and alcohol."

If students notice a depressed friend, they should try to confront him, let him know they are willing to listen and give him information on where to get help.

People should not pry if their friends are not willing to talk about their depression, Cabanilla said. Sometimes people with depression do not want anyone to know, or they think they are burdening friends and family.

"Be as positive and encouraging as you can," Cabanilla said. "Bring them fun places and encourage them to talk about other things."

Cabanilla said signs of depression could include change in appetite, sleep disturbance, sluggishness, fatigue, decreased energy, low concentration, and

thoughts of death or suicide.

"Friends need to recognize the signs, and make sure they reach out," McGuckin said.

Cabanilla said full-time students with high levels of depression can get free counseling at the Counseling and Testing Center, located between Steel House and the Alumni Center on Blake Avenue. Anything students tell the center is kept confidential.

"We see everything from low levels of depression, to SAD, all the way to extremely serious depression," she said.

Cone said students who think medication might work for their depression can visit him at the Student Health Center. The cost is \$10 for students with insurance.

Medication is prescribed if he diagnoses the patient with clinical depression, which is based on a combination of symptoms, including sleep disturbance, change in appetite, poor concentration and memory, and low energy.

Most antidepressant medications have side effects, including sleep disruption, nausea, jittery feelings and sexual dysfunction.

The most common antidepressants are Zoloft and Prozac, Cone said.

"It's not uncommon to change

to a different antidepressant if one's not working or is having negative effects," Cone said. "And they certainly aren't everybody."

There are many risk factors with depression, including high levels of stress, drinking and drug use, family history, recently giving birth, and being a woman.

Cabanilla said depression affects twice as many women than men and it is probably because women's hormones fluctuate more.

McGuckin said she thinks the biggest cause of depression among students is failed romantic relationships.

"College relationships in general are more serious, because they get more emotionally attached," she explained.

She said many college students meet someone and think they will spend the rest of their lives with that person, and when the relationship fails, they become depressed.

Relationships were one of the top four reasons students went to the Counseling and Testing Center in the fall. The other three were stress, anxiety and depression.

"Things settle into a pattern, and everything's not so new," she said.

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JAYWALKING

From Page 1

because officers may issue \$37.50 fines to those crossing illegally.

Wommack and other police officers have tried to remedy the problem through positive reinforcement, however.

The MPD has tried to reward students, children and others with coupons to local businesses if they use safety precautions, such as using the designated crosswalks, he said, but the coupons often run out too fast.

Newbill said the conflict would be hard to solve, considering several task forces will have to work together to find a solution.

"It's not just an issue with pedestrians or vehicles," he said. "It's a situation where we have to get all players on the same sheet of music. It's not just a single angle of a problem. You've got a situation where you have to get the street team together with the police department and other people."

Remedying the conflict has somewhat begun, however. Several efforts by both UI and the MPD are now underway.

UI's Parking, Transportation and Visitor Services Center conducted a two-day survey Tuesday and Wednesday to get a rough count of the number of jaywalkers crossing the highway. The study was conducted from 8 a.m. to 5 p.m. on both days, between Line Street and Perimeter Drive. The center's manager, Kimi Lucas, hopes the survey will help the center analyze the situation more thoroughly in the future.

"We're just trying to get a really rough

base of what the numbers may show for jaywalking in this area," she said. "And then from there we'll probably work with other entities to figure out how we can put together a scientific survey."

Kimi Lucas and other workers were prompted to conduct the survey by the number of questions the center was receiving from both students and visitors alike concerning the safety of people crossing the highway.

"The area that causes us the most concern is from where Third Street starts to curve into Pullman Road."

CARL WOMMACK
MPD CRIME PREVENTION OFFICER

People also asked if the university or city organizations were addressing the problem.

UI administration has developed projects for the north side of campus in a document called the North Campus District Master Plan. One of the projects would extend Greenhouse Street out to State Highway 8. Greenhouse Street runs past the Wallace Complex and then becomes a dead end when it intersects Paradise Creek Street.

Laura Hubbard, assistant vice president for administration, said Rayburn Street, which runs along the other side of

the Wallace Complex and extends out to the highway, cannot be made into an intersection.

"There's a light and crosswalk at the corner of the highway and Line Street," she said. "The point where Rayburn comes out is too close to that intersection for the Idaho Transportation Department to put in another light."

However, Hubbard also said that the point at which Greenhouse Street would be extended out to the highway would be far enough away from the intersection to add a controlled light and crosswalks.

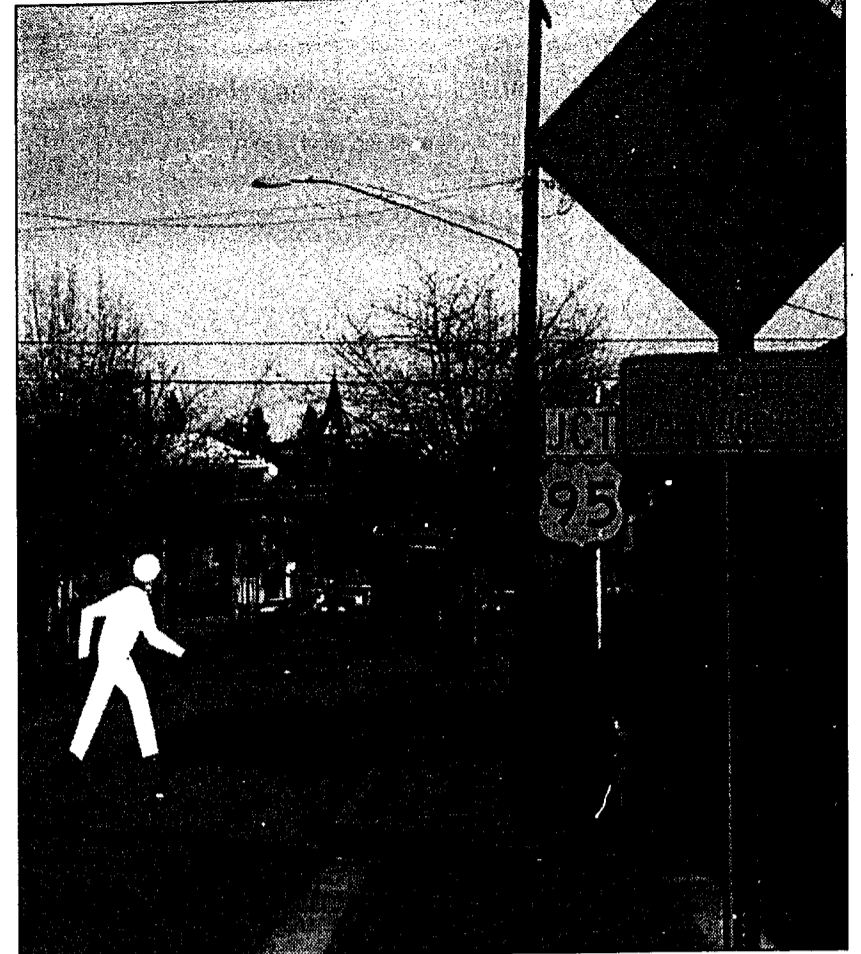
The project, if accomplished, would cost about \$800,000. Hubbard said the administration has put in a permanent building fund capital request to the state for this amount for the project. She also said UI has been offered help by several other entities.

The U.S. Army Corps of Engineers said it would provide grant funding for some of the projects in the area, such as the extension of Greenhouse Street. Hubbard said the City of Moscow has also expressed interest in the project. The Idaho Transportation Department has agreed to put in stoplights and crosswalks if UI extends the road out to the highway.

To accomplish this, UI would work in cooperation with the city through the Moscow Transportation Commission to extend the road and then have the intersection built.

For now, law enforcement and UI staff members hope students will choose crosswalks over jaywalking until something is done with the situation.

"More than anything, we're concerned for the safety of the pedestrians," Newbill said.



Jaywalking on Third Street.

KIANNA HAIL / ARGONAUT

Tsunami efforts abound at UI: Moscow students unite for overseas relief

BY CAMERLY COX
ARGONAUT STAFF

A group of students surrounds a table heaped with red bracelets in clear plastic wrappers. The wristbands are not UI students' newest fashion statement, but are being sold as part of student efforts to aid in tsunami relief.

After the December tsunami, which devastated many countries surrounding the Indian Ocean, UI student organizations and groups are joining the worldwide effort to help countries affected by the disaster.

ASUI, as well as many student clubs, including Athletic Training Students Club, Chi Alpha Christian Fellowship, the Chinese Students and Scholars Association, the Nepal Student Association, the Designers and Artists Club, and Diverse Voices, are planning events and programs.

The proceeds from these programs will be used towards restoration and rebuilding.

Josh Dean, ASUI Civic Engagement Board coordinator, is leading the wristband sale. He says the bracelets with

the words "RELIEVE, RECOVER, REBUILD" are being sold at tables across campus, and all proceeds will benefit the United Nations International Children's Emergency Fund in its endeavor to relieve tsunami victims.

The Civic Engagement Board had 1,000 bracelets to sell for \$3 apiece, and is also accepting donations.

Dean says he is happy with the progress of the sale.

"The first day we sold 146 bracelets in three hours. On Monday we sold 60 and then on Tuesday we sold another 68," Dean says.

The sale has made close to \$1,000 and will continue into next week.

"We'll keep going as long as we have bracelets to sell," Dean says.

Megan Thompson, ASUI chief of staff, says the tsunami aid wristbands will be sold throughout the semester during different events on campus.

Dean says meetings were organized in the beginning of the semester to gather ideas for tsunami relief programs around campus.

"We are trying to prevent duplication

and touch on all different aspects of tsunami relief," he said.

ASUI is also heading up the collection of supplies to be sent to an elementary and high school in Kathaluwa, Sri Lanka. Thompson says they will be collecting basic school materials throughout the semester.

The supplies are being collected in boxes throughout campus.

"So far we have collected a box or two. There may be some classes which have collected more. In the end we would like to fill at least 10 boxes to send to the school," Thompson says.

She says the school was destroyed during the tsunami and they are waiting until the school is rebuilt to send the materials.

"We need a physical address to send them to," Thompson says.

GINNA BABCOCK, a professor in the sociology department, says she received information on the school and gave it to Thompson. She says she is happy students are getting involved in the relief efforts.

"We are students; we know how important education is," she says. "This

was an obvious choice for us. I believe in community service. You've gotta smell it, taste it, move it around. That's what this is all about."

Ashley Groenhout, a junior studying athletic training, is also doing her part. She and three other student groups, the Athletic Training Students Club, the Food and Nutrition Club and Chi Alpha Christian Fellowship, are organizing a campus and community raffle.

Groenhout says the goal of the raffle is to involve as many individuals as possible in raising money for tsunami relief. She says they are asking for donations from businesses around the community and will be selling tickets Feb. 22-25.

"The drawing will be on Friday (Feb. 25) and the proceeds will go to American Red Cross and UNICEF," Groenhout says.

Many programs on campus are geared towards funding and benefiting tsunami relief efforts. Other programs are educational for students.

Thompson says informative displays of the December tsunami will be showcased at the Reflections Gallery Feb 18-21.

"The displays are for students to go through on their own time. They are mostly educational. We're showing more than clips on the news. We want to show different issues, the long-run effects of the tsunami, what our government is doing and what could have been done differently," she says. "We know we couldn't have stopped it from happening, but we want to educate students and others on how we could have reacted."

Sunali Govipalagoda, a UI student from Sri Lanka, decided to stay in her home country after the tsunami to help with the rebuilding efforts. Pictures she sends of her home will be included in the Reflections Gallery display.

Thompson says she is happy about the student response to the programs on campus.

"From what I've noticed, it's something people on campus are concerned about," she says. "But it's something that is easy to forget about when you're not seeing it on the news. There is a lot of interest in all the programs and many various student leaders are getting involved."

