'Sexual Health Week' concludes with videoconference

BY CLAYTON HAILEY
EDITOR

Although the first 'Sexual Health Week' in Idaho culminates in Wednesday, the impact of issues are expected to linger on.

The issues and presentations will be throughout the two-week period, from lectures on relationships at the counseling center to an acquaintance rape discussion at the fraternity house.

The Student Advisory Service sponsored the educational program that blanketed the campus prior to Valentine's Day.

Although there were some criticisms concerning the intentions of Student Advisory Services in sponsoring 'Sexual Health Week,' SAS reaffirms its position that the lectures, seminars, and presentations were not to promote sex but rather to educate students.

The objective of 'Sexual Health Week' is similar to 'Buckle-Up' and 'Alcohol Awareness Week' in that it attempts to make students aware of the impact decisions could have on their lives and the lives of others.

Students are given the opportunity to examine the many different aspects surrounding 'safer sex' through educational information of 1997. SAS reinforces its position that 'Sexual Health Week' does not promote condoms or consider condoms as the only answer to 'safer sex.'

There are a lot bigger issues at stake than condoms in the residence halls, said Dean of Student Services, Bruce Pitman.

Pitman said the issue of 'safer sex' is much too complex to concentrate on a very small part like condoms on campus.

The impact of 'Sexual Health Week' has already been felt by the Student Health Center.

'I have already had many students come in,' said Dr. Robert Leonard, director of the Student Health Center. 'I hope it will increase by word of mouth.'

The Student Health center is pleased with the concept behind 'Sexual Health Week' because it brings some of the problems facing college campuses to light.

'There are considerably more cases of sexually transmitted diseases now than there was 20 years ago,' Leonard said. 'I presume there is more sexual contact now.'

The AIDS Tele-conference Satellite Broadcast on Wednesday will conclude the week. The videoconference focuses on AIDS as the future campus crisis.

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Will the real UI fans stand up
**NEWS**

Farming and law discussed

**BY CHARLIE RICE**

A symposium on farm legal issues was held Saturday, July 27, at the University of Idaho College of Law.

The speakers and guests were welcomed by Dean Sheldon Vincent, UI College of Law. The speakers were introduced by Mona Williams, Symposium coordinator.

The first speaker was Leora Thompson, director of intergovernmental affairs for the Office of the Secretary of Agriculture. She discussed the issues facing farmers and how farmers are affected by decisions made by the Department of Agriculture.

She was followed by Don Thompson, who is the Northwest area director of the Idaho Rural Stabilization and Conservation Service. Thompson discussed government payment limitation regulations and how they affect the farmer and the crops he is allowed to plant if he signs up for government crop subsidies or conservation reserve programs.

**LYNN Hayen** was one of many panelists answering questions from an audience of concerned farmers at a symposium on legal issues in farming held Saturday at the UI Law School.

(ARGONAUT/ILLI Paganon)

Service. Thompson discussed government payment limitation regulations and how they affect the farmer and the crops he is allowed to plant if he signs up for government crop subsidies or conservation reserve programs.

After a short coffee break, panelists resumed their discussion.

**“Safe sex” may be a myth**

**BY JEFF STUCKER**

"Safe" sex does not exist outside a lifetime commitment, research indicates.

Sexually active Americans may catch 39 possible sexually transmitted diseases. Twenty-five of these are not restricted by contraceptives, according to the Minnesota Health Department.

The dangers of extramarital and premarital sex have been compiled by Josh McDowell, a collegiate lecturer and author who has spoken at more than 600 universities in the U.S.

McDowell cited these statistics at a conference in Portland:

