MDA telethon
UI support falls short

BY DAVID PIERK

University of Idaho student support for the Muscular Dystrophy Association was down sharply this year as MDA coordinator Lillian Shutz's hopes, while the Moscow community filled the gap with its support of the MDA.

Moscow residents worked to raise a total of $8,500 for the local chapter of the MDA, which supports some 600 families affected by the disease. Fundraisers included a series of bowl-a-thon by local organizations such as the Eagle's, K-Mart, the Moscow-Pullman Post Office and a "Hotel Telethon" between local hotels. Another fundraiser, the Budweiser Shamrocks, raised $3,400 from local bars, $1 at a time, in three weeks, Shutz said.

From a booth set up in the Palouse Empire Mall, additional funds were raised, with many mall businesses offering support services ranging from discount food for volunteers to video games dedicated to bringing in quarters for the MDA.

"I would like to see more students get mobilized, so we can work from the bottom up," said Shutz, son of Jerry, who has been involved with the MDA in Moscow for seven years. "It's all a mushroom effect—once people get involved and see the results, they stay with it. But we need to get students motivated, especially fraternity and sorority groups." Shutz plans to help organize several student fundraisers, including a ski-a-thon and a tennis-a-thon, for next spring.

The Moscow Air Force ROTC volunteered time to answer phones for the Jerry Lewis Telethon, aired on KREM-TV Sunday and Monday. National funds are spread throughout U.S. districts for research, while MDA funds raised by the community help support local victims of the disease, Shutz said.

KREM newscaster Tom McArthur said, "This telethon is the Rolls-Royce of telethons. Some 200 TV stations across the country broadcast the Jerry Lewis MDA telethon—that makes it the largest telethon in the world." Last year, $33 million was raised during the telethon.

At the Palouse Empire Mall this weekend, KREM 2 news reporter Tom McArthur (far left) and Jeff Landstrom (far right) talk about the donations being taken for the Jerry Lewis MDA Telethon. (ARGONAULT PHOTO)

"From research we've learned that there are 40 muscle-destroying diseases, 12 of which are dystrophies," McArthur said. "Most versions of the disease are hereditary and affect young children, giving them a life expectancy of 12 years at best. But often, muscular dystrophy will suddenly kick in, striking young people between 20 and 30. In this age group, the life expectancy is three years at most," he said. "We're here to find out why it happens, and to make it not happen. Victims of the disease go from crutches to wheelchairs to hospital beds," he said. Northwest MDA research labs are located at Washington State University and the University of Washington. At present, no significant research has been done at the UI, but the telethon ended Monday, donations for the local MDA chapter are still being accepted by Shutz at 882-5237.

Problems with converted dorm

BY MEGAN GUIDO

When the women of Willis Sweet moved into their dormitory in late August, they did not like some of the things they found in their new home just as soon as this Christmas, he said.

Residents of Willis recently put together a wish list of items they might like Housing officials to supply. They gave the list to their area coordinator, who gave it to Housing officials to supply. They gave the list to their area coordinator, who gave it to Housing officials.

"We will give them everything that we can get them," said Housing officials.

"We have to put some weight on their demands first," he said. "If we get their demands met, we then have to look at the next system.

The work will be finished within three weeks, Lahn said. He said he did not know how much all this would cost in total.

The Idaho State football team looked to be a lot of things, outcome. "It was real performance," Coach Keith Smith's team, behind victory, we just some stopped ourselves.

Gibberson's particularly side that Maverick lost first half time.

In a game

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"In the ball, something to fill the needs of the team," he said. Indeed, the performance included a

The
drives, opponents.

The Vandals

seven times quarters for the...
Women's Center gears up for fall

BY SHELLY WATSON

If you are involved in a relationship that isn't working out, think that you could be doing better in school or if you just want to talk to someone about your problems, you should make a visit to the University of Idaho's Women's Center.

The Women's Center, located behind the Learning Resource Center, is a comfortable setting for anyone to escape from the day-to-day problems of college living.