KUOI-FM 89.3

2005 Spring Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.							
6:30 a.m.	The Jerk Store	Mitch	Less talk, more tunes	The Path of the Wolf	Hillbilly Deluxe	Wake & Bake	Sunday Morning Jazz & Blues
7:00 a.m.							
7:30 a.m.							
8:00 a.m.							
8:30 a.m.	DEMOCRACY NOW!	DEMOCRACY NOW!	DEMOCRACY NOW!	DEMOCRACY NOW!	DEMOCRACY NOW!		
9:00 a.m.	KUOI Local News	KUOI Local News	KUOI Local News	KUOI Local News	KUOI Local News	Moscow City Soundtrack 3000	Moscow Morning Views
9:30 a.m.	N-by-NW	Gene	Eric the Half-a-bee Show	Trinity Hour	Clouds Taste Metallic		
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
11:30 a.m.							
Noon							
12:30 p.m.	Vandal Sports Talk	D'Gallo Guero Show	Dual Analog	Peel the Brain Banana	Legacy of Lloyd	Sonic Chaos	Yeah, it dumb but you listen anyway.
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.	DEMOCRACY NOW!	DEMOCRACY NOW!	DEMOCRACY NOW!	DEMOCRACY NOW!	DEMOCRACY NOW!	Putumayo World Music Hour	
3:00 p.m.	KUOI Local News	KUOI Local News	KUOI Local News	KUOI Local News	KUOI Local News		
3:30 p.m.							
4:00 p.m.	Goolash	Baby, it's cold outside	The Defect is Bleach	Eric A.	40 Acres & A Clone Mule	The Fireworks Treatment	Camp Pickleflats
4:30 p.m.							
5:00 p.m.							
5:30 p.m.							
6:00 p.m.	FREE SPEECH RADIO NEWS	FREE SPEECH RADIO NEWS	FREE SPEECH RADIO NEWS	FREE SPEECH RADIO NEWS	FREE SPEECH RADIO NEWS	This Way Out	Counterspin
6:30 p.m.	KUOI Local News	KUOI Local News	KUOI Local News	KUOI Local News	KUOI Local News		
7:00 p.m.	Nneka	La Verdad	A History of Sound Recordings	Jars	Cooking with Jake	The Pig-Tailed Reiter	Beatnik Study Hour
7:30 p.m.							
8:00 p.m.							
8:30 p.m.	Eric & the Devil	To hell with good intentions...	If Pent-up Panda Permits	Whitney Houston	Brenben	Juan & Jorge	Martha Stewart's Avant Garden
9:00 p.m.							
9:30 p.m.							
10:00 p.m.							
10:30 p.m.	ALBUM PREVIEW	ALBUM PREVIEW	ALBUM PREVIEW	ALBUM PREVIEW	ALBUM PREVIEW	ALBUM PREVIEW	ALBUM PREVIEW
11:00 p.m.							
11:30 p.m.	I of 5 Series: Don't forget there are four.	Audio Areola	Black Diamond Radio	Slithering Wafer	The Beastman	The Metal Buff Show	The Future Sound of Moscow
midnight							
12:30 a.m.							
1:00 a.m.							
1:30 a.m.							
2:00 a.m.	Cam	DJ Plaedas Mixtape	Brad & Joe's Crazy Funk Train	From the Basements	Sarah & Kelsey	Panic on the streets of Moscow	The Enzo Show
2:30 a.m.							
3:00 a.m.							
3:30 a.m.							
4:00 a.m.							
4:30 a.m.							
5:00 a.m.							
5:30 a.m.							

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POLICE

From Page 1

"I've been looking for the right kind of a fit," Hershaw said about why he is moving to Washington. "It's kind of an adventure thing."

Hershaw said he is looking forward to working in a position that deals with more traditional, "bread-and-butter" law enforcement.

"It's simpler," he said. "I'll spend most of my time dealing with criminals instead of those who just make mistakes."

Although he is excited about his new position, Hershaw said he will miss Moscow.

"Without a doubt - I have so many friends, co-workers, peers that have just been wonderful. I miss them already and I haven't

even left yet," he said.

Hershaw said he has enjoyed working with the university as well.

"The students here are good Idaho people. They want to do the right thing and they respect authority."

Nancy Spink, risk management officer for UI, said the university community is sorry to see Hershaw leave.

"He has given tremendous service to the university," Spink said. "But we're really happy he has this great opportunity."

As a result of Hershaw's departure, the Moscow police department will promote Detective Sgt. Paul Kwiatkowski to lieutenant on Monday. He will also become the new campus division commander for UI.

Hershaw said he has full confidence Kwiatkowski will do a good job.

"I think things are going to run just the same," Hershaw said. "I'm training him right now. I think it will be a very smooth transition."

Spink is also optimistic about the change.

"He comes to us with great operations knowledge. He's a very accomplished officer," she said. "We're very happy with that selection for the university."

Kwiatkowski, a graduate of UI, said he is looking forward to working with the university.

"I'm going to follow in Cam's footsteps," Kwiatkowski said. "They're big shoes to fill, but I'm up for the challenge."

Cpl. John Lawrence will be promoted to sergeant and will supervise the detectives unit. Officer Art Lindquist will be promoted to corporal and assigned to the operations unit. Their promotions will be effective Monday.

HIDE AND SEEK
AUDIAN THEATRE
DAILY 7:00 9:15
SAT-SUN (4:30)

WEDDING DATE
CINEMAS
DAILY (4:20) 6:50 9:20
SAT-SUN (11:30) (2:00) (P) (P)

Will Smith
The Cure For The Common Man
HITCH
DAILY (3:45) (4:30) (P) (P)
SAT-SUN (11:00) (12:50) (1:45)

BOOGEYMAN
DAILY (4:45) 7:20 9:55
SAT-SUN (12:00) (2:20)

Meet the Fockers
DAILY (4:00)

In Good Company
DAILY 6:45 9:15
SAT-SUN (11:05) (1:35) (P) (P)

11 Oscar Nominations!
THE AVIATOR
DAILY (4:50) 8:20
SAT-SUN (1:00)

Best Picture Nominee!
SIDWAYS
SAT-SUN (1:30) DAILY (4:10) 7:00 9:45

7 Oscar Nominations!
MILLION DOLLAR BABY
SAT-SUN (12:40) (P) (P) DAILY (3:35) 6:40 9:40

CORDOVA THEATRE
COACH CARTER
DAILY 8:15 9:00
SAT-SUN (3:00)
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Friday @ 1pm

Here comes the rush: Fraternities consider recruitment changes

BY NAFISA NAIK
ARGONAUT STAFF

University of Idaho fraternities may undergo a change in the structure of their yearly recruitment, said Inter-Fraternity Council officials.

Council members said UI might operate differently for recruitment this fall if the proposal is acceptable to the different chapter presidents and their members.

The proposal would require all recruits to visit all chapters, so each fraternity has an opportunity to be viewed by every new student.

"This way you get to see each house for a little bit and then decide where you want to spend your next four years," said Kirk Steinhorst, assistant Greek adviser.

According to the proposal, fraternity recruitment rules have several loopholes and lack sufficient structure to the point that the recruitment system itself

needs improvements.

The proposal also details how the recruitment process will be more efficient, and as a result, all chapters will have a better understanding of how the recruitment process is conducted.

Currently, recruits visit the houses they want to be a part of and then rush the fraternity.

The proposal to change the current system will be made at 6:30 p.m. Sunday in Room 101 of the J.A. Albertson building.

The executive board of the IFC has drawn details for the restructuring and the presidents need to approve the proposal.

Steinhorst said the restructuring would help create a better fit between young men and houses most suitable to their development as people.

The current system, he said, simply has recruits "beeline" for the most popular houses. This way, he said, students get to see all houses instead of only 10 of

the 17 on campus.

Cori Hammock, Greek Life adviser, said she agrees with the IFC executive board about the change, and thinks it will benefit all chapters to visit with every potential member. "We are trying to create value as the potential members go through rush and help them make an informed and educated decision. We are hoping this will also increase retention," she said.

"It's a great idea. Guys favor certain houses even before they have seen other ones," said Mark Alldredge, a Sigma Chi fraternity member. "This is because they go for nicer houses or choose a house because of legacy. I was a legacy at a different house, but I liked my house when I saw it and met the people."

Legacies are recruits who have had a parent, sibling or grandparent in a fraternity or sorority. Some chapters consider aunts and uncles legacies also.

Seth Huddleston, from the Beta

Theta Pi fraternity, argued otherwise, and said it would be hard to choose a house by going there in a little tour group.

Alpha Kappa Lambda member Nick Stinemates had similar thoughts. "Staying for 20 minutes in one house is not enough. We need to interact more on a real basis," Stinemates said.

Skylor Lenz, an AKL, said recruitment in 2003 was three days long, and in 2004 it was a day longer so guys could get time to research houses and their missions.

"Our process is very laid-back, and hopefully this makes it less laid-back, but they should not be as nearly as strict as the sorority recruitment or it would hurt the system," Lenz said.

When asked if his house would support the proposal for restructuring, AKL member Eric Johnson said, "There are a lot of rumors floating around and nobody knows about the details of the proposal."

The council will not be affected by the reforms, and Katie Paulsen, vice president for recruitment, said sorority recruitment is already very structured and will not change.

She also said rumors about sorority and fraternity recruitment timelines coinciding were not true, but added there was a possibility of it happening in 2006.

Lenz said having recruitment at the same time would work well and "we could party together after everyone is done."

Robyn Paul from the Delta Delta Delta sorority said recruitment at the same time may be a good idea, but she thinks it could be an increased distraction.

"Women who are recruiting ... may not want to participate as much," she said.

Formal sorority recruitment is scheduled for Aug. 12-17 and the fraternity recruitment from Aug. 17-20.

PERKINS

From Page 1

According to the UI Student Loans Web site, the Perkins Loan program is the largest UI-controlled financial aid program.

"We get money from the federal government and then we match that money for loans, and when students pay back the money it comes to us and we redistribute it as more loans," he said. "It's a revolving fund."

UI junior Nathan Green said he is glad he will be leaving before the changes in aid take effect.

"I could see how it could make a difference for students (losing the loans)," Green said.

Green, who has received Perkins loans in the past, said he thought it would be frustrating for students to lose financial aid.

"But God always seems to provide in time," he said.

Under the program, students also have the opportunity to have their loans forgiven if they commit time after graduation to working in certain fields of public service, such as inner-city teaching or law enforcement occupations.

The administration argues the program is "duplicative" of other larger government loan programs such as the Direct Loan program.

"Proposed increases to student loan limits in these programs and the projected continuation of very low interest rates (3.33 percent for 2005) would significantly offset the impact of eliminating the Perkins Loan program (fixed 5 percent rate)," the administration states in the proposal.

Unlike Perkins loans, there is no cancellation option for Direct loans.

The proposal also states the Pell Grant program is the largest program in the United States, with more than five million undergraduates receiving the grants, thus the reason for diverting Perkins funds to the program.

Davenport said he believes the president is cutting the Perkins Loan program because he "sees it as a noncontroversial item."

He said under a proposed bill in the U.S. House of Representatives, the government would be saving enough money to provide more than \$12 billion in Pell Grant funding without cutting the Perkins Loan program.

According to the Congressional Budget Office, the Petri-Miller bill would give colleges and universities half the savings generated if they participated in the Direct Loan program over the Federal Family Education Loan program, which is funded through banks.

Direct loans cost the federal government \$.69 per \$100 after subsidies and administrative costs, compared to almost \$10 for the same loan given to a student through a banking institution.

The bill would encourage schools to simply use the Direct Loan program, so the government would not have to pay as much money.

The CBO Web site states if a large amount of schools no longer provided FFEL loans, Pell Grant scholarships could be increased by more than \$1,000 per student.

