Candidates debate the issues

By DON WALKOFF
Staff Writer

Issues varying from whether or not to increase student fees to endorsing the new roaming polls in the next election for ASUI Senate were the main topics of discussion at Thursday night's candidate forum. This political forum, which took place in the Mortin Room of the Wallace Center, presented issues that the candidates would have to face if elected and help to familiarize the candidates with the student body.

The first candidates to appear were those running for ASUI president — Rick Nogles, Charles D'Alessio, Bill Heffner and Amy Anderson. Those running for vice-president were Brad Muddler and Allison Lindholm. Each of the candidates were given 90 seconds to answer specific questions about prior political experience and future goals as student representatives.

Among the most important issues discussed were those of the ASUI budget, student fee increases, and the president or vice-president's role at the university.

Presidential candidate Rick Nogles voiced concerns of getting law students their own program, hopes of switching accounts in the budget so the money goes to students instead of the administrators, and goals of increasing diversity at the university. In addition, he viewed student fee increases as necessary and inevitable.

Presidential candidate Charles D'Alessio expressed hopes of increasing the student budget but cutting it in certain university departments. D'Alessio also said he was opposed to further increasing student fees.

Presidential candidate Bill Heffner showed a strong commitment toward recycling projects and family programming as well as having a drug and alcohol rehabilitation counselor on campus. He cited a low statewide minimum wage as an important reason to keep student fees at an affordable level.

Presidential candidate Amy Anderson stated concerns over library hours and transportation during "dead week" as well as fighting problems near the Administration Building. Changes she would make in the budget would be to sell more yearbooks and to increase funding for all campus activities. Also, she said student fees should be increased in small moderate increases instead of in large amounts every four years.

Vice-presidential candidate Allison Lindholm explained that as vice-president, she would take away the General Reserve's money and put it into funding for student run clubs and organizations. She also said student fees should be discussed throughout the year rather than right before final exams in the spring. This is very stressful time for most students. She viewed the vice-president's role as a mediator between the president and the rest of Senate.

Vice-presidential candidate Brad Muddler expressed a desire to concentrate on many small projects instead of just one big project. This attitude was echoed in his wish to allocate funding towards having various bands perform instead of just one popular name. In his opinion, this would be a more cultural and effective way of spending student fees. Furthermore, he said if students couldn't find out where their fees were going towards, then they deserve a decrease in the amount they pay.

Next, the senatorial candidates — Steven Ward, Marc Hall, Bill Owens, Amtul-Mannan Shiek, Kelly Rush, Jill Pennelli, Derrick Brown, and Chad Moore were questioned on a multitude of issues.

Some of the issues discussed were how to balance attention given to non-traditional and traditional student and whether or not...

Please see FORUM page 6-

Campus geared up for blood drive

By DOUG TAYLOR
Staff Writer

Nearly everyone dreads the sight of a hypodermic needle, but the American Red Cross (ARC) is hoping students can forget their fear for a few days. Starting today, the ARC's mobile blood unit will be on campus to collect blood donations.

Jeff Caveens, "ASUI blood drive chair, said that 120 units of blood must be collected each day in order for the mobile blood unit to fill its part of the 171 unit quota. An additional 51 units from the regional ARC branch in Boise makes up the rest of the quota.

"It is very important for the American Red Cross to meet the 171 unit quota because the American Red Cross in this region serves 47 counties in Oregon, Idaho, and Washington which collectively have 49 hospitals," said Caveens.

Jean Bert, the director of donor resources of the AMC's Snake River region, talked about how almost every unit of blood is utilized in these 49 hospitals. "We make ourselves on our 98 percent utilization rate which means that for every 100 units of blood, 98 are used by a hospital," said Bert.

Bert then went on to say how important the mobile blood unit is to the AMC.

"Only four percent of the population donates blood... yet every 12 seconds, somebody somewhere needs blood," said Bert.

Donated blood serves a wide variety of purposes such as in surgery and in baby deliveries. It is also needed in varying amounts from four units for heart bypass surgery to 20 or 30 units for a cancer patient.

Many people worry about the possibility of contracting AIDS after receiving a blood transfusion with donated blood. Bert downplayed this possibility by saying blood donors are asked several questions about lifestyle behaviors that would put them at high risk for the AIDS virus.
AIDS problem filled with myths

By LANE GRACIANO
Staff Writer

AIDS has as good as hit home. Again. It's like forcing your eyes open every three minutes as a courtesy during a lecture, but you keep drifting off because the information is just not relevant enough. But the truth is, the virus is very much alive and in the flesh in Moscow, Idaho. According to Margaret Beals, director of education at Gritman Memorial Hospital, a handful of the 1.5 million Americans who are HIV-positive live in Moscow. "They may be breaking among us," said Beals, "and we just don't know it." A recent estimate by the U.S. Centers for Disease Control (CDC) approximates that one out of every 1000 college students is probably HIV-infected. Maybe not so many people are easily bowled over by statistics, but the gravity of the problem can be brought closer to home by CDC figures, as many as 10 UI students could be among those who are HIV-positive.

At a time when accurate knowledge is crucial to curb escalating rates of AIDS cases, too many myths and phonias are still continuing to cause some young adults about the disease that's been the cause of our times.

This is where education keeps coming into the battle scene, whenever an issue is questioned, the audience is falling asleep.

Myth #1: Having the AIDS virus is the same as having AIDS.

Handouts, those of you who know the difference between being HIV-positive and suffering from AIDS. Even after a decade of definition, some people still don't (this reporter included) until [censored].

HIV, the human immunodeficiency virus that causes AIDS, cannot be compared to the common cold virus. When a person is attacked by a strain of the cold virus he has never experienced before, his immune system kicks in to fight the infection, making the person immune to that particular virus strain for life.

When HIV attacks, it zeros in directly at the "master" T4 cells, crippling the immune system and preventing it from full activation. Using the cells' metabolic, HIV multiplies, then breaks out of its hosts, killing the T4 cells—or it clumps them together to make a giant cell, useless masses that can no longer fight diseases.

While the T cells are under attack, other white blood cells continue to manufacture antibodies to fight HIV. The presence of these antibodies in the blood of a person who takes an HIV antibody test indicates that they are carrying the AIDS virus.

This war that rages in an infected person's immune system may take as short as three or as long as 20 years to begin to show. When symptoms appear, they are usually mild illnesses called AIDS-Related Complex (ARC). When a person finally develops "opportunistic" illnesses—such as Pneumocystis carinii pneumo-

nial and a rare cancer called Kaposi's sarcoma—then they are diagnosed as having AIDS.

Myth #2: HIV can be spread by casual contact, by mosquito bites or by donating and receiving blood.

HIV is spread by body fluids, but cough a sneeze, sweat and tears don't count. The virus is an insert or organism that dies outside of body cells. It cannot survive on toilet seats, phones, drinking fountains, clothes, cups or any objects touched by an infected person.

Mosquitoes and other insects like bedbugs, lice and flies do not transmit the virus through their salivary glands. Human saliva does contain low concentrations of HIV in an infected person, but no case of HIV transmission through kissing has yet been documented—not even French kissing.

This year, 1985, U.S. hospitals have screened donors and blood for evidence of HIV. If found in the donor, he or she is told to stop donating blood. If found in the blood donated, it is discarded. A new sterile needle is used for each donor and then thrown away—so no one should worry about getting HIV from donating blood.

HIV lurks at a highly transmissible state in an infected person's semen or vaginal secretions and blood, transforming those life-saving fluids into instruments of death. Fortunately, however, for healthy people, then, is whether or not they are wearing "safe sex"—when they are having sex.

Myth #3: Birth control, limiting yourself to certain sexual practices and ignoring the existence of pre-marital sex and AIDS protects you from AIDS.

The pill protects a female against pregnancy, not HIV. And unless the intercourse is unprotected, the only way to avoid the sexual risk behaviors in the AIDS realm—will not safeguard against AIDS.

