

THE ARGONAUT

Tuesday, October 3, 2006

The Vandal Voice Since 1898

Volume 107, No. 14

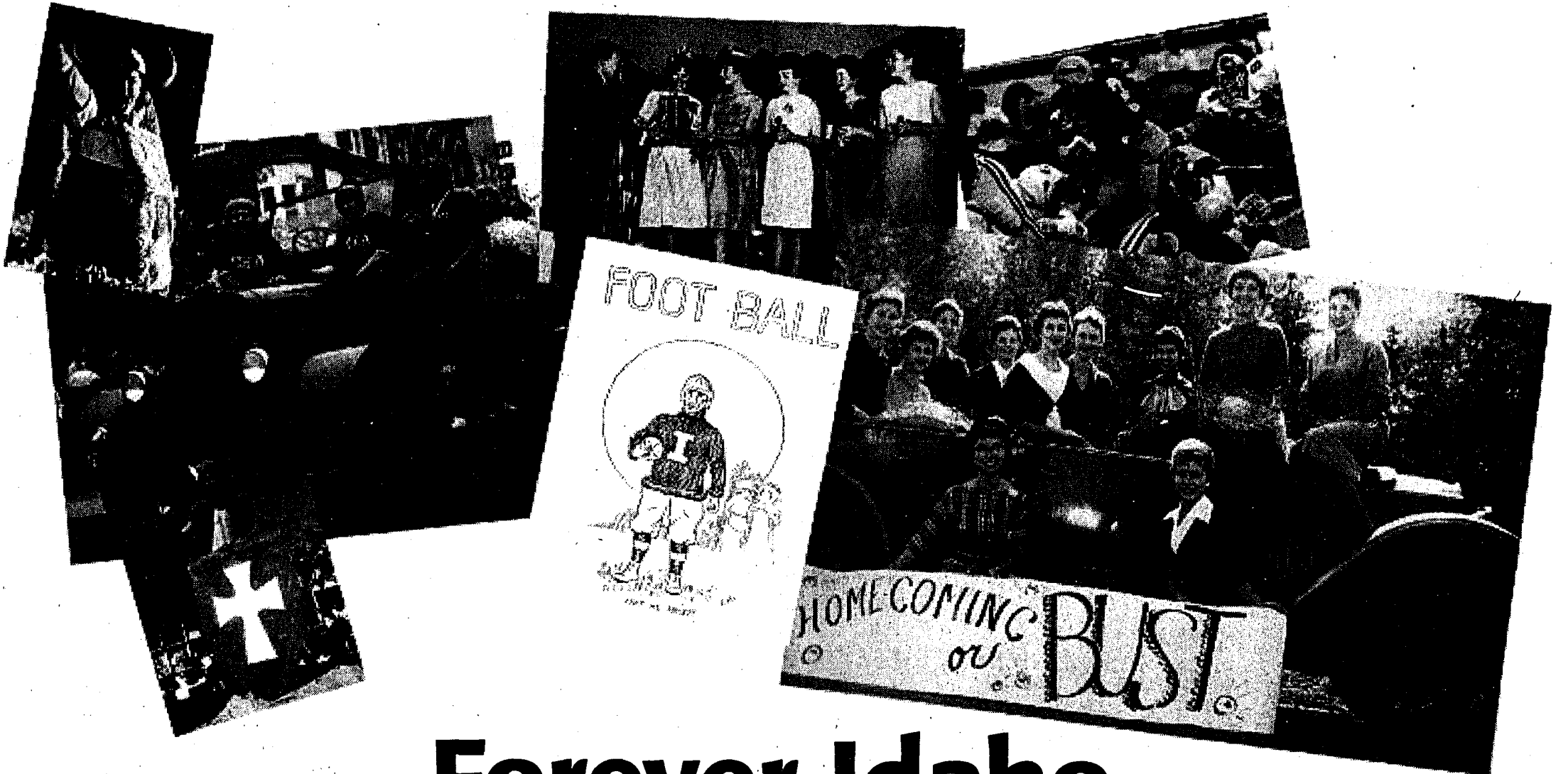


Photo illustration by Melissa Davlin

Forever Idaho

Take a look at UI's Homecomings from the past to the present

By Caitlin Rice
Argonaut

Present UI Fight Song:

GO, VANDALS, GO
Came a tribe from the North, brave and bold,
Bearing banners of Silver and Gold;
Tried and true to subdue all their foes!
Vandals! Vandals!

Go, Vandals, go,
Fight on with hearts true and bold;
Foes will fall before your Silver and your Gold.
The victory cannot be withheld from thee;
So all bear down for Idaho,
Come on, old Vandals, go!

Tradition come and gone:

Marching in pajamas —
"There used to be a pajama parade," said Tim Helmke, director of Alumni Relations. "... I think it was where people wore pajamas ... we don't do that anymore. The serpentine replaced it, and I think it is something people really look forward to."

Beauty Contest —
"Once the football team selected the Homecoming Queen," said Flip Kleffner, "but that quickly faded, as it should have." Kleffner was on the team at that time and said the show became more of a beauty contest than anything else. "We picked some beauties," he said.

Find out the nominations for Homecoming royalty and see details on when and where Homecoming events will be held this week **INSIDE** on pages 4 and 5.

UI's first Homecoming — 1915:

In the year 1915, aspirin had just become available in tablet form without a prescription. Italy had entered World War I allied with Britain. In New York, 25,000 women marched to demand votes, and tucked away in the hills of the Palouse, the University of Idaho held its first ever Homecoming on Oct. 30.

The Oct. 25 edition of The Argonaut proclaimed, "This is Idaho's first Home Coming Day. What will it be this time and what will it lead into? The whole success of this and the ones we hope to have in the future depends upon the whole student body and every student as an individual."

UI was playing Pullman, then called Washington State College, after winning two games, losing two and then losing to both Montana and Oregon.

"The odds are against us but what do we care?" said The Argonaut.

The paper informed students of their duty to "sing, root, and smile! We can't do anything else but win if you get the right spirit. Come show who you are."

An excerpt from the first page read: "Remember! Learn those yells. Be at the rally on Friday night. Get your football caps from 'Rube' early. Don't take a girl to the game. Be at the game. Bring a nickle to the rally for the Rooter's special."

A rally, complete with the traditional bonfire that UI still observes today, was started that year.

"A large and well organized freshman class promises to have the biggest fire in Idaho history," said the paper.

The week following Homecoming, the Nov. 2 Argonaut headlines read:

"W.S.C. walks all over Idaho; 41-0"
But another front-page headline confirmed "Idaho Spirit was much in Evidence."

Homecoming victory — 1954:

Phillip "Flip" and Jo Kleffner remember Homecoming 1954 as a huge celebration. The first UI victory against Washington State University in 29 years led to one of the most joyous homecomings ever, and a feature in Life mag-

azine, said Flip Kleffner.

Flip and Jo, who dated in college and later married, were both Greek members. Flip belonged to Beta Theta Pi and Jo to Gamma Phi Beta. Jo was the president of the Association of Women Students and Flip was student body president and a member of the baseball and football teams.

"At the pep rally I made a promise," said Flip, "and told them if we won the game we wouldn't have to go to school on Monday. Well, the president heard about it and called me and said, 'Ok, Flip, no school Monday.'"

"We got a two o'clock permission," Jo said.
During this time, Jo explained, all college women were required to live on campus and had a curfew of 10 p.m. during the week and midnight on the weekends.

Men could choose to live on or off campus, said Flip. But, said Jo, "If the women were living on campus, I can tell you the men were too!"

As the rules at UI changed and students could choose to live on or off campus, Jo said, it became harder for students to stay as involved with the school. The small number of students also created a closeness among the student body, she said.

"There were about 3,000 students then. It felt like one big family," Jo said.

"Kind of like a private college," Flip said.

As a result, they said, every student was very involved in Homecoming.

"They all went to the game, a lot of our parents came, everyone knew about Homecoming," Jo said.

"Well, there was a campus dance. It wasn't a big one, but alumni came, or anyone who wanted to. We wore skirts and sweaters, and the guys wore khakis or jeans. ... It wasn't formal because the game and the whole weekend were informal."

"People used to have a lot of ingenuity in coming up with contests and stuff," Flip said. "Somebody always challenged somebody to something. It's these little things that make university life so wonderful."

Past UI Fight songs:

In 1915, UI had a variety of songs and cheers. Here's a sampling:

Boola Song:
"Well, here we are. Well here we are. Just watch us pilin' up the score. We'll leave old Pullman far behind; She'll never want to play us any more. There's faith and hope in Moscow brawn And Pullman's on the bum. With a boo-la boo-la boo Boo-la. Boo-la! Boo!"

Yells:
Idaho! Idaho! Rah! Rah!
Idaho! Idaho! Rah! Rah!
Hoo Rah! Hoo Rah!
Varsity! Varsity! Rah! Rah!

Hully gee!
Lookee see!
Heep sabee!
Idaho's men.

Was ist das?
Was ist das?
Das ist Idaho!
Das ist Was?
Ja! You bet me!
Ain't it?

Flippety flop!
Who's on top?
Watch em' drop!
Idaho!

S-s-s-s-s-s-s!
BOOM!
Whee-e-e!
IDAHO!

See IDAHO, page 3

Spending one night out in the cold

By Hartley Riedner
Argonaut

As people stumbled to and from the bars Friday night, a group of University Idaho students spent the brisk night in Friendship Square to spread information about poverty and living conditions in Moscow and surrounding communities.

The third annual "A Night Without Comfort," hosted by the UI Habitat for Humanity Campus Chapter, started at 6 p.m. Friday and lasted until 7 a.m. Saturday.

With just sleeping bags, students camped out on the pavement with the goal of bringing attention to the impoverished community of Moscow and the challenges they face. The campsite was illuminated all night by bright lights and the

group had pamphlets and informative literature for those who stopped by.

"This night is mainly about educating people," said campus chapter president Raechel Bianchetti. "People just think Habitat is about building, but it's a lot more than that."

A big part of Habitat for Humanity is advocacy, Bianchetti added, which includes writing letters to members of Congress to ask them to support certain legislation.

Members of the campus chapter said many people who live in Moscow and its neighboring communities do not see a lot of poverty or think there is a problem.

"I know that it exists, and it's bigger than everybody thinks," said Lev Tobias, member of the campus chapter and a senior

international studies and Spanish major.

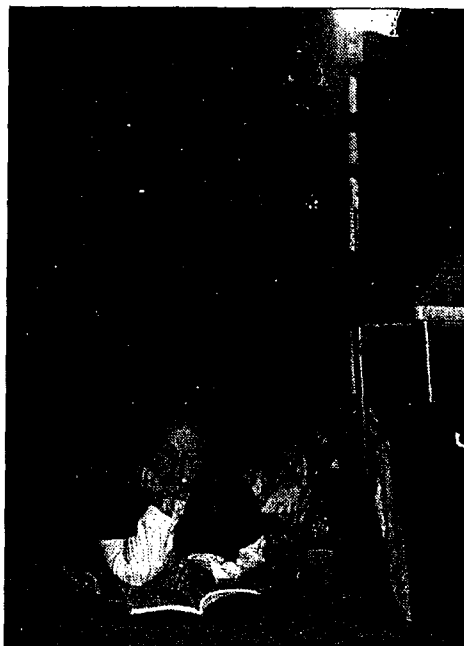
"People just don't really see it," added Kate Connolly.

Connolly, a freshman business major, said she was involved in Habitat for Humanity before coming to the UI and was happy to find a campus chapter in Moscow.

"I like Habitat for Humanity because it lets you give back to the community, you get to do physical labor and you get to help out families who don't have as much as we have," Connolly said.

In the near future, the members of the campus chapter hope to help its parent chapter, the Palouse Habitat for Humanity, with a building project on Paradise Ridge.

He said the house is scheduled to be finished by the spring.



Melissa Davlin/Argonaut
Freshman Kate Connolly reads while camping out in Friendship Square during Night Without Comfort Friday night.

Alumni get a taste of town

By Kevin Wickersham
Argonaut

As a part of the upcoming Homecoming festivities at the University of Idaho, the City of Moscow and the Moscow Chamber of Commerce are sponsoring "Welcome Home Vandals, A Taste of Moscow" as a way to introduce returning UI alumni to the culinary diversity of Moscow.

Tim Helmke, associate director of alumni relations at UI, described the upcoming event as a way "for the city to welcome alumni and friends back to the university and to the city of Moscow." Helmke, who said he is "helping to get alums to the event," described the upcoming open house as way to offer returning alumni "a taste of what Moscow has become."

Crystal White, director of marketing and events

See TASTE, page 3

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Inside

Arts&Culture	Sports&Rec
UI professor Tim Link's flavor Mojito is a finalist in the Ben & Jerry's "Do Us a Flavor" contest.	The UI football team won its first conference game of the season against the Utah State Aggies last Saturday.

Today

Partly Cloudy
Hi: 65°
Lo: 46°

WeatherFORECAST

Today Partly Cloudy Hi: 65° Lo: 46°
Wednesday Showers Hi: 57° Lo: 45°
Thursday Showers Hi: 58° Lo: 43°

Visit the Argonaut's blogs at www.uiargonaut.com/blogs

Discover Life at the Idaho Commons & Student Union

Make a Difference Day is October 28

Register by Oct. 18 to volunteer@sub.uidaho.edu

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Idaho Commons Hours:

Monday-Thursday: 7am-12am
Friday: 7am-8pm
Saturday: 9am-8pm
Sunday: 12pm-12am

Student Union Hours:

Monday-Thursday: 7am-12am
Friday: 7am-8pm
Saturday: 9am-8pm (will stay open later for programming)
Sunday: 12pm-12am

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Mt. Adams Climb Sept 29-Oct 1

...with the Outdoor Program

www.campusrec.uidaho.edu/outdoor 885-6810

Student Health Clinic Hours:

Monday-Friday: 8am-5pm

Student Health Pharmacy Hours:

Monday-Friday: 8:30am-12:30pm and 1:30pm-5pm

Contact the clinic at 885-6693 and the pharmacy at 885-6535

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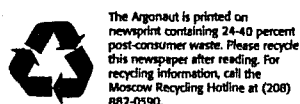
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UI STUDENT MEDIA BOARD

The UI Student Media Board meets at 5:30 p.m. the first and third Monday of each month. Time and location will be published in the Argonaut Classified section the Tuesday and week before the meeting.

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UniversityAVE.



CampusCALENDAR

Today

Fall Career Expo of the Palouse ASUI - Kibbie Activity Center 9 a.m. - 3 p.m.

Homecoming blood drive Idaho Commons 10:30 a.m. - 3:30 p.m.

Parking and Transportation manager forum Idaho Commons 3rd floor 10:30 a.m.

UI Interdisciplinary Colloquium: 'Organizational Health in Universities'

Commons Whitewater Room 12:30 p.m.

Video and Discussion: 'Shia/Sunni Conflict' and 'Daughters of Abraham Book Club' Campus Christian Center 6:30 p.m.

University Orchestra Administration Building Auditorium 8 p.m.

Wednesday

Informational session for faculty/staff

Commons Aurora Room 9 - 10 a.m.

Homecoming blood drive Idaho Commons 10:30 a.m. - 3:30 p.m.

Guest Seminar: 'Hatcheries - The Forgotten Promise' Commons Whitewater Room 11:30 a.m.

President's fireside chat Idaho Commons Cedar Grove Room 1 - 2:30 p.m.

Concert band and wind ensemble Administration Building Auditorium 8 p.m.

Thursday

Parking and Transportation manager forum Idaho Commons 3rd floor 10:30 a.m.

MABB Seminar: 'Rotavirus Strategies for Functional Antagonism of Antiviral Signaling Pathways' Life Sciences Room 277 12:30 p.m.

Vandal jingles/slide show SUB Ballroom 6:30 p.m.

Local/BRIEFS

Disney College seeks interns

Recruiters from the Disney College Program will host a presentation at 5 p.m. Oct. 12 in the Idaho Commons Crest Room for college students interested in paid internships.

Students can meet with recruiters and learn about enrolling in the Disney College Program. Participants will have the opportunity to gain real-world experience working in Disney theme parks and resorts.

To be eligible for interview, students must view an on-campus presentation or E-presentation online.

The Disney College Program is open to all college students, full-or part-time, in any major and at any academic level. Students must have been enrolled in an accredited college or university the semester prior to arrival, and must be at least 18 years old at the time of arrival.

College students launch fund

An alliance of college students announced the launch of the Young Americans Fund, a

political group focusing on three public policy problems that can impact future generations. The three problems are global warming, national debt and ethics scandals in Congress.

The group released a scorecard rating members of the Congress, and announced it will run banner ads on Facebook and Myspace geared toward students at specific colleges.