Betsy Thomas, director of the Women's Center and a licensed social worker with 20 years of experience, outlined a few of the programs that are offered by the center such as person-to-person counseling and lunchtime lectures that begin September 23.

Thomas said that the center handles hundreds of students each year dealing with sexual questions, deaths and even rape. Cindy Carlson, the professional counselor at the center, and Thomas recently visited living groups to talk about acquaintance rape. The lecture consisted of prevention tips, counseling, legal rights and support offered on campus.

If you are interested in becoming involved with the Women's Center call 885-6616.

THE university's Women's Center offers services from counseling to free lectures. Men are also welcome to inquire about services sponsored by the center.(ARGONAUT/Photo).

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In addition to the unveiling of the banner at half-time, fans saw the centennial athletic logo for the first time. It has been painted on the Kiddie Dome football turf and will appear as a special patch on the left sleeve of the football uniforms.

UI fundraising campaign

Today the University of Idaho will announce details of the largest fund-raising campaign ever conducted by an Idaho institution. At formal presentations and news conferences in both Moscow and Boise, the university will outline the "Second Century of Distinction" campaign.

Serving as honorary co-chairmen of the multi-million dollar effort will be former Ambassador to South Korea, Phillip Haish, industrialist J.R. Simplot of Boise and Sen. James McClure.

Prichard Opening

A showing of works by 17 artists from New York to Oakland, Calif., and several points between, will kick off the 1987-88 exhibition season Friday at the University of Idaho's Prichard Art Gallery.

The show is entitled "Viewing the Figure—Rejecting the Self," and will be held Sept. 11 from 6 to 9 p.m. at the Prichard Gallery, located at 414 S. Main St. in downtown Moscow.

The Prichard Gallery is open Wednesday through Sunday from 1 to 7 p.m., except Fridays, when it is open from 1 to 9 p.m.

Banner unveiled

The official University of Idaho centennial banner, the UI Centennial Feather and the centennial athletic logo were spotlighted at the first football game of the season last Saturday.

In addition to the unveiling of the banner at half-time, fans saw the centennial athletic logo for the first time. It has been painted on the Kiddie Dome football turf and will appear as a special patch on the left sleeve of the football uniforms.
AIDS on campus: where we stand

Disease requires new measures be taken

BY LARIEE UDIEL

Despite all the candid attention it's receiving nationally, condom use is still a tender subject at the University of Idaho.

The contents of a popular advertisement today includes a woman talking casually about buying a condom as she would a pack of chewing gum. This woman is not from the UI. In an attempt to educate the public about the transmission of the Acquired Immune Deficiency Syndrome (AIDS), the media has launched an all out, very frank campaign explaining ways one can protect themselves.

As students at the UI are becoming more aware of sexually transmitted diseases (STD's), they too realize the importance of protecting themselves. They just have a quicker way of doing it.

“It's embarrassing enough buying them, let alone being quoted about it.”

The surgeon general has determined that the use of a condom not only protects against STD's, but it may protect against the life-gripping illness, AIDS as well. A sexually active heterosexual still has a 33 percent chance of contracting AIDS while using a condom, but this still leaves a 66 percent chance of not catching it.

So far, no AID's cases have been reported at the UI, but this pleasantries doesn't discourage caution among students. STD's are travelling across campus in different directions, and though not rampant, their presence is significant.

Condom sales have steadily increased in the past two years at the Student Health Center. Since one does not need a prescription to obtain condoms, they are sold right over the counter. The Student Health Center has sold 47 boxes since July 1, 1987, and predicts they will sell many more as the year wears on.

Dr. Robert Leonard, of the Student Health Center, feels most students are educated about STD's, though "they are not always adequately protecting themselves". Women are encouraged to buy condoms through the national media, but so far in Moscow it isn't very evident. Janine Benetti, an employee at Drug Fair in Moscow, hasn't seen any large increase of condom sales.