Many people are battling the wrong enemy when it comes to AIDS and other STD prevention. In Moscow, we have a large group of people who are at the point of their lives where risk behavior are a bit more available," said Margaret Beals. "There's a good statistical association between STD and AIDS, and I think we may be number one for the state for cases of chlamydia.

AIDS, therefore, is as much a facet of present life as it is pre-marital sex—and the only real, practical protection for this myth of infallibility is still the latex condom.

This year's student Dominique Roberts promotes her belief in "safe sex if you're going to have sex" by keeping a help-yourself jar of condoms in her room. At the same time, she encourages her peers to take the time to make informed decisions on sex. "Until more of them would talk about it before they do it," said Roberts, "not afterward.

The myths have been explored and debunked many times over, and still AIDS remains a complicated issue to deal with. But continuing education— and staying informed—on every turn of the AIDS battle is a lot to do little to stop the estimated 365,000 people from contracting this disease.

Except with the right information, each of us just might prevent that number from climbing to 365,001.
**Slide collection complete, personal**

By Christian Thompson   
Staff Writer

The slide reads: "As the sun hit the horizon. While I failed to catch a salmon, I was the champion at catching dog-fish. The others caught a few small salmon, so we did not return skunked." (Slide number 117, Amtrak trip - Sept. 1977)

What have you done for the last 20 years? For some of us here at the University of Idaho, we were born, grew up and have entered college, but for F.A. Reberger it is a different story.

Reberger has spent his last 20 years traveling around the country and the world. During his travels, he took and collected 24,585 color photographic slides. Sound like a lot? How about 21 states and 66 countries separated into 49 groups and 19 slide cases? Not only did Reberger accumulate these slides, he also catalogued them and placed them into groups based upon trips he had taken.

Reberger’s travels took him to the South Pacific, Egypt, France, England, the Middle East, Ethiopia, Libya, Athens, Turkey, Kenya, the Far East, Italy, South America, Mexico, Portland, Key West, Washington D.C., Washington State, Nevada, Arizona, Oregon, Idaho, New England, Canada, Utah, Alaska, Yellowknife, New Zealand, California, Morocco, Spain, Russia, Yugoslavia, India, Thailand, China, and Japan.

His collection is very complete, and when he passed away seven years ago, his estate left this collection to the UI. It is obvious from his conscientious work and meticulous cataloging Reberger had in mind a donation of this sort.

Reberger’s collection does not just include the slides, but also three bound notebooks with detailed accounts of the slides and reel to reel tapes on which he read the descriptions and tales of his journeys.

Reberger obviously researched his destinations thoroughly. His descriptions include such facts as "Great Salt Lake City, Utah . . . its name was changed to Salt Lake City in 1968," on "Dec. 5, 1847, when Brigham Young was elected head of the Mormon Church." True, many of these facts could be obtained from the travel brochures and tours, but his details are so well organized and thought out that one instinctively knows how much he enjoyed his travels and his collection.

Reberger also donated two slide projectors, two reel to reel tape recorders, and one microphone, all of which were used to create his collection; it is assumed.

Reberger’s collection is a significant donation to the UI. It is a resource that we did not have access to before. It is an inside look at the world, through the eyes of one man. His collection will continue to entice many to follow in his footsteps around the world or maybe just dream of it.

For more information, contact the Media Center, room 215 of the UCC, or call 885-7750.

**Authorities ready for annual snowball fight**

By Wendy Deal   
Staff Writer

Once again, the annual snowball fight between the residence halls and the Greek houses has been forbidden. Bruce Piman, Dean of Students, commented, "The university will continue to try and prevent the event from happening."

The university has been working with the student leaders of the living groups to enforce the prevent of the annual fight. The idea behind putting a stop to this fight is not to ruin the enjoyment of the winter season, but to avoid injury and damage of people and property that has occurred in past years.

Campus police and security are usually the ones to break up a fight. If the fight happens again this year, and is expected to, the police and campus security will be called in to put a stop to it, and arrests will be made of those participating in the snowball fight.

Piman stated, "I can’t condone high risk behavior that often results in property damage and physical harm. Those caught engaging in the act run the risk of being arrested."

The annual battle has cost students thousands of dollars in the past. Last year, Cpl. John Royce, campus liaison officer, had declared the fight to be an "unlawful assembly," and three students were arrested. It was the first time the annual fight had been regulated by this law. Royce also commented on last year’s fight.

"Physical injury had been so severe in the past that we needed to do something to stop the fight. The unlawful assembly code prevented such damage from happening."

Last year, Gauti Hall had three broken windows by the time the police arrived at the scene, all of which were caused by golf balls. The Phi Delta Theta fraternity also suffered two broken windows.

According to a Moscow Police Department statement, "Snowballs are one thing, but when students are throwing golf balls, the situation changes completely. It is no longer fun, but criminal behavior."

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Getting drunk may not really be worth it

School going bad for you? Thinking of going out with a few friends and blowing off a little steam at the bars? Think again.

Oh sure, you've heard it all before. Drinking is bad for you and you should just stay home and rent movies instead of partaking in another drunken night.

This is true but the picture is a lot bigger than how alcohol can damage your body and what ill effects it has on people's lives.

I won't try to preach unsuccessfully to college students about alternatives to drinking because it will fall on deaf ears. But do think before you drink.

Actually, do a little more than think. Analyze your personal situation with alcohol and try to think of ways to alter your drinking habits or get them under control.

Too many people in this country have had their lives fall apart right before their very eyes without any signs or warnings due to alcoholism.

With this threat comes the inevitable: "I don't have a problem." I can quit drinking whenever I want to ... but I just don't want to.

Is this statement true?
Unfortunately for a good majority of college students, it isn't.

Frequently, college campuses are the breeding grounds for alcoholism, and with no one taking a "real" stand against this problem it can only get worse.

The alternative isn't to quit drinking altogether. For a lot of people that is not a realistic goal, and it doesn't always have to be.

As long as you take it slow and in moderation, I see no problem with it.

But it isn't.

Too many people are partying to get away from the stresses of college. In truth, that is what seems to be happening.

Students have been so preoccupied with having a good time that college has become more of a hassle than anything else.

In four years of college I have seen too many friends - good friends - leave school for the wrong reason.

Not because they couldn't afford it. Not because they didn't want to be here. And not even because it was too hard for them.

They left school for one reason and one reason only.

They drank their way right out of Moscow, and will most likely never return.

A sad but true story and, unfortunately, it's legacy continues on today.

Alcohol has become an alternative to reality, an escape for most and an dependency for many others.

But some students are still in school despite their reluctance to study and tendency to party. However, it may soon be too late for those people.

One of those people might be starting you in the face when you look in the mirror every morning.

So the next time you want to "tie one on," take time out and think about the ramifications.

Think about not only the moment, but the future that lies ahead.

It is easy to say yes, but it is a lot harder to say no.

Just remember: It is entirely up to you.

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The argument is published, while the university is in session, on Tuesday and Friday mornings. The next publication will be May 27, 1991; the last edition of the spring semester will be May 15, 1991. The paper is a non-profit publication, and its purpose is to provide students a forum to present their ideas and opinions.

ARGONAUT is published by the University of Idaho School of Communication and the students of Reporting 222. POSTMASTER: Send address changes to the Argonaut, Suite 301, S.U., University of Idaho, Moscow, Idaho 83843.

2053- JUSTICE THOMS PREPARES TO STEP DOWN FROM THE BENCH

JUSTICE THOMAS

DO PRISONERS REALLY HELP REFORM CONVICTS?

Do prisoners really help reform convicts?

In 1981, a man known as the South Hill Raptor terrorized Spokane when he raped several women in the South Hill area. The rapist was apprehended and was identified as Spokane resident Kevin Coe. His trial was front page news for months until he was convicted of four counts of first-degree rape. He was sentenced to a 25-year prison term at the Washington State Penitentiary in Walla Walla.

Coe has now been in prison for over a decade, but he is now eligible for parole. He has expressed absolutely no remorse for his crimes, and many psychiatrists have classified him as having an antisocial personality. People with antisocial personalities harm others without any apparent conscience, and so the chances are high that if Coe was released from prison he would rape more women.