The scorecard assigns each member of Congress a percentage score based on how he or she voted on global warming, national debt and ethics-related pieces of legislation.

At the Fund's Web site, members of the public can enter their state to find their elected representatives and learn more about their records in Congress. The full scorecard is available at www.youngamericansfund.org.

For more information call (703) 297-5014 or e-mail press@youngamericansfund.org.

Career Expo visits the Palouse today

The UI's Career and Professional Planning office and WSU's Career Services are hosting the annual Career Expo of the Palouse today.

The Career Expo is free and open to public. The fair will feature corporations, federal

and state agencies, graduate schools and nonprofit groups. More than 150 employers from around the nation are expected to attend the expo.

Employers will be available from 9 a.m. to 3 p.m. today in UI's ASUI-Kibbie Activity Center to meet with students for permanent jobs, summer internships and graduate school opportunities. Many employers also will schedule times to interview strong candidates from 8 a.m. to 3 p.m. Wednesday in the ASUI-Kibbie Activity Center.

For more details, go to www.today.uidaho.edu/detail.s.asp?id=3626.

UI center earns NCEE affiliation

The UI Center for Economic Education was awarded a five-year affiliation status by the National Council on Economic Education (NCEE). NCEE completed a performance review of the center.

The center provides Idaho teachers with material and training to integrate economic education into the K-12 curriculums. The center also annually sponsors three International Economic Summits in Northern Idaho.

Centers for Economic

Education, located on campuses in all 50 states, must undergo a review every five years to ensure they meet NCEE criteria and standards. This is the UI's fourth successful review since initially earning affiliation in 1991.

A certificate of affiliation will be presented to the center at the NCEE Annual Conference Awards Dinner on Oct. 12 in New York City.

Community invited to CROP WALK

The 23rd annual Pullman-Moscow CROP WALK for Hunger and Disaster Relief will begin at 2 p.m. Sunday at the Pullman trailhead, 1410 SE Bishop Blvd.

Participants are encouraged to arrive at the trailhead at 1:45 p.m.

The 6.2-mile event uses the Pullman greenway and downtown Riverwalk, continues on the North Grand Greenway to Terre View Drive and ends at the starting point. Participants can also walk half the distance by turning around north of Pufferbelly Depot at Whitman Street.

To register or donate, contact Joyce Stratton at (509) 332-2216. People may walk, be a sponsor or help with behind the scenes work. For more information contact Stratton or Jack Davis at (509) 334-3251.

SudokuPUZZLE

9x9 Sudoku grid with some numbers filled in: Row 1: [] [] [] [3] [] [] [8] [1] []; Row 2: [] [9] [] [] [] [] [7] [] []; Row 3: [2] [8] [4] [] [] [] [3] [] []; Row 4: [8] [4] [] [9] [] [] [5] [2] []; Row 5: [] [] [] [] [3] [] [] [] []; Row 6: [] [3] [9] [] [] [5] [] [6] [7] []; Row 7: [] [8] [] [] [] [] [6] [7] [9] []; Row 8: [] [] [7] [] [] [] [] [3] []; Row 9: [] [6] [3] [] [] [7] [] [] []

Solutions from 9/29

9x9 solution grid for the Sudoku puzzle: Row 1: 2 5 3 8 7 9 4 6 1; Row 2: 6 4 7 1 5 3 2 9 8; Row 3: 1 8 9 4 2 6 3 5 7; Row 4: 9 3 1 2 4 7 6 8 5; Row 5: 7 6 8 3 1 5 9 2 4; Row 6: 5 2 4 9 6 8 1 7 3; Row 7: 4 1 5 7 9 2 8 3 6; Row 8: 3 9 6 5 8 4 7 1 2; Row 9: 8 7 2 6 3 1 5 4 9

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

CrosswordPUZZLE

- ACROSS 1 Good buddy 5 Dune material 9 Get on 14 Signoret film, 'Madame' 15 Fencer's foil 16 Tree-shaded area 17 On the sheltered side 18 Dray 19 Cover 20 Garden plots 21 Alphabetize 23 Mid-month date 24 Pitched shelter 26 Carpentry tools 28 Apportioned 31 Struck powerfully, old-style 32 Copland or Burr 33 Old-style calculator 37 Stretch the truth 38 Schemes 39 Meadowland 40 Interpret 43 Take care of 45 Avoid a church service 46 Grooms like a cat 47 In the direction of 50 Iditarod vehicle 51 Shaft of films 52 Financial share 54 Amount paid 58 Fads 60 Pelvis parts 61 Nothing but 62 Thorax 63 Freeway fillers 64 Perched upon 65 Precipitous 66 Flying toy 67 Schlep

15x15 crossword puzzle grid with some letters filled in.

- DOWN 1 Hermit or fiddler 2 Aperture 3 Formerly owned 4 Conductor's title 5 Runner-up 6 In isolation 7 Egghead 8 Figure out 9 Lea call 10 Satellite, e.g. 11 Dwelling 12 Wanderer 13 Altire 22 Crude crosses 25 Bard's contraction 27 Shoshone 28 NaCl 29 Whisker 30 Subject of study 31 Election selection 33 Slight-gag comedy 34 Peter Fonda title role 35 Low-fat 36 Has a hamburger 38 Trudges 41 Closest one 42 Abbr. on many cameras 43 Italian three

Solutions from 9/29

15x15 solution grid for the crossword puzzle with words filled in.

Free screening offered for students

By Nathan Foster
Argonaut

With student depression at about 50 percent and social isolation on the rise, campus counselors will offer free mental-health tests to catch the signs before it gets serious, said Leslie Davis, doctoral intern at the Counseling and Testing Center.

"It's anonymous, confidential testing and it's free," Davis said.

The Counseling and Testing Center will set up a booth in the Idaho Commons Thursday from 10:30 a.m. to 2:30 p.m. in recognition of National Depression Screening Day.

The tests take less than five minutes. They screen for depression, anxiety, bipolar disorder and post-traumatic stress disorder, Davis said.

A quarter of Americans have no one in whom they can confide, which is about twice the number of those in 1985, according to a 2004 study published by Duke University.

Davis said nearly half of college students report feel-

ing depressed to the point where they have trouble functioning, and 15 percent meet the criteria for clinical depression, according to a recent survey by the American College Health Association.

Stressors in college life are major causes of depression, said William Cone, psychiatrist at the Student Health Clinic.

Davis said depression may be especially difficult for freshmen.

"The transition [to college] is a lot bigger — can be a lot lonelier [for freshmen]. Nobody told you to take

"It's anonymous, confidential testing and it's free."

Leslie Davis
Counseling and Testing Center intern

classes, activities, to make friends and you can really end up isolating yourself," Davis said.

Cone said depression is an illness with symptoms like low mood, sadness, loss of normal interest and suicidal thoughts. Depression affects sleep, appetite, energy and concentration.

Cone said the main methods of treatment are psychotherapy and/or medication. He recommended watching stress, getting good rest, eating right, exercising and limiting recre-

MORE INFO

The Counseling and Testing Center is located on the third floor of the Continuing Education Building at 1210 Blake St., next to the Alumni Association. There, counselors test students for psychological disorders, like depression. They then refer students to local psychologists and psychiatrists, Davis said.

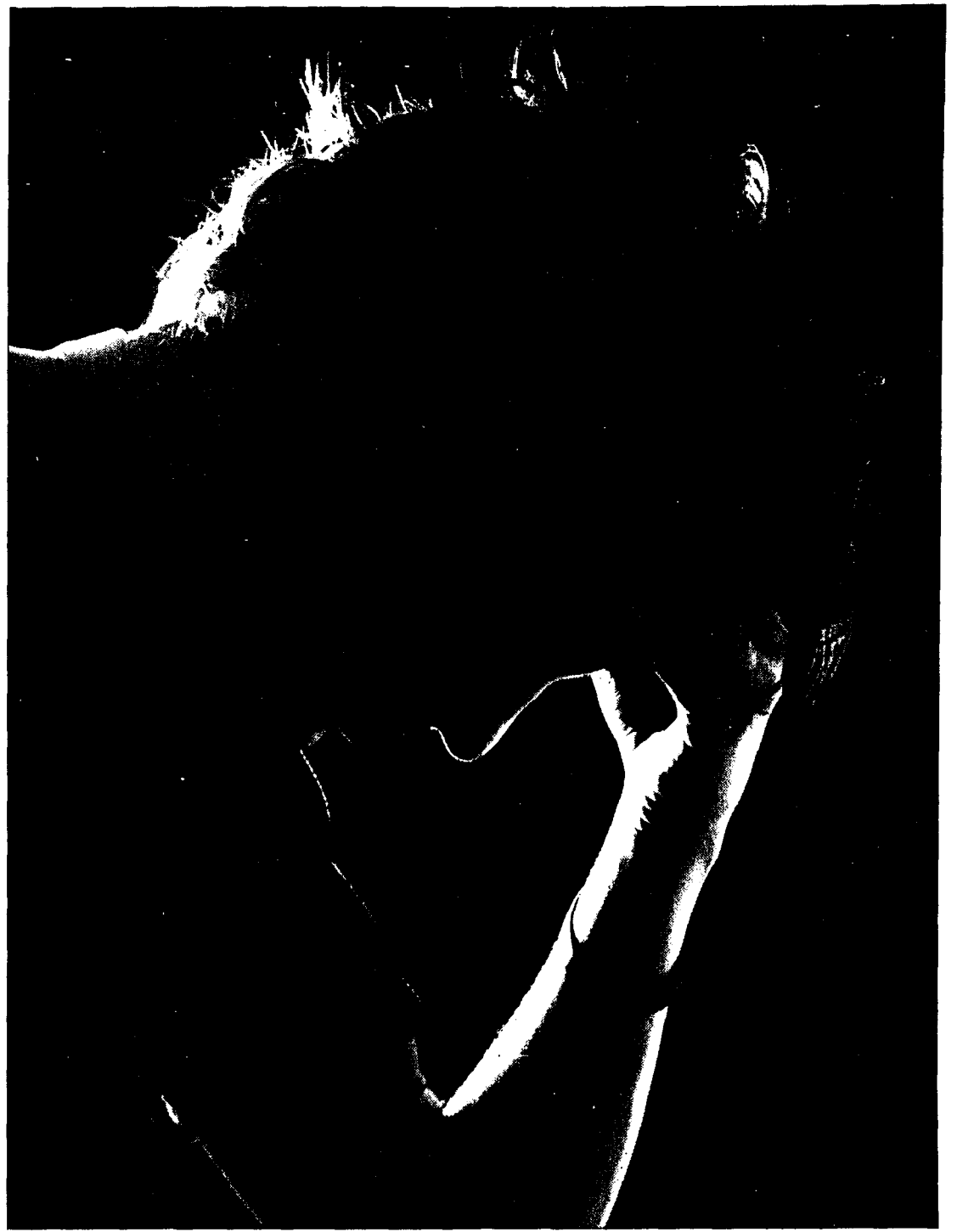
The Student Health Clinic is next to the Life Sciences Building at 831 Ash St. The Health Clinic is operated by Moscow Family Medicine.

ational drugs and alcohol.

Psychotherapy is a process that involves 10 to 16 interviews between a patient and therapist, Cone said.

"The diagnosis is made through interviewing a person and excluding other causes for depressive symptoms, such as adjustment to college and underlying medical problems," Cone said.

Davis recommended trying to make new friends and talking to people like residential assistants. She also recommended taking time out to relax, express yourself and do the things you love to do.



Lisa Wareham/Argonaut

Students who suspect they may have depression should visit the Counseling and Testing Center on Thursday

IDAHO from page 1

Forever Idaho Homecoming today — 2006:

"There's a lot of involvement this year ... student involvement is high and alumni involvement is extremely high," said Tim Helmke, associate director of Alumni Relations.

Most of the fraternities, all the sororities and a lot of the residents are participating in this year's Homecoming events, he said.

If there has been a decrease in Homecoming spirit since the days of long ago, it is because of the size of the university, he said. "It's harder to involve 10,000 students rather than 1,500. Everybody doesn't know everybody," he said.

Kappa Alpha Theta's Homecoming chair, Jaime VandenBeld, said her sorority is doing all the events this year and is teaming up with its neighboring fraternity, Theta Chi, to do a combined house decoration.

"Our girls really get excited about the commu-

nity cleanup event and the philanthropy," she said.

"We are really excited because there's a new thing this year — 'Pride Your Ride,' so it's not just about priding your house, but it's also for the whole UI," she said.

"I'm planning on going to the game if I can get Saturday off from work," said Tyde Sirk, a freshman in marketing.

"What else is there to go to?" asked his friend, Brayden Panttaja, a freshman in criminal justice.

"You know, man, the parade on Saturday and stuff ... the sad thing is that we graduated from Moscow High School and we don't even know what's going on."

And as for the Vandal fight song, Panttaja said, "I know the chorus ... and we just hum the rest."

"I know it's something about a tribe coming from the North," added Sirk.

Loren Doman, a sophomore in economics, finance and information systems, is a member of Phi Delta Theta. He plans to go to the rally and the game with his fraternity. Having a close group to go with to Homecoming makes the difference, he said.

"Within the Greek system it is a big deal,"

Doman said. "When you live in the Greek community it feels more like everyone is involved, but I think it would be cool if it were a bigger deal."

Mil DeSilva, the Homecoming chair for Delta Sigma Phi, said the Homecoming events are almost mandatory.

"They kind of make it so there are certain things you have to do — like make posters, and do the jingles, and community clean up — everything is awarded with points so if you want the points you have to do it."

He said his fraternity will definitely be attending the game.

"We've got a lot of football fans."

Matthew Young, a community adviser for Northwest Collegiate Ministries said, "I think our club is planning to do a tailgate. We'll just do some barbecuing, cook up some burgers and hang out."

"I'm a freshman and I don't really know what all Homecoming entails," said Emily Spoor, a communications major. "I know what high school Homecoming was all about but I am just waiting to see what happens, I guess ... I'll just go with the flow."

More traditions come and gone

Homecoming dance —

Hugh Cooke, associate director of Alumni Relations, said he remembers his Homecomings in the mid-70s as a time to make new friendships during the preparations, and a chance to meet the older, wiser graduates who came back for it.

"There was a Homecoming dance that was held in the SUB Ballroom, but that was in its waning days ... I think it proves the point that the whole weekend events come and go, but the spirit lives on."

"Vandalize" your car —

New this year is the "Pride your Ride Car Show." Everyone can participate in this event by decorating their cars and bringing them to the Kibbie Dome parking lot where judges will determine the winner and announce it at the bonfire, said media relations assistant Kaite Dahlinger. "All the car contestants will get to participate in the Saturday parade," she said.

TASTE from page 1

for the Moscow Chamber of Commerce, said the event will feature menu samplings from Moscow restaurants and establishments as a way for them to introduce their menus to alumni.

Many Moscow restaurants and bars are providing food for the "feel-good event," including Wingers, Red Door, West of Paris, Mikey's Gyros and the Moscow Best Western, she said. Camas Prairie Winery, The Ale House and Starbucks will be providing wine, beer and coffee respectively, she said.

The event is important because it will reintroduce alumni to the local businesses that may have sprung up in Moscow since their time at UI, White said.

"From a Chamber (of Commerce) perspective, we invited all the restaurants in town to showcase their businesses and establishments," she said.

INFO BOX

"Welcome Home Vandals, A Taste of Moscow" is open to alumni and invited guests. It will be held from 4:30 to 6:30 p.m. Friday in the 1912 Building on Third St.

"If the alumni feel welcome, they will keep coming back."

"This is a way to get people into the community portion of the town," she said, noting that alumni returning for Homecoming often do not make it to local restaurants and establishments because they are so focused on campus activities.

"This is a way to welcome alumni back to Moscow as well as allow local restaurants to showcase their food," she said.

White said "Welcome Home Vandals, A Taste of Moscow" will be a "nice, hospitable event" for alumni which is also beneficial to business.

GRAND OPENING!
BIGGER IS BETTER
Grand opening of the newly expanded Pipers Lounge
* 1/2 price appetizers from 4 to 6 on WED, THURS, FRI *

TUESDAY:
- \$12 Ladders (1st 25 get an I climbed the ladder t-shirt)
- 25 cent wings

WEDNESDAY:
- \$2.50 drink list

THURSDAY:
- Island Night- \$3.00 long islands
- Wear your tropics garb for prizes and additional drink specials
- Live music at 9 pm

FRIDAY:
- "Black out the Lounge Night"
- Black Angus Prime Rib, Tattoo and Jager Drink Specials and \$1.50 wells

SATURDAY & SUNDAY:
- \$2 bloody marys
- Breakfast buffets

NFL SUNDAY TICKET
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436 N. Main in Moscow across from Rosauers

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Mongolian BBQ
Pizza Hut
Tucci's Italian Restaurant

And more...