"It's much easier to take from you than it is from banks, though," Davenport said of the proposed bill. "You don't contribute to their campaigns."

Program connects citizens, teachers

BY JOHANNA LUND
ARGONAUT STAFF

The mission: to bring current technology and procedures to the agricultural and forestry working class.

The means: the College of Natural Resources' Outreach Program.

It began as the University of Idaho Continuing Education for Working Professionals Program and has progressed to the 2005 Outreach Programs. The program provides annual classes and workshops for the working professional and many others. Topics span many areas from forestry health to fire ecology.

"The program targets three main groups: working professionals, land owners, and teachers looking to upgrade their certificates. Of course, the classes are available for anyone interested," said Sue McMurray, the college's Marketing and Communications coordinator.

Professional development and private landowner workshops allow the public to take part in the new technology and techniques available, McMurray said. Other areas of focus include professional academic courses and teacher education courses. Many are even available on the Internet.

Jo Ellen Force, head of the Department of Forest Resources, said the program started roughly the same time as the College of Natural Resources in 1909.

"The university is a land grant facility. We were given land from the federal government," Force said. "We have a responsibility to serve the people.

We have to let them know the newest science available."

Started in 1889, UI received a mission statement for its role as a land grant institution. Force said the original mission included "serving the territories" in an area that at the time was dominated by agriculture.

"We take our role seriously," she said. "It's a two-way street. We have a responsibility to the area as well."

Force said as a professional college, natural resources has the ability to better track its graduates, because most agricultural majors do not change fields, whereas other professions may branch out.

"We have more connection with our alumni," Force said. "Some of these courses are specifically designed for college students. Others are for middle-age foresters - 20 or more years out of school."

UI cannot take all of the credit, McMurray said. "This is a collaborative effort with the extension agency," she said. "We have a role and a responsibility, but many classes occur outside of the Moscow area."

Though many courses remain within northern Idaho, others occur at extensions in McCall and Boise. Classes are available statewide and in many areas of Montana and Wyoming as well. UI faculty and other field experts teach the workshops.

"People want to improve themselves and their abilities," McMurray said. "We are just helping."

The UI land grant mission ensures people will have the ability to preserve the forests and update their logging skills for many years to come.



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MAILBOX

Bush's Social Security plan catastrophic to nation

Dear Editor,
Re: Bill Urdrian's "Major Social Security reform needed to save program," Feb. 8.
Clearly you are not understanding the Democrats' approach to Social Security reform. We are not against reform; we are against Bush's horrifying theories on how his reform will be effective.

Driving our country into the greatest national debt in the history of the United States (in only a few years, mind you), then trying to cover it up by saying that by investing our Social Security we can make up for lost ground is the biggest cop-out of the century. Clinton's plan was to apply the national surplus to Social Security, something that would still be possible if we had even a mild conservative running our nation's budget.

Bush's mend-all, two-birds-with-one-stone, joke economic strategies are not only ridiculous but potentially catastrophic on a national scale. While our kill-anyone-who-is-against-peace war is costing us \$5 billion every month, we sit at home and wonder what university program is going to be the next victim of "non-security discretionary spending" cuts. Quick, write your next column; I think they're going to cut the Argonaut due to budget shortfalls.

Clinton administration the government was discussing reforms for the Social Security system, but the situation during this time period was completely different. Social Security was at this point creating a trust fund, because the surplus we had was not being saved for future Social Security payments but instead was being utilized to pay down debt by the federal government. The reason reforms were being discussed for Social Security was because there was a real scare that there was not going to be any debt left to pay down.

President Bush has declared that the entire Social Security system will be bankrupt in less than 40 years, but this is a pessimistic estimate and will only be the case if no reforms of any sort are taken. Applying the president's logic, our entire federal government, not including Social Security, is currently bankrupt, because it is only taking in 68 cents for every dollar of expenses, whereas in 2042 (assuming no reforms of any sort are taken) the Social Security system will be receiving 75 cents for every dollar of expenses. The president should be more concerned with the current deficit than Social Security reform, especially when it will take very little to save the Social Security program, maybe he should repeal the tax cuts.

Don Ross
Senior
Social sciences

Social Security reforms fiscally irresponsible

Dear Editor,
Response to Feb. 8 "Major Social Security reform needed to save program," (facts & quotes from Paul Krugman, professor of economics at Princeton).

According to the numbers from the Congressional Budget Office to keep the Social Security system running as it is today for an additional 75 years, we would require around 0.4 percent of the GDP, which in current monetary figures is about \$45 billion dollars per year. "That's about a tenth of our current budget deficit. It's about one-fifth of the revenue sacrificed because the Bush tax cuts."

According to the Bush administration plan, payroll tax revenue currently used to fund Social Security is moved to private accounts, and to make up the difference the federal government must borrow money — as best estimate costing a trillion dollars in the first decade and 3.5 trillion in the following decade. What is fundamentally happening in this plan is that the government is borrowing money to purchase stocks, but leaving all of the risk with the retirees. In order to reap any sort of benefit, these private accounts have to offset the cost of borrowing, yet will still cause the deficit to be larger, assuming all else remained the same until the year 2050. This plan doesn't tackle the current financial deficit, but instead adds extra risk and inherently increases the deficit, and it's ridiculous to focus on the Social Security "crisis," when the deficit is so high and the administration is calling for making the tax cuts permanent.

Brian Rich
Junior
Journalism and mass media

Abortion should only be done when absolutely necessary

Dear Editor,
It's the big hot topic these days: Should abortion be legal or not? I think it should be legal. If it is legal, is it ethical? There are numerous circumstances I can think of (and probably many more I cannot think of) where abortion should be kept as an option. Does this mean it should be exercised? That is up to a woman, her God and her doctor. Abortion is a punishment in and of itself, often leaving permanent psychological scars for the ex-mother.

It should be kept legal, but with controls. If you don't think it should be legal, support better education about contraception. No woman wants to have an abortion.

Another medical procedure that should stay legal, but used only as a last resort is amputation. Of course, the doctor and patient should do everything possible to keep a limb intact; however, there are instances where amputation must be performed for the good of the patient. Abortion should be treated in much the same manner, used only as a last resort, but not eliminated. A woman who has an abortion can still have children later. Amputees are still viable members of society.

Emily Hull
Senior
Chemistry

Field turf not wise expenditure

Dear Editor,
The university wants a fee increase to put AstroTurf outside — for a total cost to the university of more than a million dollars. Fake grass outside? The way things are going around here it won't be long until these academic bureaucrats decide that we need to spend several million dollars growing grass inside the Kibbie Dome.

In all fairness to the administration, outdoor AstroTurf will help our team practice on what it plays on. But times are tight. The athletic department and the Kibbie Dome have been insulated for too long from budget cuts. Is this really the best place for university?

The administration has no need to conduct a cost to value analysis since it has ASUI as its willing cash cow. After all, our representatives are begging the state to raise our tuition a whopping 10 percent. Student leaders will probably be good sports and give a "thumbs up" because this will only amount to a slightly greater increase in our student fees. We can expect students to take out more loans.

Football fans can drive to Cougar Country. As far as intramurals, I suggest we tighten our belts and play on grass and mud.

Dan Sheckler
College of Law

Social Security part of larger economic problem

Dear Editor,
Bill Urdrian's article "Major Social Security reform needed to save program," Feb. 8 states that former President Clinton talked about Social Security reform, but neglected to take action. Now, it is true that during the

OURVIEW

Perkins cuts leave everyone behind

New federal budget harms University of Idaho students

In continuing efforts to leave no child behind, President Bush has proposed eliminating the loan program that has provided financial aid to 6,248 University of Idaho students in the last three school years.

Starting in 2006-07, Bush would like to eliminate the Perkins Loan program, through which the federal government matches student loan funding provided by universities.

Where will the money from this program elimination go? Fear not, needy students; by 2010 those of you who already qualify for Pell Grants will see those grants increase by a whopping \$500.

But wait; there's more. The government will base Pell Grant eligibility on updated state tax tables, which, due to recent tax decreases, will reflect increased earnings. That means students on the high-income

end of Pell Grant eligibility may be SOL in 2006.

The worst part of this is that the Petri-Miller bill, which has been proposed in the U.S. House of Representatives, would allow Pell Grants to increase by more than \$1,000 per student without nixing the Perkins Loan program.

The bill encourages universities to participate in the Direct Loan program rather than the Federal Family Education Loan program, which costs the government more money because it's funded through banks. The government would save money if schools made the switch, and the bill would give half those savings to participating universities.

Unfortunately for students, banks have a lot of money they can use to persuade lawmakers not to encourage universities to use financial aid programs that don't bene-

fit banks. This kind of disregard for higher education and the well-being of future generations, especially in the face of outrageous government spending for a war half this country didn't want to get involved in and arcane Social Security reform proposals, is unacceptable. The students and alumni of this university cannot stand idly by while Bush threatens our future.

Every student or alumna who has or does receive Perkins loans should write his U.S. representatives demanding that they pull their heads out of their proverbial rears and insist that Bush continue the Perkins Loan program.

If Bush won't look out for tomorrow's college students, the students of the past and present must take it upon themselves to do so.

C.M.

LIFE ON EARTH The Leading Theories

EVOLUTION SAYS LIVING THINGS DEVELOPED FROM EARLIER FORMS. SCIENCE APPROVED!

INTELLIGENT DESIGN SUCH AS THE BIBLICAL ACCOUNT OF CREATION. VERY POPULAR

INTELLIGENT DESIGN -OF- THE-GODS MANKIND SPANG FROM ZEUS'S MIGHTY SCEPTER AS HE RODE HIS GOLDEN CHARIOT ACROSS THE SUN or some such thing...

INTERPLANETARY INTELLIGENT DESIGN "JOHNNY HUMANOID-SEED" ALIENS PLANTED LIFE ACROSS THE GALAXY. STAR TREK NERD APPROVED!

NO EVOLUTION or DESIGN IN REALITY YOU'RE ONLY A SEA SQUIRT WHO ATE SOME BAD PLANKTON, AND THIS IS ALL JUST A LONG, AWFUL DREAM...

YOUR THEORY HERE: GO CRAZY. THEN MAKE A FUSS AND FORCE SCHOOLS TO TEACH IT!

Ten best things to give up for Lent

I'm not Catholic. Yet this lack of religious tradition has not stopped me from giving up something for Lent the last three years.

Lent is a Catholic period that starts on Ash Wednesday and ends on Easter. During this time, participants are either supposed to give something up or start doing something that would help their relationships with God. It also includes not eating meat on Fridays and fasting and abstinence on Ash Wednesday and Good Friday. Those last couple things aren't that big of a deal if you're not Catholic.

My desire to follow this typically religious custom started in 2003 on the Wednesday morning following an incredibly long and drunken celebration of Mardi Gras.

"I am never drinking again," I said to myself. It was not the first time sobriety had entered my head, but it did happen to be an exceptionally painful hang-over and the first day of Lent.

Then and there I swore I would not drink for 40 days and nights. The only exception was St. Patrick's Day, because Irish Catholics don't count that day, so why the hell should I?

The next year I tried giving up coffee and something else that I can't remember. I almost made it, but coffee was definitely harder than alcohol.

Probably the most famous Lent story comes from the fairly cheesy movie "40 Days and 40 Nights." In this movie, Josh Hartnett's character gives up sex, sensual touching and masturbation for Lent. Granted, he fails, but it ends up being a mildly humorous movie.

The point is: Lent is a good idea for anyone. It's an exercise in self-control and deprivation as well as a great time to give up some vice. Even though there are really only 38 days left, you can still give something up for 40 days and nights. Challenge yourself.

To help up with some ideas, here are my top 10 things people could give up for Lent.

