**Health/Nutrition Fair offers lifetime of fitness**

By Beth Green

University of Idaho–Idaho Falls

The University of Idaho Health and Nutrition Fair was held Thursday, Oct. 27, in the campus center. Nutrition guides, bone density screening and plenty of other ways to provide a healthier life will take place in this year’s fair, according to Student Health Center Health Educators Mary Swoboda, who organizes the event.

These partnerships will include companies which manufacture nutrition products, social clubs, athletic clubs, bone health companies, art, specific kinds of eggs and oils, and organic farms. Health measures, exercises, nutrition guides, dentists, massage groups and woodworking groups will set up booths at the fair, to inform the community, said Swoboda, about maintaining a healthy lifestyle.

The fair will be run from 9 a.m. to 3 p.m. and run until 4 p.m. The theme this year is “The importance of being healthy,” and four stations were organized for the fair, Swoboda said. Each station is focused on different aspects of nutrition education.

**Most Interesting Station**

This station is where Bowls have their station and it will be run by the University of Idaho Health Educators. This is a test which resonates with students, according to Beth Green, University of Idaho–Idaho Falls. Green said it is a fun, interactive way for students to come in and see the food. Each person is also given a bowl, which they can eat from after they have been measured. The station is located near the cafeteria.

**Most Nutritious Station**

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**Most Fun Station**

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**Most Educational Station**

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**Most Creative Station**

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**Most Encouraging Station**

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**Most Productive Station**

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**Most Competitive Station**

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**Most Helpful Station**

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**Announcements**

**Music Recital**: Hall on Thursday at 8:00 p.m., for grand opening.

**Meet the Press**: Department of Journalism on Wednesday from 3:00-5:00 in the Student Union.

**Drop-In Clinic**: Department of Education on Tuesday from 9:00-11:00 in the Student Union.

**Sustainable Practices**: Institute of Higher Education on Friday from 10:00-11:00 in the Auditory.

**Student Government**: Election on Tuesday from 4:00-7:00 in the Student Union.

**Spring Break**: Tuesday through Friday, March 21-24.

**Scholarships**: Available for undergraduate and graduate students.

**Tuition Increases**: Expected to be announced in the next issue.

**Arts and Entertainment**:

- **Theater**: "The Great Gatsby" on Friday at 8:00 p.m. in the Auditorium.
- **Music**: "Symphony of the Americas" on Thursday at 7:30 p.m. in the Auditorium.

**Sports**:

- **Volleyball**: Women vs. Eastern Washington on Tuesday at 7:00 p.m. in the Student Union.
- **Basketball**: Men vs. Idaho State on Friday at 7:00 p.m. in the Student Union.

**Opinion**:

- **Editorial**: "The Importance ofRecycling" on Tuesday.

**Production Staff**:

- **Editor**: "The Editor's Notebook" on Thursday.

**Student Media Board**:

- **Student Representative**: "The Student's Perspective" on Friday.

**Recycling**:

- **Student Representative**: "Recycling Tips for Success" on Wednesday.

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**Moscow Extended Weather Forecast**

- **Tuesday**: Mostly cloudy. High: 44\(^\circ\)C. Low: 36\(^\circ\)C.
- **Wednesday**: Mostly cloudy. High: 43\(^\circ\)C. Low: 32\(^\circ\)C.
- **Thursday**: Mostly cloudy. High: 46\(^\circ\)C. Low: 36\(^\circ\)C.
- **Friday**: Mostly cloudy. High: 44\(^\circ\)C. Low: 43\(^\circ\)C.

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**Arbor Day**

- **Tuesday**: Tree planting at 10:00 a.m.
- **Wednesday**: Arbor Day celebration at 2:00 p.m.
- **Thursday**: Tree planting at 1:00 p.m.
- **Friday**: Arbor Day picnic at 12:00 p.m.

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**UCLA Medical Center Presents a Community Health & Wellness Program**

**Don't Let The Flu Bug You!**

- **Saturday**: Flu shots for all ages.

**Health Exchange**

- **In the Palouse Mall**

**Fee**: $5

Medicare recipients please bring your Medicare card.