The frightening aspect of all this is not the fact that Coe might be released from prison in the next year. The reality is scary part is that prison life hasn't reformed Coe or made him feel any kind of guilt for his crimes. In fact, Coe still maintains his innocence, and so the issue of prison being effective in rehabilitating criminals is a troubling issue.

On the other hand, a night or two in jail for a college student caught shoplifting would be the most effective way of preventing that person from stealing again. This is not the case with criminals, who are more likely to reoffend the moment they are released.

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Time to put some effort into recycling

Editor:
Christian Thompson likes things "easy." Sure, recycling should be "easy." The American public tends to react to popular culture, and in this case, things that are "easy." It's a big effort. So we must make it "easy." Well, Mr. Thompson, where were you on Monday when a few motivated individuals attended the most recent meeting of the Environmental Science Club? Residence halls haven't always had the option of recycling, but I still recycled. It wasn't "easy," or convenient, even fun for me to load up my recyclables in a backpack and bike downtown to Mr. Thompson's recycling center. But I did it. No one paid me or praised me. I just cared enough to make a difference, however small. It also isn't convenient for me to haul a weeks' worth of recycling to the basement of Theophilus Tower every Saturday night. But I do it. Has Christian Thompson volunteered to help out at the physical plant? Since Boulder's program is so well-developed, perhaps Mr. Thompson could help educate students in the Greek system or in the residence halls about recycling. The people who developed the recycling program work at the physical plant, and are active in the Environmental Science Club. They are doing their best and making a difference. Are you? Boulder Colorado's recycling program sounds terrific. Christian Thompson seems to have overlooked a vital aspect of the program there: the people behind it. A lot of overworked, underpaid people committed a good portion of their lives to make that program as successful as it is. Remember that, for many of the people there, the program is a second or even third job. These people are students. Something I agree with in Thompson's article is the trendiness of this year's "hot"-coming theme. What was that bizarre idea with the combustibles? Those items and then burn them? What happened to "recycling your spirit for Idaho?" What was recycled in the radium party beside napkins from Subway sandwiches? Do even half of the living groups that participated in the bonds' all-kinship Wide scale recycling, including plastic paper, and cardboard as well as glass, aluminium, and tin? I noticed a lot of cans in the parade; I thought we were focusing on conserving energy. I realize it's cool to wear beads and Mother Earth T-shirts, but there is more to saving the Earth than an occasional recycled newspaper. Recycling needs consistency and commitment. Words are fine, but work is what makes a difference. Ms. Thompson, I've had enough lip-service; now about some action!!

-Michelle Seeds

Writer shows lack of respect

Editor:
I read your article on basketball try-outs in the Argonaut and found it amusing until you made reference to a friend of mine, Mrs. Steve Barnes. It is fine to use yourself as an object of sarcastic humor, but to use someone else (especially in a public forum) is rude and offensive.

-Cindy R. Jacobs

D'Alesio is the only choice for student body President. He has the most experience and deserves our support. I urge all of you to vote for Charles D'Alesio on Wednesday, November 20.

-Julie Ann M. Robinson
Win! Win! Win!

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>FAST iron page 1

students participating to help pay utility bills and rent that were due, the money was collected to help pay utility bills and rent that were due. The rest of the money was used to purchase food items to use in the Thanksgiving baskets given away to those in need.

Students from the Greek system and the residence halls have agreed not to eat lunch on Friday and instead donate the cost of the meals to less fortunate people in the community. In addition, students will actually experience what it is like to go hungry.

“We wanted to choose a project that would teach every single student personally,” said Polly Olson, treasurer of Panhellenic Council and coordinator of this philanthropic project. “This project affects the student and makes them think about what we are doing instead of just throwing money at the problem and not getting involved.”

“This is the starter year,” said Amanda Kester, president of Panhellenic Council. “What will happen with the project is unpredictable, but I think it will act as a catalyst for the years to come.”

“I hope this experience will give students an opportunity to understand the need of the Palouse,” said Wilde. “Many of us are sheltered on campus and don’t see those in the community in need of food and shelter.”

The “Day of Fasting” is in conjunction with the Hunger Banquet sponsored by Delta Delta Delta sorority. The banquet, which takes place in the SUB Ballroom on Wednesday at 5:30 p.m., will also benefit Oxfam America. Entrance to the Hunger Banquet is free but donations are appreciated.

Participants at the banquet are divided up into first, second and third world countries, and their banquet meal is a representative of the world class they have been assigned to. Participants draw a slip of paper — their meal ticket — out of a jar at the Ballroom entrance to determine which world class they will be a member of for the evening. The number of slips for each world class is representative of the actual percentages of first, second and third world countries in the world today.

One of the first world will be eating a complete meal of lasagna and french bread. Second world members will eat rice and broth, a piece of bread and a glass of milk. Third world members will receive a piece of bread and a glass of water. During the meal Walter Hesford, associated professor of English, and an international student from Sudan will speak. Professor Hesford will explain Oxfam America and the work the organization does to combat hunger. Student Farah Farah will speak from personal experience about hunger in his own country. Sudan is one of many countries aided by Oxfam America.

According to a pamphlet from Oxfam America, the Hunger Banquet is a “Dramatization of the inequity of food distribution in the world.” According to Oxfam America, 15 percent of the countries in the world are classified as first world, 25 percent are second world and 60 percent are third world countries.

Cary Koster, member of Tri-Delta sorority and coordinator of the banquet says they hold the banquet close to Thanksgiving to make people think about how fortunate they really are.

“I hope that after the banquet, people understand how important it is to give to others so that many people in the world who eat so little in a day, can have three meals a day like most Americans do,” Koster said. "The need is so great. The people in the world that are well fed, not only have food to eat, but they have energy to keep their minds open. It is amazing to see how little you really need, when you know there are people around the world who don’t have enough to eat everyday.”

>FORUM iron page 1

roving polls — having the polls come to the various living groups — will help increase student participation.

The opinions on roving polls seemed to be evenly divided with Pressnell, Rush, and Hall in favor of it, and Shel and Owens against it. Those who opposed the roving polls felt it seemed to “discredit the focus of the election.”

When asked the question, “What ways can non-traditional students increase participation?” the candidates offered a variety of solutions to this current problem.

Sen. Shel suggested scholarships for students who need daycare for their children. Another suggestion was candidate Owens’ idea of establishing a committee for the students on the Senate. Candidate Pressnell suggested publicizing in places where people are more likely to see it. A third way was offered by candidate Brown when he said we should concentrate on undergraduate non-traditional students instead of focusing on assuming non-traditional students are automatically masters or doctorate students.

>blood iron page 1

The blood drive starts today in the SUB Assembly room and will be in operation until Thursday. Donations will be accepted beginning at 8 a.m. today and tomorrow, and from 9 a.m. until 1 p.m. on Thursday.

Next, the potential senators were asked about what they would do if the living group they were assigned to disagree with them on a certain issue. Most seemed to agree they would go with the majority of the people they represent. However, candidate Brown stated, “If there was a sharp division, I would abstain.”

When questions were taken from the audience, the issue of bridging the gap between the Greeks and those who live in the residence halls was addressed.

Candidate Ward suggested having intramural teams composed of both Greek and residence hall students. Candidate Hall proposed an open forum to promote intermingling between students. Another idea was to start right from the beginning by having the first week of classes entirely composed of all campus activities, as offered by candidate Brown. The hope was that this would mend any poor relationship between the Greeks and residence halls can build.

The proceedings of this forum can be heard in its entirety on Thursday, November 16 at 8 p.m. on KUOI-FM.
Vandals chop down the Lumberjacks

L.
ast Saturday, in Flagstaff, Ariz., someone should have reminded the students at Northern Arizona University that yes, there was indeed a football game that afternoon between the Vandals and the Lumberjacks of the University of Idaho.

Only 3,970 fans were in attendance to watch the Vandals paste the Lumberjacks, 44-11. It was probably a good thing, because the game was more a work of art.

With the win of the Vandals move to 5-4 overall and 3-3 in the Big Sky Conference. The Lumberjacks are 3-7, 1-6.