- Ten of 38,000 people will catch a sexually transmitted disease.
- More than 25 percent of Americans have herpes. There is no cure.
- The year 2004 will be known as the "year of chlamydia" in America. An STD with more adverse effects on women than men.
- 25 percent of the women with chlamydia will become sterile.
- 33 percent of children from chlamydia-infected mothers will be born with chlamydia.
- 12 percent of the babies will be born with a major birth defect. Sometimes without the mother knowing she has chlamydia.
- "More children have been born with birth defects caused by STDs in the last year than were affected by the entire 10-year epidemic of polio in the 1950s."
- "Condoms are not effective in preventing gonorrhea or syphilis when there is foreplay or the condom is not used correctly."
- "STDs are latent and can be passed on for years without carriers knowing they have them."
- "Every time you have sex, you've got to have one thing in the forefront of your mind: You're not only having sex with that person, but with every person he or she has had sex with and all of their partners for the last ten years," he said.
- McDowell said he doesn't trust the recent push for condom use as "safe sex."
- "Even using condoms 100 percent of the time, 17-30 percent of AIDS carriers will pass the disease to their partners in a 24-month time."
- "If you knew your partner had AIDS, would you...commit your life to a little thin sheath?"
- "No way!"
- McDowell said that when birth control pills came out "the university, the health clinics, everything else (were) telling the women 'Go for it!' But they weren't smart enough to realize that they would usher in the greatest epidemic of sexually transmitted disease in all the history of civilization."
- "Now they say, 'Wear a condom and go for the gold.' In less than five years — in fact, we're already seen it — that the consequences would be catastrophic."
- "They don't tell you this in the

SEE JUMP PAGE 6

**Free Personals**

PERSONALS POLICY: The personals section is free to all University of Idaho students. Personals which contain advertising, sub rosa, phone numbers or addresses will not be printed. Publication of all personals is subject to the discretion of the staff and space limitations. Used and unused personals will be discarded after publication. Personals should be left for submission in the personals box at the Argonaut, Suite 301, Student Union Building, 630 S. Doak St., Moscow, Idaho, 83843. Personals are randomly selected for publication.
Ham radio club goes international

BY LEN ANDERSON

To celebrate the kickoff of the Centennial, various members of the University of Idaho Amateur Radio Club (W7UQ) "hammered" it up all last week.

The club completed their weekly long competition by talking to a total of 100 worldwide hams, including 28 states and eight foreign countries. Among the countries contacted were Japan, East Germany, France, Hungary, the U.S.S.R., Canada, Norway and Uruguay.

During the rest of the 18 months of the Centennial Celebration, the club plans on working in more than 100 different countries. One of the members, Arden Haws, encouraged other members during the last monthly meeting by challenging anyone to work as many countries as himself.

Harold McInerney organized the club in 1929. The only time it was not allowed to contact other stations around the world was during World War II in 1944-45. It is affiliated with Amateur Radio Relay League which is a national organization supporting amateur radio in the U.S.

Until this year the "ham shack" was located inside an old green trailer behind the UCC building. At the beginning of last semester, the club moved their equipment into a building adjacent to the power plant across the street from the Gauss Engineering Laboratories.

Having moved into the new facilities, the group is upgrading its equipment. Ham radio is purchasing a new radio with the assistance of the ASUI. The club currently operates with borrowed equipment.

Today there are more than 19 active club members, including students, staff and faculty who attend meetings the first Tuesday of every month at 4:30 p.m. in the SUB.

During the weekend of Jan. 23, various club members flipped on their radio switches to talk to UI alumni in their annual "Reunion on the Air." During the reunions, many alumni are contacted and given an opportunity to talk back to the university.

UNIVERSITY of Idaho Amateur Radio Club (W7UQ) members Mark Ditter and Arden Haws call alumni during "Centennial Reunion on the Air." (photo courtesy of UI Amateur Radio Club)

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EDITORIAL

Have some respect basketball fans!

It is the last two minutes of the game. An aggressive visiting team struggles to overcome the odds of beating the Vandals in the Kibbie Dome. The score is tied at 60-60. The fans are ecstatic, they go uncontrollably wild over a nailbitter packed with fouls, ejections, warnings and more fouls. The last few seconds of the game are now upon us. No one has scored. Then all of a sudden a huge piece of ice is cast to the middle of the court just in time for a player to slip on it. The referee calls a technical foul on the home team for a disruptive audience and allows the opposing team two free throws. The visitors squeak by with a two point lead; 62-60.

This scenario was exactly what I was expecting at the Idaho State University/UI face-off in the Kibbie Dome Saturday night. I have never been so shocked at fans at a game since I left high school.

What happens to a little maturity? Or did that disappear along with other great words like integrity, respect and intelligence?

It was bad enough that the game was plagued by questions which cost us a few points, our top shooter Kenny Luckett being ejected for unnecessary roughness, and head coach Tim Floyd receiving one of the two technical fouls that could send him to the showers without Vandal fans adding hurt onto injury.

If the ‘questionable officiating’ deemed it necessary to levy a technical foul against the team whose fans threw ice to the middle of the court Saturday night, it could have cost us the game.