1. "Napoleon Dynamite:" OK it is time to give up the "Vote for Pedro" T-shirt, aggravated "gosh" and Tina jokes. Napoleon was funny, but watching the movie 18 times since it came out on video is a little much. Give it up for a little more than a month and see how funny it is. For more very... interesting and less couth ideas, visit www.gaveupforlent.com/gaveup. Better yet, give up going to that Web site, too.

2. MTV: "Music" Television for the most part is a bunch of crap. It doesn't play music except in the morning and on TRL. Its ridiculous programming involving spoiled little rich kids ("My Super Sweet 16"), moronic promiscuous pretty people ("Real World") and immature pranks ("Jackass," "Punked," "Boiling Points," etc.) is completely worth giving up. People's time is better spent watching grass grow in the dead of winter. For that matter, TV in general wouldn't be a terrible thing to give up.

3. Badmouthing ex-partners: Seriously people, you've not been dating for how long now? Give it up. He's an ass. She's a bitch. Who cares? You will be better off if you just let the anger and bitterness die.

4. Instant messaging: A friend of mine told me he spends three hours a night instant messaging people. I don't understand how people could take some time off and see how much time they save just not looking at porn.

5. Racist/sexist jokes: So a Jew, queer and black guy walk into a bar... These jokes might be funny but they are hurtful to those people about whom they are told. Plus, they reinforce stereotypes in your own head.

6. Diet soda: Just because diet soda doesn't have any sugar in it doesn't make it good for you. Carbonation decalcifies bone and NutraSweet causes cancer. Water, orange juice, tea, milk — they are all good for you, fill you up and taste pretty good.

7. Buying clothes/shoes: If you have to consider this one, you'd better just do it. Excess clothes are expensive and just that, excess for most of us. Plus, if you give up buying clothes, you'll have more money for other vices — like beer.

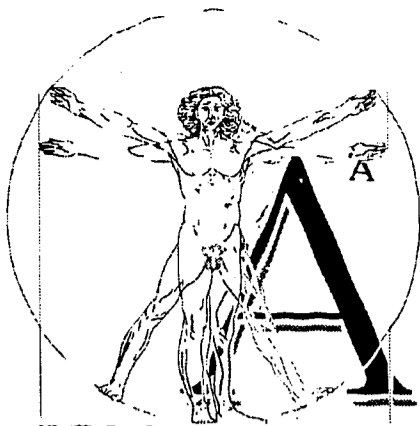
8. Cussing: At least in public cuss words are not really appropriate. Regular use of these words shows a lack of intelligence and miniscule knowledge of the English language.

9. Being late: This goes for class, meetings, deadlines or dates.

10. Porn: The internet has 4.2 million sites dedicated to pornography. The industry is so large it brings in \$57 billion every year. Top it off with the fact that 10 percent of adults say they are addicted to porn and 40 million U.S. adults view porn regularly. More and more

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The love author is in: advice from Alison James



BY ABBY ANDERSON
ARGONAUT STAFF

Just in the nick of time, the love doctor is here. Alison James, author of "I Used to Miss Him ... But My Aim is Improving" and "The 10 Women You'll Be Before You're 35," remembers her college years and how she and her friends gave men way too much attention.

"College should be a time where you figure out what you want for yourself. You need your own life before you get into a relationship anyway," James says. "If you aren't happy, you will look to that person for happiness."

Armed with extensive dating experience and the luxury of hindsight, the soon-to-be-married author says she decided to write both books because she wanted to help younger women in the dating scene. When describing her dating advice, "I'm a weird mix of very conservative and very liberal," James says.

Since Feb. 14 is right around the corner, James has some

advice for students both taken and available.

For students who lack a valentine, she suggests going out with friends.

"Get a group of friends together and go to a Mexican restaurant. There won't be as many lovey-dovey couples. Then tape your ex's picture to a piñata and beat it," she says.

For students searching for a spark, James has her own theories on how to ask someone out on a date.

"It's okay for a woman to be flirtatious, where she's talking to him or asking a question, but he needs to be the one to initiate it. Guys are into the chase," she says. James says women should put themselves in a position where men can talk to them, but in the end he needs to initiate it.

Getting physical on a first date can send many messages, James says.

"Some guys think a small kiss means you want to go out again. If you don't kiss them, they might get the impression you're not interested. Do what you feel," she says. "Half the fun of the relationship is the buildup, and it's really fun in the beginning when you don't know each other that well."

Friends with benefits can be tricky if both people are not on the same wavelength, James says.

"Honestly, if it works for you it's perfectly okay," James says. "They are a wonderful source of amusement. If one person cares more, it can end in heartbreak."

JAMES, see Page 8

"I Used to Miss Him" has all the post-dating answers

BY ABBEY LOSTROM
EDITOR IN CHIEF

(Editor's note: To all my exes, please do not take the following review seriously.)

From the beginning of my dating career, I have had a set end-of-relationship routine. Suffice it to say, it involves some tears, mint chocolate chip ice cream and a new pair of shoes (maybe three or four pairs).

Unfortunately, the routine has left a few of my exes with the lasting memory of me as a hyper-emotional shoe-aholic. However, I am completely normal.

In her breakup survival guide, "I Used to Miss Him ... But My Aim is Improving," Alison James confirms what women have always known: We are not crazy. It is perfectly acceptable to make our ex-boyfriends suffer and to keep the jewelry. James offers advice on topics from making the most of the breakup to reclaiming

REVIEW



"I USED TO MISS HIM"

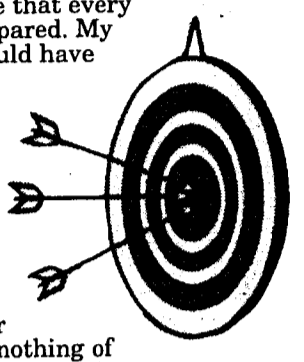
★★★★ (of 5)
Alison James
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James begins with a list of signs the end is near, in the hope that every woman will be prepared. My favorite, which would have been a useful reminder last year: "He remembers and repeats lines from every movie he ever saw, including the scintillating dialogue from his midget porn tape, but he forgets your birthday." (To say nothing of his taste in entertainment.)

She also answers the question, "Is he still breathing, and is there a legal way I can stop it?" The answer, of course, is no. However, she does provide creative alternatives that will make him wish he were dead. Her suggestions go beyond the standard practices of keeping his favorite T-shirt and rebounding with the more attractive, smarter, wealthier neighbor he hates.

For example, she suggests advising him that "nail polish remover will take the bird droppings off the hood of his shiny red car," a hint that would have been helpful to me



MISS, see Page 8

Songs at John's Alley Feb. 14

BY HILLARY FLOWERS
ARGONAUT STAFF

A New York City rock band is visiting Moscow on Monday to entertain Valentine's Day partiers.

The Zen Tricksters will play at 9:30 p.m. at John's Alley as part of their 50-city 25th anniversary tour.

Band members include Jeff Mattson on lead guitar and vocals; Klyph Black on bass, vocals, dobro and lap steel; Tom Circoستا on guitar, vocals and piano; and Joe Ciarvella on drums.

The band's label, Zebra Tango Records, is independent, so the band has complete artistic freedom when writing and playing music.

The band has released three albums, including the latest, "Shaking Off The Weirdness." The Zen Trickster's music is influenced by Grateful Dead.

Two of the subjects that appear in their lyrics include world events and the music business. They have written many songs, but also will play songs from other bands during the concert. The band covers artists such as Bob Dylan and The Beatles.

By never playing a song the same way twice, the band can play completely and freely, which is similar to the concepts of jazz, members said. Since it's been together for 25 years, the group has started to gain a sixth sense of what each member will play next. Mattson said this takes the music to a higher level.

"Ultimately it's a very pleasurable thing," Mattson said. "It's very positive."

The joining of the band was similar to a natural evolution, Mattson said. Starting out as The Volunteers, they realized that name has been used many times by bands and organizations. The Volunteers evolved from another band called Lifestream. Renaming itself The Zen Tricksters, the band finally evolved to what it is today. "Zen" means enlightenment and "tricksters" comes from the band members not wanting to take themselves too seriously.

In the past, the band has toured in Canada and Japan. Mattson said playing in a small town is beneficial because people tend to be more appreciative compared to a larger city.

"It's always an adventure," Mattson said. "Something different every day."

The band's daily routine during a tour includes having breakfast in the morning, driving to and from hotels all over the country, setting up the equipment, eating dinner, playing music at night, going to sleep and doing the whole routine over again the next day. It's been on the road since Jan. 13 and will return to New York City March 7.

"We get to see so much beautiful country," Mattson said. "But most of all we get to play music."

Circoستا took six years off before rejoining the band. He said the chemistry of The Zen Tricksters is similar to putting on a pair of comfortable shoes.

"When I came back it was an extra surprise because the band had been touring at a much greater capacity," Circoستا said. "It's exciting to be taking the whole country again."

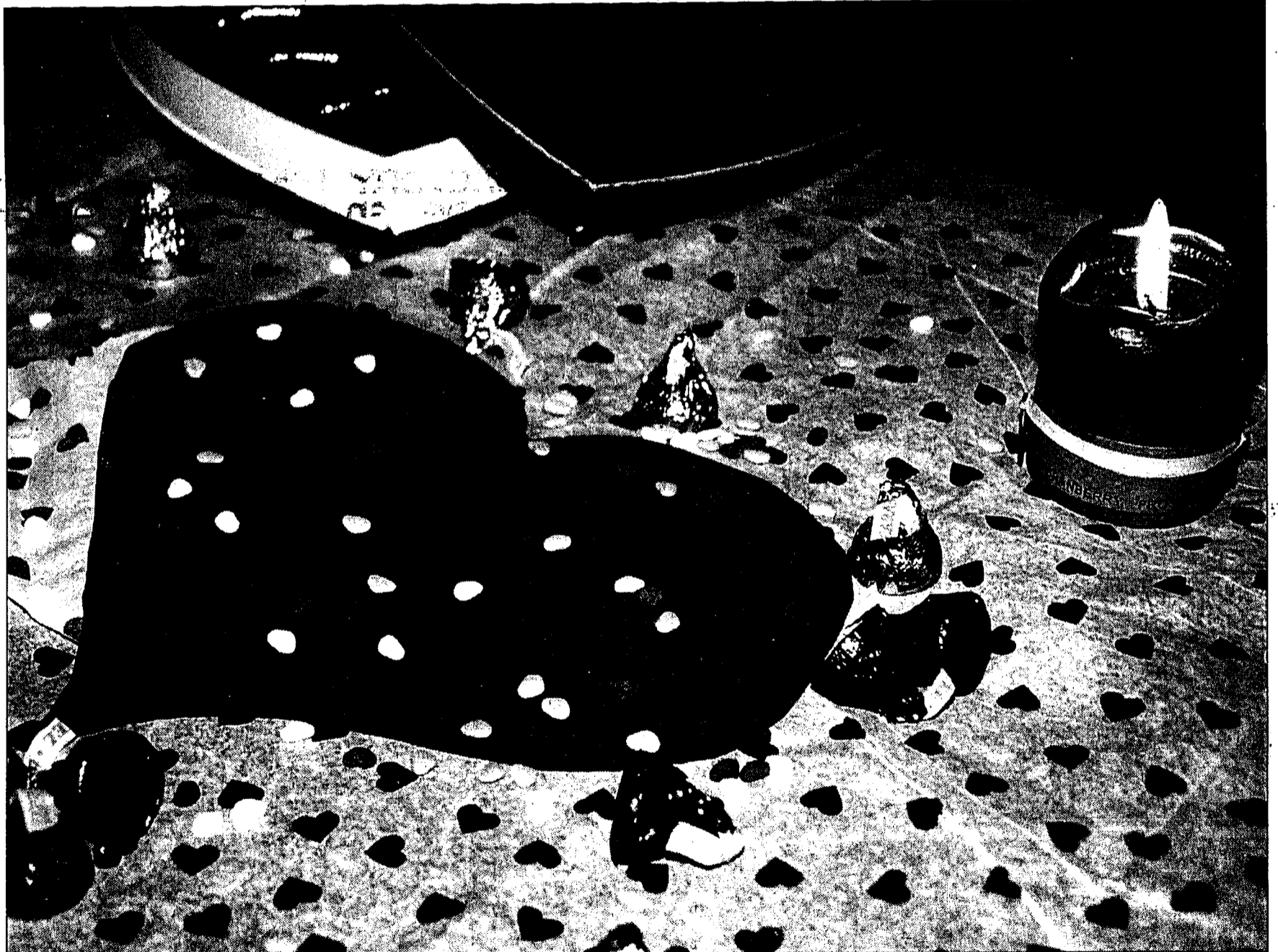
Former keyboard player Rob Barraco played with Phil Lesh for a while, but now plays with The Dead. Black has been with the band for 12 years. He said it's hard work, but they have fun. Barraco and Black were childhood friends, and Barraco got him into the band.

