Depression easy to fall into, but help is available

by Grant MacKenzie

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leeping irregularly? Raving a lot or not at all? Feeling tearful or laughing for no reason? Having mood swings? These may be signs of depression, and there is hope for those caught in the lonely and eerie world of depression.

"Sleeping irregularly is a symptom of depression," said the Director of Student Counseling Center, Dr. Maria Perez. "It's interesting that 75 percent of the students who are exhibiting signs of depression are also exhibiting symptoms of anxiety." Dr. Perez added, "These signs can be very distressing for the student, but it's important to realize that they are not alone." She explained that many students who are dealing with depression often feel isolated and believe that no one understands their struggles.

The Student Counseling Center, in cooperation with the English Department, is offering a free workshop on treating depression and anxiety. The workshop will be held on Thursday, September 15th from 6:30 to 8:00 pm in the Arts and Humanities Building.

Students are encouraged to attend, as depression and anxiety can significantly impact their academic performance, social life, and overall well-being. The workshop will provide students with strategies and tools to help manage their symptoms and improve their mental health. It will also be an opportunity to connect with others who are going through similar experiences.

The workshop will be led by Dr. Maria Perez, Director of Student Counseling Center, and Dr. Andrea Thompson, a licensed psychologist. They will discuss the symptoms of depression and anxiety, the causes, and the various treatment options available.

Dr. Perez emphasized the importance of early intervention and seeking help. "Depression can be treated effectively with the right intervention," she said. "It's crucial for students to know that they are not alone and that help is available."

The workshop will be held in the Arts and Humanities Building, and it is open to all students. Registration is required, and space is limited. Students interested in attending are encouraged to contact the Student Counseling Center at 208-396-4300 or email counseling@uidaho.edu for more information.

India is still the largest international presence on campus

by Brian Passey

In the fall of 2002, India was the most international student nation with 3,943 students enrolled at the University of Idaho. This number represented 12.9 percent of all international students on campus.

The number of international students enrolled in the Fall 2002 semester was 3,943 and showed a 7.5 percent increase from the Spring semester, according to the Office of International Programs. Of the 94 international students, 87 were from India.

In the Spring semester of 2003, 3,084 students were enrolled, representing 9.8 percent of the total student body.

The increased international student enrollment can be attributed to the growing demand for education in India. Many students from India seek higher education in the United States to gain exposure to different cultures and perspectives.

The University of Idaho offers a range of programs and courses designed to attract international students. The University is committed to providing a welcoming and inclusive environment for all students.

It is important for students to understand that the University of Idaho values diversity and offers a variety of resources to support their academic and personal growth. The University provides language laboratory resources, cultural programming, and opportunities to connect with students from different backgrounds.

As the University of Idaho continues to grow, it remains committed to providing a welcoming and inclusive environment for all students. The University values diversity and offers a variety of resources to support the academic and personal growth of all students.
ASUI Productions Presents:

Thursday, Oct. 10th
Admin. Auditorium
7:00pm
Free

ASUI Coffeehouse Concerts & K-UOI Present:
Calvin Johnson w/ fellow K records artists
Sunday, Oct. 13, 7:00pm
Borah Theater, SUB

Catch the Fall...
- Surf kayaking the Oregon Coast Oct 10 @ 10am
- Exploring and Fishing Kelly Crk. Oct 16-20
- Lead climbing clinics Thur 10/5, 4pm, SRC Wall

Stop by the SRC and check the tripod or call 885-8430.

Lessons in Leadership:
Wednesday, Oct. 9th, 12:20pm-1:20pm
Commencement Room
For more information, contact Kim Cole in the Student Activities & Leadership Program Office 885-6301.

Noontime Concert:
Stephen Ashbrook acoustic rock
Wednesday, Oct. 9th
12pm-1pm, Commons Food Court

ASUI Blockbuster Films presents....

The Bourne Identity
Fri, 10-11 & Sat, 10-12
7:00pm & 9:30pm
SUB Borah Theater
$2 all seats

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The Illinois Institute of Art is in one of several Chicago-area colleges that are teaming with gaming companies to create exciting design plans. The institute this year will offer a new bachelor's degree program in game art and design. The school will seek to produce the highly skilled visual communication specialists who will become some of the leading faces in the computer technology industry after graduation next year.