"I was kind of stunned when we came out of the locker room," said Vandal quarterback Don Nussmeier. "The place was so empty. I thought maybe most of the people were still in the parking lot tailgating. But by the time the game started there were no people filling in. I've had high school games with bigger crowds."

"It was kind of like playing a scrimmage," said Vandal coach John L. Smith said.

"We just kind of went out and played."

The lack of a crowd didn't hurt the performance of Nussmeier, who played his best game in quite some time. He picked apart a hapless Lumberjack secondary to the tune of 334 yards on 22 of 33 passes, with three touchdowns and no interceptions. But more importantly Nussmeier didn't muff any snaps, a little thing that's been killing the Vandals the last few weeks.

"Don't count your chickens before they hatch," Smith said. "I think we have that worked out, but you never know."

Dean Watkins and I are getting things straight," Nussmeier said. "All centers snap the ball a little different ... I just had to get used to his style."

Nussmeier's favorite target on the day was, as usual, Kasey Dunn, who caught seven passes for 140 yards, including a nine yard touchdown to build the Vandals' lead to 44-14 with just over 11 minutes left in the game.

"Kasey always does a great job," Nussmeier said. "He gets open. I just have to get him the ball."

NAU also had to deal with a ferocious Vandal defense that just 56 yards rushing on 27 attempts. That same defense also spent a good portion of the game harassing NAU quarterback John Bonds. He was sacked five times on the day, four of them by defensive end Jeff Robinson, who has steadily built his season total to 14. Robinson is only two off his last year's total of 16, and with two games left in the season he should surpass it.

The key to his performance was the coaching staff's willingness to let him roam the defensive line and play several positions.

"I've been coming from the left end spot most of the season and it was fun to work on different offensive linemen," Robinson said.

Robinson has spent much of the season fighting his way through double teams. Shifting Robinson is a move that the Vandal coaches should have maybe gone to a few weeks ago. "You can always sit and say you should have done this or that," Smith said. "I thought the move worked well and I don't want to go on to do it."

The loss hurt Vandal coaches and players play," Robinson said. "That's just the way it is."

Both teams started slow and it looked as if the Vandals were going to make a statement in the first quarter.

NAU took a 7-0 lead with 11:07 left in the first quarter, when Nussmeier threw a 19-yard touchdown pass to Ailslina-Daley with a 29-yard pass. But NAU came right back with a 1-yard touchdown by Robinson scored on a 1-yard run.

The Vandals lead just 21-14 early in the third quarter but then scored on four straight possessions to put the game away. Nussmeier threw the other two scoring strikes during that span.

Edited by Chris Gatewood
Sports Desk (208) 685-7845

Vandals look forward to new faces

By MATT LAWSON

Editor

With the Vandal basketball season just two days away, head coach Larry Eustachy might want to look up the word chemistry in the dictionary and show it to his players.

With nine new players from last season, including eight junior college transfers, starting from scratch is what Eustachy had to do during pre-season workouts.

"We've got a lot of new players," Eustachy said. "As a whole we are behind, but that's to be expected."

Idaho finished 19-11 and one game away from the NCAA Tournament last year in Eustachy's first season.

But the loss of six players, including four starters, forced Eustachy and his staff to take on the task of finding new talent to replace former players like Sammie Freeman, Leonard Perry, and four-year starter Ricardo Boyd.

Fortunately for Eustachy, he didn't have to travel too far to find some of his players, as four of the nine recruits were already attending classes at Idaho.

Of those four players came Hiwassee Junior College transfers Orlando Lightfoot and Frank Waters.

The 6-7 Lightfoot was named Mr. Basketball in the state of Tennessee his senior year. In high school Lightfoot was, 6-10, becomes one of the first "true" big men to join the Vandal squad in several years.

Another former Hiwassee standout, guard Calvin Ward (6-11), is the only player to return who started more than half of Idaho's games last season. Ward has struggled with injuries, including a knee operation quite a few times. He can get healthy he will anchor the backcourt along with two-year letterman Mike Gudzal (6-4). Gustave was hampered by injuries last season, but improved on his strength and quickness in the off-season. Idaho was hindered by the lack of a natural point guard last season and as a result, Eustachy brought in five new perimeter players. Marvin Rickas will be the best of the group, but will not be eligible until Dec. 20, due to grade difficulties. Eustachy is looking for JC transfers Andre Whitmyer (6-6), Pensacola, Fla., JC and Scott Matthews (5-9), Eastern Wyoming to take over the point guard position.

Matthews has been the most impressive of the guards in pre-season and provides another outside shooter to complement Ward. True freshman Jason McKain (5-10) from New Orleans, LA, and transfer Ricky Wilson (5-11), Walla Walla JC will compete for playing time and provide depth along with sophomore Swede Trenkle (6-2).

Please see HOOPS page 14-

Idaho might be one year away

When Idaho basketball coach Larry Eustachy took over for Kermit Davis last season he had a realistic approach toward his expectations of the Vandals.

Eustachy felt it might take up to three years to get the players he wants and have Vandal basketball to another level of success.

However, after a 19-11 debut, the Vandal boss might have rendered thoughts to reconsider his previous prediction.

But that was then and this is now. The second-year coach realizes he faces more of a challenge this year than during his rookie campaign.

Idaho lost six players from last season's Big Sky Conference runner-up team and Eustachy had to look hard to find a new influx of talent to fill the holes.

In came nine new faces and a new team altogether. Gone are the-likewised Ricardo Boyd, Sammie Freeman, Clifford Martin and Leonard Perry, names that became associated with success on the court.

Now, just six months later, steps in a new group of athletes for Eustachy to hopefully tune to his liking.

Names like Lightfoot, Matthews, McKain and Waters will be gracing the stat sheets this season for the first time.

Most with high credentials, but will a lot to prove to their coaches, teammates and fans.

Please see LAWSON page 9-
Lightfoot has a heavy game

BY CHRISTOPHER GATEWOOD
Sports Editor

He looks like any other 6-foot-7 superstar walking to class. Long coat, headphones and a ready smile. In fact sophomore forward Orlando Lightfoot looks like he doesn't have a care in the world.

But, ah, dig under the surface see a different picture. See how his shoulders slump. Why do they slump, you ask? The weight of expectations on his shoulders is so big it was necessary that Lightfoot smiles at all. If you hear some people talk you'd think he was going to have to carry the load of the University of Idaho basketball team by himself. Lightfoot has come to UI with a reputation as wide as the Palouse itself.

"I don't really feel any pressure at all," Lightfoot said. "I don't like all the attention. It's all about my teammates. Basketball is a team sport. The only expectations I'm worried about living up to is that of the coach."

"I just want Orlando to give me 100 percent in everything he does," Vandal coach Larry Eustachy said. "I think Eustachy".

Lightfoot is a rare breed these days. He actually enjoys playing basketball. Maybe that's why he's averaging so much. He brings no ego or attitude to the court. He just likes to work and play.

"Orlando is one of the nicest people you'd ever want to meet," Eustachy said. "It shows in his attitude and in his work ethic on the court."

But what of this reputation that he carried like luggage when he stepped off the plane in Moscow? It started in the sleepy Southern town of Chattanooga, Tennessee and just kept getting bigger.

Lightfoot is considered by some to be the best player to ever come out of Tennessee. In fact in his junior year at Chattanooga High School, Pat Kennedy, the Head Coach at Florida State called him the best high school basketball player in the nation. Lightfoot had some gaudy numbers that year, averaging 28 points and hauling in 18 rebounds. He came in second place in the voting for Mr. Basketball in the state of Tennessee, almost unheard of for a junior.

Not to worry, his senior year he won the award as he averaged 32 points and 17 boards. Street & Smiths Magazine called him the ninth best player in the nation. Lightfoot also had the pleasure to be rivals with Malcolm Mackey, who played at cross-town rival Bremard High School and now is at Georgia Tech. The rivalry created legendary status. So much so in that their last match-up, the two received special awards and a standing ovation.

"The crowd went nuts in that last game," Lightfoot said. "I usually outscored Malcolm, but we could never seem to beat his team."