"For me the best thing about playing is playing our own music," Black said.

Drummer Ciarvella actually lives in Pottsville, Pa., but he travels to New York City to play and practice with the band. He said it's nice to live in the country, but travel to the city. As the youngest band member, he said he enjoys playing with the others because they have a common love of music.

"Everybody has their DNA that they put on it," Ciarvella said.

BE MY SWEETHEART



Hearts, candles, candy and more will take over the minds of many on Monday.

ALTA CULTER / ARGONAUT

Some Valentine's Day movies provide equal opportunity

BY TYLER WILSON
ARGONAUT STAFF

Face it: Valentine's Day is a female holiday. From the chocolates to the stuffed teddy bears, Feb. 14 is little more than a glorified Hallmark holiday for the guys. So instead of being stuck watching "Sleepless in Seattle" or "The Wedding Singer" for the umpteenth time, take back a piece of the holiday. Why not watch one of these romantic comedies that both genders can appreciate?

• "Punch-Drunk Love" (2002): If you're looking for typical Adam Sandler, check out "50 First Dates." For something different, try "Punch Drunk Love." This peculiar little movie from "Magnolia" director Paul Thomas Anderson has the dynamic score and visual flair that

dominated "Magnolia," but is half the length and more upbeat. Sandler's still playing that same "softie with an edge" persona from "Happy Gilmore," only here he's exploring that image three-dimensionally. Ultimately, a movie about that titillating feeling and how even a raging loser can find love.

• "Chasing Amy" (1997): Is the significant other not really into Jay and Silent Bob? Well, dump him or her immediately. OK, maybe that's a little rash. Instead, rent this Kevin Smith



romance that only has a few (although brilliant) minutes of Jay and Bob. It's probably Smith's most personal and effective comedy, mixing genuine heart and hilarious moments that will satisfy nearly all.

Warning: don't mistake this Ben Affleck movie with Smith's other Affleck-fest "Jersey Girl." That movie could ruin any stable relationship.

• "Groundhog Day" (1993): This ingenious comedy starring Bill Murray is so funny it's easy to for-



get how well it works as a romance. In probably the best use of Murray's talents in his entire body of work, he generates nothing but sparks with co-star Andie MacDowell. Plus it makes comedian Chris Elliott appear, well, comedic. That's the true sign of a great film.

• "Out of Sight" (1998): Normally Jennifer Lopez is considered a big no-no in many film circles, but before she went all J. Lo, she was actually a pretty good up-and-coming actress. Steven Soderbergh directs this crime-caper/romance with expected panache. A great cast that includes George Clooney, Ving Rhames and Don Cheadle help this genre-bender hit all the right hip Valentine's Day notes. And hey, nothing better than a Sam Jackson cameo.

Tournament stimulates iron minds

BY TARA KARR
ARTS & CULTURE EDITOR

Mark Bordsen can speed through Rubik's Race, dash through chess and stack up on Score Four, but this weekend he's giving others the chance to play games.

The Iron Mind blitz board game tournament, featuring chess, Othello, Rubik's Race, Chinese checkers and Score Four, will be held Saturday and Sunday in the Palouse Mall. This is the third year Bordsen has organized the tournament.

"This kind of board game tournament you don't see," Bordsen said. Unlike many game tournaments where players have hours to stare at the board, the object of Iron Mind is not only winning, but also winning quickly. A chess clock limits the amount of time each player has to move during a game.

Bordsen had many games to choose from when organizing the tournament. He loved games as a child, and in 1985 began collecting games to play with his two young sons. He now owns more than 2,000. Bordsen said he selected the Iron Mind final five based on their logical challenge and ability to be played quickly.

While chess and Chinese

checkers are familiar, the other games may not ring a bell with many players.

Othello, also known as Reversi, challenges players to anticipate their opponents' moves much like chess.

"That's good strategy in this game, to limit your opponent to only certain places," Bordsen said.

Though it's made by the same company, Rubik's Race has little to do with Rubik's Cubes. The game involves sliding colored tiles to create a pattern, and has been out of print since the '80s.

"I don't know why it's out of print," Bordsen said. "People just loved it."

Score Four is also out of print, and is similar to Connect Four and 3-D Tic Tac Toe. Bordsen said players who enjoy the out of print games can find them in secondhand stores and at garage sales, the same way he did when he began his game collection.

To prepare for this year's tournament, Bordsen held mini-tournaments for each game on Tuesday nights over the past five months.

"I really didn't attract much," he said. "In hindsight, I probably should have done those on Saturdays."

Bordsen said he hopes more

people will show up for the big tournament.

"It's so much fun." He plans to make a business of board game tournaments once he retires from his day job as a county land use planner in Colfax.

Participants in Iron Mind can play any or all of the five games. Entry fees are \$5 per game or \$25 for the full tournament. The tournament is round-robin style, with a limit of 12 players per game. No pre-registration is necessary to participate.

The overall winner will be decided by cumulative points in all five games. The winner will receive Palouse Mall gift certificates equal to half the tournament entry fees. There also will be prizes from Choq-o-laut and WaldenBooks, and everyone who enters the tournament will get a free milkshake from Lefty's.

Stacey Holbrook, marketing director for Palouse Mall, said the mall is happy to help sponsor the tournament.

"People that come out are really interested once they walk by," she said. "I'd like to see it continue."

Andrew Hall, a 16-year-old from Moscow, won Iron Mind the past two years.

"I'm just really interested in

Schedule for Iron Mind 2005

Saturday
Blitz chess at 10:30 a.m.
Othello at 1:30 p.m.
Rubik's Race at 3:30 p.m.

Sunday
Chinese checkers at 12:30 p.m.
Score Four at 2:30 p.m.

Participants should be prepared to spend up to two hours per event.

board games," he said. His favorite game is chess, because it takes the most skill and practice. He's been playing since he was 5.

Hall beat a Washington State University graduate student in 2004's tournament, and said part of the fun of Iron Mind was proving his skill against older people.

"It's kind of funny to see these college students sit down thinking they'll crush me, and then beat them," he said.

Though he will be attending a chess tournament rather than Iron Mind this year, Hall encourages others to try it out.

"You get to meet some new people and play some new games you've never played before."



JARED DESJARLAIS / ARGONAUT

Chess is just one of five games part of this weekend's Iron Mind blitz board game tournament in the Palouse Mall.

JAMES

From Page 7

The film "When Harry Met Sally" comes to James' mind when answering the ultimate question: Can women and men really just be friends?

"Friendship is the foundation of a relationship. It's easy to develop an attraction," she says. "In 'When Harry Met Sally' they say they can't be friends, but I think they can if people have dated and moved on completely. They can be friends."

Friends or not, James says meeting the right person isn't going to solve all a person's prob-

lems.

"Many think that when they meet that right person, music will play and that everything's blissful. It's work. A lot of people bail out too early," James says. She believes breakups occur more frequently because partners feel rough spots are actually red flags.

"We accept flaws in friends, family, but when we're dating someone we don't."

But James advised that if people feel they're doing all the calling, planning everything and making all the effort in a relationship, it's a big sign to get out.

"You can't stay with someone like that," she says. "And guys who only come over at two in the morning when they're drunk. You

might think, 'Oh he's been really busy,' when he's obviously after one thing. Unless of course that's the relationship you want."

James sees why college guys would be scary to the inexperienced.

"It seems like they're just interested in beer and sex. They don't change much," she says. And don't expect serious relationships to be common in college guys.

"Ninety percent don't want a serious relationship. They tend to want something fast and easy," she says. "No matter how much he likes you, you can't make him do it."

The best way to keep unwanted suitors away is to be honest, James says.

"The mistake people make is that we are not honest enough," she says. "Tell them, 'you're a great person but I don't see a future together as a couple.' Or tell a little white lie about having a boyfriend. It's a waste of everyone's energy if you don't give them a flat answer right away."

James emphasized that just because one person isn't interested in you doesn't mean no one is.

"Different people fit for different reasons."

But keep in mind come Monday night, James says, "If you're newly broken up, you might feel like everyone's coupled up. Remember that not everyone is in relationship, or happy in one."

MISS

From Page 7

several exes ago. Also, for the artistic ex (read: one of my high school boyfriends) she recommends, "Streak his favorite Picasso with a line or two of red finger-paint." Of course, there are limits; I would never do either of these.

James includes advice on makeovers for yourself, your job, your activities and The Bachelorette Pad. Keeping busy and making changes will help you through the hours you used to spend with him. And the advice is applicable to all other

women as well. Whether single, in a relationship or in between, it is never acceptable to wear blue eye shadow and feather your hair (unless you are going to an '80s party).

She advises re-entering the social scene immediately. You cannot hide under a blanket because you are afraid of seeing your ex; it will happen no matter what you do. Surround yourself with friends and go to a party or the bar, always avoiding the dreaded Circle of Death, the group of women who have isolated themselves in the corner. Instead, she suggests playing "How many men will buy drinks for me and my friends?"

She also explains the conse-

quences of being social.

First, you will see your ex. Be prepared and behave appropriately, regaining any respect you may have lost during the breakup. Occasionally, your ex will realize what he has lost and beg for a rerun. She has strict rules about accepting this proposal.

Second, you will meet someone new. When you do, she recommends following The Dating Diet.

Read the book for both sets of rules.

"I Used To Miss Him ... But My Aim Is Improving" is not your Psychology 101 "Guide To Exploring Grief." James does not ask the question, "And how did that make you feel?" She knows how it made you feel - horrid. And she offers solutions. Yes, she discusses the benefits of therapy and exercise, but she also advocates chocolate and The Voodoo Slingshot.

Now you have something to read while you enjoy your ice cream.

ARTSBRIEFS

Bucer's presents jazz and love songs Monday

Jazz combo The Aurora Quartet will play from 8-11 p.m. Friday at Bucer's coffee house and pub. Saturday features the WSU Jazz Combo.

A Valentine's Day celebration will be Monday. Bray and Kaja Wilkins will perform love songs from the 1920s and '30s from 8-9 p.m. G's Band also will perform love songs from 9-10 p.m.

All concerts are free to all ages.

WSU has award winner with 'Crimes of the Heart'

WSU's production of Beth Henley's "Crimes of the Heart" has been selected as one of five regional college productions to compete this month in the best play competition in Ashland, Ore. The students will compete in the Kennedy Center American College Theatre Festival/Northwest Drama Conference.

It has been 15 years since a WSU production was selected to perform in the festival. The WSU cast includes Ashley Dawson, Audrey Bense, Kelsey Gunn, Jessica Ruger, Kevin Harland and

Michael Carpenter. Singer/songwriter plays house party Feb. 27

Andru Bermis, a guitarist traveling the United States by rail, will play a house concert 7 p.m. Feb. 27 at a private dwelling on East Second Street. Bermis will play guitar, fiddle and banjo, as well as sing. In the last three years, he has traveled more than 50,000 miles on trains. He records for Ground Vinyl Records.