Provided the Bengals made the free throw shots with a game that close any extra-curricular call on either side could swing the game.

And no one is saying that fans should sit quietly and watch the game either.

Saturday night, Vandal fans relished a certain class of provfesty so much that every 16 seconds during the game they blurted out a handful to which every referee top their ‘shl-list’ at that moment.

During half-time when the flyers were distributed, certain fans felt it necessary to make F-14 test the wind resistance factor present in the Dome. However, the worst occurred on Thursday in the match against Boise State University. While the players were visiting their respective benches, an overzealous fan targeted an unsuspecting referee with a penny. The fans even gently pelted the ref hard enough to draw a stream of blood from his forehead.

God-knowing that rape, pillage, and plunder was crossing his mind as he calmly got a towel and dabbed up the blood.

Does behavior like this reflect the typical Vandal fan?

Both games, by the way, were broadcast live on television throughout the state of Idaho.

We can only hope that those delinquents in the stands were not real Vandal fans but rather impenetrators sent by rivaling universities to initiate an ‘unofficial induced technical foul.’

Thanks for representing us in such a positive fashion. It reflects well upon the entire university, students and faculty alike.

Thanks!

Clayton Hailey

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Homosexuals distort reality

It is hard to find conversation that is not concerning one of the top three current headline issues: Pat Robertson's 'inflammatory. . .vile in the Middle East, and the AIDS epidemic. An undercurrent of the AIDS epidemic is last week's court decision to once again allow homosexual activities in the U.S. Armed Forces, a cause for celebration in every gay bathhouse in America.

Have settled the 'gay rights movement and their quest for minority status with great concern for many years, because it is the spearhead of a destructive force. That force is both anti-family and anti-constitutional.

It wants to change the government of the United States from ‘by the people, for the people,’ to ‘by the Congress for the special interest groups.

Last October, thousands of homosexuals participated in a march on Washington for lesbian and gay rights: in their official handbook called Out and Outraged, they listed key objectives:

1) Passage of the congressional bill known as the School Prayer Amendment, which would give homosexuals the same legal status as religion and race under the Civil Rights Law
2) An end to all discrimination against people with AIDS and massive increases in funds for AIDS research and patient care as well as value clarification education (i.e. “If it feels good, do it!”) with philosophy in moral ambiguity.
3) The repeal of all laws that make sodomy between consenting adults a crime;
4) Reproductive freedoms—this encompasses both adoption and surrogacy but usually means the right to an abortion, which is somewhat ironic because homosexuals can't propagate each other.

But the gay community is now consumed in a crisis in a precedent proportion, and it seems totally incapable of confronting itself with the tragedies of the AIDS epidemic. The homosexuals continue to distort reality, refuse to make concessions and blame everyone else for their problems. They want full benefits and privileges without accepting responsibility or consequences for their actions.

The gays are angry at Christians who believe that the Bible states homosexuality is a sin and an abomination in God's sight, and Christians believe it. The homosexuals are mad at the U.S. Supreme Court for upholding George's 'sodomy' law which criminalizes any homosexual act whether committed upon oneself or another. They are angry at the Reagan Administration for not doing enough to combat AIDS. As far as the homosexual population is concerned, it is everyone else who is wrong.

The gays and lesbians continue to deceitfully cloak their movement with civil rights and legal because they know people will accept a civil rights bill, but they do not care about the people movement. Equating a movement such as this with the black struggle to free itself from slavery and discrimination. They already have the elementary freedoms and rights. Rock and Roll. Wherever they want to go, they can go. What they have the AIDS epidemic would eradicate the false notion that two consenting adults doing something in private has no effect on others. But! Consenting adults are killing each other and themselves, spreading unbearable anguish to families and friends. They are starting to bring about the collapse of the hospital and medical systems. Now the entire insurance industry is there trying to silence us because we cannot offer any coverage to AIDS victims. Four percent of all AIDS cases are homosexuals, the rest are victims of a contamination blood bank system.

Yet the homosexuals continue to portray themselves as victims of the Bible, the Supreme Court, and Ronald Reagan. Although I do not think gays and concentrations camps are the answer to the problems created by homosexuality, efforts should be put forth to contain the resulting diseases, not promote them. The movement of self-delusion should be seen, not given minority status because legitimizing homosexuality would put a kaleidoscopic dash on the United States and the human race.
RHA president remember your constituents

Editor:
CONSLIT-U-EN-CY: n., pl. All the people, esp. voters, served by a particular elected official, esp. a legislator.