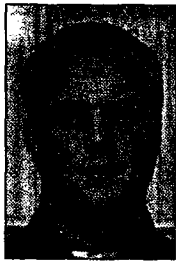
Dollar Tree - Safeway - Cramer's Home Furnishings
Eastside Cinemas - Movie Gallery - Sears - First Step Internet
Moscow Wild at Art - GNC - FedEx - Kinko's - Allstate
Bernett Research - DMV/Licensing
Moneysaver - Moscow Vision

Friday Music Series
Live music every Friday from 6 p.m. to 8 p.m.

EASTSIDE Marketplace
1420 S. Blaine St. Moscow, Idaho
208.882.1533
www.eastsidemarketplace.com

Homecoming royalty candidates

Log on to www.asui.uidaho.edu/vote before 5 p.m. Thursday to vote for Homecoming king and queen



Joseph Arthurs

Year in school: senior
Major: psychology
Living group: Sigma Chi
Activities: ASUI Director of Health and Wellness



Jeff Miller

Age: 21
Year in school: senior
Major: chemical engineering and chemistry
Living group: Alpha Kappa Lambda

Activities: Vice president of AKL, vice president of the UI Chapter American Institute of Chemical Engineers (AIChE), team leader for hydrogen fuel cell team, racquetball, cars, hiking, camping, hunting and traveling.
What does it mean to you to be a Vandal?
Being a Vandal means looking at life with a curious eye. Confronting new obstacles with patience and helping others along the way, being a Vandal includes tomorrows solutions to today's problems.



Matt Ziegler

Age: 22
Year in school: senior
Major: computer science and business information systems
Living group: Alpha Kappa

Lambda
Activities: Working out, hanging out with friends, reading
What does it mean to you to be a Vandal?
Being a Vandal is about expanding your knowledge while not forgetting that there is a whole world around you to explore and have fun in.

Activities: Kappa Alpha Theta president, ASUI Director of Academics, Alcohol Initiatives Task Force chair, Wings to the Future mentor, CLASS Representative for the Student Research Grants Program Committee, University of Idaho Academic Advising Association, Women's Center Mentoring Program, cast member and co-producer of the 2006 production of "The Vagina Monologues."



Hartley Riedner

Age: 21
Year in school: senior
Major: journalism
Living group: Gamma Phi Beta
Activities:

Homecoming 2006 chair, Student Alumni Relations Board, administrative vice president for Gamma Phi Beta
What does it mean to me to be a Vandal?

To me, being a Vandal means always having pride in the University of Idaho.



Adam Burwell

Age: 21
Year in school: senior
Major: elementary education and Spanish
Living group: Theta Chi

Activities: UI Ambassadors Tour Operations Manager, Student National Education Association vice president, Theta Chi president, Moscow Mentors

What does it mean to you to be a Vandal?

Being a Vandal is all about having pride in being here at the University of Idaho. It is knowing that it is important to get involved with the campus and community and show everybody what a true UI student can be. That is what it means to be Vandal.



Jeremiah Penberthy

Age: 21
Year in school: senior
Majors: agricultural systems management
Living Group: off-campus

Activities: Student Alumni Relations Board, skiing, road trips, Gamma Phi Beta houseboy
What does it mean to you to be a Vandal?

To me, being a Vandal is displaying a sense of Idaho spirit wherever you go. I try to be involved with many of the activities that the university offers that display what Idaho is all about—community. I love to be spirited about the University of Idaho. It is what I am all about.



Natalie Cain

Age: 22
Year in School: super senior
Major: double B.S. in marketing & HR management
Living group: Gamma Phi Beta
Activities:

Alternative Spring Break, study abroad in Spain, Saturday of Service, Gamma Phi Scholarship Chair, CBE Dean's Student Advisory Board

What does it mean to you to be a Vandal?

To me, being a Vandal means having memories of Dennis Erickson coaching the first time around and being able to sing the Vandal fight song as loud as you can every chance you get. It means to continue to keep Vandal traditions alive and always wear the colors of silver and gold with no shame.



Bridget Pitman

Age: 21
Year in school: senior
Major: public relations and Spanish
Living group: Gamma Phi Beta
Activities: Gamma

Phi Beta, Director of Communications for ASUI, UI Donor Relations Intern, Wings to the Future mentor, Student Alumni Relations Board, Panhellenic delegate, Director of Stewardship and co-founder of Student Foundation, Alcohol Initiatives Task Force member, intramurals, small group leader
What does it mean to you to be a Vandal?

To be a Vandal means that each student at UI is provided with an opportunity to examine their values, attitudes, beliefs and abilities in a community proud of tradition. A Vandal is not simply a G.P.A., a failure or achievement; but a student discovering who they are in the classroom and beyond.



Andrea Walker

Age: 21
Year in school: senior
Living group: Gamma Phi Beta
Activities: Student Alumni Relations Board president,

previous Gamma Phi Beta president, Davis Student Investment Program Portfolio Manager, CBE Dean's Student Advisory Board, Alternative Spring Break Participant: Katrina Relief, study abroad to San Sebastian, Spain.

What does it mean to you to be a Vandal?

Being a Vandal means bleeding silver and gold, whether it be cruising through campus humming the fight song, saying "hi" to someone wearing Vandal gear in an airport, cheering on athletic teams, asking alumni what their favorite Idaho memory is and owning way too many Idaho sweatshirts. Being a Vandal lasts forever, "Forever Idaho!"



Berto Cerrillo

Age: 22
Year in school: senior
Major: international studies, economics, Spanish
Living group: Sigma Chi

Activities: ASUI and Vandalizers
What does it mean to you to be a Vandal?

Being a Vandal, to me, means being a part of a strong community that shares in tradition and spirit. It means that no matter where I am in my life I will always have the University of Idaho as a place to call home. The friends and memories will not be far away no matter where I may be in the world.



Travis Earl Shofner

Age: 24
Year in school: Senior
Major: political science
Living group: off-campus
Activities: ASUI,

Civic Engagement Board, Alternative Service Break, Orientation Leaders, Make a Difference Day and Saturday of Service

What does it mean to you to be a Vandal?

A Vandal is committed to fellow Vandals. Vandals are immersed in the community, from living group to the entire state. Vandals recognize the higher calling of education and commit to earning an experience, not just paying for a degree cheapened by an over-inflated football program (What blue-turfed southerners would that describe?).



Tess Nally

Age: 22
Year in school: senior
Major: interior design
Living group: Kappa Kappa Gamma
Activities: president

of Kappa Kappa Gamma, Student Alumni Relations Board, Golden Key International Honors Society, Order of Omega Greek Honors Society, War on Hunger, Civic Engagement Board registered volunteer.

What does it mean to you to be a Vandal?

To be a Vandal means that you are part of an energizing community that begins in college and continues to shape and support you for the rest of your life.



Katie Quinn

Age: 22
Year in school: senior
Living group: Kappa Kappa Gamma
Activities: UI Women's soccer team for four years, vice presi-

dent of Kappa Kappa Gamma, Golden Key International Honor Society and microsoccer coach
What does it mean to you to be a Vandal?

Being a Vandal means being a part of a tribe that provides a lifetime of memories, friendship, support and opportunity.



Julia Williams

Age: 22
Year in school: senior
Majors: microbiology, molecular biology and biochemistry
Living group:

Gamma Phi Beta
Activities: Golden Key Honor Society, Student Alumni Relations Board; microbiology, molecular biology and biochemistry club, Student Grant Program Committee, Gamma Phi Beta, undergraduate research.

What does it mean to you to be a Vandal?

Idaho is in my heart and I bleed silver and gold. Wherever I am, I exude Vandal spirit. I immerse myself in the culture of the UI by participating in activities and attending events. I'll perpetuate my Vandal legacy by sharing my amazing experiences to recruit future Vandals to keep Idaho forever!



Geoff Herzog

Age: 21
Year in School: senior
Major: biology/pre-dental
Living group: Delta Chi
Activities:

Delta Chi president, member of Phi Sigma Honors Society, member of Order of Omega Honors Society, volunteer tee-ball coach for young kids

What does it mean to you to be a Vandal?

To be a Vandal is to have the pride, whether our sports teams are up or down, to stand up and yell: I-D-A-H-O, Idaho, Idaho GO, GO, GO!



Heather Siobhan Pearson

Age: 20
Year in School: senior
Major: political science and philosophy
Living group: Kappa Alpha Theta

Things unraveling?

Sad?
Anxious?
Overwhelmed?
In Pain?

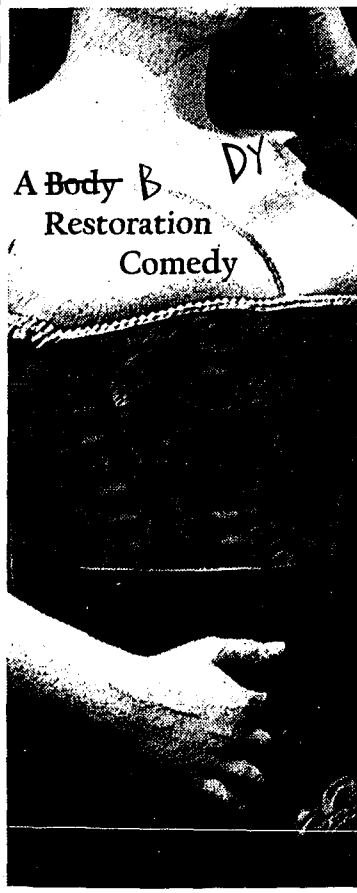
Getting it all together can start with a free self-assessment.

FREE anonymous Screening

• Thursday October 5th • Idaho Commons • 10:30 - 2:30

NDSB
Mental Health
Screening

Funding provided by educational grants from Eli Lilly and Company Foundation, Ferris Laboratories, Inc., GlaxoSmithKline, Johnson, J.P. and Wyeth Pharmaceuticals.



UI Department of Theatre & Film presents

The Country Wife

by William Wycherley

Oct. 4 - 7 at 7:30 pm
Oct. 8 at 2 pm

UI KIVA Theatre

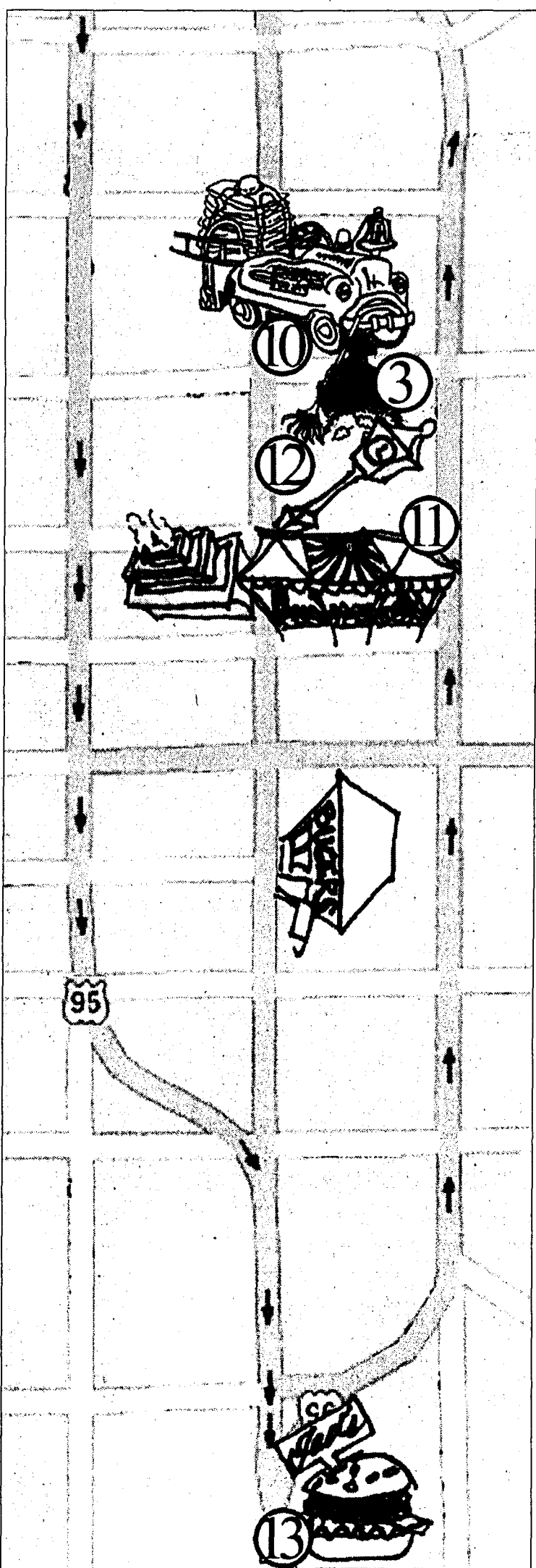
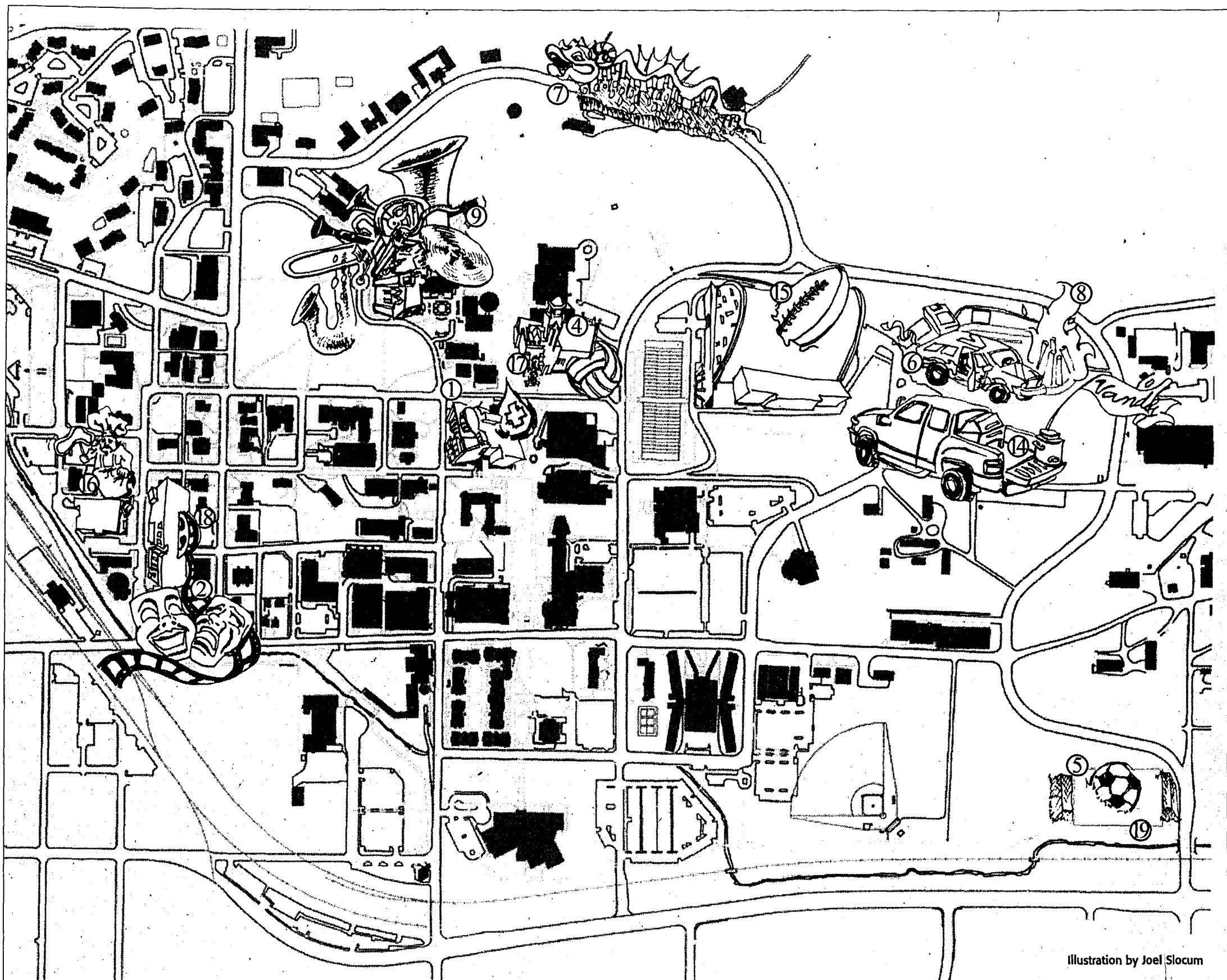
Adults \$10 Seniors \$8 Youth \$5
UI & WSU Students, Faculty & Staff \$5

For Tickets: UI Kibbie Dome Box Office
(208) 885-7212, www.uitheatre.com
or at the AT THE DOOR!