UI students do not want to be identified on their own conservative practices but they do have definite opinions. An accounting major concurred that his moral law was "no glove, no love" but he did not wish to be identified. Another young man said "It's embarrassing enough buying them, let alone being quoted about it."

CONTESTS have been sparked across the country, as condoms are appearing in a growing number of retail stores. Students are going to great lengths to avoid embarrassment while condom shopping. (ARGONAUT PHOTO: ILLUSTRATION/THIN DALHQUIET)

POSITIONS OPENINGS

The Moscow Police and Firemen's Department is currently accepting applications for the following positions: YOUTH FLAG FOOTBALL SUPERVISOR, YOUTH SOCCER SUPERVISOR, FLAG FOOTBALL & SOCCER LEAGUE DIRECTOR, both supervisors must be available from 3:00-6:00 p.m., Mon., Fri., and on Saturdays. Pay for these positions will be $30.00/hr. Applicants must have a thorough knowledge of flag football/soccer, and the ability to work well with the public. Both supervisors will be paid to work 3:00-6:00 p.m., Mon., Fri., and Saturdays. Pay is $3.00/hr. Applicants must have a good working knowledge of the rules and regulations of the sport.

Applications for these positions will be accepted until 12:00 noon on Wed., Sept. 9 at the Upper Youth Center, 1615 East 5th St. The City of Moscow is an Equal Opportunity Employer.

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Good for the Greeks

Comparing the Greek systems of Washington State University and the University of Idaho is like comparing night and day.

That's because while Wazzu Greeks have spent late nights dodging legal run-ins and complaints from the Pullman community, Idaho Greeks have been winning university awards and community praise on a daily basis.

Things have gotten really bad at WSU. Less than a month ago, Greeks had almost the entire Pullman community in an uproar about rush noise complaints. Pullman fraternity members were also embarrassed when a pet pig got loose, running through campus streets and creating a scene.

And as if that wasn't enough to deal with, WSU officials announced Thursday that their Interfraternity Council had so many problems that it was going to have to be reconstituted. Many Pullman IFC events have been canceled as a result.

Although WSU Greeks are bowing their heads, Idaho Greeks can hold their heads high knowing that they have an excellent community image. But maybe that's because they deserve one.

Every Idaho Greek house contributes to community service and fundraising projects that help not only Idaho, but national philanthropies.

Last year, IFC's IPC donated money to the Wishing Star Foundation, an organization which helps terminally-ill youths fulfill their dreams.

Meanwhile, the men of Sigma Chi, Alpha Tau Omega and Sigma Alpha Epsilon won a university award for their sponsorship of local Cub Scout troops. Volunteers from the houses donated both money and time to make sure youngsters have meaningful experiences with the Scouts.

Each fall, the men from Sigma Nu and Beta Theta Pi earn both money and praise, as their 24-hour baseball marathon raises money for the Mountain States Tumor Institute. And the men of Tau Kappa Epsilon and Sigma Chi back to raise money for St. Jude's Children's Hospital.

Sororities like Alpha Chi Omega catch support for Cystic Fibrosis research by holding their annual FRISBEE Golf tournament. The Delta was har vested donations at an annual Anchor Splash, and the Alpha Gamma Deltas trick or treat for UNICEF.

Other groups help everyone from Friends Unlimited to the Muscular Dystrophy Association. In fact, Idaho Greeks have been helping so many organizations that it would be difficult to list them all.

But who knows? Maybe it's time someone did. And they could mail that list off to Pullman, where Wazzu Greeks could continue to try and attain the excellent community image that Idaho Greeks already enjoy.

Paul Allee
Get involved in the Phonathon

Editor: Once again it is time for the Phonathon Committee to start preparing for another successful fund raising event. This year we are hoping to exceed the $342,000 in pledges that we received last year at the Phonathon.

Many people don't realize that this annual Fund Phonathon raises dollars that benefit all people at the University of Idaho. There is a wide assortment of items that the Phonathon helps the university purchase. For example computer and lab equipment. Scholarships are also another valuable item that comes from funds raised at the Phonathon.