Musicians needed for battle of the bands

The Student Entertainment Board at WSU is seeking bands to compete in April's "Battle of the Bands." All artists need to submit materials to the SEB office by Feb. 25 to be eligible for the competition. A fee of \$40 - \$15 for WSU students - is required. All genres of music will be considered.

Bands will be competing for a chance to open at SpringFest at the end of the semester. Other prizes will also be awarded. Last year's winners opened for Cypress Hill, MxPx and Vendetta Red.

For more information on "Battle of the Bands" contact Sarah Lasky at (509) 335-3503.

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Departments uniting for VSF fund-raiser

BY MACKENZIE STONE
ARGONAUT STAFF

Football and paintbrushes don't collide very often, but they will on the University of Idaho campus to raise money for the Vandal Scholarship Fund.

The art department is joining the athletic department to give students an opportunity to promote school spirit and raise money for the VSF.

UI students will create artwork on the "canvas" of a football to raise money for the VSF as part of the 2005 Silver and Gold Weekend Events April 29-30. "Our top priority is the students,"

said Rick Darnell, executive director of the VSF. "We want to give students the opportunity to show their school pride."

The VSF, in association with the Vandal Boosters, welcomes graduate and undergraduate students to submit a football without alteration from its inflated form, with a design of their choice to be placed in an auction as a fund-raiser. Students may illustrate the footballs with drawings, paintings or design media.

The artwork does not have to be sports-related, but all footballs must have the approval of the UI athletic director.

"Students may highlight Idaho join-

ing the Western Athletic Conference, the Palouse, different teams Idaho will play in the WAC, or something original, just as long as it is decent," Darnell said.

The footballs will be auctioned with a minimum bid of \$75 to raise money for student-athlete scholarships awarded by the athletic department.

The artists will receive 60 percent of the auction's proceeds, and 40 percent will go to the VSF.

Darnell said they have received 14 footballs so far, but would like to receive 25-30 entries.

Students can participate in the event by purchasing a football for \$15 at the athletic department in Room 235W on

the second floor of the Kibbie Dome.

"We would like all footballs to be purchased from the Vandal Scholarship Office so that all the footballs will be the same size," Darnell said.

All paperwork and completed footballs are due March 23 at the VSF Office.

Photographs of the footballs will be posted on the VSF Web site with a brief artist biography several weeks prior to the auction, allowing nationwide exposure to alumni, executives and donors.

"The Vandal Boosters and the community are very anxious to see how many students get involved," Darnell said. "I've already had several people

from the community ask me how the fund-raiser is going so far. They have a lot of curiosity."

The footballs will be displayed during the Silver and Gold Game Weekend Events as table centerpieces. The auction will be April 30.

The VSF provides 200 scholarships to student athletes to ensure the possibility of success for individuals in their academic and athletic pursuits.

"Our goal for the Vandal Scholarship Fund is to raise \$1.25 million this year to give back to the university on June 30," Darnell said. "That's where the 40 percent of the money raised by the footballs will go."

Q&A with Idaho's newest coach

BY BRENNAN GAUSE
SPORTS&REC EDITOR

On Jan. 26, University of Idaho Athletic Director Rob Spear announced the hiring of Peter Showler as the new coach of the Idaho women's soccer program. Showler replaced Royce "Arby" Busey, who resigned Dec. 13. On Wednesday, Argonaut sports editor Brennan Gause sat down with Showler to ask him some questions about the future of the program.

What attracted you to the Idaho program and what do you envision this program becoming?

I've been to Idaho the last three summers, and there's an Olympic Development Program that the country has with an aim to graduate people through to the national team, and I've been on the regional staff for almost three years over the last three summers and that's run here on the campus. So, I've been familiar with the coaches and



SHOWLER

the facilities and actually, when Arby and Steve (Crum) were looking to replace Larry (Foster), I was actually interested in the position then but didn't have any American college coaching experience. So, when the job came up again I was keen to apply.

The day I heard Arby had stepped down I called the AD, Rob Spear, and expressed an interest. Talked to some people about the position. One of my best friends is Matt Potter at Washington State, and he told me about the area and what the soccer community is like. And my club teams have played in Idaho in a variety of different events, and I know Dave Chesler, the state director. He's new to the position relatively, and he's very keen to push things. So I was excited about where the position could go, considering where it was currently at.

You started a women's program at the University of Sunderland back in 1990 and you won a National Championship shortly after - how will the experience of starting a program from scratch help you in building this program?

The recruiting is very different over there. I had to deal with players that were already there. We didn't recruit players in. While here, people get scholarships to come in for sports; in England that's just starting to happen with soccer and rugby, but not many other sports. So it's very different, but I know the struggles a new program can have.

This isn't a new program, but it's a program that needs improving. I feel there's a lot of work to do, but little things can make a big difference. I've already seen in this first week how the girls have responded to that and that's been fabulous. I feel with the girls here, and some different direction from me, we'll see some changes for the positive and with the players coming in, and the players I'm looking to recruit. Because I still think we're three or four or maybe even five players short of where we need to be. Currently with the three incoming national letter-of-intent signees we're at 20 and I

feel, barring any injuries, we probably need to be at 24 at least to give us a good number and balance.

Do you envision any of your recruits so far making an immediate impact with this team?

I haven't seen the girls here play since last spring. When we were at Portland State we played them last spring, so it wouldn't be fair for me to judge right now where the girls are at. After this spring I'll have a clearer picture of what we've got. We've got four games against nationally recognized opponents, then we have a seven-a-side tournament, so it wouldn't be fair to say they're going to come in and be impact players, but they wouldn't be coming in if I didn't feel they could improve and help out what we're going to be doing.

Is there any position in particular you feel needs some strengthening in and some depth?

We need some midfielders and we need some forwards. I've got a Swiss national pool player coming in who's a forward. I've got a couple of players who are forward/mids - attack-minded players. And then there's a couple of college coaches who have contacted me with players who've found they're not a good fit at their programs and have been released. One's from Sweden, a center-midfielder, and there's a girl, more locally, who's also a center-mid. So those are the areas we need to strengthen.

We have not a glut of defenders, but we have a good number, which I'm fairly confident we'll be able to do a good job once we're more organized.

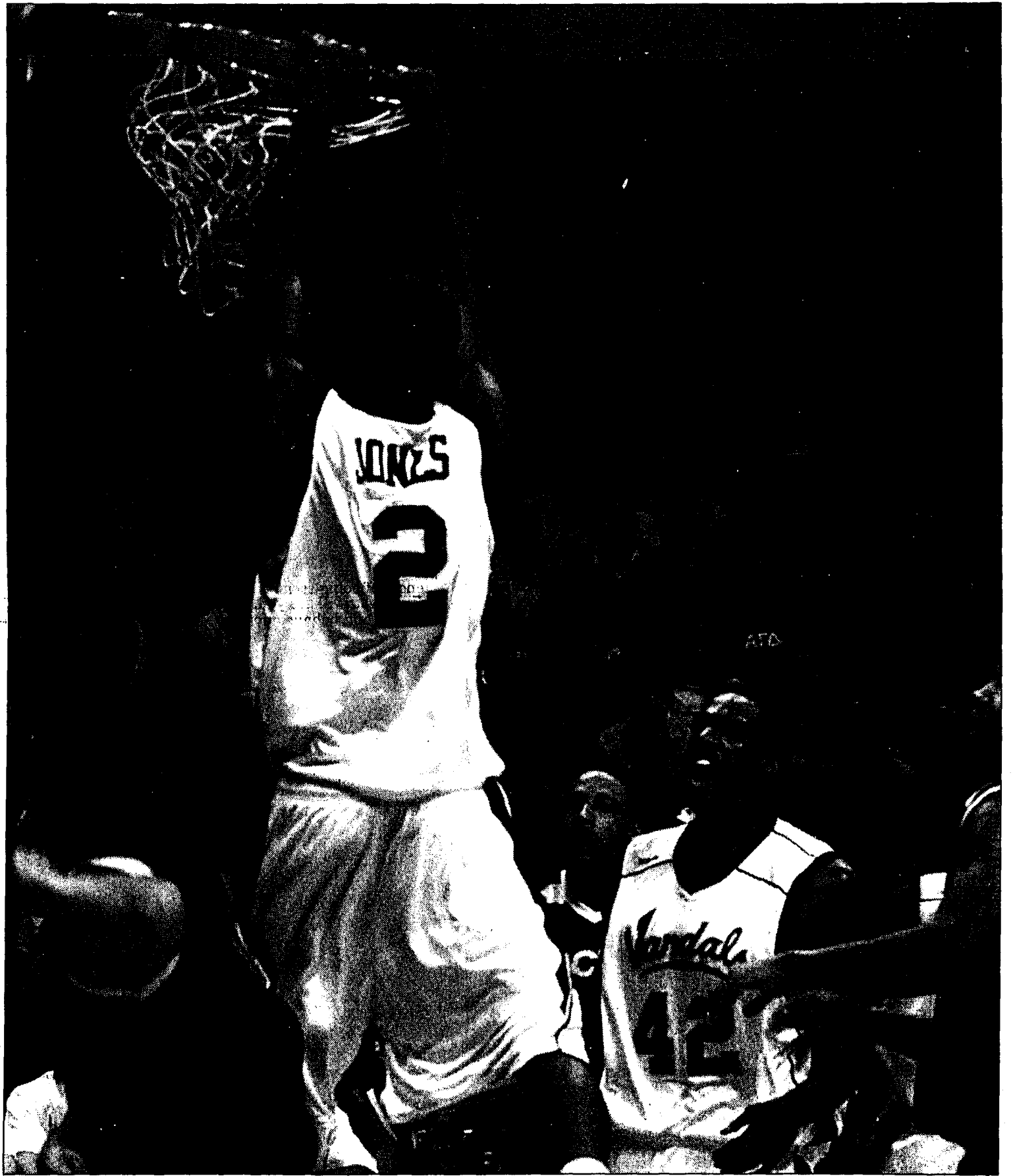
This will be the program's first year in the Western Athletic Conference. How do you feel the move is for the program?

I think this first year's going to be testing the water. Playing that many California teams in the Big West is a drain on resources, but it's also a long travel, and I'm not saying there's not some long travels in the WAC. But playing California teams week-in, week-out physically affects how the players do because there's some brutes down there. And we've got some strong players. This is a great athletic team, but to face that type of competition week-in, week-out is tough. So there will be some variety of types of teams we play. There will be a variance in the type of formations and styles of play, so I think it will be a bigger test in those ways, but it'll be more interesting I think. This year will be a test; we don't know what to expect. But I'm excited at the prospect.

You've seen these players last spring and you've had a couple weeks here to get to know them. Is there any strengths or weaknesses that you've seen?

They're a hugely athletic team. Athletically they're tremendous. Now I've just got to strive to improve what they've already got, and then my job will be technical and tactically to make them more aware and more organized. I think that's where the improvements can be made more quickly.

NEW COACH, see Page 10



Senior Dandrick Jones throws down a dunk off of a rebound against Pacific in the Cowan Spectrum Thursday night.

JARED DESJARLAIS / ARGONAUT

No. 24 Pacific buries Idaho

BY JASON LEIBLER
ARGONAUT STAFF

The 24th-ranked Pacific Tigers proved they belonged in the top 25 with a dominating 78-56 rout of the Idaho men's basketball team.

"I'm as surprised at the score as I'm sure they are," said Pacific coach Bob Thomson, whose team cracked the Associated Press Top 25 this week for the first time. "I think the more the shots went in, the more dejected they got. They had to try hit some tough shots; it just kind of snowballed on them."

"I thought we played a good team tonight," Idaho coach Leonard Perry said. "In my wildest dreams I wouldn't have thought that team was twenty-something points better than we were in our place, as good as they are."