"I never heard art school was teaching this," said Jennifer Ilyce, chair of the institute's animation arts, "but it's exciting to be a part of it." And it also is shedding new light on the Illinois Institute of Art on the relatively new and lucrative basis of the art industry," she said, referring to the drawing classes locked at Northern Illinois University before transferring, "I decided that video and video games were very exciting for the future." And it also is shedding new light on the Illinois Institute of Art on the relatively new and lucrative basis of the art industry." Beyond Calhoun Park, the institute, which is also a leading art school in the Midwest, is in high demand from skilled artists, students and professionals who are looking for new opportunities in the fast-growing animation industry. Students in the institute's animation arts department have created a video game that is being sought after by a number of companies, including Nintendo, which has been working on a new video game platform for the past year. The game, called "The Legend of Zelda: Twilight Princess," is set to release this fall and has been highly anticipated by fans of the popular video game series. The game features a unique visual style and storyline that sets it apart from other games in the series. It also includes innovative gameplay mechanics and a rich, immersive world for players to explore. The game has received critical acclaim for its graphics, storytelling, and overall quality.
Freedom of speech also means the freedom to know

By Natalie D. Johnson
Staff Editorial

In the last couple of weeks, the Argonaut has striven to bring you the truth. We've looked beyond the headlines and the daily news, to bring you a perspective that is not always easy to find. We've explored issues that are not always comfortable to discuss, but are important to understand. We've done this because we believe that it is our duty to inform you, to educate you, and to provide you with a voice.

So when someone starts picking on our kid sister in the dirt, we get a little upset. Recently, Pullman Mayor Milt Chandler decided to approve all information released by the public in the Pullman Police Department. He believed that this was necessary to help the people of Pullman and the surrounding area feel safer.

This decision was met with criticism and controversy. Some people felt that this was an invasion of privacy, while others felt that it was a necessary step to protect the community.

But as we look back at this story, we see the importance of freedom of speech. It is our right to know the truth, to be informed. And it is our duty to provide you with that information.

We may not take each other as seriously as we should on a daily basis, but that's okay. There's always a difference of opinion, and that's a good thing. We should respect each other's views, and be open to learning from them.

This is the spirit of freedom. It is the spirit of the Argonaut, and it is the spirit of the community. And we will continue to strive to bring you the truth, to educate you, and to provide you with a voice.
Brooklyn Cowboys ride between rock and country

By Kate Bowers

The Brooklyn Cowboys is not your average rock 'n roll mentality.

The band sample from genres as diverse as folk, jazz and country, and they have built their sound on a base with country influences or a very country feel. Members of the band feel it is difficult to put the Cowboys in one category.

"I don't know what to call it," Buddy Cage, pedal steel guitarist with the Brooklyn Cowboys, said. "They're not a country band. They're not a country band. They're country. Whatever works to get these songs out."

The band is definitely country influenced, but it features rock 'n roll too much to be considered a country band.

No matter what you call it, the Cowboys have a sound that has not been heard in Moscow for quite some time.

The group's instrumentation is eclectic as the members behind the music. The Brooklyn Cowboys is comprised of Walter King, vocals; Jack "Black" Davis, bass; Brian Waldschlager, drums and vocals; and guitarist Buddy Cage.

Influenced by the likes of George Jones, Chris LeDoux and others, they're "a group of honky-tonk people," Waldschlager said. "We didn't know each other very well. Now, we have a real appreciation for each other and we're now a band in the broad sense of the word. The writing and vocals show a definite soulful edge that connects the musicians of different influences within the band while remaining true to the essence of country music."

Concert

When: 8:00 p.m., Friday
Where: John's Alley

Tickets are $12 at the door. Children under 12 are admitted free with a paid adult.

With as many great artists making up the Cowboys, reaching an audience is something Cage said the band "brings something to the table."

Cage said the band is working on their debut album, "40 Blockesus," which is a collection of original songs that the band has written over the past several years.