You can help increase the amount of pledges we receive by volunteering some of your time. Medical students or any other students are needed to serve on the Phonathon Committee. If you are interested or would like more information concerning this years Phonathon please call Linda Williams 885-7069 or Keith Nyberg 885-7031. The first Phonathon meeting is set for Wednesday, Sept. 15 at 6:30p.m. at the SUB. Get involved and help out your University!

Keith W. Nyberg

The Gospel according to Bruce

Editor: I was quite surprised to see the Gospel according to Bruce return to the pages of the Argonaut (Commentary of Sept.1). For those of you unfamiliar with Mr. Dose's particular brand of ravings, you'll find them remarkably similar to the Gospels according to Greg and Doug - Kolar and Wilson, respectively. Although the AIDS virus has become a very serious problem in this country, it's unlikely that Mr. Dose's over-simplistic and unrealistic solution will achieve any favorable results.

Mr. Dose asserts that if we "turn from our wicked ways... and return to God and His moral sanity, AIDS will cease to continue." Like most of the prophets of gloom and doom, Mr. Dose typically fails to recognize that there are no moral absolutes in a complex world. And, even if there were, whose version of God and whose version of God's "moral sanity" would we use to achieve the discontinuation of AIDS? With so many varied and contradictory "truths" and denominations, what group or sect has any more of a claim to Biblical accuracy than the next?

Perhaps we should all adopt the "moral sanity" of Jim and Tammy Bakker or perhaps the "moral sanity" of the televangelist hucksters who will lead you into their version of God's kingdom - for a price. In any case, if we are to rid ourselves of disease like AIDS (and religious fundamentalism), it will have to be done by cooler and more rational heads than those of the Bruce Dose of this world. Quite simply, one cannot mix one's head in the mud and look at an issue from only one side and make a value judgement based on that limited perspective.

Todd Harper

Before you choose a long distance service, take a close look.

You may be thinking about choosing one of the newer carriers over AT&T in order to save money.

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nationally acclaimed Brazilian director, Nelson dos Santos was obliged to make his film Jubila under the strict reigns of French television producers. Dos Santos had to squeeze the story into 90 minutes and ended up with "huge narrative gaps. (Dos Santos) is aware of them. He couldn't do anything about it," said West.

The increased democratization of some Third World countries, such as Brazil and Argentina, has made censorship into a lesser factor, "in Argentina's former military dictatorship there was harsh censorship, it was sometimes dangerous to make films," said West. "Argentina now is making a real effort to export its products," he continued. The Official Story, an Argentinean export, won an Academy Award this year for Best Foreign Film. Also from Argentina, Man Facing Southeast has won the International Film Critics Award. This new-found quality signifies "a blossoming of film-making freedom in Argentina," said West.

West's travels to such far-flung locales as Cuba and Toronto to attend international film festivals have led him to believe that American distributors are more interested in marketability for foreign films than quality. "Distribution is haphazard. I see good films in film festivals abroad that are never distributed in the U.S." said West. One example he gave for the odd twists that can occur when American advertisers get a hold of a foreign film is the case of a Brazilian comedy called Macassarina. "That's a man's name. It has no translation. It was marketed in the U.S. as Jungle Frakes with the blurb-reading 'From Brazil, Where the Nurse Comes from.'"

"I'm not saying that's good or bad. It's just an example of different aspects that distributors choose to emphasize," said West.

**FEATURES**

West has Micro's ear

*by Kirk Laughlin*

One might think the Moscow area to be isolated from culture, but Dennis West, an associate professor in the University of Idaho Department of Foreign Language and Literature, is devoted to broadening the horizons of not just residents of the Pacific North-west, but many Americans as he can.