Idaho (8-16, 6-6) played well in the first half, shooting 45 percent from the field to hang with Pacific (19-2, 13-0), which shot 50 percent. The Vandals went into halftime down 39-31. But in the second half, Pacific improved upon its impressive shooting percentage, finishing the game shooting 54 percent,

while the Vandals' offense faltered. "I think it was defensive lapses," Perry said. "We got beat in every way, shape or form imaginable. We didn't see anything new. We didn't do a very good job of stopping their big three."

The Vandals, normally a great rebounding team, were out-rebounded 42-23 by a much larger and more physical Pacific team.

When asked if Pacific looked like a Top 25 team, Perry responded, "They did tonight, absolutely."

The Vandals were once again led by the Big West's second-leading scorer, Dandrick Jones, who finished with 20 points. No other Vandal finished with double figures.

Pacific was led by David Doubly with 21 points, Guillaume Yango with 14 points and 12 rebounds, and

Christian Maraker with 14 points. "Their zone is real tough. They have a big front line," Jones said, "It's a difficult zone. It was a big team, so once you get into the paint, you beat a 6-7 guy, but you still have to shoot over a 6-9 guy."

"We knew we've had a target on our backs the whole season," said Doubly, who shot a perfect 5 of 5 from 3-point range. "We knew that being ranked was going to put an extra-big target on our backs. We knew we had to maintain. To stay in the Top 25, we have to bring our best effort every night."

"In my opinion, they're by far the best team in the Big West," Jones said. Any mistakes with this team, they're going to make you pay on the other end, and it showed up tonight on the court."

With the loss, the Vandals are at the .500 mark and in fifth place in Big West conference play. The top four teams get a bye in the conference tournament.

"We want to finish as high as we can," Perry said. "It has absolutely nothing to do with the bye. We'd love to finish as high as we possibly can; that's our goal. We have a lot to play for."



MEN'S BASKETBALL

Next game
• Cal State Northridge
7 p.m., Saturday
Cowan Spectrum

SPORTSBRIEFS

Faurholt selected Amateur Athlete of the Year

Emily Faurholt, a post player for the Idaho women's basketball team, has been chosen as the Amateur Female Athlete of the Year by the Inland Northwest Sportswriters and Broadcasters, in cooperation with the Spokane Regional Sports Commission.

Faurholt, a junior from Kennewick, Wash., was selected as an Associated Press and Kodak/WBCA All-America Honorable Mention and won Big West Conference Player of the Year honors last season after leading the nation in scoring with a 25.4 points-per-game average. She adds this to a list of season awards which includes being recognized as a Wooden Award and Naimsmith Trophy finalist, and has been selected Big West Player of the Week twice. She currently leads the Big West Conference in scoring at 22.3 points per game and ranks fourth in the nation in the category.

Other finalists for the Amateur Female Athlete of the Year award were Molly Burt, Community Colleges of Spokane track athlete; Kristen Shields, Whitworth

College sprinter; Chelsea Smith, BYU-Hawaii cross country runner; and Keva Sonderen, Eastern Washington volleyball player.

Versatile Nelson picks up second straight men's basketball award

Utah State senior Spencer Nelson won his second straight Big West Player of the Week award after leading the Aggies to a pair of commanding road victories over Cal Poly and UC Santa Barbara. The 6-8 forward contributed in a variety of ways to keep the Aggies rolling on a six-game winning streak.

Nelson averaged 18.0 points, 6.5 rebounds and 8.5 assists per game as USU crushed the Mustangs (81-57) and Gauchos (80-50) in the school's fifth and sixth straight wins by more than 20 points. He also shot a sizzling 78.9 percent (15 of 19) from the field for the week.

Against Cal Poly, Nelson tallied 17 points, seven rebounds and eight assists in 29 minutes of playing time. He made 7 of 8 floor shots, including his only 3-point

attempt.

Nelson then posted 19 points, six rebounds and a season-high nine assists versus UCSB. He only committed one turnover in his 30 minutes of action.

Nelson, who earned Big West Player of the Week for the third time this season, hit 8 of 11 field goal attempts against the Gauchos.

Pacific-UTEP matchup featured game on ESPN Bracket Buster Saturday

The ESPN Bracket Buster Saturday matchup between Pacific and UTEP Feb. 19 will be the featured game that day, announced the sports network on Tuesday. The Tigers and Miners will be the only game to tip off on the main ESPN network, while five other games are slated for ESPN 2 and five more for ESPN Regional Television. Tipoff time from the Spanos Center is 9 p.m.

Pacific joined the ranks of the top 25 for the first time since the 1966-67 season this week, appearing at No. 24 in both the Associated Press and USA Today/ESPN polls. The Tigers earned the

recognition on the basis of their program-best 18-2 start overall and undefeated, 12-0 start in Big West play. Pacific enters its toughest road trip of the season this week with a 14-game winning streak and having won 25 straight Big West regular season games.

This is the first appearance for Pacific in the third year of ESPN Bracket Buster Saturday, which pits top mid-major programs from around the nation against each other with the opportunity to showcase their résumés before a national television audience and the NCAA Tournament Selection Committee. Pacific is 3-0 against teams from the Western Athletic Conference this year, with victories against its first- and third-place teams. UTEP (18-5, 8-3) is currently in second place in the WAC.

Pacific sweeps tennis Athlete of the Week awards

The Pacific tennis teams swept the weekly awards as junior Amar Sigurdsson and sophomore Vana Mrazovic were honored as Big West Men's and Women's Tennis Athletes of

the Week. The honors cover matches that took place the week of Jan. 31.

Sigurdsson earned his second Big West Athlete of the Week award this season as he posted a 3-1 record at No. 1 singles and doubles for the Tigers. In Pacific's 5-2 win over conference foe Cal Poly on Feb. 4, Sigurdsson romped to a 6-2, 6-1 win over Davey Jones. He and teammate Vladimir Zdravkovic then posted an 8-2 victory over the Mustang duo of Jones and Travis Crawford.

The Tigers dropped a 6-1 team decision to No. 41 Boise State on Feb. 6, but Sigurdsson picked up the team's lone point with a win over a ranked opponent, defeating No. 90 Thomas Schoeck 6-3, 7-6 (3). The only setback for Sigurdsson occurred in doubles as he and Zdravkovic fell 8-6 to Ikaika Jobe and Matias Silva. Sigurdsson is ranked No. 75 in the nation in singles.

Mrazovic led the Tigers to a 4-0 record after the team posted three straight 7-0 sweeps against San Jose State (Feb. 4), Montana State (Feb. 5) and Nevada (Feb. 6). At No. 1 singles, Mrazovic breezed to a 6-1, 6-3 victory over SJSU's Elke Harms, fought to a 6-3, 7-5 win over MSU's Nicole Luefolt and

outmatched Fiorella Velez of Nevada 6-1, 6-1. In No. 1 doubles play, Mrazovic teamed with Katharina Heil to lose just a combined five games in their three matches. Mrazovic has not dropped a set in singles in 2005.

Tulkkihiffo tacks up third women's basketball Player of the Week honor

Cal State Northridge junior Ofa Tulkkihiffo has earned her third Big West Women's Basketball Player of the Week award in the past three months to become the conference's most decorated player of the 2004-05 season.

After being sidelined with the flu, Tulkkihiffo powered the Matadors to three straight wins last week. In an important 66-63 victory over Long Beach State, the 5-11 forward topped out at 20 points and had six steals. Against UC Davis and UC Irvine, Tulkkihiffo notched double-doubles to tally 10 this season.

She closed out the week's action averaging 18 points, 10.3 rebounds, four assists and 2.3 steals per game for Cal State Northridge.

Big West men's basketball standings (through Feb. 7)

	Conference			Overall		
	W	L	Pct.	W	L	Pct.
Pacific	12	0	1.000	18	2	.900
Cal State Northridge	9	3	.750	12	9	.571
Utah State	8	3	.727	17	5	.773
Cal State Fullerton	6	4	.600	12	7	.632
Idaho	6	5	.546	8	14	.364
UC Santa Barbara	5	7	.417	8	12	.400
UC Irvine	4	7	.364	10	9	.526
UC Riverside	3	7	.300	8	12	.400
Cal Poly	2	10	.167	4	16	.200
Long Beach State	1	10	.091	3	18	.143

Big West women's basketball standings (through Feb. 7)

	Conference			Overall		
	W	L	Pct.	W	L	Pct.
Idaho	9	2	.818	14	6	.700
UC Santa Barbara	9	2	.818	12	8	.600
Long Beach State	8	3	.727	13	6	.684
Cal State Northridge	7	4	.636	12	7	.632
UC Riverside	6	4	.600	11	8	.579
Utah State	6	5	.546	11	9	.550
Cal Poly	3	8	.273	9	10	.474
Cal State Fullerton	2	8	.200	4	15	.211
Pacific	2	9	.182	5	14	.263
UC Irvine	2	9	.182	3	16	.158

SPORTS CALENDAR

Saturday	Thursday
7 p.m., Northridge, Calif.	
UI track and field at Husky Open Seattle	UI men's basketball vs. Cal State Northridge 7:05 p.m., Cowan Spectrum
UI track and field at Holiday Inn Team Invite Boise	UI women's basketball vs. Cal State Fullerton 7 p.m., Cowan Spectrum
UI women's basketball at Cal State Northridge	UI men's basketball at Cal State Fullerton 7:05 p.m., Fullerton, Calif.
	Note: Intramurals - Entries for team sports will be open one week before entry deadline. For more information call the Campus Recreation Office at 885-6381.
	Outdoor Program - For more information call the office at 885-6810.
	Sports calendar items must be submitted in writing or e-mailed to arg_sports@uidaho.edu by Sunday or Wednesday before publication. Items must include a date, deadline or other time element.

NEW COACH
From Page 9

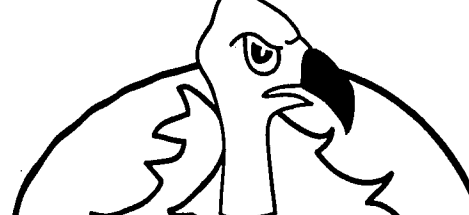
They seem very willing to learn, which is huge. They're very enthusiastic right now. A new coach coming in and a new conference - I think it makes a big difference and it's very positive. It's a clean slate for them. I don't know many of them as players at all other than tapes I've watched. So the spring starts from

the 28th of February when we start the game-day practices; that's when they've got to prove to me what they're able to do.

How do you want the Idaho soccer program to be described five years from now?

Five years from now I'd want us to be a force to be reckoned within the WAC, and I'd want us to be pushing for an NCAA tournament. My hope is that we

should be pushing for that in two to three years' time, and that way I can start getting some recruits in who I will have had a big impact on and they can impact the program. And that's not to demean the current girls, because I think we have a terrific squad; I just think we need to all get on the same page and get some more direction. That's what we should be striving for in five years' time. We should be aiming to be in the top one or two in the WAC and then pushing for NCAA tournaments on a consistent basis.



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Valentine

G I F T G U I D E

When cupid ties tongues, greeting cards find the right words

BY CHRISTINA NAVARRO
ARGONAUT STAFF

Jewelry, candy, chocolate, roses, teddy bears, cards and other pieces of commercialized Valentine's Day memorabilia rouse the emotions and wallets of consumers this time of year.

With the greeting card industry and marketing focusing on every potential consumer, Valentine's Day is now being recognized as family and friendship-oriented, while before it was observed as a romantic holiday.

According to a survey by the National Retail Federation, young adults raise the bar for

Valentine's Day spending. People ages 18-34 spend on average about \$78 to \$150 for one single day of the year.

Greeting cards are the No. 1 item given on Valentine's Day, according to the American Greetings Corporation. With nearly 1 billion valentines exchanged each year, they top romantic dinners, flowers, gifts and candy.

Sophomore international studies major Jane Gordon said she thinks cards are a versatile way to express emotion.