A question remains. Why would a player that was recruited by every Division I program in the country come to the vast open spaces that is the Big Sky Conference? A interesting twist of events led to his arriving in Moscow.

He took recruiting trips to Oklahoma, Tennessee, North Carolina St., Clemson and Florida St. He eventually chose Oklahoma, which at the time was the No.1 team in the nation.

"I liked coach Billy Tubbs and his style," Lightfoot said. "I felt comfortable with their system."

The comfort zone ended quickly when Lightfoot couldn't pass the ACT. Tubbs grew frustrated and gave up on his number one recruit.

"After I couldn't pass the test, things just sort of fell apart," Lightfoot said.

That is where Hawshawee Junior College Coach Hugh Watson came in. He watched Lightfoot grow into a legend. He followed Lightfoot like a scavenger, waiting for his chance at the prize recruit.

"He's one of the best I've seen," Watson said. "He can dominate games."

When Lightfoot didn't get his test scores, Watson was more than happy to oblige him with a spot on his team.

"When you a junior college..."
Joshua Lightfoot scored 28 points in one half of a game.

"I need to get to the point where I feel like the second quarter is the fourth," Lightfoot said.

"There's only problem: Lightfoot hasn't played basketball in almost two years. Right after enrolling at Hawaii, Lightfoot hurt his knee and played in only four games that year. He was impressive, though, getting 26 points in one half of a game. Give him the ball and he can score from anywhere," Watson said.

After transferring to Idaho, Lightfoot had to sit out another year because of the transfer rule. The inactivity caused Lightfoot's weight to balloon to 258 (he plays at about 200).

"That was Orlando's biggest problem when he got here," Eustachy said. "He was out of shape and overweight. He's worked hard and right now he's down to 232. He's also worked hard in the classroom, where he's raised his GPA to 2.5."

Eustachy seems to think so and as far as optimism goes, the 39-year-old has never shown a great tendency toward it.

"His players seem more positive and realistic, but they have to prove to Eustachy and the rest of the skeptics just how successful they can be," Watson said. with a tough schedule and an improving Big Sky Conference.

Eustachy was more than happy to be doing scholarships because

"Give him the ball and he can take it in the fourth," Lightfoot said.

"I think it's great," Watson said. "But the fact that so few people won't improve their Big Sky Conference."
Havelin and aerobics, the two go together

By CHRISTOPHER GATEWOOD
Sports Editor

When taking an aerobics class from Jenelle Havelin, one doesn’t mind going that extra mile.

Havelin is one of those instructors who sort of fools the participant into thinking they’re really not working that hard. Call her a cheerleader in tights. Havelin helps both the advanced and rookie exerciser with a quick smile and a pep talk whenever someone looks like they might drop from exhaustion.

Her love for her profession sweats through in every workout.

“I love aerobics and what it does for people,” Havelin said. “I think everybody should be concerned about their health and what health benefits can do for you.”

Health and the lifestyle that goes with it have been with Havelin the last 10 years. In fact, it’s been the one thing that has kept her going through trials and tribulations that would have made some people give up long ago.

She was married at eighteen, right after graduating from Clarkson High School. Soon after the couple moved to Moscow her husband could get his construction business going.

Moving to Moscow was the best thing for my husband’s career,” Havelin said.

At 21, Havelin began teaching aerobics at Fitness Unlimited, right below what used to be David’s. Things were going smoothly until she and her husband were divorced. Raising her two children, Billy age 12, and Christen age 10, hasn’t been easy. As a single parent Havelin faces the daily challenge of making ends meet.

“You should see Billy, he eats like a horse and looks more like he’s fourteen,” Havelin said. “Both my kids are growing up so fast it’s hard to keep up with them.”

In an attempt to make more income Havelin decided to take a chance and strike out on her own, so she started Aerobics Unlimited in July of 1987. In nearly five years of business she has never failed to make a profit and her rates are slightly lower than other aerobics in town. A month of unlimited classes costs $26.25 for students and $31.50 for the general public. Classes are held in the multi-purpose rooms above the North 6-D.

“People usually shop around but I think they find my prices to be competitive,” Havelin said. Unfortunately with two kids, aerobics alone doesn’t pay the bills. As a supplement Havelin also works at Nuutra System in Moscow. The long hours of work keep Havelin from doing what she would really like, going to school. She is in a sports science/physical therapy major who takes classes when she can.

In January of 1990 Havelin faced another road block. Her mother, Andree Smith, died of cancer. While Andree was sick, Havelin helped her near deaf father, Delbert, take care of her mother.

“That whole situation was hard on everybody,” said Havelin. “My father needed help, but he’s pretty amazing because he runs his business with basically no help.”

For now she concentrates on having aerobics that are safe for the people that participate. Her aerobics are virtually non-impact, but you still get all you can handle. Her classes emphasize working, while at the same time controlling the strokes, to achieve maximum effect.

Havelin says she falls a little to her competition because she doesn’t offer the new stair like other places. But she isn’t totally sold on the idea of all that boun-

“Moving is a good workout, I’m not going to deny that,” Havelin said. “But all that going up and down is hard on your joints and muscles. Besides, it hasn’t been tested. I have to be careful in my classes so everybody will work at their own level and enjoy it. I don’t know who’s going to come in off the streets.”
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Weight control key in health

By JEV HOMESS
Staff Writer

Not long ago, a majority of men preferred women with a full figure and most women tolerated them with a space of one or two fingers. But that has all changed with the fitness blitz that began in the 1960’s and is continuing now into the 90’s.

Obesity has become more of a social entity rather than a health issue in our narrow-minded superfi-cial society. Although obesity is a health risk, it is often misunderstood and has received a bad rap.

In many cases, obesity has been linked to genetics and the likelihood of an individual’s genetic disposition to gain excess weight. Dr. Susan K. Gelletly, a staff member at the Student Health Services on campus, described an experiment done with identical twins suggesting a stronger link between genetics and obesity than previously thought.

The twins were separated at birth and raised in different family environments. One lived with a family that was more weight-conscious and the other much more relaxed, but both twins weighed basically the same. Genetic disposition to obesity has been proven scientifi-cally, but there is a trend in the U.S. toward obesity attained by inactivity, overeating and poor diet.

The most common and well known form of inactivity is probably “couch potatoes,” but people also have a “sedentary lifestyle” (such as sitting at a desk all day) that leads to the same condition. According to Gelletly, obese people may overeat at times because they are lacking an essential nutrient in their diet.

This in turn causes them to eat more, but if they don’t eat the right foods then the nutrient isn’t supplied. To the body and they are driven to eat more. This can also be the case with more slim persons, but their metabolic rate inhibits weight gain.

“Another element that’s debatable is metabolic rate,” Gelletly said.

A person’s metabolism (the rate and efficiency that food is digested) may be thrown off by hormonal imbalances. When this happens it can result in abnormal weight gain. People with this condition should watch their diet more than others, but in many cases an obese person is ignorant of this fact and continues to over-load their system unknowingly.

Types of foods that obese people or persons with a family background of obesity should avoid include those fried in saturated fats, commercial pastries, fatty meats, fruits canned in heavy syrup, and most food toppings.

“Good foods to concentrate on are food in the complex carbohydrate-like crackers, bread, pasta, potatoes and rice,” Doctor Gelletly said.

A good substitute for sour cream, as a topping on baked potatoes, is low-fat cottage cheese and jelly instead of butter on toast. Gelletly also recommends high-fiber starchy foods like rice, pasta, etc., to make a meal more filling.

Another factor in obesity is the time spent in front of the television. In our society today, the family group has centralized around television and consequently becomes less active and more overweight.

The legendary “freshman 15” (weight gained by college fresh-men) can be verified by countless college students and their classmates. This phenomena can be caused by the stress of a new environment, personal loss, and homesickness.

In the past, it was all the freshman plus or minus fifteen,” Gelletly said.

Student Health Services offers help for overweight people, in an emotional, habitual, and behavior capacity. Many Schwantzes is in charge of the nutrition pro-gam at Student Health where they handle any questions or weight problems.