On the local scene, the Micro Theatre has, with much help from West's recommendations of Latin American films, built an international and known reputation for itself. According to West, the Micro is "an important artistic and cultural presence." He went on to say that when the Hobby granted the Micro Film Hour of the Star was distributed on a limited run in the United States last year, it "hadn't played much of anywhere except major cities and yet the Micro still had it."

Part of the Micro's success can be attributed to West's expose on Latin America and its art. He has written numerous works on the subject which appear in major reference works and, "somewhat immediately," he admits to being one of the countries leading experts on Latin America.

West's main interest, cinema, grew out of his interest in Latin American literature. "In many ways, cinema is a more powerful medium," he said. He also finds it appropriate that "Film is becoming more and more recognized as a subject of study (and that) since the 1970's its come into its own as a subject for scholarship study." Not all of West's knowledge has been gained academically, though. His understanding of the area comes from the year and a half he spent living in Lima, Peru and his travels through the so-called Third World which included Brazil, Argentina, Chile, Mexico, Nicaragua and Cuba.

"I think it's important for more Americans to go to the Third World," said West. He pointed out that most people looking at a map of Central America couldn't pick out Nicaragua but every Nicaraguan schoolchild knows where the United States is.

The general lack of knowledge about Latin America was underlined in 1981. "Newsweek presented the story about the covert Contra War in Nicaragua. (Of this year's) Latin American scholars had known about it for several months." West cited travel and the subscription to specialized journals as ways for people to better acquaint themselves with the Third World.

The films West is interested in from this part of the world, as well as the ones he recommends to the Micro, fall into one of two categories. "The vast majority of films produced in Latin America are commercial ventures. They are made in Mexico and Brazil, cheaply and quickly. One example is the "wrestler" genre which is popular now."

"The other type and the type I'm interested in are films with serious themes, usually social, economic, or political. I also look for a certain amount of artistry and style," said West.

The most common restraint on Third World film making is "funding," claimed West. Even directors with prestige and financial success in Western countries, "are at the whim of producers. The inter-

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ENTERTAINMENT

'Music Man' a mixed bag

BY CHRISTINE PAKKALA

The man in the audience of "The Music Man" tapped his feet and waved his arms as if conducting a familiar tune for his generation, "76 Trombones." He loved the Summer Palace Theater's revival last week of the popular American musical at Washington State University's R.R. Jones Theater. He was the only member in the audience who gave that performance a standing ovation.

Younger members seemed to be less enthralled. The teenaged couple behind him were bored and even groaned at the unabashed sentimentality of some of the scenes and songs, such as "Goodnight My Someone" and "Till There Was You." It was before these generation gaps and accompanying variety of reactions that the cast performed. The teenagers may have been overly critical because they are accustomed to a more realistic, sophisticated form of entertainment. Also, perhaps they couldn't identify with the old-fashioned morals and codes of behavior exemplified in the early 1900's period of the play. For example, Marisa, the town librarian is deemed an "old maid" by Anäsylia, a young music pupil, because she is still unmarried. The older man wasn't overly critical because "The Music Man" and its good-natured Americans are possibly the stuff of which his memories are made.

But between condemnation and complete approval was a performance with high and low points. William Shephard marched through the show with great style and smooth charm. He played the dapper Professor Harold Hill, a travelling salesman and woman who comes to the small town of River City, posing as a band leader. His plan is to sell band uniforms and instruments then hightail it out of town. The plan fails, then crashes when he falls in love with the sweet and still-single librarian, Marian. He becomes an honest man and turns himself in, to the sweet yet stanch Marian at his side. It is, like all musicals, a happily ending story.

It was Shephard's professionalism and confidence that carried much of the show's weight. The lighting director missed the cue and Shephard said to Tommy Diljas (played by Rafel Wadleigh) as they walked onto a dark stage, "This is a perfect example of an eclipse. It happens every once and awhile in Iowa." The audience roared. Teresa Nesley as Marian Paroo also gave a good performance. Nesley fulfilled the basic necessities of the female lead in a musical: to look pretty, face, strong voice and portray the combined qualities of sweetness and fiery independence.