PRESENT THIS COUPON
when purchasing your ticket for \$2 OFF
the regular single ticket price!

CAREER EXPO

OCT. 3rd • UI KIBBIE DOME • 9:00 AM - 3:00 PM



Homecoming2006SCHEDULE

(All events are tentative - subject to change)

Today

① 10:30 a.m. to 3:30 p.m. — blood drive — Idaho Commons

3 p.m. — soccer match at Eastern Washington University — Cheney, Wash.

Wednesday

① 10:30 a.m. to 3:30 p.m. — blood drive — Commons

② 5:30 p.m. — free food — SUB/Bookstore Plaza

② 6:30 p.m. — Vandal Jingles/Slide Show — SUB Ballroom

Thursday

③ 3 p.m. — campus and community clean-up — various locations — meet at Friendship Square in Downtown Moscow

④ 7 p.m. — volleyball match vs. Fresno State

University — Memorial Gym

Friday

8 a.m. — campus departments decorating contest/ judging

8 a.m. — Business/Chamber decorating contest/ judging (start time)

8 a.m. to 3 p.m. — living group decorations

noon — faculty/ staff alumni luncheon — SUB Ballroom

⑤ 3 p.m. — soccer match vs. University of Hawai'i — Guy Wicks Field

⑥ 3 - 6 p.m. — Pride Your Ride Car Show — Kibbie Dome Parking Lot

4:30 - 6 p.m. — Welcome Home Vandals/Taste of Moscow reception — 1912 Center

⑦ 5:30 p.m. — Serpentine — golf course through campus to Kibbie Dome parking lot

⑧ 6 p.m. — Bonfire — Kibbie Dome parking lot

7 p.m. — Vandalfest — University Inn

⑨ 7:30 p.m. — Lionel Hampton School of Music Concert — Administration Building Auditorium

Saturday

⑩ 8 a.m. — Pancake feed — Fire Station

⑪ 8 a.m. — noon — Farmer's Market — Downtown Moscow

⑫ 9 a.m. — Homecoming concert/Highlights — Friendship Square — Downtown Moscow

9 a.m. to 7 p.m. — Idaho Bookstore Open — Main Bookstore

⑬ 10 a.m. — Parade — Downtown Moscow

Post Parade — living group open houses

⑭ 11 a.m. — Vandal Game Day Tailgate — North Kibbie Field

⑮ 2 p.m. — football game vs. New Mexico State University — Kibbie Dome

Post Game — University Inn

⑯ Post Game — UI Bookstore special event & Pizza giveaway — Main bookstore/Bookstore plaza

⑰ 7 p.m. — volleyball match vs. San Jose State University — Memorial Gym

⑱ 7 p.m. and 9:30 p.m. — movie — Borah Theater

Sunday

9 a.m. to 2 p.m. — Idaho Bookstore open — Main bookstore

⑲ 1 p.m. — soccer match vs. San Jose State University — Guy Wicks Field

Back for 2006: Homecoming Buttons

Get your 2006 "Forever Idaho" Homecoming Button and receive discounts all across Moscow Thursday through Sunday.

Free Homecoming buttons will be distributed at Monday's Booster Vandal Luncheon, Vandal Jingles (Wednesday), faculty/ staff alumni luncheon (Friday), Vandalfest at the University Inn (Friday) or by stopping by the UI Alumni Office anytime during Homecoming week.

Wear your Forever Idaho Button and receive the following discounts/specials:

University Inn Best Western
1516 W. Pullman Rd.
One complimentary non-alcoholic beverage with purchase of a meal at the Pantry Restaurant

University of Idaho Bookstore
Discount percentages based on years since graduation — 10 percent to 30 percent

Baskin Robbins
1244 W. Pullman Rd.
Buy-one-get-one-free cones or fountain items

Pilgrims Nutrition Center
Palouse Mall
20 percent off purchase of any one item

Vanity
Palouse Mall
10 percent off entire purchase

S & P Hobbies
Palouse Mall
15 percent off all white-tag items

Applebee's
105 Warbonnet Dr.
10 percent off your meal

Alehouse/Coeur d' Alene Brewing Company
226 West Sixth St.

\$2 pints of Coeur d' Alene Brewing Company beers

Corner Club
202 North Main
20 percent off all apparel and hats
\$10 Club Cards for the remainder of 2006

Mingles
102 South Main
Black and Gold mixed drinks — \$2.50
Black and Gold burgers — \$5.50

Pizza Hut
1429 South Blaine
Free five-piece breadstick with purchase of any medium or large pizza

Sand Piper Grill
436 North Main
Buy one menu entrée and receive the second of equal or lesser value at half price

Tuesday, October 3, 2006

Off the CUFF

Math is fun

For all those who don't like math out there, there's good news! Sometimes math can be fun, and if you don't believe me, you need to take a math for elementary teachers course. I'm writing a math paper on the ancient Egyptian number system, and if you think our number system is boring, you'll be delighted by this one. They had cool symbols like a staff (representing ones), yoke (tens), scroll (hundreds), lotus flower (thousands) and my personal favorite, astonished man (millions). The pictures are so unique, and although the system was highly repetitive and long, it does make for some nice artwork.

-Teresa

Sweet revenge

To the person who stole my pink bike from outside Niccolls, the joke's on you. The brakes don't work.

-Melissa

A penny for the Broncos

Yeah, I went to the volleyball game Friday night and it was a good game. Well, except for the Vandals' hiccup in game two, but it turned out just fine in the end. However, I did notice the bleachers at the end of the court were especially full compared to the rest of Memorial Gym. I thought to myself, "How odd. Isn't it better to view from the sideline?"

Well, not if you went to see the real show...

I don't know how long it's been since BSU put money into the volleyball program, but it's time for new uniforms. I realize volleyball shorts are tight and small in nature, but should I really have to look at their cheeks hanging out the bottom after a great dig or spike? Give the girls some respect and buy them shorts that keep it all tucked inside where it's supposed to be.

Even though the Broncos lost, I feel the need to man-up and help out the BSU volleyball team. That's why, as of now, I will be accepting donations for new BSU volleyball uniforms. To make a new donation, please come to The Argonaut on the third floor of the SUB or call (208) 885-7715.

-Mackenzie

Hunger pangs

I am always hungry. I don't know what it is about my stomach, but it constantly screams for food. I think I'm supposed to be an obese person, but my metabolism isn't letting that happen just yet.

I look forward to when I'm 40 years old and my metabolism completely shuts down. Hooray.

-Sarra

MailBOX

Sales tax inaccuracies

Usually I let bad reporting go but the reporting in Friday's story "Idaho Sales Tax Increases" by Hillary Flowers was terrible.

In the story, Flowers wrote, "The new sales tax is designed for the earnings to go back into the Idaho public school system." This is only partially accurate and totally misleading.

The bill took the School Maintenance and Operation Levy off of property tax and used a 1 percent sales tax increase to make up the difference. But that increase was not enough to fund schools to the previous level, so the Legislature and interim-Governor Jim Risch used a tax surplus, which is not projected to continue, to make up the difference.

Essentially, the tax plan passed during an ill-conceived special session of the Legislature, gave hundreds of thousands of dollars to big business like Simplot and utility companies. But, it increased taxes for the poor because sales tax is a regressive tax, which means the greatest percentage increase will be against the poor.

It will be even worse for renters, which is contrary to what Flowers' story "Tax change may affect students, study says" (Aug. 25) reported. She lead with "Students who are low-income renters might see their rent drop soon thanks to the Idaho State Legislature." That claim is ridiculous. There has never been a case where landlords have decreased rent because of a reduction of property tax.

Renters will only be hurt by this tax bill because their rent will not go down while their sales tax will increase. This reprehensible reporting is either negligent or malicious. Either way, it's inaccurate.

Josh Studor

second year law student, Coeur d'Alene

OurVIEW

Don't let it get you down

According to the American College Health Association, one out of every two students reading this sentence suffers from depression sometimes. Three out of every 25 students are clinically depressed.

Depression is nothing to be ashamed of. Depression can affect anyone, of any race, socioeconomic standing, gender or age. College can be a particularly difficult time for students as they adjust to a new home, stressful classes and social pressures. If you want help for depression or are concerned about your mental health, don't hesitate to visit the Counseling and Testing Center's booth for National Depression Screening Day. Screening takes fewer than five minutes.

The National Mental Health Association's Web site states that screening searches for depression symptoms such as changed appetite or sleeping habits, restlessness or irritability, loss of energy, difficulty concentrating and thoughts of death or suicide.

If your screening reveals depression problems, the University of Idaho has a way to help. The CTC offers free counseling services for graduate students with six or more credits and full-time undergrads. There are limited services for part-time students and prospective students. All counseling is confidential. Along with individual counseling the CTC offers group and couples counseling.

The CTC is located in Room

306 of the Continuing Education Building, next to the Ethel Steel House. To schedule an appointment, drop by the office or call 885-6716.

There are also online resources for depression screening. Through the CTC's Web site at ctc.uidaho.edu, students can access an online self-assessment program. Another resource is www.depressionscreening.org, which is sponsored by the NMHA.

If you're feeling down, don't hide it — do something about it. Take advantage of the free and easy services UI offers. If you're nervous or unsure about being screened, confide in someone you trust. It could change your life.

T.R.



The reality of the Long War

The War on Terror is slowly becoming a defunct term. In some political circles it is now being dubbed the Long War. This name change was intended to reflect that as an ideological war, it would naturally take a long time to fight. Over the past few years, America has launched its retaliation against Islamic fundamentalism in several regions, some more logical than others — and five years later we're seeing mixed results. Today, we're starting to see the short-term outcomes of this Long War. However, it seems we're learning very little.

To almost everyone except peaceniks, the war in Afghanistan — and subsequent anti-Taliban and anti-al-Qaida operations — were reasonably justified. As Afghanistan was the base and training ground for those responsible for 9/11, a U.S.-backed regime change was well-accepted by the public and international community. Recently, the control of operations in Afghanistan was transferred from the U.S. military to NATO, placing U.S. troops under the direct command of a foreigner (the NATO commander in Afghanistan is British) for the first time in U.S. history. The NATO operations have seen success in combating the remnants of the Taliban and disarming regional warlords. However, most would agree that not enough is being done to combat what is left of al-Qaida's presence on the Afghan-Pakistani border.

In 2003, a second anti-terror operation was launched — this time in Iraq. If you've been living in the United States since 2003, I think you know the details. A controversial war, started for controversial reasons that most people don't find reasonable anymore. Quite recently, an assessment by

U.S. intelligence agencies indicated that the occupation of Iraq by U.S. forces is helping to fuel the Islamic fundamentalist cause.

In other areas of the world, Islamic fundamentalism has become a growing problem — ethnic violence in Darfur, Islamic militias in Somalia, growing fundamentalist insurgencies in South East Asia and the very real dangers of a theocratic Iran. The widening danger of terrorist organizations and militias reared its ugly head very publicly this summer in the form of the most recent Israeli-Hezbollah conflict.



Travis Galloway
Columnist
arg_opinion@sub.uidaho.edu

The problem with combating such fundamentalism is, well, combating it. In this kind of conflict the situation is quite awkward. Fundamentalists see the conflict as a religious one, and the anti-terror opposition is faced with the predicament of combating religious zealotry while trying to keep the conflict secular. Islamic fundamentalists, like Christian fundamentalists, are a very small minority, and are not considered to be ideologically in line with the rest of the Islamic World. However, they have a habit of using religion to cause their fellow Muslims to sympathize with their cause. Their cause is also fueled by the presence of Westerners on the soil of an Islamic country. Let's be honest, the history of the relationship between the West and Muslims — let alone the rest of the world —

isn't the happiest story. And needless to say, this history plays a part in the fundamentalist thinking.

What we have failed to realize is that our campaigns against fundamentalism cannot be "one size fits all." While military support may work well in some fundamentalism-afflicted regions without fueling further terror, in other regions military support is regarded as invasive and fuels the problem — the difference in result between Afghanistan and Iraq being the real-world example. It would be more sensible to address the root cause of most regional fundamentalism, addressing the problem at its source, rather than trying to change outcomes with

military action. However, there is the grim truth that most of the world's fundamentalism is fueled by nothing more than religion and a disliking of Western interaction in the Islamic world — a problem which hopefully can be countered by a closer relationship with moderate and more

"Military support may work well in some fundamentalism-afflicted regions (but) in other regions military support is regarded as invasive and fuels the problem."

secularly-inclined Muslims. The Long War, unless we remove our economic and political interests, etc. from the Islamic World, will probably span several generations like our previous ideological conflict — the Cold War. People should realize that as with the Cold War, the reasons for the conflict and the ways in which it will be fought will change and blur over time. We may not always be able to use 9/11 as a rallying cry, but we can't forget what happens when fundamentalism is left unchecked.

International study: know the basics

By Jared Smith
Guest columnist

The International Programs Office is located in Living Learning Community Building No. 3, close to the 24-hour information desk. Why would you want to know this, you may ask? Because you want to study in another country. Because you want to learn another language in its native environment. Because you want to study culture for that international business degree. Or because you just want to find out what authentic sushi tastes like. Whatever your reasons may be, studying in another country is an exciting prospect.

One of the first things to think about when planning your study abroad experience is to start early. The application process is lengthy for most international study programs. And it can be extremely frustrating to find yourself against a tight deadline without the necessary documentation and passport photos required for your application. While the International Programs Office will be happy to help with the process, they can't negotiate a deadline extension for you.

It also doesn't make sense to walk into the office without an idea of where you want to go. If you plan to go abroad next fall, start perusing programs this fall. It will keep your stress level manageable.

When considering countries and programs, you need to keep your major in mind. Most programs have specific emphases that will transfer to your degree. Even more general language and culture programs can provide credits applicable to humanities and social sciences requirements. The registrar has transfer guides available for international programs, often with information about direct equivalencies between overseas classes and University of Idaho classes. However, I recommend bringing course syllabi and materials back with you to ensure credit transfer. After all, it doesn't make sense to turn your educational experience into a glorified vacation.

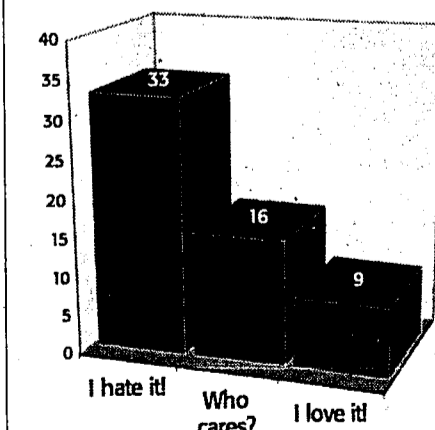
Financial aid is another consideration for selecting a program. Your first instinct may be to select a program in a country where the native language is English (i.e. United Kingdom, Australia, etc.). Not only are these programs extremely competitive, but scholarships for these programs can be very difficult to obtain. Non-traditional countries (Asian countries, for example) have much lower enrollment numbers. Because of this, there are several scholarships available as an incentive to enrollees in non-traditional programs. Not only will you be more likely to get into these programs, but you will also have a much higher chance of getting scholarships. Students who rely on loans for the bulk of their financial aid will find these scholarships extremely helpful.

So you've weighed all the options, and you know which country you want to study in. You have an idea of how transfer credits will fit into your degree. You've dusted off your passport, or you've gotten a haircut so you don't look like a hooligan for your passport photo. Now for the application process...

Jared Smith is a senior English major from Rathdrum, Idaho.

Last week:

What do you think of the slogan "Open space. Open minds.?"



This week:

What's your favorite Homecoming event? Cast your vote at uiargonaut.com.

Editorial Policy

The opinion page is reserved as a forum of open thought, debate and expression of free speech regarding topics relevant to the University of Idaho community. Editorials are signed by the initials of the author.

Editorials may not necessarily reflect the views of the university or its identities. Members of the Argonaut Editorial Board are Tara Roberts, editor in chief; Nate Poppino, managing editor; and Sarrah Benoit, opinion editor.