In comparison to the artificial powders and pills that diet cen-ters offer, Schwantze works with real food. She tailors a person’s diet to their emotional and habitu-al patterns.

Obesity also causes arthritis in the weight-bearing joints, more likely to gall bladder surgery, heart disease, more likelihood of breast cancer in women, high blood pressure and diabetes.

“The majority of people with diabetes have that as a weight related condition,” Gelletly said.

“If they could get back to normal, they might get the diabetes would go away.”

This list of diseases and obesity related complications should be an incentive to lose weight and improve one’s health. Not to be trendy or with the so-called “fad” times, but to be healthy and live a longer “sedentary” life.

The Health and Nutrition Fair sponsored by Student Health Services is today in the SUB ballroom. Food and literature on nutrition will be offered to edu-cate students on a healthier diet.

**Cardiovascular training**

By TOM BITHELL
Senior Staff Writer

It’s been a rough day of work and you’re tired, your college days are gone and you can’t remember the last time you had a good night’s sleep, or sat down to a good meal. And how long since you last exercised? A month, two, six, ... a year.

Oh well, you figure. That’s just life in America for some.One struggling to get to the top.

Then one day as you drive down the road, or wait in line at the grocery store, or wake up to go to work, a sudden sharp pain hits your chest. You break out in a cold sweat and have trouble breathing. Then your arm starts, and your head pain increases. Finally you black-out, your world disappears in a flash.

You’re just been the victim of a heart attack. If you’re lucky, you won’t be among the over 580,000 Americans that die from heart attacks every year.

Hard to picture isn’t it? After all, you’re young and your heart is too. Unfortunately, the time to prevent future heart problems is now.
Weight training for firms you

By DOUG BAUER
Staff Writer

In today's modern sports world, weight training and conditioning plays a major role in how prepared and conditioned athletes are. Building muscles, as does weight lifting, is not just for the "average jocks," as considered by some. Weight training and conditioning, if used properly, can be a very healthy asset to anyone. Many people around the world that are not athletes use weight training to their advantage in order to put their body into better, more physically fit condition.

Weight lifting not only provides the body with an excellent figure and a defined look, but it helps with cardio-vascular conditioning also. A few of the more popular lifts which are used by weight lifers are the bench press, which strengthens the pectoralis major and tricep muscles, curls which strengthen the biceps and forearms, the squat, which builds up the quadriceps, hamstrings and lower back, and the clean and jerk, which basically gives the entire body a thorough work out. There any many healthy aspects of weight training, but everything must have a bad side, as does weight training, with the use of steroids.

Steroids are a short cut to a physique that is desired by many, and a terrible mistake to be made. Unfortunately, many athletes, feeling that they cannot compete in their given fields in the condition that they are in, take steroids or Human Growth Hormone in one of its various forms in order to "catch up." This is a big mistake which is made by many, including non-athletes, and can lead to such problems as shrinkage of the testicles in men, growth in length of the clitoris and shrinkage of the breasts in women, and bladder and kidney problems and various forms of cancer for both of the opposite sexes.

A few references can be used for proper information on weight training. Most of these can be found in various local book stores.

Another excellent way of getting into weight training and learning the proper techniques is to enroll in one of the many weight training and conditioning programs offered by the university.

The campus provides many locations where anyone with a student ID and can work out with weights. Among them are the basement of memorial gym and a room located in the Kibbie Dome.

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HEART

"It's an everyday job," said Dr. Jim Martinez, a physical education professor at the University of Idaho.

For exercise Marten recommends a 20 minute work out every other day. It doesn't matter what the exercise is as long as your heart rate is raised for the required 20 minutes.

Here's one way to figure the pace you should work out at: Take 220 and subtract your age. Then take that number and multiply by 75. That's the approximate rate you need to maintain.

"As your heart gets stronger it puts out more blood per stroke, so it has to beat less to pump more blood," Martinez said. "It will reduce the probability of you having a heart attack, but it won't guarantee you that. Fitness is only one aspect."

Other factors are your diet, blood pressure, heredity, and sex.

Foods high in fat like whole milk products, egg yolks, liver, and red meat can contribute to high cholesterol. According to The American Medical Association, you can reduce your risk of heart attack by two percent for every one percent reduction in your cholesterol level.

A healthy cholesterol level should be below 200. If you don't know yours, the National Cholesterol Education Program recommends screenings for adults 20 and over. Screenings can be performed through a routine visit to the doctors office.

Keeping control over high blood pressure can also help prevent heart troubles. While high blood pressure can't be cured it can be treated through diet, weight loss, stress reduction, medication, and quitting smoking.

Hereditary factors also play a role. Diseases like diabetes can go undetected for years in its milder form while sharply increasing heart attack risk. Checking family history for cases of diabetes and heart disease will allow preventative steps.

Males may need to be on guard even more than females. The rate of coronary heart disease is three to four times higher for men during the middle decades of life, and twice as high in the elderly stages.

Women using birth control pills as a contraceptive are also at an increased risk of heart disease. The pill can cause changes in blood pressure, particularly in overweight women or those with high blood pressure already. Women who smoke while using the contraceptive are also at a higher risk.
Eustachy likes to utilize the depth at guard by implementing several defensive pressure combinations along with some full court pressure. "Right now we are straining on defending and rebounding to get a base to one team," Eustachy said. "Later on we have the capability of pressing and picking up the tempo, but only time will tell." The guards lack height with four players under six-foot, but depth and a determined defensive tone may help against some of the bigger players in the conference. What Idaho lacks in production from its guards may be accounted for in the front court. With Lightfoot and Waters joining last season’s part-time starters Dean Watson (6-8, sophomore) and Otis Moten (6-5, senior), Idaho could be tough to stop inside the paint. Another returner, Terrell Moore (6-4, senior), also looks to improve after a up and down season last year. Malone has worked on this offensive game in the off-season and his great athletic ability will blend in with the talent of Watson and Lightfoot up front.

Transfer Chauncey McBride (6-4, Johnson County, Kan, JC) provides the same mold of a presence that is to play tough temperament on the court along with strong defensive and rebounding abilities. Fred Lovett (6-4), who sat out last season, has been a pleasant surprise in practice and workout and may see more playing time than expected. Waters still has a lot of developing of offensive skills, but undoubtedly provides the defensive force inside that has been missing from Idaho’s scheme for several years. "We’re going to try to get inside and get fouled and go to the foul line," Eustachy said. "We’re going to try to get those guys (the inside players) shots."

Idaho has its toughest schedule in recent years with two tournaments, including the Alaska Shootout, and an always difficult struggle with Washington State set for Dec. 5. With only four home games before Big Sky play opens, Idaho will be tested early and a slow start may hurt the confidence of a young, but talented team. We play five straight games on the road early and we have a better chance to lose than win those games," Eustachy said. "It will be tough on this team, but hopefully we'll be better in February and March."

Not only does Idaho face a tough schedule early in the season, Eustachy has also faced another stumbling block with players who sat out last season. Of the nine recruits, only three (Scott Matthews, Jason McKin, and Ricky Wilson played organized basketball last season.

Eustachy said he will play nine or 10 players consistently, but admits that some good talent might not see the court.

Eustachy admitted that the people picking Idaho to win the conference aren’t very realistic, but he hopes his team can finish in the top four and perhaps as high as third. "I like the kids as individuals and as a group," Eustachy said. "They have announced themselves and we’ll just have to see what happens."

Bithell picks the Big Sky

By TOM BITHELL
Senior Staff Writer

With the 1991-92 NCAA season starting this week, the race for the Big Sky Conference basketball crown is right around the corner.

Last year, Idaho and Nevada were stopped short of the Big Sky Championship by Montana. The Grizzlies won both the regular season championship and the post-season tournament with a 1-2 record.

This year’s Big Sky race again looks tight at the top and overall the conference should be improved. Only time will tell, but here’s an idea of what to expect.

1st - BOISE STATE: In his eighth year as coach Bobby Dye is the older of Big Sky coaches. He also has the most solid program established.