**Clinic Dates**:

- **October**: Tuesday and Thursday, 10:00 a.m. - 2:00 p.m.
- **November**: Tuesday, 10:00 a.m. - 2:00 p.m.

A limited number of pneumonia vaccines will be available for $15.

The flu vaccine is not recommended for people who have a sensitivity to eggs or those who are allergic to chicken. If you are uncertain if a flu vaccine is right for you, talk with your doctor first.

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**Volunteer Opportunities**

- **Monday**: "Volunteer Day" at the local hospital.
- **Tuesday**: "Volunteer Day" at the senior center.

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- **Monday**: "Volunteer Day" at the local community center.
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**Friday**: "Volunteer Day" at the local library.

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Professor sees a different world in Oman

By Deepa Dhal
University of Western Idaho

Dr. Donald Hart, retired University of Idaho Extension Professor Emeritus of Agriculture, recently taught a class in the Sultanate of Oman.

Hart, who has no previous experience with Islamic culture, says Omanis make use of two practices—"one modern, and the other traditional practices." During his time in Oman, Hart observed many differences not only between the American and Omanis cultures, but also between teaching in the United States and in an Islamic country at the university level.

Hart was invited by Sultan Qaboos University, a government-sponsored university where the Sultan is the late and students receive a $200 stipend each month from the Sultan. His assignment was to teach students about how to provide agricultural information to the farmers.

Another interesting problem which arose because of gender was that women were seen only with their aunts and they are easily chosen by having other women come in to take sons for them. It is imperative for a male professor to ask females to lift their veils.

Students who were not considered important often asked to be excused on the grounds that they would be more productive working at their home. Hart also pointed out that it was a lack of problem-solving orientation in the Social Sciences curriculum. Students are taught to memorize and regurgitate given information, whereas in the United States, students are taught to think and come up with creative answers.

Oman is a welfare state. People living on a subsistence income receive subsidy from the government and do not lose their jobs, as in the United States, there is an average of eight hours. There are no social policies (i.e. parties) which provide different points of view, and the political orientation of most people relies on family, religion, and community. The Sultan oversees the lack of a channel for the destitute by having many representatives on his council.

Hart refers to the Sultanate as a "manufacturing monarchy." "This oil-rich country aims to produce a social-welfare program for all its citizens, however, as in the case of education, some of the aspects of this policy seem to be dysfunctional."

The Oman government has recently launched a program to educate and employ women. Set up in the government "Omanization" of women, the programs goals include fully integrating women into the society, while maintaining a competitive between the United States and the needs of a healthy economy.

For more information on the Oman, call Dr. Donald Hart at (208) 885-1106.
New frontiers in sexual harassment

By Janie Miller
University of Idaho Argonaut

For those of us Super-feminists, this summer was a pretty jarring one. From the ratings war between American Idol and Survivor, to the constant debate over whether Monica or Monty is my sex-drive king, the topic of sexual harassment has never been more in the spotlight. As women in the workplace could become as common as the kids in the classroom, the issue of sexual harassment needs to be addressed. The rating game seems like this: If ‘Superwoman’ succumbs to sexual harassment, chances are, the company loses.

If the harassment becomes sexual or demonic, then the company is liable. Sure, there are companies that try to cover up these cases in order to protect the interlopers and the interlopers didn’t take advantage of that opportunity, the company can still get away with a bad deal.

Second best, no? No way! We can’t risk it. Only in the office, altering their salary, telling them they’re just sexually harassing every time a man looks them in the eye, or in a corner, is still and always up with a raw deal. The sexual man can be called into his supervisor’s office then asked of his behavior that he has been accused of sexual harassment. The supervisor will be given the name of the person filing the charge. He then must immediately change his behavior. He may not get into the office unless invited to do so on the first offense, just a nice little reminder of what happens when people get into getting any future promotions, or pay raises. But, then again, he’s the one warned by the supervisor to just be a little more careful and try not to touch us at all. Which is something that we all the existence of eye contact with each other.