Yes, this word describes a person who is put into power by the people to represent the people's best interests. Unfortunately, this definition does not necessarily apply to the Residence Hall Association (RHA). There has been a serious breakdown in the system.

It started last semester with GDI Week. There was some controversy over the infamous "Beer Chug" which has both an annual event in the GDI games for years. Unfortunately, the controversy was not with the Vice-President, who agreed with an overwhelming majority to continue with tradition, but it was with the RHA President who arbitrarily decided it would no longer be included in GDI Week.

He said that he could not have the "Beer Chug" because the Administration condemned the event, thus bypassing what the CONSTITUENCY desired.

Partially into second semester, and it seems that a similar breakdown is taking place. That same RHA President is now pretending an AR class. Not saying that any

of our R.A.'s are bad, but they are paid by Student Advisory Services to be in the best interest to do what SAS wants. No one at the RHA CONSTITUENCY comes into play, it seems as the RHA President has forgotten the meaning of word. The longer he is involved in both an AR, then said in RHA, there will be a constant battle to determine who is actually more important--his CONSTITUENTS or SAS. This is a scary situation. I have heard him more than once utter a word or two in favor of the Administration's actions on subjects that should be carefully scrutinized, but are ignored by the RHA President, because of the Administration's control over him.

In conclusion, I would like to say that I am not asking for radical toments to try to impeach the poor confused RHA President, but as a personal warning to him. Remember who your CONSTITUENTS are. You were elected by us and you are here to try to make life in the dorms a little easier for us by not letting the Administration or Housing take away all our rights while we are busy studying for an Economics test. That is the reason you are given power. It is said to see GDI's give away some of their independence by electing an RHA President, but it is the only way we can do it is to have the Residence Halls carry any weight in the current administration. It is this reason alone that your services are required. 

Mr. RHA President.

Bruce W. Lawther

Thanks from Senator Major.

Editor:
It's so easy to go through life with the feeling of not knowing what to do, and solutions on others. Admittedly, I have on occasion fallen into that deadness of trust.

With that said, I would like to take this opportunity to thank those who have gone out of their way to help me work through and complete their personal and senate projects.

First, to Don Surfa, assistant director of Operations at Family Housing. Don's limitless patience and kindness while working with me to see the winterizing project at Family Housing change from being a dream to a reality cannot go unrecognized. His genuine show of concern and dedication are unmatched in my book of great deeds.

To Judy Wallin, coordinator of Student Development Programs, Judy's encouragement and wisdom has been a welcome addition to the many worthwhile services offered by the Learning Resource Center. Last, but certainly not least, my everyday gratitude must be extended to Dean Bert McCroskey of the College of Letters and Science. Dean McCroskey, you have always had a positive thought to pass on to distraught students. His outlook on life and passion for his job make him a credit of grand proportions to the students, and to Wisconsin is a shining example of what the administration should be about.

At the risk of repeating myself, thank you again for your service.

Lyne Major

ASU Senator

Yes Kelly, LA SA is just a commie front

Editor:
This letter is from a concerned citizen responding to the startling revelations in Tim Kelly's "West Targeted in Disillusionment." (Argonaut, Feb. 5).

Mr. Kelly's letter presents long awaited evidence proving that the Latin American Studies Association (LASA) is just another commie front organization. I suggest that the University of Idaho Young Republicans mail the owners of the stock shocking discovery to every concerned U.S. Senator and Congressman. Perhaps there's still time to stop LASA at the U.S. Mexico border—or before LASA strikes at the soft underbelly of South Idaho.

Mr. Kelly is right to be concerned about a secret Cuba-U.S. research connection on campus has it that the UI's School of Agriculture and Castro's Cuba may sign a multi-million dollar contract that would allow UI researchers to study ways in which sugar cane can be converted to fuel to keep all those 1950's American cars running on the streets of Havana. Negotiations between the Cuban and UI administrators seem to have temporarily bogged down, however, at both sides have resort to outright dangling over an unacceptable peso-dollar exchange rate to write into the contract.

As for West himself, it's high time he was "targeted." For too long he's accepted himself as being merely "harmlessly eccentric"—a professor who in the classroom exchanges conversation with a strange woman and converses with stuffed toy animals: In reality West is a dangerous menace who hasn't voted Republican for decades.