Dye has four starters back from last year’s (6-1) team that finished 10-6 in the Big Sky, before losing to Southern Illinois, 75-74, in the NIT’s first round.

Returning Center Tanoka Childers (6’9”, 177 ppg) earned All-Big Sky honors last season as a sophomore for his dominant inside play. Guard Mike Perry (6’4”, 10.9 ppg) and Michael Toretter (6’4”, 9.8 ppg) should also play prominent roles up front.

If the Broncos win a few on the road and end up finishing at the top of the post-season tournament, they’ll be looking at the NCAA’s.

2nd — IDAHO: The Vandals (19-11, 11-5) will be without Sammie Freeman, Ricardo Boyd, Clifford Martin, and Leonard Dye — but coach Larry Eustachy’s cupboard isn’t bare.

Forwards Otis Moten (6’5”, 7.0 ppg) and Dean Watson (6’9”, 6.4 ppg) will return to join some talented newcomers.

In particular, 6’7” forward Orlando Lightfoot has the potential to tear-up the league. With 6’10” Frank Waters joining him, Idaho could have the league’s dominant front-line.

The backcourt will be the question for Idaho. If Eustachy finds a guard to direct the show, Idaho could be back for its third NCAA appearance in four years.

3rd — MONTANA: The Grizzlies return four of five or part-time starters from last year’s Big Sky Championship team.

Trouble is, Montana lost both its league leading scorer and coach. Forward Kevin Kearney graduated after leading the league in scoring last season with 18.3 points a game. Coach Stu Morrill left for the Colorado State job.

What the Grizzlies do have are forward Delvon Anderson (6’4”, 13.3 ppg.), and center Daren Engelson (6’10”, 11.3 ppg.) as returning starters.

The question in Missoula will be whether new interim coach Blaine Taylor can implement his program smoothly, and replace Kearney and point guard Eric Jordan.

4h — NEVADA: This will be the last chance for Big Sky Championship for Coach Len Stevens. It’s one of the Wolf Pack would like to win the Big West Conference next year.

The mainstays of Nevada’s four returning starters are center Ric Herrin (6’10”, 18.2 ppg.) and guard Kevin Souza (6’4”, 15.1 ppg.)

Last year the Pack (17-14, 12-4) finished in the thick of the Big Sky race. This year shouldn’t be any different.

5h — IDAHO STATE: Second year coach Herb Williams went to the Midwest again for some heavy recruiting. The roster looks good.

If the newcomers develop with Kareem Carpenter (6’7”, 12.7 ppg.), another Midwest product, and the other two returning starters, the Bengals could surprise some people down the stretch.

6h — EASTERN WASHINGTON: The Eagles (11-15, 5-11) were surprising at times last year under new coach John Wade.

Next Wade has three starters back to build this year’s team, including forward Kremo Patrick (6’6”, 12.6 ppg.).

Look for EWU to battle for a Big Sky tourney spot.

7h — MONTANA STATE: If the Bobcats (12-16, 6-10) can fill vacancies up front, Johnny Mack (6’2”, 16.8 ppg.) and two other returning guard starters should be able to handle the back-court for coach Mick Durham.

This year the Big Sky Tournament is as far as they’ll go.

8h — WEBER STATE: New coach Mark Allenberg will have his hands full at WSU (12-16, 7-9) just trying to get a win.

With three starters back he’ll be picking up some conference wins, but it will be at least another year before the Wildcats compete for the title.

9h — NORTHERN ARIZONA: Last year was a nightmare for the Lumberjacks (4-23, 1-15) and coach Harold Merritt. The trans- fer of his best player, sophomore guard Corey Rodgers, to New Mexico didn’t help.

With four starters coming back however, the Lumberjacks should improve. It just won’t be enough to go anywhere.

}
**Gate's Top Ten**

1. Duke - They have the best coach in Mike Krzyzewski and the most talent in the nation. A sure bet to win.
2. Arkansas - Todd Day, Oliver Miller, and Lee Mayberry. A team that is just too good to be true.
3. Kentucky - Rick Pitino's team is in too much trouble. Let's see if they can make it to the final four.
4. Duke - They have the best coach in Mike Krzyzewski and the most talent in the nation. A sure bet to win.
5. Kentucky - Rick Pitino's team is in too much trouble. Let's see if they can make it to the final four.
6. Kansas - Won a double header to win the conference. A team that is just too good to be true.
7. Kansas - Won a double header to win the conference. A team that is just too good to be true.
8. Kansas - Won a double header to win the conference. A team that is just too good to be true.
9. Kansas - Won a double header to win the conference. A team that is just too good to be true.
10. Kansas - Won a double header to win the conference. A team that is just too good to be true.

**Gate’s All-American Picks**

First Team:
- G. Cube - Arkansas, Landers
- G. T. Boyd - Louisiana State, Sande
- S. Draper - South Carolina, King
- J. Jackson - Arkansas, Chase
- D. R. Lee - Tennessee, Evans

Second Team:
- C. Clark - Arkansas, Landers
- J. Jackson - Arkansas, Chase
- T. Day - Florida, Santa
- F. Ross - Florida, Santa
- B. Hassan - Tennessee, Evans

Honorable Mention:
- C. Allen - Houston, S. D. Segars
- C. T. W. - Louisville, S. D. Segars
- S. Draper - South Carolina, King
- J. Jackson - Arkansas, Chase
- C. Clark - Arkansas, Landers
- J. Jackson - Arkansas, Chase

**Sports Report**

This weekend the Vandals volleyball team splits on the road where they lost to the University of Montana Friday and beat the Idaho State Bobcats.

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9am-5pm Sun in the Moscow Hotel, (802-3748)

Sunday Champagne Brunch 9am - 1pm

Featuring James Reid on Classical guitar

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November 13th
5:30 pm
S.U.B. Ballroom
Free to the Public
‘Screaming obscenities at record executives is fun’

An exclusive article revealing secrets of the CMJ Convention

BY TIMOTHY COOK
Health and Injection Expert

Tuesday • Argonaut • November 12, 1991

The DEA of all things. The only way I know when Arnold is in the office is when his hand is on the knob of his office door. I always thought it was odd. I have never seen Arnold with his hand, or arm, or anything on the knob of his office door.

Socializing with record representatives with large corporate expense accounts was another perk, though the beer selection in the hotel of the joints I solicited left something to be desired. There's nothing wrong with Rolling Rock I keep reminding myself and others.

With about 350 bands playing throughout the convention, it was very important not to set up shop and miss out on some of the cool live acts folks here in the Gem State lack the balls to book. Stuff like Cop Shoot Cop, Cadence, Elliot Sharp, Head Of DaVad, Unreel, Jazz Passengers, Joel Fair, Sonny Sharrock, Poster Child and about six billion others were the artists I chose to see. I gladly missed out on the Mekons and my local favorito, Hootenannies, to kick myself, but there's always tomorrow.

It was a true kick in the pants to finally meet those "idiot" types I deal with on a daily routine as music director... kinda terrifying too, but insecurity is the ultimate dishonesty. Besides, what has free lunch and everything?

A true disappointment of the Music Marathon was the absence of Grace Jones, a personality I've always had a severe need to meet. When Arnold dished it out, I did have the inclination to speak to Public Enemy's Chuck D about his fondness for his Cincinnati Reds hat and Kevin Shields from My Bloody Valentine about live venues we suspected would be far too crowdaded to even attempt later in the evening. I saw Debbie Harry too, though what could one possibly say? "I know what you did with that cigarette in Videodrome?" The tide is high indeed.

In order to save money I stayed with some friends in the East Village. I'll tell ya, there are some great breakfast joints out there, with service of varying degrees of friendliness. That's New York for ya. I guess.

By the way, the newest sales pitch in crack selling is the market seller jumping up and down on the corner uttering the word "meth" over and over again. I kept wanting to stop one of these felates and ask if they were selling or celebrating, though I wasn't quite that stupid. My friend Trent observed that next year I should try stepping from side to side uttering the word "gas."

Sounds like fun...I can hardly wait.