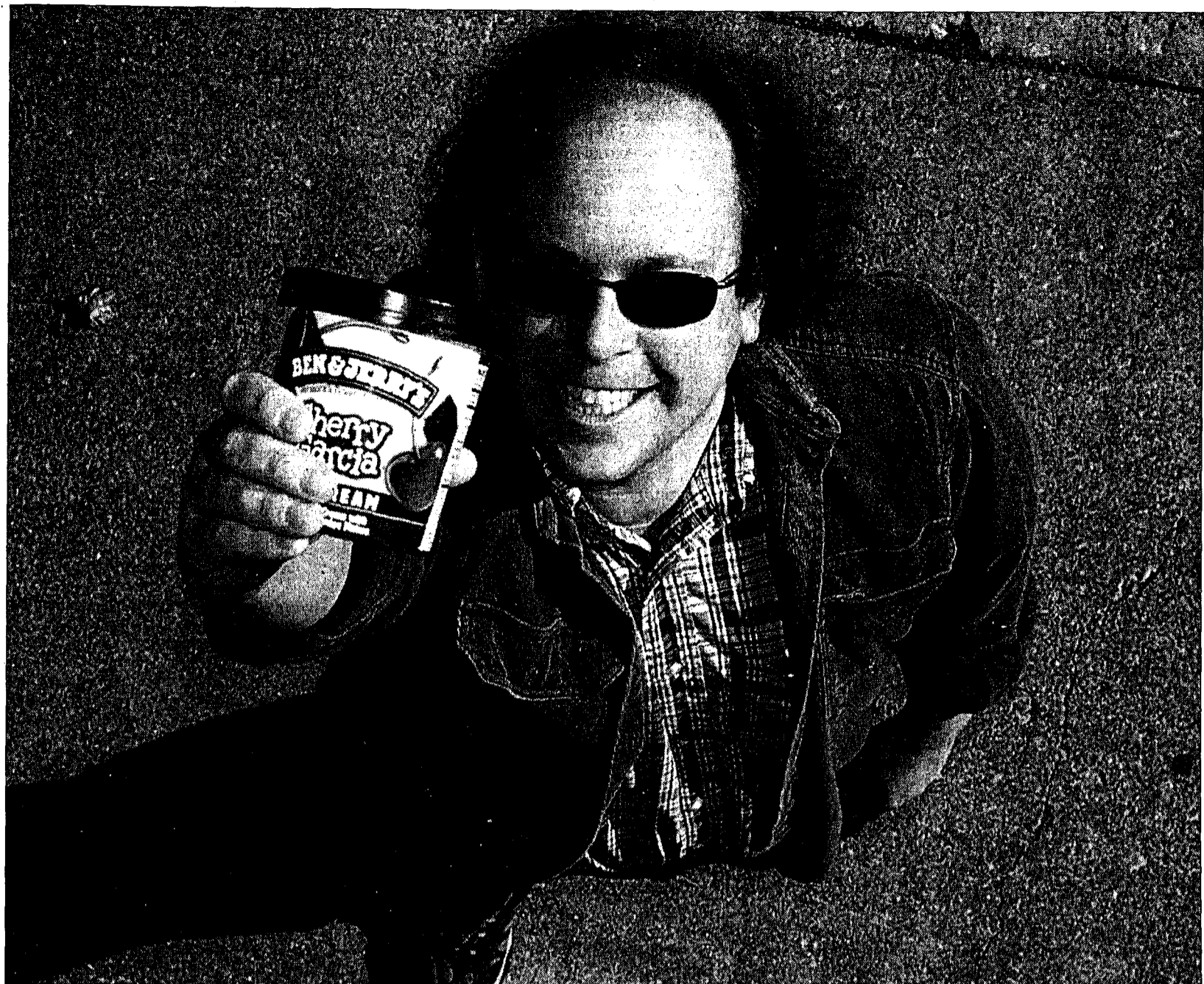
Letters Policy

The Argonaut welcomes letters to the editor about current issues. However, The Argonaut adheres to a strict letter policy:

- Letters should be less than 300 words typed.

- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, libel and clarity.
- Letters must be signed, include major and provide a current phone number.

- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to: 301 SUB, Moscow, ID, 83844-4271 or arg_opinion@sub.uidaho.edu.



UI professor Tim Link's Ben & Jerry's flavor creation, Mojito, was selected as a finalist in their "Do Us a Flavor" contest.

Photo and photo illustration by Melissa Davlin/Argonaut

Flavor madness

UI professor named finalist in Ben & Jerry's ice cream contest

By Hillary Flowers
Argonaut

When Tim Link entered the Ben & Jerry's "Do Us a Flavor" ice cream contest, he never thought he would become one of the five finalists.

"I didn't think I'd even come close," said Link, a University of Idaho assistant professor of forest hydrology.

His flavor, Mojito, and four others were selected from more than 40,000 entries sent to the ice cream giant.

Link said he originally got a forwarded e-mail that his mom had sent to him about the contest.

At first, he was not going to enter, but the more he thought about it, he decided it might be fun. The contest required applicants to write 100 words or less about their ice cream flavor.

"I just typed it up and hit send," he said. "I don't really remember what I wrote."

Link's flavor is based on the mojito, a trendy Cuban cocktail made with rum, mint, lime juice, sugar and club soda.

His ice cream rendition of the recipe is made up of a lime-based sherbet with mint, brown sugar and white rum.

Thursday, Link will travel to Burlington, Vt., along with the four other finalists. Since Link is a finalist, Ben & Jerry's has paid for his airfare, car rental and hotel stay. The five finalists will go to the Ben & Jerry's laboratory after they arrive, where the finalists will be paired up with lab employees who will assist them in making their ice cream flavors.

"It's actually way more exciting to be a finalist than the overall winner," Link said. Link has never made mojito ice cream, but he said he will find out how when he gets to Vermont. Mojito will be more of a sorbet than an ice cream, he said.

The winner will be announced Saturday for the contest that began last spring. The scoring for the contest is 40 percent creativity, 40 percent flavor profile and 20 percent alignment with the Ben & Jerry's brand.

The ice cream will be judged and ranked Friday. The winner gets to have an ice cream party with 20 people of his choosing at the closest Ben & Jerry's ice cream shop.

Link said he thinks Ben & Jerry's chose him to be a finalist because his flavor was something completely unique and different from any sorbet ever made.

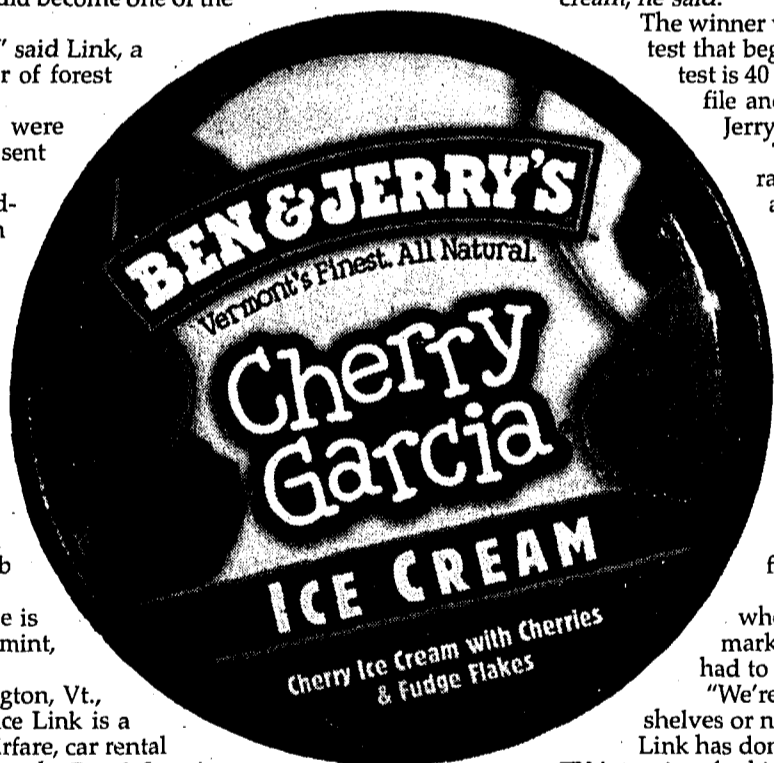
"It's just really fun to have an idea like that and then have the opportunity to make it," Link said.

If he wins, he'll invite his colleagues, graduate students within the College of Natural Resources and his family to help him celebrate.

Link said Ben & Jerry's has not said whether the winner's ice cream will be marketed, but when Link sent in his idea he had to sign all his rights to Ben & Jerry's.

"We're not sure if it will actually show up on shelves or not," Link said.

Link has done about three radio interviews and one TV interview for his participation in the contest. This is the first time Ben & Jerry's has held this contest, and Link said he would enter again if he ever got the chance.



Barn gets new life as arts center

By Michael Howell
Argonaut

Decades ago, the Dahmen Barn was known as a staple of Uniontown. Now, the current owners and the Uniontown Community Development Association (UCDA) are looking to make it a staple again.

"The barn was a dairy barn until the '50s, when it was shut down," Marv Entel said.

After 1952, when Steve and Junette Dahmen bought the barn, Entel said, the barn started to go unattended. During this time, Steve built the now-famous fence made of wheels.

"It got to the point where it was going to have to be taken down," said UCDA member Len Zeoli. "Because the fence had become somewhat of a landmark to the people of the community, nobody wanted to see the barn destroyed."

"It got to the point where it was going to have to be taken down ... Nobody wanted to see the barn destroyed."

Len Zeoli
xxx xxx

"We did surveys and found that art studios and shops would work well in a place like the barn," Zeoli said.

So then the process of turning a rustic barn into a center for the arts began.

"First we started with the foundation that had deteriorated around the barn," said Entel.

Remodeling the barn, which included everything from removing decades of pigeon droppings and old equipment, to building an interior skeleton that would support the barn, to installing various fixtures, took a great amount of time and dedication.

"There were probably about 3,000 hours of work and \$20,000 in cash donations spread among the volunteers and contributors," Entel said. "People from all over the country helped to move this project along."

The final result, which Zeoli said took about two years to accomplish, was astounding. Along with a shop, the barn contains 10 spaces that local artists can rent out to use at their own leisure.

"It's amazing to see the transformation of this place," Entel said. "It has gone from

a place of historical significance to a new staple of the community."

Zeoli said he thinks the barn may also be able to offer more to the community than just art.

"The barn is right off of Highway 195," Zeoli said. "People are constantly coming by the barn on this road. I think this will be something that will convince people to stop in Uniontown and see not only what the barn has to offer, but also what the town itself offers."

Zeoli summarized what the UCDA eventually hopes to achieve with the Dahmen Barn.

"Hopefully, it won't only help enlighten the town and bring more arts to the Palouse," he said, "but it will be able to become one of those landmarks that helps keep little towns like Uniontown alive."

The entire project is not completely done. The UCDA hopes to turn a shed by the barn into a house for restored antique agricultural equipment, as well as make the enclosed area of the wheel fence into a small amphitheater for musical performances. However, the UCDA seems to be on the right track. Junette Dahmen said she is impressed with how the project is going.

"I never thought I'd see this," she said. For more information, visit the Web site at www.artisanbarn.org.

Internet makes movie book obsolete

By Tara Roberts
Argonaut

Every year, bookstore shelves are graced with a new edition of "VideoHound's Golden Movie Retriever." Movie buffs then have two choices: shell out \$20 for a weighty (really weighty — almost 2,000-page) book that tells them about movies, or just go to the Internet for the same information.

When it comes down to that decision, it's not hard to skip out on "VideoHound."

Search functions make film information far quicker and easier to find online, and the Internet is even more portable. Who wants to carry around a five-pound book when a five-pound computer or a five-ounce cell phone can do even more?

To give it a break, "VideoHound" does have some cool points. While the sections with mini-reviews and movies-by-actor aren't anything special, there is one part that is pretty fun: the Category Index.

In the Category Index, movies are arranged by topic. Some are pretty normal (Basketball, Rescue Missions Involving Time Travel, Docudramas), but some are quirkier. Try Killer Appliances (1983's "Microwave Massacre" and 1991's "The Refrigerator" are in that list), Dates From Hell, Disco Musicals or Great Death Scenes.

But even with the index, "VideoHound" just isn't worth it. Instead, try these handy Web sites for all your basic movie-info needs.

1The Internet Movie Database (www.imdb.com): Anyone who's never been to IMDB is missing out. The site offers a profile of pretty much every film and television show ever made, complete with trivia, goofs and full cast and crew lists. It's helpful for those moments where you see an actor in a film and can't place where you've seen him before. Just go to IMDB, find his name in the cast list of the movie, you just watched, click the link and voila! Every project he's ever done.

1Rotten Tomatoes (www.rottentomatoes.com): Rotten Tomatoes is the ultimate movie review site. It gathers tons of reviews of films, from old to just-released, and tallies good reviews and bad reviews to come to an average "Tomatometer" score. For instance, this week's No. 1 film, "Jackass Number Two," made a Tomatometer score of only 59 percent, making it officially rotten. (The site also has similar features for DVD and video games).

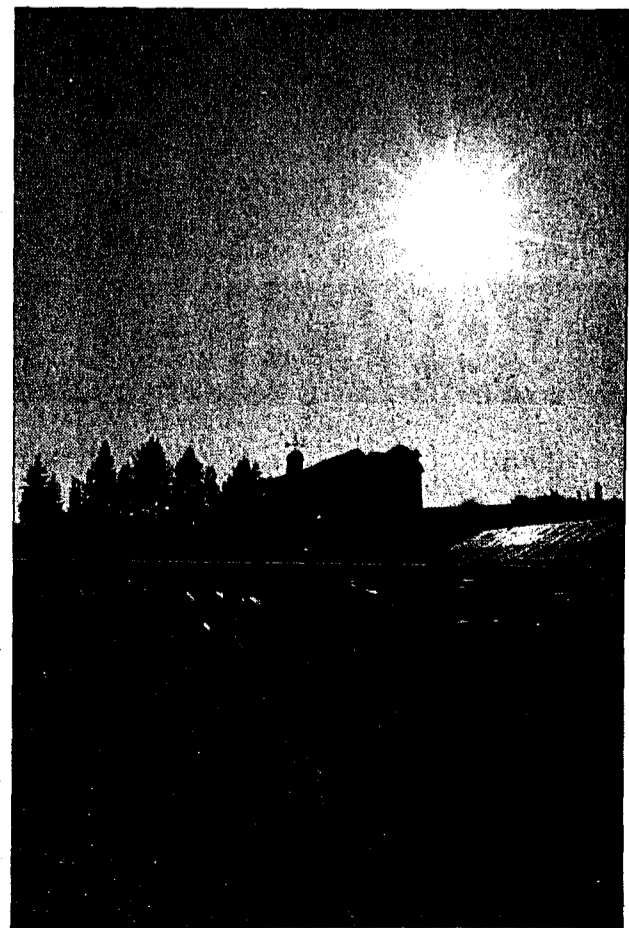
1Apple Movie Trailers and Jurassic Punk (www.apple.com/trailers, www.jurassicpunk.com): For trailers of coming movies, Apple has one of the most comprehensive and user-friendly databases. If you're considering renting an older movie, Jurassic Punk has a backlog of hundred of trailers for familiar titles within the last several years. Plus, trailer sites are a fun way to waste time instead of doing homework.

1Official film sites: A film's official site may be the best place to get pictures, downloads and news about a movie you're anticipating. For instance, on the "Spider-Man 3" site, there are wallpapers available for computer, phone and PSP, and a nifty countdown tool that tells you just how long you have to wait for Spidey to hit the big screen again.



"VideoHound's Golden Movie Retriever"

★★ (of 5)
Now available



Kentaro Murai/Argonaut
The well-known fence made of wheels draws visitors to the Dahmen Barn grand opening Sunday in Uniontown, WA.

Go to 'Graceland' with Chris Abani Wednesday

'Graceland' appeals to a wide range of readers

By T.J. Tranchell
Argonaut

Chris Abani's path through literary prestige makes a stop in Moscow this week. As the 2005 winner of the PEN/Hemingway Award for his novel "Graceland," Abani will read at 7:30 p.m. Wednesday in the College of Law Building Courtroom.

Abani was the first recipient of the award under the new partnership between PEN New England and the University of Idaho. His reading follows 2006 award-winner Yiyun Li, who read on Friday. The PEN/Hemingway Award is given for a first novel-length work of fiction.

"We wanted to have him here a long time ago," said professor Gary Williams. "By the time we found out who the winner was, Chris was booked for a year."

"Graceland" is set in Lagos, Nigeria, where Abani was born and later imprisoned for his writing.

The book follows 16-year-old Elvis, himself an Elvis impersonator, as he struggles with a beckoning life of crime. Outside cultural influences surround Elvis, from American movies and jazz to a swirl of reggae.

Abani is the product of multiple cultures. After leaving Lagos,



Courtesy Photo
Nigerian-born author Chris Abani will be visiting UI Wednesday, Oct. 4 7:30 p.m. in the College of Law Building Courtroom.

he went to London, then came to the United States. Currently he is an associate professor at the University of California-Riverside.

It is that international quality that brings a certain life to "Graceland," said English professor Robert Wrigley.