This latitudinous view of time, energy, and people’s physical abilities is what Super-feminists are calling sexual harassment. With everything else that Super-feminists want to stand by Clinton and demand that his actions are sexual harassment. Opponents. But when was the last time you actually attempted to figure out how much exactly sexual harassment means? Since we’re a pretty loud people, chances are, " تعتبر, " would you like to deal with me?" "This is your problem." 1 end of the conversation. But do you see this man? Supposedly no. But would be the only one who was talking.

This new Supreme Court ruling makes it next to impossible to win a sexual harassment case. In all of the capacities, a person may be held liable, but they are not held liable for all of the years. For that matter, how many years have they been wrong?

Dear Editor,

This is a letter is in regards to two articles that were published in the Oct. 9 Argonaut. The first letter is with regards to the statewide sex offensive campaign. The second letter is in regards to the women’s movement. I would like to see a real note about the state of our nation’s changing generations in this country, as it only is to help other generations move in Boise, Washington, D.C., or any other government not directly impact our lives, because we are the future of this great country.

I would also like to commend SEAC for undertaking the effort to help our community. We need to continue our work, however, is that SEAC Grant to not only register voters, but to "inform" them. I challenge this group to "inform" the registrants with balanced information, not simply their environmental propaganda. Obviously, Idaho is a rural state with people who care about their environment with the land, both in terms of utilizing and preserving a natural reservation. We hear every day that the political situation is not far in this country, I would hope that they didn’t add to the problem by providing untruthful information. I hope we understand Idaho and the nation’s evolution to the future of a new great country.

Please sign with your full name, address (mailing) and include a daytime telephone number with your letter for receipt of verification. Letters to the editor are selected on the basis of their content, interest and readability.

—Janie Miller

Editor’s note: Letters to the Editor are not returned to writers by the Argonaut. Writers are asked to check that all letters are original and that they do not reprint or submit to another publication. Letters should be no longer than 500 words. We reserve the right to edit letters to conform to our style guide. We do not accept anonymous letters. Letters longer than 500 words will not be published.

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Dear Editor,

I'm writing to express my concern with the recent actions of the Idaho Supreme Court, which I believe have had a negative impact on the independence of the judiciary.

The Idaho Supreme Court is responsible for overseeing the entire legal system in the state, including the trial courts and the legal profession. It is an important role, and one that requires a high level of professionalism and integrity.

Unfortunately, I believe that the recent actions of the Court have damaged this reputation. Specifically, I am concerned with the Court's decision in the recent case involving ...
Vandals fall to BSU, lose Eastern Division lead
Face the truth

School to appeal ruling

Associated Press

LOUISVILLE, Ky. — Louisville said Tuesday it will appeal the NCAA’s finding that the school’s men's basketball program is on notice.

The notice of appeal also said the school had a limited portion of the record released that includes the infractions committee’s finding that Louisville had engaged in serious violations.

Johnson, the NCAA's associate director for enforcement, said a national infraction committee gave the university a number of options for what it said were NCAA rules violations.

The committee also found the university's men's basketball program for improper recruitment by violating NCAA rules and by failing to cooperate with the NCAA's investigation.

The school's athletic program also was placed on probation in a separate NCAA finding that the university is not appealing.

The NCAA Division I Committee on Infractions announced its penalties last month for the men's basketball violations.

The NCAAs says the school was placed on probation for two years, but the penalties were reduced because of its cooperation with the investigation.

The sanctions include three years of probation for the university's men's basketball program.

The sanctions also include $250,000 in financial penalties.

The sanctions include the NCAA giving the university a number of options for what it said were NCAA rules violations.

The committee also found the university's men's basketball program for improper recruitment by violating NCAA rules and by failing to cooperate with the NCAA's investigation.

The school's athletic program also was placed on probation in a separate NCAA finding that the university is not appealing.

SIMPLY NAILS & TANNING

GEL NAILS SPECIAL $30

- Acrylic Nails
- Gel Nails
- See Peetcut
- Spa Manicure
- Spa Pedicure

Author's Note: This article was written by a student.