Lance E. Rabbitt as Marcellus was hilarious. He looked the part of the town clown and wise guy, with a dumpy, mischievous face. Rabbitt threw vitality into his performance.

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Downtown Moscow

Entrepreneur In Brief

Watt's happenin'?

Former Secretary of the Interior, James G. Watt, will be lecturing at the UI in the SUB Ballroom on Sept. 15 at 8 p.m. Having served in many top government positions over the past 16 years, Watt has made a dramatic impact on the public policies of the United States and the management of our natural resources.

Watt has established himself as the most forthright and controversial spokesman for American conservatives. The topic of his upcoming lecture will be "The Courage of a Conservative: A Prescription for America to Prepare for the 21st century."

Newhart comes to WSU

Vermont's most famous inkpenker and Chicago's most famous psychologist will be at the Beasley Performing Arts Coliseum this semester, all in one package.

Bob Newhart, star of two long-running television shows bearing his name, will be at WSU for the Dad's Weekend festivities Oct. 19.

The Loyola alumni got his start in acting doing theatrical school in his hometown of Oak Park, Ill. Since then, Newhart has recorded several comedy albums, headlined in Las Vegas and colleges nationwide, and had successful runs on television twice.

Tickets for the Dad's Weekend performance will be $14 and $12. They can be purchased at all G&B select-a-seat outlets after Sept. 19.
For over 30 years, Albert Collins has brought a unique blend of the blues, funk and rhythm and blues to the world.

"My music isn’t the slow stuff that people associate with the blues," Collins said. "It’s faster, more geared to the younger kids. I’d like to be able to get up and dance, not to get bored.

UI students will certainly have the opportunity to do just that, as the internationally renowned blues artist is transformed into a nighttime for the performance tonight. Collins’ latest lp, Cold Snap, is evidence of his musical breadth. The songs are upbeat and raucous, with more than a little humor showing through the finely-woven fabric of music and lyric.

"That’s the way my music usually comes out, you know," Collins said. "With a little funk. You can get tired of the real slow, and blues. If I was in a bad mood, I wouldn’t want to play or listen to something that is go-

Albert Collins’ ‘Cold Snap’ looking to depress me more. I want something exciting, that will cheer me up.

At 56, Collins’ career has spanned two generations of music aficionados, and a new one is discovering his music and that of his fellow bluesmen. "During the early ’50s and ’60s when I started playing, there was a lot of interest in the blues, especially among the more mainstream people, with Eric Clapton and everyone around. When the 70’s came around, though, things started slowing down, and it was hard

to get an album out."

The age of disco was not conducive to the blues, but the current resurgence of interest in the genre has put Collins’ style once again in the forefront.

‘I’m really happy with the new interest in the blues,'" Collins said. "With the work of new artists like Robert Cray and Stevie Ray Vaughan, a new group of people is getting into the blues. I personally enjoy listen-
ing to their albums."

Collins is generally attributed with getting Cray his start in the music business, first by playing in Collins’ backing band, and later as a solo artist.

‘I first met Robert when my band played at his high school graduation in Tacoma,’ he said. ‘Later on we got together and he played in the band. Now he’s just like a relative to me. I’m very happy with his current success.

For the near future, Collins is off to Australia following his current tour through the United States.

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The Idaho Lady Vandal volleyball team split two matches this weekend, losing to Washington State University on Friday night and knocking off Whitworth College on Saturday. Both matches lasted only three games.

Friday night the ladies jumped out to an early 11-3 lead in game one on the host Cougars, but allowed WSU back in the game and eventually lost 14-16. In game two the Cougars utilized the momentum they gained in game one and defeated the ladies 15-7. In the final game of the match the Lady Vandals fought long and hard before dropping another 15-7 game.

The most controversial moment of the match came in game one. With the score tied 14-14, sophomore Leslie Boschoff was called for a double hit. Lady Vandal coach Pam Bradetich, obviously upset by the call, discussed the play with the officials, but to no avail. WSU gained the serve and scored two straight points for the win.