"Graceland" is a post-colonial novel, about an Africa that is both too common and mostly invisible to Americans," Wrigley said, speaking with The Argonaut from the Hemingway Festival in Sun Valley.

In addition to "Graceland,"

Abani has published three other works of fiction and four collections of poetry. His most recent are "The Virgin of Flames," a novel available in January 2007, and "Hands Washing Water," a book of poetry which is now available.

In reviewing "Hands Washing Water," poet Natasha Trethewey said, "Abani's unflinching vision shows us not only love and sorrow, but also atrocity and the possibility of redemption, the line that pulls us from despair to salvation."

Trethewey will be the next guest in UI's Visiting Writer Series.

Besides the PEN/Hemingway Award, Abani's awards include two Pushcart nominations, the Hurston/Wright Legacy Award for debut fiction and the 2001 PEN USA West Freedom-to-Write Award.

He has been recognized not only here in the U.S. but also internationally. The 2002 Imbonge Yesizwe Poetry International Award from South Africa is among his worldwide prizes.

Wrigley said Hemingway would be pleased that such a book has won an award with his name on it.

"Given Hemingway's interest in colonial Africa, a post-colonial novel seems appropriate," said Wrigley.

Great books have one thing in common. They can reach through the barriers of time, culture and language to grasp your heart in one hand and your brain in the other, and squeeze until you want to pass out from the joy of it.

While the stories may differ, the tools and results are often the same. A great book will find universal appeal in something so specific, the world at large might miss it.

Chris Abani's novel "Graceland" is such a book. Set in a world far removed from the "average" American's daily life, the themes and ideas are all too recognizable.

The book follows Elvis Oke, a 16-year-old boy living in Lagos, Nigeria. While the main action takes place in and around the Lagos of 1983, there are chapters from Elvis's past, including the death of his mother from breast cancer.

Abani frames each chapter with lessons on the ritualistic uses of the kola nut and recipes from a journal written by Elvis's mother before her death. This technique gives "Graceland" a resonance through each chapter that might otherwise have been lost.

Further resonating within the novel are the universal themes. Elvis struggles with his own identity, his place in his family and the world at large. He wants nothing more than to be a dancer, but dancing as an Elvis impersonator for tourists does not pay enough to eat. He moves through a series of jobs, including construction work, a pseudo-escort position for rich foreign women without dance partners and preparing cocaine shipments for the

United States with his friend Redemption.

The characters in "Graceland," including Elvis and Redemption, all feel very real. Elvis's father, Sunday was a once nearly elected official but is now an unemployed drunk. His step-mother, Comfort, is anything but comforting. Elvis points out that she barely takes care of her own three children.

Toying with names is another of Abani's strengths. He pits Redemption against the King of the Beggars, aptly named Caesar Augustus. Elvis is caught in the middle of their differing philosophical ideals.

While Redemption is the most likely character to be considered a "bad guy," Abani does not allow him or anyone else to become so one-sided. He plays Redemption's "Artful Dodger" against the King's "Fagin" to its utmost potential.

With all of this going on, it might be easy to miss Abani's greatest gift as

a writer—the language. He uses dialects in such a fluid manner, one hardly notices they are there unless he mentions it. He also takes many clichéd proverbs and turns them around and makes them new, both in sound and meaning. One favorite is "Rome wasn't built on all roads." In the context of the novel, it makes perfect sense.

If there is a weakness to "Graceland" it is that many readers might read the jacket copy and decide the book isn't for them simply because of its setting and characters. This is a shame since the novel's audience is everyone.

This is the kind of book a reader hopes for everyday. The characters, language and ideas overwhelm any notion of limited appeal. It will stand out in readers' minds and hearts for a long time to come.

'The Last Kiss' closely follows the original

By Christina Navarro
Argonaut

"The Last Kiss" does what "Vanilla Sky" did for "Abre Los Ojos" — identically mirror an original film.

After winning 10 international film awards (including Sundance), Migliore Regista's five-year-old Italian film "L'Ultimo Bacio" connects with audiences through universally related love stories, much like this latest version.

After reading the original film's synopsis and watching the trailer online, it is safe to say that everything about the remake is completely identical to the original, from the main characters to their friends' and parents' stories and situations.

"The Last Kiss" is about everyone's love story and the choices people make in life. It is as realistic and flawed as a relationship can get. This film is unpredictable and has enough

substance to make it as genuine and real as the characters and their stories.

From the writer of "Million Dollar Baby" and the co-writer of "Crash," this adaptation is pragmatic, fully developing the range of characters whose lives are unfolding simultaneously throughout the film.

The cast ranges in personalities including talent like Zach Braff ("Scrubs," "Garden State"), Blythe Danner ("Meet the Parents/Fockers"), Tom Wilkinson ("Eternal Sunshine of the Spotless Mind"), Rachel Bilson ("The OC"), Casey Affleck and Jacinda Barrett ("Poseidon").

Braff breaks away from the type cast "loveable good-guy" role to play a regular, flawed guy who cracks under life's stress and anxiety. It is about today's young-adult population feeling overwhelmed by the urgency to grow up.

Looking at Braff's character, Michael, he's got it made — he's still best friends with the same

guys from high school, has a great job and is in love and expecting a baby with his long-term girlfriend.

With his 30th birthday just around the corner, Michael thinks about his life and wonders if this is where he thought he would be years ago.

Then a fear we all may face spins him into a world of doubt — with our lives becoming so predictable and settled, can there be anymore surprises?

Michael sees the rough times

in his peers' relationships, and fearing his life is taking the same path, seeks rejuvenation in a beautiful, free-spirited girl named Kim (Bilson).

With hormones, anxiety and doubts leading him into a situation that could jeopardize his future, his story, in correlation with the others', genuinely embraces what the film is all about — what we do to the ones we love and the consequences of free will.

The open-ended finale was

very well done, leaving viewers to decide what will come of the characters. While the dialogue is minimal, enough was suggested to leave the characters' destinies to the viewers' imaginations.

Set to a great soundtrack, the film has its lighthearted, dramatic and funny moments that viewers can relate to in some way.

All of the characters face making a choice that will affect their lives and the lives of those around them, but it is the way

the film delivered their stories that made it so realistic and relatable to audiences.

This is what made the Italian version so successful and internationally recognized. However, it's important to address that while this new release showcases a good cast and soundtrack, the first version gets full credit for originality. Audiences should definitely consider renting the original before seeing the remake to determine which version they like better.



"The Last Kiss"

HHHH½ (of 5)
In Theaters

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Franken's role: Showbiz? Politics? Who knows?

By Stephen Becker
The Dallas Morning News(MCT)

Al Franken has gone from impersonating Henry Kissinger on "Saturday Night Live" to hobnobbing with him at high-powered social events. But even as he bends the former secretary of state's ear, he can't help dusting off a little of his old impression.

That scene and many others in the documentary "Al Franken: God Spoke," capture the comedian turned political commentator's ongoing reconciliation between his former career and his current calling. As he sings during the film a silly little ditty while rolling around on the floor at Air America's New York office: "I'm a little bit showbiz! I'm a little bit journalism!"

"I think that obviously when people tune in to the radio show, they don't always want to be entertained. But it helps," Franken said during a phone conversation last week. "I'm a satirist. If you look at "The Daily Show" and "The Colbert Report" and Bill Maher — people like to ingest their politics with a little sense of humor."

"God Spoke" follows Franken during a frenzied period in his life: He had just been sued by Bill O'Reilly for putting the Fox News host's picture on his book "Lies and the Lying Liars Who Tell Them." Meanwhile, he was working to get Air America, the liberal radio network on which he hosts a daily talk show, off the ground in time for the 2004 presidential election.

Amid that busyness, he was approached by documentary makers Chris Hegedus and Nick Doob, who asked if they could film him. As it turns out, his other duties allowed him not to worry so much about the cameras being around.

"I was thinking the film wouldn't be effective if they could only film when great things were happening," Franken, 55, says. "I instinctively felt that they just needed to be filming when they were able to film."

As the cameras roll, Franken covers the Republican and Democratic national conventions; stumps for candidates; debates his nemesis, Ann Coulter; and hopes that President Bush's unseating by Sen. John Kerry is on the horizon. That final plotline didn't turn out the way Franken had hoped, but it did spark him to consider yet another career move: from political commentator to politician.

Franken was a close friend of the late Minnesota Sen. Paul Wellstone, who died in a plane crash in 2002. At the time, he was locked in a re-election bid with then-St. Paul Mayor Norm Coleman. Coleman, a Republican, went on to win the election against former Vice President Walter Mondale, who replaced Wellstone on the ballot as the Democratic nominee at the last minute. As "God Spoke" nears its conclusion, Franken is left considering a run for the Senate against Coleman when his seat comes up in 2008. It's a run that Franken says he is still contemplating, though he admits the jump from the peanut gallery to the stage is a potential minefield that would need to be navigated through care-

ful self-reflection.

During a speech filmed for "God Spoke," Franken tells what he says was his father's favorite Buddy Hackett joke. It's hardly any bluer than what might be told in a junior high cafeteria, but it's not the type of humor a politician throws out while shaking hands and kissing babies. "You know how sometimes you say a sentence that's never been said before?" Franken rhetorically asks. "I think this is a set of considerations that has never come to the fore before for a politician: Can I tell the Buddy Hackett joke?"

Judging from his response to his own question, the answer is no. In this battle between the internal comedian and the external public figure, the outside is winning.

"I think that there's something about letting people know that you're willing to not be self-indulgent and that you respect that there are people who don't want to hear (the anatomical punch line to Hackett's joke). So that you're restraining yourself enough on something that really doesn't matter in order to signal that you know what does matter."

Despite that change in public appearance, the comedian in him doesn't sound like it is going away entirely. Franken says if he does decide to run for office, at the least he could find material for another book.

"I know if I ran for office I'd have plenty of spare time to write."

Is 'Ugly Betty' really ugly?

I've been asking myself that very question. ABC's new sitcom "Ugly Betty" has become something of a hit. Before the show debuted, many wondered if America would tune in to watch the adventures of an ugly person. Apparently, the answer is yes.

I haven't made it through an entire episode yet. Not that the show is bad, or anything like that. It's just that I don't think Betty is that ugly. Take away the glasses (which aren't that bad) and the braces (which normal kids grow out of eventually) and she isn't ugly at all. Even with those accessories, the personality that actress America Ferrera brings to the character more than makes up for any physical shortcomings she may be perceived to have.

And let me tell you, Ferrera herself is not an ugly person. Check out her IMDB page and you'll see.

My real problem with the show, and the reason I haven't watched an entire episode, is the behavior of the so-called "beautiful people" surrounding Betty. I can't stand them.

I've never been a fan of Vanessa Williams (I want to puke every time I hear that snow falling in June song). And poor Eric Mabius. How did you get roped into this? Don't forget those of us who support your direct-to-video horror movies.

Oh yeah, I think I saw this idea of a not-so good-looking woman in the fashion world before. Wasn't it called "The Devil Wears Prada?" Or maybe I'm thinking of the telenovela "Ugly Betty" is based on, called "Yo Soy Betty La Fea" from Columbia?

No, I never saw that show. My Spanish television consumption is strictly limited to La Luche Libre.

-T.J. Tranchell

'Smallville'

I have been a fan of "Smallville" since I first moved up here for school and

was exposed to cable television.

With the season premiere last week, I felt myself having the same awed feelings that I had when I first started watching.

The first season has always stuck out as my favorite because it was Superman learning to be Superman. Later seasons have been kind of disappointing because they try to be teen dramas with a little bit of Superman mythos included.

This season premiere went back to Superman learning to be Superman. There was no trying to woo Lana or being sad that she didn't love him anymore. It was Superman being on the brink of losing it all, and then learning to adapt and figure out a way to save the day.

The premiere was the essence of Superman. The idea that he can overcome anything by being smart and strong-willed is what makes

him who he is. I hope that the creators know how to continue Clark Kent on the path to Superman like they did in the premiere.

-Michael Howell

A Bluth tribute

After finishing the absolute final episode of "Arrested Development," I've grown sad to know that my TV friends are gone. I will no longer laugh at Buster's innocent frustrations with the notorious loose seal and his mom. Gob's nerdy magic tricks and low self-esteem can't make me feel better about myself, nor will I be able to look up to Michael's stable responsibility for guidance or chuckle at George and Lindsay's tomfooleries. Tobias' weirdness is as gone as his hair plugs, and Lucille's, a.k.a. "Gangy's," vanity and vodka binges won't set any more examples for me. Without giving too much away, it's such a relief to learn George-Michael's and Macey's inter-cousin love really wasn't that bad after all.

-Christina Navarro

ArtsBRIEFS

Ensemble plays for the Queen

The Onyx Brass will perform at 7:30 p.m. Oct. 19 for the UI Auditorium Chamber Music Series. Made up of some of the United Kingdom's most recognized brass players, the ensemble will be performing a program of works from the Renaissance to contemporary, in honor of the 80th birthday of Elizabeth II. Tickets for the concert are \$8 for students, \$15 for senior citizens and

\$18 for general admission. They can be purchased through the Auditorium Series Web site at www.auditoriumchambermusic.org and at Bookpeople.

'The Country Wife' comes to the Kiva

The UI department of Theater & Film presents William Wycherley's Restoration comedy, "The Country Wife." The performance takes place at 7:30 p.m. Wednesday through Saturday at the Kiva Theatre and at 2 p.m. Sunday. Tickets are available at the Kibbie Dome ticket

office and at the door. Prices are \$10 for adults, \$8 for students and senior citizens and \$5 for faculty and staff.

Poet launches writers series

Poet Lola Haskins will be launching WSU Visiting Writers Series today. Haskins is a well-known poet and has been widely published and granted many awards. The reading is scheduled for 7:30 p.m. today at the WSU Museum of Art. Books will be available after the reading. For more information, please

call Aimee Phan at (509) 335-7309 or contact aphan@wsu.edu.

Discussion at the 1912 Building

Geologist, novelist, teacher and pilot Sara Andrews will be at the 1912 Building Thursday. Her evening's discussion, "Lost Among the Pages: Creating Blood-Curdling Mystery Fiction Out of Scientific Facts," will begin at 7 p.m. Andrews will also be leading a UI Geological Sciences seminar at 4 p.m. Thursday in McClure Hall.

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EMPLOYMENT

Probation Officer Assistants Job #53 Assist probation officers by transporting, supervising community service, urinalysis testing, and mentoring juveniles placed on intensive supervision. Provide socially acceptable guidance, direction and stability. Required: Valid driver's license, clean background check. Fingerprint will be required. Sophomore status or higher in college. Prefer students with criminal justice, education or psychology major. \$7.30/hour. 10-20hrs/month. Job Located in Moscow.

EMPLOYMENT

Roofers Needed Job #71 Perform any aspect of roofing, applications, preparation and cleanup. Must have own tools, clean driving record, clean credit history check and own personal vehicle. Prefer knowledge of roofing procedures but will train if necessary. Must be able to work in heights up to three stories high. FT and PT positions available. \$8-\$12/hr DOE. Several positions available. Job located in Moscow.

Job #149 Cashier Cashier, answer phones; customer service and filling. Cashier and customer service experience needed. \$8.00/hr. 4+ hours on Saturdays only with possibility of additional, flexible hours during the week. Located in Moscow.

Merchandise Job #153 Stock product in freezer at local grocery store 4 hours on the weekends. Reliable. Some grocery experience preferred but not necessary. Rate of Pay: \$10.00/hr. Hours/Week: 4 hrs/wk. Hours include Sat and Sun-1 hour in the morning (7 AM) and 1 hour in the evening (5PM) both days. Job Located in Moscow.

EMPLOYMENT

Job #:160 Merchandising Specialist Perform on-going in-store merchandising and product-awareness services in order to influence consumers and maximize sales of video products in a retail business. Knowledge of gaming a plus, merchandising and inventory skills, ability to build relationships with store personnel, detail oriented, conducts store visits according to the designated frequency, independent self-motivated and organized, complete reports, have computer access, strong computer skills, and ability to complete online training necessary. \$10.00/hour + \$0.35/mile 6-9 hrs/week plus drive time 1-2 positions located in Lewiston and 1 in Moscow.

Job #168 PT Cashier (nights and weenend) Ringing up customers, nightly cleaning and chores, closing store. Must be 19 years of age and be willing and able to work nights and week-ends. Cash register experience is helpful. \$6.00/hr to start. 16-24 hours/wk. Located in Moscow.

Job #169 Lab Technician The lab technician will work under the direction of the Wastewater Treatment Plant Laboratory Analyst to conduct a variety of standardized chemical, physical and bacteriological analyses on wastewater and the receiving stream according to written procedures and in accordance with established guidelines and analyze test results. High School graduate with lab experience, strong interpersonal and communication skills necessary. 13.34+DOE +Benefits 40 Hrs/wk. Located in Moscow.