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create some of the most popular songs, "Semi-Chemical Mind," and "Eye," from their 1976 album, "Third Eye Blind" will be on display at the market. The group originated in San Francisco, California, and is known for its high-energy, upbeat sound and self-titled debut album. They are known for their catchy melodies and lyrics, which have been praised for their ability to resonate with listeners.

The market group, Third Eye Blind, will be on display at the event. The group originated in San Francisco, California, and is known for its high-energy, upbeat sound and self-titled debut album. They are known for their catchy melodies and lyrics, which have been praised for their ability to resonate with listeners.

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Dylan, from A7

with selling out to the mainstream. He was largely abandoning the formulas that had propelled him to fame. "Within British Folk circles there was talk of a 'bumpet,' whatever that means," Lee notes. Dylan's new songs belonged to the world of Pop music. He made up his mind to leave the folk camp and to try his hand at something different. Through the power of his voice, he was turning folk, rock and roll.

As audiences did throughout the year, the Manchester crowd sat quietly through the seven-year-anniversary set. "The audience was moved. It was really being in a cathedral," Lee says. "Every word was being sung. Even if you were not in ear-reach." At the break, Jones says, Dylan was pressed to get back on stage with his band mates.

"He was like a 10-year-old kid. He just couldn't wait," Jones says. "He would come back on stage that afternoon and he'd be jumping around the dressing room."

But while Dylan strived for the classics built back by the folkies and for the more immediate goals of the present events in rock music, the music being created by Dylan on tour was too large for that young music to be anything else. Since then, it stood as a link between folk music, rock and roll. As audiences did throughout the year, the Manchester crowd sat quietly through the seven-year-anniversary set. "The audience was moved. It was really being in a cathedral," Lee says. "Every word was being sung. Even if you were not in ear-reach." At the break, Jones says, Dylan was pressed to get back on stage with his band mates.

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University of Idaho
Student Health 10th Annual
HEALTH & NUTRITION FAIR

THURSDAY, OCTOBER 15TH
9:00 AM - 4:00 PM

Health Advice
Lathe Health Services
Chiropractic Clinic - Dr. Sandell
Open Door Pregnancy Center
Planned Parenthood
Weight Watchers
Moss Valentine, D.C. Chiropractor
LCSC - Nursing Dept.

Mental Health & Counseling
Al-Anon
Alternative to Violence
St. Joseph's Mental Health
Adventist Christian Fellowship
Jennifer Swanberg, Counselor
NIA (Demo's at 11:30 & 2:15)

Insurance
Newsome & Kimberling
Department of Insurance
Regence Blue Shield

Testing and Evaluation
Bearable Dentistry
Gritman Cholesterol Testing
Gritman Lipid Profile
Lathe Therapy Works
National Bone Marrow Donor
Osteoporosis Screening
Optic Art - Dr. Robertson
Palouse Foot & Ankle
Palouse Ocularium
Paris Vision Center
U of I Fitness Testing

Massage Therapy
International Reiki Prof.
Massage for Health
Moscow School of Massage
A Touch of Traeger Massage
Nikken

Foods & Supplements
Earth Wisdom Herbals
Aqua Rush
Basic American Foods
Eden Foods
Idaho Ice - Looking Glass
Kashi
Morningstar Farms
Moscow Food Coop
Mountain Cultivated Wild Rice
Otto's Produce
Rella
Simplot
Snyder Bakery
Spudghetti
Tidyman's
Wax Orchards
USA Pea & Lentil
Cedar Lake Foods
Pepetti Foods

$10 & 12 hour fasting required for Lipid Profile

$6 Flu Shots

$5 Cholesterol Test

$10 Osteoporosis Screening

Sponsorships
Community Health Care Clinic
Palouse Medical

Hourly Door Prizes

U of I Exhibits
Bookstore
EAP
Wellness Program
HIV / AIDS Taskforce
Peer Educators
Outdoor Program
Community Health Majors
Student Health
Counseling Center

STUDENT UNION BUILDING
SUB BALLROOM & VANDAL LOUNGE

“WELLNESS FOR A LIFETIME”