"Cards are a good way to say something when you can't verbalize it," she said.

Traditional cards are considered to be more personal

because they take more time and thought than e-cards, according to American Greetings.

Procrastinators who wait until right before Valentine's Day to shop contribute to the majority of sales produced within one week of the holiday. Andrew's Hallmark in the Palouse Mall sells most valentines last-minute.

Although many like to splurge on their sweeties on Valentine's Day, cards can be a very economical way to show someone you care.

"I like making cards for people to save money and make it even more personal," sophomore veterinary science major

Melissa Obenchain said.

Card shops carry hundreds of cards in every shape and size, filled with sentimental poetry, and short and sweet or funny lines. Selections are available for nearly everyone, including wives, husbands, a special someone, kids, sons, daughters, brothers, sisters, even sons- and daughters-in-law.

It may take a day to read through the never-ending selection of cards, but some may hold the precise words needed. Even a card that reads, "I love you, it's as simple and as complicated as that," can sum up those cloudy emotions.

Those who are single or look-

ing for cards without sentimental or romantic value can appreciate cards in other categories that still apply to Valentine's Day. One Hallmark card reads, "I tried a dessert called 'Death by Chocolate,' but it only made me stronger."

For the frisky, "I couldn't love you more if you were chocolate covered; which gives me an idea," is another chocolate-inspired greeting card that can amuse or entertain readers.

Among the countless Valentine's Day cards with a colorful array of messages and images gracing the covers, who can ignore the ones with the cute and furry animals?

On the cover of one

Hallmark card is a photo of two squirrels with dialogues above them. A bubble above the first squirrel reads, "Wanna go look for some nuts?" while the second squirrel replies, "Heh heh, I've got a couple of nuts for you." On the inside: "On Valentine's Day, anything can sound dirty," explains the innocent crassness of these two woodland creatures in a humorous tone.

For those not big on pre-written valentines, blank cards with images on the cover can match any moment and give the sender potential for a more personal message.

Or a more personal dirty joke.

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Duke's Redick putting it all on the line

BY WENDELL BARNHOUSE KNIGHT RIDDER NEWSPAPERS

(KRT) - Sunrises and sunsets are automatic.

J.J. Redick isn't a force of nature. But when he's standing at a free-throw line, he is to college basketball shooters what Pavarotti is to tenors.

Redick, a junior at Duke, is averaging 22.8 points per game for the fourth-ranked Blue Devils and is shooting 42.4 percent on 3-pointers. Opposing coaches and defenders grudgingly admit he's the college game's best shooter.

Redick has expanded his game to include more drives to the basket, which makes him harder to guard and accounts for his scoring increase. (He averaged 15.9 points per game last season.) But when the action stops and Redick steps to the line, the drama isn't about if he'll make a free throw; it's about whether he'll miss.

"It's very important to me and I take a lot of pride in my free-throw shooting," Redick said. "I expect to make every free throw I shoot. I've got the respect of the other teams. At the end of the game, no one wants to foul me."

Redick leads Division I in free-throw accuracy this season. He has made 93.2 percent, going 110 of 118. In 89 career games, Redick has missed 24 free throws. His 93.6 career percentage is on pace to surpass the 91.3 percent made by Villanova's Gary Buchanan, who holds the NCAA Division I men's career record.

"To me, a slump is missing one," said Redick, who scored 26 points and made all six of his free throws in the Blue Devils' 82-65 victory over Georgia Tech on Saturday. "I've made 10 of 11 in a game and been mad. If I thought back, I think I can remember 95 percent of the ones I've missed."

Redick's accuracy has turned his missed free throws into Ripley's Believe It Or Not moments. A week ago against Virginia Tech, he was 7 of 10 from the line — the first time in his Duke career that he missed more than one free throw in a game.

The Cameron Craziest were as mystified as Redick. It couldn't have been Redick's fault that he missed "three" from the line. It had to be something else, like an equipment malfunction. The Craziest chanted, "Fix the rim."

Last season, as a freshman, Southwest Missouri State's Blake Ahearn made a Division I men's single-season record 97.5 percent of his

free throws (117 of 120) to finish ahead of Redick's 95.3 percent (143 of 150). In fact, Ahearn has missed only six free throws in 53 games, and his career percentage (96.4) is better than Redick's, but Ahearn must make 132 more free throws to qualify for the career record.

"It's the easiest shot in basketball. It's just you, the ball and the basket," said Ahearn, who is making 92.8 percent from the line this season, but doesn't have enough attempts to qualify for the NCAA stat leaders. "Nobody's guarding you. I go to the line expecting to make it every time, but there are guys who step up there and have no idea where it's going."

It's the only time in a major team sport where a player can score without being defended. It's a 15-foot shot at a 10-foot basket. What's so difficult?

Well, ask Wilt Chamberlain or Shaquille O'Neal. Two of the most dominant players in NBA history approached free throws as if they were infectious diseases. And ask Kansas. In the 2003 national championship game, the Jayhawks lost to Syracuse 81-78 after going 12 of 30 from the line. Fifty percent foul shooting would have forced overtime.

Teams that struggle shooting free throws are like pitching staffs that allow walks.

"The lack of practice is something that affects most players," Kentucky coach Tubby Smith said. "Around the country, it's a concern for coaches and there's concern on our team. We're down to (65.8) percent and that's not good at all. We've been able to win in spite of our poor free-throw shooting."

Harvard's 1984 team holds the Division I single-season record, shooting 82.2 percent from the line. Since the NCAA started keeping track of statistics in 1948, the teams in Division I have never combined to make 70 percent of their free throws in a season. The best season percentage was 69.7 in 1979.

"It's mental," Tennessee coach Buzz Peterson said. "I challenge my players in practice; they've got to shoot 70 percent as a team or there's a punishment. You've got to be mentally strong to step up there and shoot it. If you're not concentrating, it's a tough shot."

Redick, Ahearn and Aaron Bruce make it look easy. A Baylor freshman, Bruce leads the Big 12 Conference in free-throw shooting at 87.8 percent.

"I can't count how many free throws I've shot," Bruce said. "If

you've got the confidence and muscle memory ... you step to the line with confidence every time. It's a disappointment if I miss. And if I do miss, I just think that the next 40 to 50 are going in."

Most pro golfers follow a pre-shot routine to focus on each shot. Redick has a similar method.

When he goes to the line, the first thing he looks for is a "secret sauce" ingredient that few fans know about.

"Each gym, there's a little hole in the floor at the free-throw line," Redick said. "It's right in the middle to help players get square to the basket. I put my right foot six inches to the right of that so that my body is completely squared up to the basket."

"When I get to the line, saying Philippians 4:13 ("I can do all things through Christ who strengthens me") helps my concentration. Right before I release the ball, I say 'buckets.' That sort of helps me clear my mind.

"I've shot hundreds of thousands of free throws, so from there, it's just instinct."

In high school, Redick was a good, but not great, free-throw shooter, making about 80 percent. It didn't take him long to realize that Division I basketball would require him to take advantage of every opportunity.

"I realized the defenses are tougher, that you can't leave points on the table," he said.

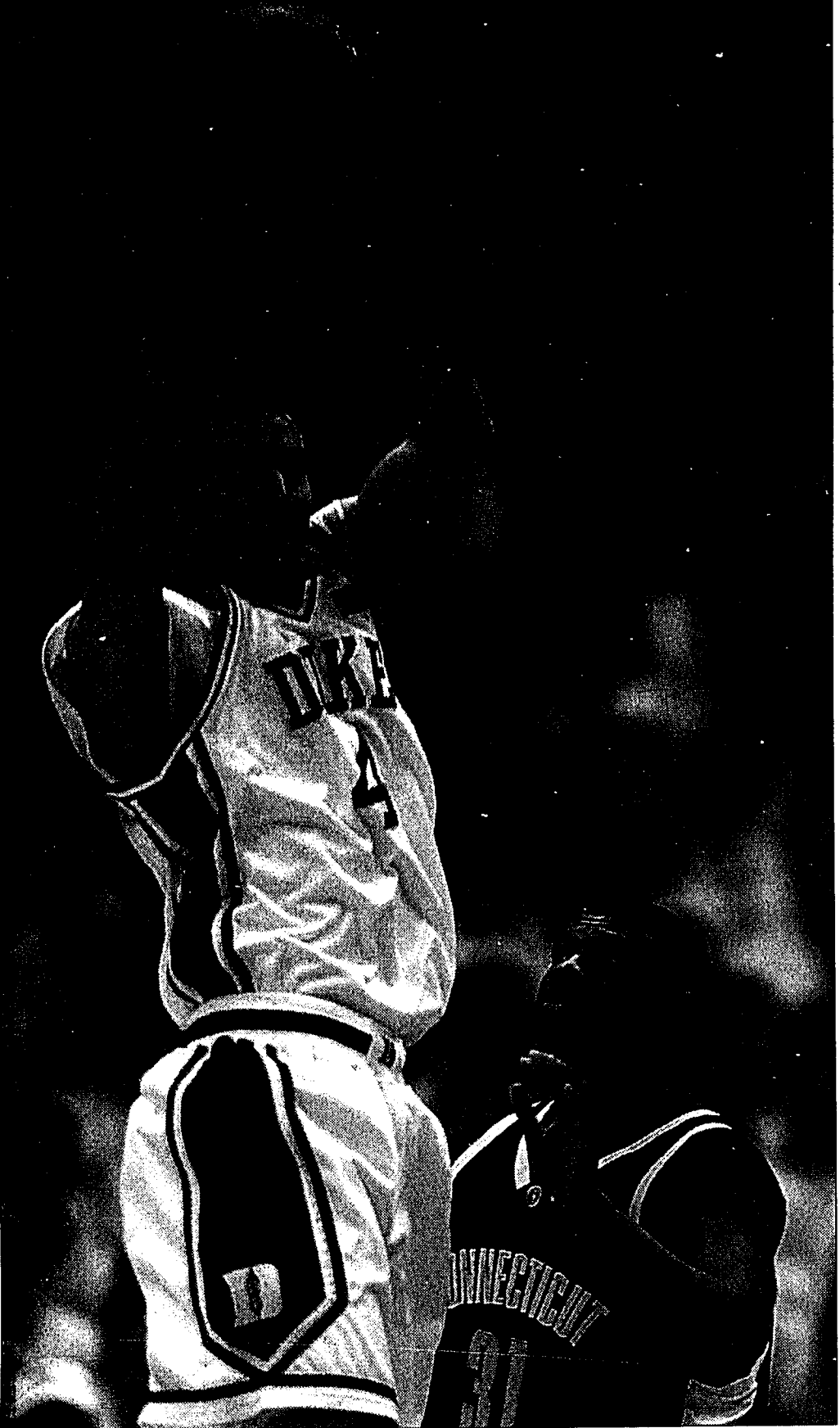
"Free-throw shooting is a skill, and, to me, it's mostly mental. It's the one point in the game where the action stops; there's no one guarding you. It's a mental battle you have with yourself."

Unless he turns into a Wilt/Shaq combo, Redick's concentration and technique figure to make him the best free-throw shooter in college history — at least until Ahearn completes his career.

"That would be something cool; it will show me I'm mentally tough," Redick said. "It's not something I set out to do, but if it doesn't happen now, I'll be kinda mad."

When shooters like Redick get mad, they shoot another 500 shots after practice. Redick's daily routine is similar to other perfectionists'.

"In between shooting jumpers, I tell myself I'm gonna shoot 10, shoot five (free throws)," Redick said. "It's more like a game situation. When I'm done and try to make 20 or 30 free throws, until I feel good. And I always leave on a make."



Duke's J.J. Redick passes the ball after being pressured by Connecticut's Rashad Anderson during the first half of the Blue Devils' NCAA Final Four semifinal game against the Connecticut Huskies at the Alamodome in San Antonio, Texas, April 3, 2004.

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