EMPLOYMENT

Child Care Job #170 Provide childcare for children ages: birth-age to two or three to five. Younger group is mostly light babysitting; oversee playtime, easy crafts & snack time. Older group participates in crafts, have a snack, watch a movie, play games. Mothers will be on premises in separate room. Must be 17 years old or older, ability to pass background check (no cost), own transportation to and from work. 1st and 3rd Tuesday mornings 8:45-11:15am. \$6.00 per hour. Several positions available. Job located in Moscow.



Hashers Job #173 Serving, dish washing, general kitchen-dining room chores, and odd jobs as specified by the cook. Required: responsible work habits. Rate of Pay: \$6.00/hr plus a meal. Hours/Week: 2-4 hrs/week Mondays only 11:00 am-1:00 pm and on call. Job Located in: Moscow.



EMPLOYMENT

Sales/Marketing Job #172 Create brand recognition and obtain subscriber base for new Internet/Mobile Media company. Some sales/marketing experience, self starter, outgoing, possess some mobile media knowledge, or internet networking. Pay is commission, hours are flexible. Job located in Moscow.

Tutor/Child Care Job #177 Pick child up from school at 3:00 pm. Transport child to our home 1.4 miles from the school in Moscow city limits. Supervise in getting snack. Assist 4th grade special-needs child in completing homework up until approximately 5:00 pm. If there is no specific assigned homework for that day then supervise child in miscellaneous on-going reading assignments. Female, non-smoker, energetic, patient person who likes children. Background in child education or development preferred, but not required. Prefer person with their own car that can pick the child up at school at 3:00 pm and transport to our home for tutoring session. Background check and references required. \$8.00 per hour. Hours/Week: Flexible, 8 hours/week. Located in Moscow.

Construction Labor Job #178 Assist general contractor with residential home building, site work, climbing ladders, carpentry, etc. HS Diploma, some knowledge of construction is helpful, can read and write 18+ years old. \$10.00 per hour. 10-20hr/wk. Located in Moscow.

EMPLOYMENT

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University of Idaho

Vandals clench WAC opener

After a few frightening drives, the Vandals shifted into gear Saturday, putting their WAC opener in the bag with a 41-21 victory

By Alec Lawton
Argonaut

Dennis Erickson was well pleased by the Vandals' performance on Saturday, even when reflecting on the lean times.

"It was a good win for us," University of Idaho coach Erickson said. "I thought our guys showed a lot of character when we got down 14-0."

The Utah State Aggies broke their no-offensive touchdown record with alarming ease in their first march of the game, stumping the UI defense that had thus far established itself as the Vandals strength.

The game ended 41-21 in UI's favor and Idaho won its first Western Athletic Conference game of the season. Granted, the 14-0 hole facing the Vandals in the first quarter wasn't dug entirely by the defense.

A botched kickoff return

after the Aggies' first touchdown drive left Utah State once again in striking distance and the already reeling Vandal defense with its back against a wall. Utah's Marcus Cross sealed the deal with a six-yard touchdown run up the middle, the zone that seemed to be Idaho's strongest in games past.

With a two-touchdown deficit on the board, the Vandals needed good news, and received it when Jayson Bird ran 11 yards for the Vandals' first touchdown. After four weeks of coughing and puttering, the Vandals' scoring machine finally warmed up.

UI quarterback Steve Wichman had a much-improved performance, completing 50 of his passes and no interceptions. Wichman also took it upon himself to reel up a few yards on his own two legs.

UI kicker Tino Amancio brought the Vandals to 14-10 in the second quarter, but with the Aggies once again approaching the end zone at the close of the half, it looked as if Idaho would have an uphill battle in the second half. Amancio was named WAC player of the week for his performance in the game.

The tides shifted, however, with what Erickson deemed the play of the game.

Stanley Franks snatched a pass out of Idaho's red zone and ran 98 yards to give the Vandals their first lead of the game.

"That turned everything around," Erickson said. "That play turned the momentum, turned how we felt about ourselves at half-time (and) the enthusiasm we felt at half-time."

The interception was Franks' fourth of the season,

and he summed it up very similarly to the others.

"I got a clear look at the ball," Franks said. "Our backs were against the wall right there."

The Vandals' offense pushed their momentum into the second half, at which point the defense gained a better footing.

While both sides of the Vandals' game had some slow moments in the second half, the final score showed a story much different than that of the first quarter.

The Vandals have had both good and bad days this season, but this was the first time they've turned a seemingly bad day into a good one.

Erickson summarized the game as just what the Vandals need as they go into conference play.

"It was just a good win. We needed one badly."

Conference rivalry equals sibling rivalry

By T.J. Tranchell
Argonaut

I don't play football. Let's get that straight right away. My little brother, however, does. He is a freshman on the Utah State team that the Vandals played on Saturday. Currently, he is on the practice squad, which means he doesn't suit up for games. Yet.

The Aggies are a lot like the Vandals. Last week, when we lost 38-0 to Oregon State, USU was busy losing to BYU

by the exact same score. The teams were evenly matched. They both suck. Did you ever see the "South

Park" episode with the cripple fight? The game was something like that. A hard fought battle between two teams that, to put it nicely, would get beat by any other team every day. Hey, at least the Vandals have won a game.

This is my first semester at UI, after



T.J. Tranchell
columnist
arg.sports@sub.uidaho.edu

See VANDALS, page 12

Cougars' talent too much for Vandals

By Ryan Atkins
Argonaut

A crowded UI Swim Center proved to be a home not so sweet for the University of Idaho swim team Friday evening, as it fell 192-100 to rival Washington State University.

The young Vandal team gave its all but was simply outmatched by a stronger, deeper and more experienced Cougar team, according to UI coach Tom Jager.

"We all worked hard but we still got beat," Jager said. "They have a better talent base and this is the strongest team they have had since I have been here."

Washington State's "A" team won all eight of the scheduled events.

The gap in talent only made it harder for the UI swimmers to stay within themselves during the meet, and according to Jager, his swimmers were simply trying too hard.

"What happens when you have superior talent is WSU was swimming relaxed and our team swam too hard," Jager said. "They try so hard that it makes the lesser talent look worse because all you're doing is spinning your wheels. But we will have some good times this season so I am not worried about them."

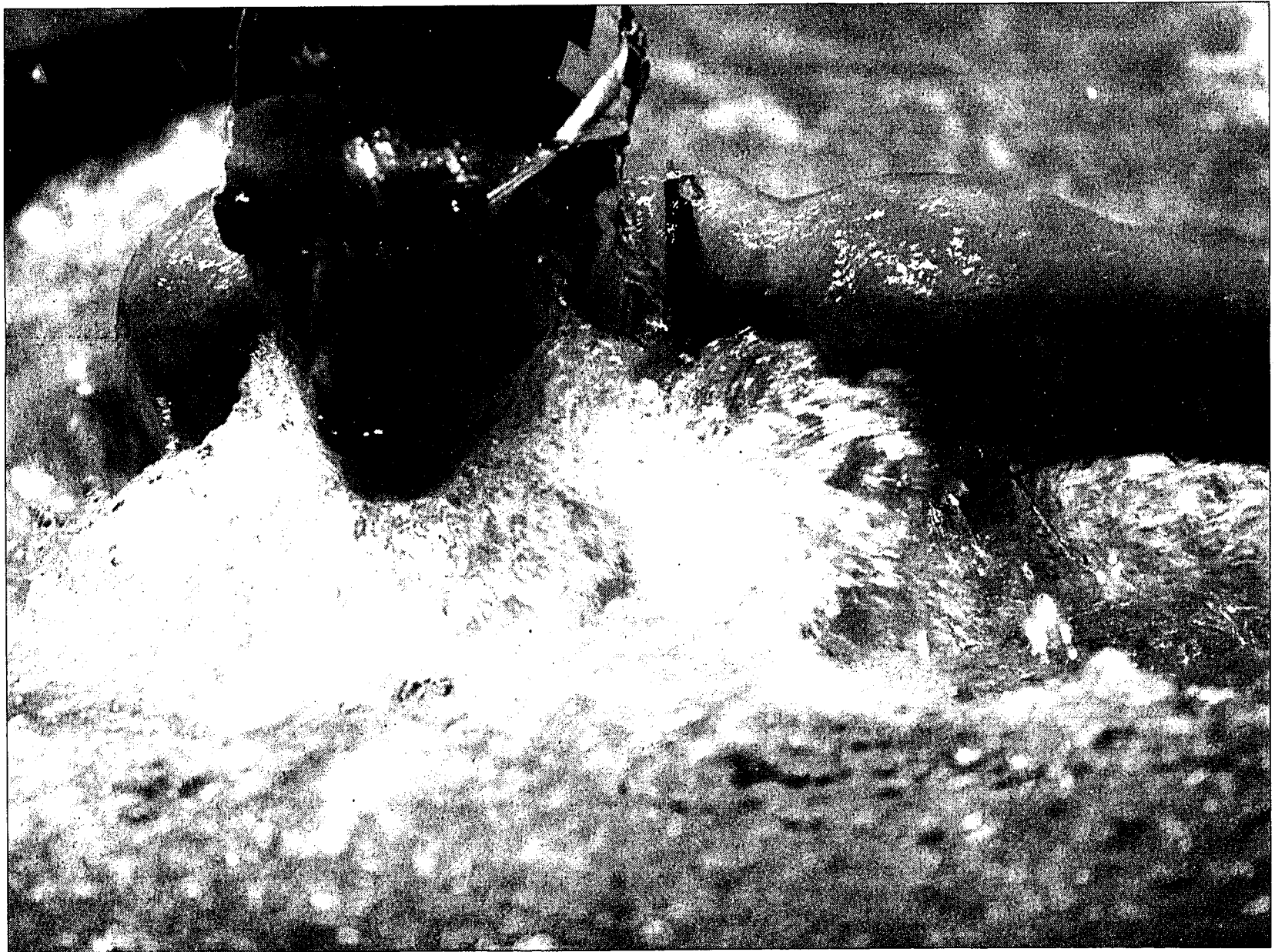
The Idaho team wasn't given much to cheer about, but the relay meet came after just three weeks of practice, which made the matchup extremely difficult.

Still, it didn't stop a large home crowd from cheering, as music blared and fans cheered and waved signs as times were posted on the Idaho scoreboard.

"We had a lot of fans here tonight and that was great, and I want them to come back when Cal State Northridge and San Jose State come to town," Jager said. "That is more of a focus for the team and it will be a much different meet."

If Idaho hopes to emerge victorious in those upcoming meets, Jager's large freshman class will have to mature in a hurry.

Freshman sprinter Mandy Stone took part in three relays for the Vandals and the Greeley, Colo., native was disappointed in the evening's results.



Bruce Mann/Argonaut

See TOO MUCH, page 12

In the first Vandal home meet, JoJo Miller chases the Washington State swimmers in the 400 medley relay Friday.



Bruce Mann/Argonaut
Amanda Bowman goes up for a kill in Memorial Gym Friday night. Bowman had 11 kills in the Vandals' win against Boise State.

Vandals own BSU in four matches

Idaho advances 2-1 in the WAC after beating Boise State in Memorial Gym

By Ryan Atkins
Argonaut

Over 1,000 vociferous fans filled Memorial Gym with noise Friday night, willing the University of Idaho volleyball team to a four-set victory over Boise State.

The Vandals advance their overall record to 43-27 over BSU.

Outperforming the Broncos in nearly every statistical category, Idaho made a statement not only to Boise State, but to the rest of the Western Athletic Conference.

Dressed in their home white jerseys and black shorts, the Vandals imposed their will upon the Broncos in the first game, and the women clad in all blue were left scrambling to make changes to their game plan.

Despite a victory in game two, the Broncos were unable to mount any sort of charge after half time and eventually fell 30-19, 23-30, 30-24 and 30-23.

Idaho now sits at 2-1 in the WAC thanks to three victories in four games, including two dominant showings at home against their biggest rivals — BSU and Washington State.

"It feels great to have wins over two of our rivals," redshirt freshman Anna McKinney said. "We're glad to get our season going in the right direction and

now we are 2-1 in conference, and that is awesome."

The crowd played a large role for Idaho once again, just as they did when Washington State came to town just over two weeks ago.

Signs hung from the rafters and every time the tired Idaho team needed a push, the crowd was there to help.

"The crowd was a huge factor and they really got us going," McKinney said. "They gave us a lot momentum and obviously when it gets loud in here, it gets us really excited to play."

During the many standing ovations throughout the match, it was impossible to hear anything and the electricity in Memorial Gym simply can't be matched in a larger venue like the Kibbie Dome.

And while credit has to be given to the supportive home fans, it was the players on the court who earned the victory, and that was thanks to a mixture of outstanding individual performances and solid coaching from the Idaho coaching staff.

At halftime after Idaho dropped game two of the match, coach Debbie Buchanan did what she does best to get the team ready for the second half.

"You know, these kids are motivated but they just have to be reminded of some things and that is what we did at half-time," Buchanan said. "We reminded

them of what our priorities are and that our game plan works. So we needed to stick to it."

After the game, Buchanan was extremely pleased that her team heeded her halftime advice and she saw numerous areas where the Vandals excelled.

"This was a great match for us and I think our kids were able to stick to the game plan for the majority of the match," Buchanan said. "We fixed our passing but we also blocked a bunch of balls, and to hit .279 for the match — that's a big thing," said she.

The Vandals' .279 hitting percentage tied their best offensive performance of the season, and three players — Erin Curtis, Saxony Brown and Haley Larsen all hit over .350.

Also shining for Idaho was senior Stacy Sode, who posted a career-high 31 digs and added a team-leading three service aces.

Sode was the anchor at the back of Idaho's defense, and they limited Boise State to a paltry .095 hitting percentage, a season best for UI's defense.

"This is the team that you can expect to see," McKinney said. "We are going to really be pushing from here on out in the WAC."

Next up for Idaho is a Tuesday night, non-conference matchup with the Gonzaga Bulldogs in Spokane.

Tennis team looks to Missoula for recovery

By Joel Slocum
Argonaut

Last weekend served as an unfortunate loss for the University of Idaho men's tennis team, as its doubles team (junior Anthony Karlovic and senior John Hieb) was defeated in the final round, 8-3, at the Red Lion Invitational in Cheney, Wash.

"Both Anthony and John had a down day for their finals. It was a match they could have won," said UI tennis coach Jeff Beaman.

Karlovic and Hieb lost to University of Portland's No. 3 team in the final match.

"For myself I had a poor performance. My confidence was lacking," Karlovic said. "Both I and my partner need to work on consistency and movement around the court. This means backing away from the net."

In the two matches prior to the final round, they defeated both the No. 1 and No. 2 teams from Portland. Their victory should have been predetermined, but this was not the case.

"The players are playing within themselves right now, meaning they are either too conservative or too aggressive. A player often times focuses on the hit they just made or the aces they scored in a match when they should really be focusing

on whether or not they won and what mistakes did they make," Beaman said. "If they could just get past how it looked or how it felt and focus on the basics, they would improve."

Eastern Washington University was even more foreboding for the Vandal men's singles, whose only qualifying player (junior Rob Chalkley) was terminated in the quarter-finals.

"The team has a lot of players from the past who should know what to expect and need to do better," Beaman said.

He was not angry, but he was certainly not satisfied with the results. He cited this inadequacy as being a lack of structure in fundamentals, physical shape and ability to compete.

"While everybody has shown improvement across the board, there is still a ways to go before we are at the top of our game," said Beaman.

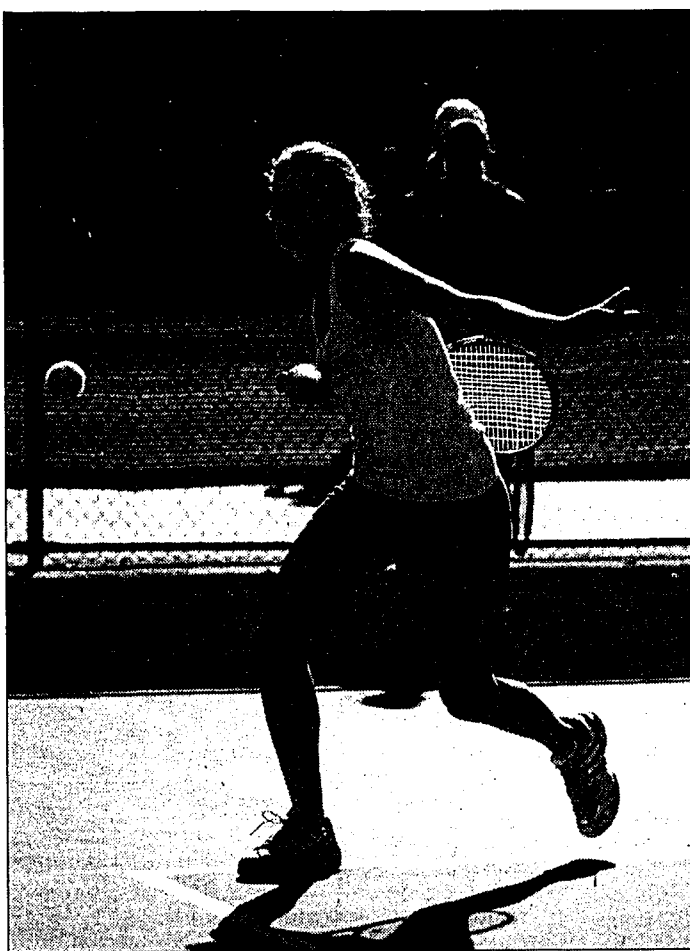
"Trainer Nate (Barry) has been doing a great job pushing the kids hard."