Donnie West

Are you missing something?

Editor:
Someone from the University of Idaho has lost something very valuable. I found this treasure on the street in Coeur d'Alene and I am trying to find the owner. All they have to do is identify what I have placed safely away and they can claim ownership. I can be contacted at my office in Coeur d'Alene, 1st, 666-1590. Call Monday, Wednesday or Friday.

Warran R. Bay, D.N.

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Features

ITAD focuses on international

BY BETH PETTIBON
STAFF WRITER

Awareness of international topics is the focus of the International Brown Bag Series.

Through the series, the university and the office of International Trade and Development are presenting lectures on campus to create an awareness toward the various programs, problems and discussions dealing with international topics.

The series, which is new this year, studies a number of international topics, according to Glounse Wray, the program assistant for ITAD.

"It involves the faculty, students, and the community," Wray said.

The lectures, which take place during the lunch hour from 12:30 p.m. - 1:20 p.m., encourage the audience to bring their lunches with them. Hence, the name International Brown Bag Series.

The topics for the monthly lectures will deal with some international facet, vary in content and have included discussions on China's ability to meet requirements to get products to the U.S.; trade issues between Japan and the U.S.; faculty discussion on their overseas sabbatical leaves; women in development; and most recently, last Friday's lecture by Associate Dean of the University of Washington’s School John Hailey on why Japan has less crime.

Dr. Dorothy Zakrejsek; the associate director of ITAD who started the Brown Bag Series, said this program allows the office (ITAD) to expose its constituency to international concepts.

The series, which is one facet of the entire international program, focuses on some element in the international community and brings it here to the campus, Zakrejsek said.

Zakrejsek also mentioned the upcoming International Week on campus, which takes place April 18-22. Directed towards students and faculty, the week-long series is open to the public and includes a number of highlighted areas.

Discussions dealing with students include Study Abroad, international internships, and the Peace Corps. The kick-off for the week will involve a fairly prominent speaker, Zakrejsek said.

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Newsbreak

ITAD sponsors 'spouse tea'

A special Valentine get-together for international student spouses is being sponsored by the International Trade and Development Office. The group will be addressed by Dr. Dorothy Zakrejsek, Associate Director of ITAD, and Ms. Carol Scott, wife of Moscow mayor Gary Scott. They will share campus and community information in the first of a series of monthly events that will provide an opportunity for the spouses to get acquainted.

All international student spouses are invited to attend the tea, scheduled for 1:30 - 3:00 p.m. in the EE-DA-HO Room in the Student Union Building. For information, contact ITAD.

Annual Gong Show slated

Calling all performers, dancers, musicians, acrobats, mime, magicians, clowns, comedians and showoffs! This is your chance to win money, money money. The afternoon of the Big Mardi Gras Celebration in Moscow, will be the ANNUAL GONG SHOW. Three cash prizes will be awarded for the most entertaining act; $150.00 for first prize, $100.00 for second prize and $50.00 for third prize. The GONG SHOW is held at the Kentketh Theatre at 1 p.m. Saturday. Come join the Fun!!

Applications for the Gong Show are available at the following store Downtown Moscow: Mykelnis, Ken's Stationery, and Mingles.

PCJ accepting submissions

Paradise Creek Journal, University of Idaho's student literary magazine, is accepting submissions of fiction, non-fiction and poetry for the Spring 1988 issue. Works of all genres and on any subject are welcome. All graduate and undergraduate students at UI and Lewis-Clark State College are eligible to submit material.

Deadline is March 31, 1988.

PCJ Submission Guidelines: 1) Only typewritten works will be accepted. 2) All works should be accompanied with typed full name, address, phone number and student ID number. 3) Originals should not be sent. 4) All submissions must be accompanied by a SASE for response and return of manuscript. Submissions not accompanied by a SASE will be destroyed after consideration. 5) Submissions should be sent to: Paradise Creek Journal, c/o Dept. of English, Room 200 Business Hall, Moscow, ID 83843.

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Vandal tennis defeats MSU

BY ERIK SIMPSON
SPORTS EDITOR

The Idaho tennis team was victorious in their season opener against Montana State Saturday in the Dome. The Vandal men finished 5-4, while the women nearly came up with a clean sweep against their competitor 8-1.