"We plan on having our album recorded this summer," Cage said. "Our goal is to have our album out by fall."

The band is currently working on their next album, which they hope to have released by the end of the year.

For more information, call Cage at 208-385-7737. For tickets and more information, call John's Alley at 208-384-1106.

KATIE KERNELLE
FOR THE TIMES
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Bachstein mixes music, politics on unique local radio show

There’s a man with a beard who plays a rare game of table tennis, and in all likelihood, you’ve never heard of him. There’s a man who’s been called a very similar looking guy “Rhythm and Resistance” on KROI. Friday from 6:30-8 P.M., the two in question is Bachstein, who plays table tennis and cooks up some serious beats.

 Courtesy of the man himself, I was allowed to visit his show on Friday. It was a unique chance to gain insight into not only the workings of KROI, but also Bachstein’s radio show.

Bachstein recently began his first segment as a KROI disc-jockey by all accounts. He wrote it. Started on the first Tuesday of the month playing hip-hop and R&B in night clubs. He noticed it was a very similar sound. It was called hip-hop.

It’s his goal to build a network, a base of loyal fans. Visitors are more than welcome to come into the studio with Bachstein man himself.

“Bachstein is the one man show. It’s easy to forget that it’s not just you and the radio; there’s life beyond the four walls.”

Of course, there are all the obligatory requirements much in the way of music, legal identity bulletin, news segments, and the bulk of the program is up to Bachstein, and he’s very good at what he does. He is able to slip in his shows to keep the radio listeners from leaving, he knows when to trash, for example, a show that he has shot. It also happens that he’s just a little bit of his political interest. His ability to talk about social politics is mesmerizing.

For example, Bachstein has a segment Mondays to Thursdays from 6-8:30 PM, featuring songs from artists and groups that might otherwise be shelved. His interpretations of hip-hop and R&B are sometimes so jarring, a result of his own background in the genre.

Bachstein is an avid fan of R&B and hip-hop, and he uses his show to promote new and upcoming artists. He also plays music that he feels is underrepresented on other radio stations. This approach allows him to showcase a wide range of music, including lesser-known artists and genres that might not receive as much airplay elsewhere.

On the other hand, Bachstein also addresses social and political issues in his show. For instance, he discusses the importance of education and the need for increased funding in schools. He also critiques current political figures and policies, offering alternative perspectives and encouraging listeners to engage in critical thinking.

Bachstein’s radio show reflects his passion for music and his commitment to social justice. By providing a platform for diverse artists and discussions, he aims to broaden listeners’ horizons and inspire meaningful conversations. Whether it’s through music or politics, Bachstein’s show offers a unique and thought-provoking listening experience.
Fan support means more to the players than people think

T he Vandals lost again. But not really. Not much today, anyway. Not much of anything, actually. We lost today, the first half of which we were actually about. Why, then, did our football team lose a game so desperately for us Saturday? Was it the simplest question: "Who were we today?" Is our team anything at all?

The Vandals have something like 30 seniors on this roster. Thirty of them were taken up mostly by Idaho fans. Honors. Highs. Lows. Everything. The whole team was filled with silver and gold, and then the entire team was filled with black gray -- the colors of the Montana State University.

At the beginning of the game, the players were, if not completely, then at least completely disoriented. They had no idea what they were doing. They had no idea what their team was doing. They had no idea what the game was about.

But it didn't take long to realize that this was the night the Montana State offense was overpowered by the sheer physicality of Idaho. There was a moment when, if it were not for the Montana State defense, the Vandals could have scored 30 points in the first quarter alone.

The Vandal offense, which was expected to be as potent as a Montana State defense, seemed to have forgotten how to play football. They were missing tackles and runs, missing tackles and runs. They were missing tackles and runs.

The Vandals, and the fans, were left feeling empty. The Montana State fans, left feeling like they've just faced another 12,000.

True, our difficult moving teams were faced with the same problems as this game. True, our difficult moving teams were faced with the same problems as this game. True, our difficult moving teams were faced with the same problems as this game. True, our difficult moving teams were faced with the same problems as this game.

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