The tennis teams hopes its improvement can be transferred into a more successful performance in Missoula, Mont., as they take on various teams Oct. 6-8 at the University of Montana Tournament.

Beaman is expecting good things from both teams and the women's team in particu-

"If they could just get past how it looked or how it felt and focus on the basics, they would improve."

Jeff Beaman
UI tennis coach



Lisa Wareham/Argonaut

Senior Efrat Leopold hits the ball at women's tennis practice Friday afternoon at the tennis courts near Memorial Gym.

lar. He is relying on the efforts of senior Patricia Ruman and senior Mariel Tinnirello, whose doubles team will be competing.

"Patricia and Mariel will be taking on a team they lost to in the past and have an opportunity to show their improvement," Beaman said. "They had two weeks to get ready and should really be ready."

He expects the same from the men's team, whose losses, while close overall, should provide ample

opportunity for them to succeed this coming weekend.

"Right now it's the big picture we are looking at, an improvement on everything. High-level tennis play is knowing what to do and when to do it. It is executing the same tactics over and over with consistency," Beaman said.

"There is nothing fancy involved, just an adherence to the fundamentals and consistency. That is what the tennis team needs."

SportsBRIEFS

Mountain bike film to play at Tamarack

"Kranked 6: Progression," a film showcasing the world's premier mountain bike riders, will premiere at Tamarack Resort Canoe Grill at 7 p.m. Saturday. Tickets are \$5, which include a raffle.

The film follows the world's top mountain bike riders, as they travel the world with a challenge, to create the most stunning and progressive mountain bike line ... and ride it. The adventure took them to British Columbia, California, Utah, Scotland, Switzerland and Tamarack Resort.

Kirt Voreis, the 2002 National Dual Slalom Champion and World Cup downhill racer, built and rode his ultimate trail at Tamarack Resort — showcasing his freestyle, street riding and dirt jump competition skills as he tackled Tamarack's vertical.

Renowned filmmaker Bjorn Enga was behind the camera,

and captured each rider in a spectacular and innovative way as they turned crazy visions into mad reality.

Amancio awarded player of the week

San Jose State wide receiver John Broussard, Boise State linebacker Korey Hall and Idaho place kicker Tino Amancio were named the Western Athletic Conference offensive, defensive and special teams players of the week, respectively.

Amancio, a sophomore from Fontana, Calif. (Chaffey JC), made both of his field goal attempts and all five extra points in Idaho's 41-21 win at Utah State. Amancio hit field goals from 19 and 42 yards out. His 11 points matched the season-high by any kicker in the WAC this season.

UI's junior cornerback Stanley Franks was also nominated for defensive player of the week and quarterback Steve Wichman was nominated for offensive player of the week.

NationalBRIEFS

MLB post season match-ups set

It took six months and all 162 games, but the Major League Baseball playoffs have been set and are scheduled to begin today.

The American League Central Division was finally decided after the Detroit Tigers were swept by the Kansas City Royals, giving the division crown to the Minnesota Twins.

The Twins were rewarded with a first-round match-up with the Oakland Athletics that starts today in Minnesota.

After their sweep at the hands of the Royals, the Tigers will travel to New York to play the vaunted Yankees.

In the National League, the St. Louis Cardinals fended off the Houston Astros to claim the Central Division and will welcome the Western Division champion San Diego Padres.

The Los Angeles Dodgers, who claimed the wild card, will travel to New York to square off against the National League

East-winning New York Mets.

Robinson, Baker, others not returning

Several baseball teams will feature new managers next season, including the Washington Nationals, Chicago Cubs and San Francisco Giants.

The Nationals announced manager Frank Robinson would not be returning next year after leading the club to a 71-91 record this season. Robinson finished his managerial career with a 1,065-1,088 record over 16 seasons with four different clubs.

The Chicago Cubs and skipper Dusty Baker will also be parting ways after the Cubs only managed a 66-96 record this season. In his four years with the team, Baker was unable to lead Chicago to the World Series and finished his term with a 322-326 record.

Baker's old club, the San Francisco Giants also decided to move in another direction and said goodbye to Felipe Alou after a 76-85 season.

Men's golf wins Vandal Fall Classic

Teamwork was the key as the UI men's golf team captured the Vandal Fall Classic Tuesday afternoon. The Vandals had a 54-hole total of 853 to finish six strokes ahead of runner-up British Columbia and Portland.

"The team played great," Idaho coach Brad Rickel said. "The biggest thing is, everybody contributed. Everybody had good rounds. It was just a total team effort."

During Tuesday's final round, Gabe Wilson fired a five-under 66 to climb into a tie for fifth as Idaho's top finisher. Jacob Koppenberg shot a two-under 69 Tuesday to finish at 213 to provide the Vandals with another top-10 finisher with his tie for seventh.

Colter Kautzmann tied for 19th with Brad Tensen (218) at 21st, Russell Grove (220) tied for 26th, Craig O'Meara and Aaron Biel (221) tied for 29th and Ryan Morton (262) at 74th.

Cross country impressive at invite

The UI cross country team finished third (women's) and eighth (men's) at the Charles Bowles Invite on Saturday, highlighted by Rhea Richter's third-place finish for the women.

Richter, a freshman from Hennstedt, Germany, was the top collegiate finisher in the women's gold division, running the 5k course in a time of 17:37.70.

Performing impressively on the men's side was Kevin Friesen, who finished 13th out of a field of 228 runners in the men's gold division with a time of 24:47.15.

As a team, the Vandal women placed four runners in the top 30 of the race, which featured a field of 180 runners.

Sophomore Allix Lee-Painter finished 21st, freshman Melissa McFadden finished 26th, junior Breanna Chipney finished 27th and senior Melinda Ouwerkerk finished 87th to round out the scoring for the women.

Also running well on the men's side were Mike Thompson (32nd), Matt Racine (42nd), Kevin Merkling (74th), Derek Laughlin (81st), Kevin Potter (91st), Steve Potratz (116th) and Ian Chestnut (149th).

A pair of Vandal runners, Dee Olson and Mandy Macalister, competed unattached in the women's gold division. Olson won the event with a time of 17:01.40, while Macalister finished fifth with a time of 17:39.75.

Idaho's next action will be at the Eastern Washington Invitational on Oct. 14 in Cheney, Wash.

SportsCALENDAR

Today

UI volleyball at Gonzaga
Spokane
7 p.m.

UI soccer at Eastern
Washington
Cheney, Wash.
4 p.m.

Thursday

UI volleyball vs. Fresno State
Memorial Gym
7 p.m.

Intramural team tennis entries due

Friday

UI soccer vs. Hawai'i
Guy Wicks Field
3 p.m.

UI tennis at Montana
Tournament
Missoula, Mont.

Saturday

UI football vs. New Mexico State
Kibbie Dome
2:05 p.m.

UI volleyball vs. San Jose State
Memorial Gym
7 p.m.

Sunday

UI soccer vs. San Jose State
Guy Wicks Field
1 p.m.

Intramural team tennis play begins

Monday

UI men's golf at District 7
Shootout
Las Vegas, Nev.

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VANDALS

from page 10

transferring from a community college in Las Vegas. I didn't plan on this rivalry coming about. I should have known. My brother set himself on the track to Cache Valley a long time ago.

Since we are being honest here, I hate Cache Valley. Just so you know.

Despite that, I still wanted to go to the game. It's only been a few months since I last saw my brother. We didn't talk a lot or hang out. He had his life and I had mine. Now that he's in college, we talk every weekend and swap text messages two or three times a week. We trade dirt on our teams, talk about the NFL (he's a Green Bay fan and I'm a diehard Patriots fan — before they started winning Super Bowls) and I tell him who won that

week's NASCAR race. Basically, we are acting more like brothers than ever before.

All because our respective universities are athletic conference rivals.

So I didn't make it to the game. However, I watched it as I was writing this and talked to my brother on the phone. I could hear the crowd at Romney Stadium going wild.

The Aggies, victims of three shutouts in four games, actually scored. I could hear my mom, who made the drive to Logan from Ely, Nev., trying to cheer and boo at the same time.

My mom doesn't play favorites. Instead of wearing a Utah State shirt or the Vandal Game Day shirt I sent her, she wore an Oregon Ducks shirt.

My sister is a Duck.

At least one team in my family isn't a cellar-dweller.

TOO MUCH

from page 10

"They have a lot more depth than us and this is still a new program, but it is never fun to lose," Stone said. "We have been working really hard so we were a little tired, but by the next meet we should be doing a lot better."

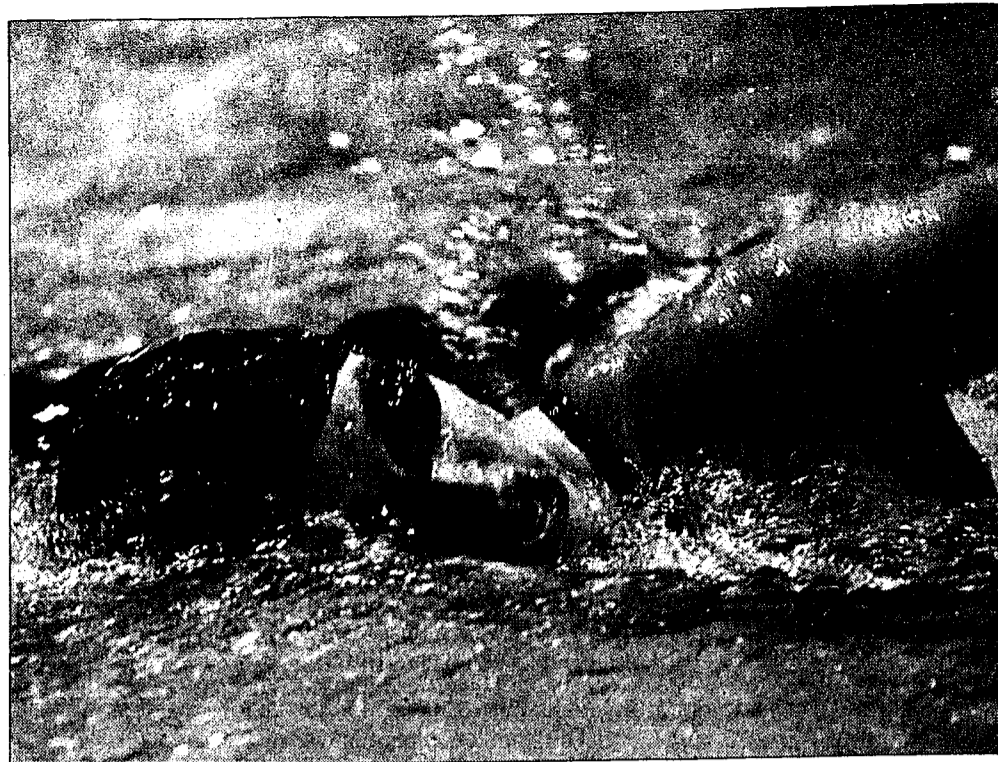
Stone admitted to being nervous even though it wasn't a big meet, but she said the veteran swimmers on the team made her first collegiate meet a much easier and smoother experience.

"I have to definitely say that the older girls make it so much easier and less stressful for us freshmen," Stone said. "I was really nervous, but the rest of the girls were there to help us have fun and enjoy ourselves."

A mix of Johnny Cash, Tom Petty and U2 played over the speakers throughout the night to help keep the young swimmers relaxed, but Jager said there were mixed results for his freshmen.

"You know some of the freshmen swam great but some of them swam nervous," Jager said. "For them it is tough to get used to my type of program. Our style is just not conducive to early season meets."

Despite the poor results on paper, Jager was upbeat and excited about seeing his team perform against a very talented swimming program. Luckily for Idaho, there is still plenty of time to grow and improve.



Bruce Mann/Argonaut

At the first home meet of the year against Washington State, freshman Amanda Nerbovig swims strong during the 1,500 freestyle relay on Friday at the UI Swim Center.

"Our attention is always going to be on the WAC (Western Athletic Conference), and fortunately for us, Sept. 29 is not our focus."

Just relax and take a long deep breath:

To exercise effectively, it's all about rhythm and pace

By Richard Seven
The Seattle Times

Breath is as basic as you get, especially for athletic performance, yet most of us do it at only a fraction of our capability. We hold our breath while swimming. We let it get out of sync while running or lifting weights. We don't exercise our lungs and wonder why they burn when we finally go all out.

Our aerobic capacity generally declines 6-10 percent with each decade we age, and genetics plays a major role in lung capacity. But oxygen consumption can improve 8-15 percent with training.

Find yourself out of breath easily? It could indicate underlying heart or lung disease, but usually it means you're out of shape.

"If someone fatigues too quickly or they get winded quickly, or develops chest pain or even does not improve

with training, they should seek medical attention," says Dr. Steve Kirtland of Virginia Mason Medical Center in Seattle.

Pulmonologists like Kirtland are trained to diagnose what may be limiting people; they use a variety of tools such as exercise tests that measure how oxygen is processed.

You cannot make your lungs stronger. They are not muscles. But training improves how efficiently muscles process oxygen. Generally, a cyclist will be more efficient in using oxygen when cycling than he or she would be swimming or running. Still, says Kirtland, exercise of any kind improves cardiac response and health.

Experts recommend training at about roughly two-thirds of your maximum heart rate for 30 minutes about two or three days a week. (To determine your "submax" level, subtract your age from 220.) Training at this level helps avoid chance of injury and muscle fatigue so

you can train longer.

Breathing is never as critical as it is in swimming.

Victoria Scott, a Seattle personal trainer, grew up swimming. She worked as a lifeguard and swim instructor and also wrote swimming books for the Red Cross. After she finished her first triathlon in 1994, at age 46, she tried talking friends into doing one with her. Almost everyone said they would if it wasn't for the swimming leg — because they couldn't breathe while doing it.

In fact, so many said it that Scott was inspired to launch her career as a personal fitness trainer and to eventually become a certified USA Triathlon coach. She has been teaching people to "breathe" ever since, with the front crawl stroke, which she says is the most efficient stroke.

"The biggest problem in breathing while swimming is that every breath we take is like it's our last breath," says Scott, who owns the Body Electric Fitness Co. "We take a long, deep breath down to our navel, and now we have to exhale before our head is out of the

water to take the next breath."

In other words, newbies take in too much air and don't have enough time to let it out while still under water. So they turn their heads (rotating the body, actually) to take the next breath.

"That's when we start survival swimming. Our bodies go vertical, and we do weird things with our arms and our kick to hold our head up long enough to finish our exhale. And then inhale when our mouth is still out of the water."

You must establish a breathing rhythm. Scott breathes on her right side every stroke. She simply sips air because she will be up for another breath in two seconds. She rotates her head, shoulders and upper torso to the right 50 to 55 degrees with her left eye and ear in the water as she takes a breath.

Once she has caught the proper rhythm, keeping both arms doing the same thing and using her kick to stay horizontal, she can play with the pace — breathing every other stroke or alternating her breathing between the right and left sides.

In Pilates, you are taught to take full,

deep breaths. They are that integral to moving efficiently through the exercises. The breathing pattern is designed to get circulation flowing more robustly and improve power and focus.

"Pilates breathing has many benefits that our day-to-day, unconscious breathing does not provide," says Stephanie Dalton, founder of Maya Whole Health Studio. "It relaxes tension in our bodies, gives our blood a better exchange of oxygen, and employs our abdominal muscles. And it helps not only with the body, but with the mind and the spirit."

As you breathe in, focus on expanding the side and back ribs. The diaphragm contracts and relaxes. Pilates breathing gets the diaphragm moving downward during the inhale, allowing space for air to fill the lungs, she says.

As you breathe out through the mouth, focus on blowing out all the air as if you were wringing out your lungs. This contracts the abdominals connected to the ribs and helps recruit the lower abs.

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