Preview '91 This Week: KUOI Features U

Records All Week In Their Entirety, @ 11:30 PM

Be There Or Be Uncool

- Tonight: Miranda Sex Garden Made Angelic a capilla in the Measured from heaven
- Wednesday (11/13): Wtchyt Pile Jetter (Mute/Elektor)
- Another stunning innovation by true craftsmen
- Thursday (11/14): Tyranny Of The Best Original Soundtracks A compilation of many incredible yet underrated music artists like Cabaret Voltaire, Throbbing Gristle, Skp, Loop and many others
- Friday (11/15): Head Of David Seed State (Mute/Blas First)
- Saturday (11/16): Palæysm Vol.1
- Authentic rave music culled from real acid houses in England
- Monday (11/17): Holger Hiller As Is

Further proof that music is best when it's constructed and edited properly
- Next Monday (11/18): each, don't ask anybody, its the world premiere of FORTIANA's debut entitled BLUES(Mute/Elektor)...after extensive market research, and begging by KUOI's music director, it was determined that KUOI's listening audience will be the first in the world to hear one of the years best.

Look out for giveaways all week long of these preview '91 albums, as well as new albums by Nitroz Ebb and Erasure and Total Evidence (USA), a Mute compilation with works by Nick Cave, Renegade Soundwave, Wire and Diamanda Galas.

Comic learns to laugh back at tragedy

By KORINNE BOODLY
Staff Writer

Poor Stu Stuart. Success has been a struggle. But, after two last place finishes in the Seattle International Comedy Competition, a fight with the big C (cancer, not commitment) and losing his day job, Stu has emerged as one of Seattle's hottest young comedy stars.

Auditioning for the 1991 Seattle International Comedy Competition along with more than 100 hopeful comedians was a job on a whim. To his surprise, and the surprise of many other aspiring comics who've been in the business for years, he made it. Despite his last-place finish, the talented and recognized by local agents, who offered him his first gig and knives. Stuart now performs at many of the most comedy clubs in Seattle, The Comedy Underground, The IMPROV, Comics Comedy Club and The Last Laugh. He will be performing Wednesday, November 13, at Chasers Lounge at 8 p.m. Don't miss your chance to catch his twisted and witty humor in action.

Entertainment At A Glance

Movies:
Save your money for the Addams Family on the 22nd

TV:
Ferreire Indiana (7:30pm Sundays NBC)
Northern Exposure (10pm Mondays CBS)
Star Trek The Next Generation

Cereals:
Cocoa Pebbles
Life
Boo-Berry

(If you can find it)

Video:
Umm

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Heard steals spotlight in suspense-thriller

By SEY HONESS
Staff Writer

Goldie Hawn isn't known for many serious acting roles, but along with Tim Heard in "Deceived," she effectively breaks out of her ditzy blonde mold. This suspense thriller starts out slowly with predictable dialogue, but when the plot picks up and the pace quickens, you can't help but hang on for the ride.

The use of foreshadowing sometimes makes the actors play on a plane of action obvious and creates a certain sort of audience participation. I found myself second guessing what I thought was going on and what would actually take place on screen.

Tom Heard portrays Hawn's husband and eventually becomes a very believable villain. Only in the beginning, when Hawn suspects her husband of some wrong doing and inquires what he has been up to, is Heard's credibility marred.

The explanations he gives her are weak and clearly false, but she believes her "loving" husband.

The bottom line in this movie is money. Heard will stop at nothing to become more financially secure. Heard will and does, lie, steal and kill to further his egocentric cause.

Top 10 Movies
1. The Fisher King starring Robin Williams
2. Rinceheart Denizel Washington
3. Necessary Roughness Scott Bakula
4. Deceived Goldie Hawn
5. The Super
6. Paradise Melanie Griffith
7. Sabrina Commando Hulk Hogan
8. Freddy's Dead Robert Englund
9. Shot
10. Stepping Out Liza Minnelli

Again, some of the revealed plot is predictable, but by hitting you with what you don't expect, this movie earns its wings.

The plot is strengthened with scenes of Hawn and her daughter sharing tender moments. The audience wonders if this guy is capable of the destruction he may or may not have done.

When the plot begins to stir, Heard becomes nastier by the minute. This movie is worth the price of admission and is recommended by this movie reviewer. December is playing at the University Four Theatre nightly at 7 p.m. and 9 p.m. with showings at 2:15 p.m. and 4:45 p.m. Saturday and Sunday.

The Chopping Block
by Phiromena Corradino

Look at the labels on packaged sandwich meat. Most of them will be marked "Lean," "96 Percent Fat Free," or something similar. Yes, they make excellent sandwiches, but you can get good meat flavor when you combine even a small amount with vegetables in a main dish or salad.

HAM AND YAM BAKE

8 ounces packaged Lean Ham
1/4 cup concentrated, orange juice, partially thawed
1/3 cup light brown sugar
3 pounds sweet, peeled, cubed and cooked
1/2 cup butter or margarine
1/2 teaspoons salt, optional
1 apple, cored and thinly sliced
Nutmeg or cinnamon

Preheat oven to 350F. Cut ham into one-inch squares; set aside. In medium bowl, combine orange juice, brown sugar, yams, butter and salt. With electric mixer, beat until well blended. Fold in ham. Turn into greased casserole. Top with apple slices. Sprinkle with nutmeg. Cover and bake 30 minutes or till heated through. Makes eight servings.

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ARGONAUT • TUESDAY, NOVEMBER 12, 1991 • 17
SHATNER DIALS A ZERO: "This will probably surprise you," Bill Shatner, the host of CBS' "Rescue 911" series said, "but you can always dial 911 and get the help you expect.

Shocking news indeed! As Bill explained, "My family and I were at our ranch and we heard what sounded like a prowler outside the house. So what do you expect me to do? I dialed 911." But, he added, "I was just a few days too early. The system had been installed but had not yet been activated."

Fortunately, there was no prowler on the grounds, or if there were, he didn't cause any problems. As Shatner said, "Still, this could have been an emergency, which points up all the more the importance of having the system installed in as many areas as possible."

As for reports that "Star Trek VI: The Undiscovered Country" may be the last flick in the series, Bill said: "Probably so."

(Note that he said "probably" which gives hope to all Trekkies that there may be something to the rumors that there's movement in the direction of No. 7, which could be called into production some time late next year.)

Health & Nutrition

NEWS NOTES: Fertility may well be a matter of a man's basic health habits, including his diet. According to a research study cited in the October 1991 issue of RN Magazine, smoking and drinking can damage male fertility. So can a lack of vitamin C and zinc.

As an added note, I should point out that one important source of zinc is in shellfish — and come to think of it, for years, men have believed that eating oysters would help maintain virility. And while virility is not always a guarantor of fertility, it is interesting that this zinc rich bivalve is involved in both conditions.

Headaches are among the country's most common ailments. For most people, they are temporary and caused mostly by benign factors that are rarely life threatening. However, in some cases, headaches can be early warning signs of something much more serious. Another article in the October issue of RN Magazine says that if someone experiences a new type or pattern of headache pain, the smart thing to do is notify their doctor. The pain could signal eye or ear disease or a brain condition that needs immediate attention, such as a brain tumor, a hemorrhage, an aneurysm, or other serious illness.

SUN-SENSE: It may strike some people that a discussion of the dangers of sunlight in summer is out of season. But the fact is that exposing the skin to the sun — regardless of where or when it happens — causes changes that are often irreversible. At the very least, the result of sun exposure is photoaging, with the skin wrinkling and often turning leathery. The more tragic, and increasingly more common consequence of sun exposure is skin cancer. Some of these conditions are curable if caught in time; some are not.

One reason for warning people about skin exposure at this time of year is that many folks either head south for their vacations, or travel to more tropical areas for their holidays. Because they feel they need to get as much out of their limited time in warmer, sunnier climes as possible, they tend to ignore discretion in favor of an intense solar ray soaking. They may come home with a sun, but they may also have sustained skin damage that can have serious aftereffects.

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5. One prize will be awarded to AT&T "It Can Happen To Me" Sweepstakes winners.

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