"The turning point of this match was definitely game one," Bradetich said. "We were in control of the game and allowed them to get back into it and then they pulled it out. They gained the momentum heading into game two and took advantage of it."

Bradetich refused to use the controversial call as an excuse, but did offer, "It definitely made a difference in game one, but we allowed them back in the match before that play."

On Saturday the ladies easily defeated Whitworth by scores of 15-2, 15-11 and 15-13. This match saw Bradetich play every player on the team for the first time this season.

This weekend the ladies travel to California for the Cal. St. Fullerton Titan Volleyball Tournament. The team will return home next weekend for a match in Memorial Gym with Gonzaga, beginning at 7:30 p.m.

JUNIOR Kasha Christensen awaits her chance to get set during practice last week in the Memorial Gym. At 5'9" she is one of several recruits Idaho has gotten from Washington. (ARGONAUT/Randy Hayes)

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Plyometrics improved running

BY JOHN BEE

The major problem with runners today is not their racing form or their workouts, but even the mile that they get every week. A lot of runners are now looking for that extra boost of power for the final kick of the race that their minds say they have, but their body just won't give it to them. A lot of runners complain of having little or no kick at all.

A runner who trains at slow distances will develop slow twitch muscle fibers which provide cardiovascular strength which is necessary for long distance runners. But long distance runners must not neglect training the fast twitch muscles that will develop a fast kick as well as strengthen stamina. The training of fast twitch muscle fibers will increase strength and add to the runners ability to use the greatest amount of strength in the shortest possible time. Weight training for power is fine, but a less intense and more interesting method to use and exercise fast twitch muscles is "Plyometric Drills."

Plyometrics has been used for the past 15 years in Eastern Europe. Plyometrics consists of jumping, bouncing and leaping to train for fast twitch muscle fibers. So, can you improve your running with Plyometrics? It depends on how much you want to improve. Plyometrics is not the answer for all runners, but those who could use an extra kick will find it very beneficial. Plyometrics will increase your stride as well as the frequency. It is best to do your plyometric workout on a soft surface area such as grass or rubber cinder track, and should be done before you go regular running workouts.

Three of the most effective plyometric workouts are bounding.

SEE BODY PAGE 11

Albert Collins
and
The Icebreakers

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WIN FROM PAGE 1

"For a while there, the game could have gone either way," Runkle said. "I knew coming in that we would need to do a couple of things, like keep them off the field and try to control the ball ourselves. In the second half a couple of mental break-downs hurt us."

Vandal Notes: When the UI and MSU last met in 1985, Idaho won the game 46-7. ... The Vandals tallied 533 yards of total offense compared to MSU's 249 yards. In 1985, the total was 591 yards for the UI, 208 for MSU. ... Vandal right and Greg Stobart scored a TD on a 3-yard pass from Terry ... Larry LaVallie rushed for a 3-yard TD in the fourth quarter. ... The Vandals never punted. ... MSU quarterbacks Greg Roe de Lappe and Mike McKnight both played in the 1985 game. ... Safety Don McCanse had both teams with nine unsanctioned tack- ies. ... The Vandals host Central Michigan on Sat. Sept. 12 in the Kil- bitte Dome. The game begins at 7 p.m.

BODY FROM PAGE 10
double leg hops and power skip- ping. Instead of running strides, bounding is leaping from one leg to the other, hence to bound from one leg to the other. Try to emphasize the distance between each stride, landing flat-footed and not on your toes. The center of gravity then goes behind each step and then push forward and leap up. Double leg hops are from a standing position, driving both legs straight up from the ground, bringing evenly off both feet. Your knees should touch your tor- so, if possible. Land evenly on both feet on the descent. When power skipping emphasize a high knee lift. You must push off one foot and land on the same foot before bringing your next foot down. Be sure to focus on getting your knee as high as possible.

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