"I was really impressed with how everyone came together. They were all really hungry and wanted to play this year," said Head Coach Dave Scott speaking of his Vandal squad.

Scott said that his team hadn't played a real tough match since September. "It's always hard to play the first match—even at home."

Montana State had come off two good matches prior to Saturday's contest.

The Idaho women lost only one match, which was the number three freshman doubles team of Linda Voris and Karen Bladholm. The contest was decided in three sets 6-5, 7-6, 6-4.

Voris bounced back from her doubles' loss to win her number four singles match 6-3, 6-0 against MSU's Dawn Bulglin.

"Linda played like she knew what she was doing," Scott said. "She didn't play like a freshman."

Scott was very pleased with all of his women players. Other women's singles winners include: Cathy Shanander, Patty Shesus, Linda Leroux, Jodye Farrell, and Shiek Moore. The number one doubles team of Patty and Cathy Shanander and the number two doubles team of Linda Leroux and Jodye Farrell defeated their competition.

The men also had a productive day. The number one doubles team of Efrem del Degano and Scott Berwald defeated the MSU team of Todd Devries and Mike Schwarzoff in two sets by a score of 6-3, 6-4.

"They're both real hungry and would like to win the conference," Scott said. "I can't see anything standing in their way."

Efrem del Degano also went on to defeat Devries in a close singles match 4-6, 6-2, 6-3, while Berwald won his singles match 6-3, 6-3.

Other Idaho men's winners include: John Bladholm in a singles match and the number two doubles team of Darrin Lewis and John Bladholm, who won their match 3-6, 7-5, 6-3.

"I really appreciated the crowd and want to thank everyone for coming out," Scott said. "Everyone (the team) really noticed it."

Scott also said that Saturday's attendance was the largest he had seen since coaching at Idaho, and that indicates that there is some interest in Idaho tennis.

The women travel to Pocatel-lo for the Idaho State Invitational which will take place Friday and Saturday. Idaho will play teams from Idaho State, Utah State, Montana State and Boise State at the tournament.

The men travel to Walla Walla, Wash. on Feb. 27 where they will take on Whitman College and the University of Oregon.

The Lady Vandal's lost their first game to Boise State Friday night, but the women secured their second Mountain West Conference win against Idaho State Saturday.

The Boise State game was the Vandal's seventh straight loss, earning them a 4-16 overall record and a 1-7 conference mark.

Idaho made only 29 percent of their shots in the first half of the game, trailing Boise 35-17 and could come no closer than 10 points in the second half.

Idaho's Sheri Lehmer led the team with 12 points while the Vandal's leading scorer, Chrisy Valti scored nine, but went just 1-10 from the free-throw line.

Lori Ellis, Idaho's segunda nd leading scorer with a 12 point average was held to one shot in the field and went scoreless. During the Ladies' last game she scored 23 points.

Idaho finished the game shooting 43 percent from the field, but also suffered 25 turnovers.

Boise out-rebounded Idaho 43-23 and Idaho made only 8 of 23 free throws for a men 33 percent from the line.

Improving their conference record to 3-8 is the only Vandal boat from Saturday night's game—Idaho beat Idaho State for the second time this year in an overtime game ending 64-61.

Freshman guard Sherry Peter- son had a 34 minute with two sec- onds left to send the game into overtime on Saturday night.

Peterson also hit a basket in the extra period to give the University of Idaho the lead for good as the Vandal's broke the game losing streak.

"It was pure luck we got it in overtime," Idaho Coach Laurie Moore said. "We got the 3-point shot off of the foul line, but we could've made one all year. I think Idaho really deserved to win a little defeated after that."

The Lady Vandal played Wee- nee State on the road last night and will host a two-game weekend at home this weekend playing Mon- tana Friday and Montana State Saturday.
Cross-training adds variety

ANALYSIS BY JOHN FRITZ

A new phenomenon has appeared into the masses of fitness crazes and health experts in the 1980s. The buzzword of training programs today is cross-training, and its popularity has risen to amazing heights.

Cross-training is nothing new, rather, fitness instructors and experts in the various fields of athletics have known for years the benefits of combining different training programs to improve an athlete's specialty. The phenomenon has exploded in the form of combining sports into a single competition.

Foremost among the cross-training crazes is the triathlon. It brings together the individual sports of swimming, bicycling and running to a unique event which challenges the athlete to new heights of aerobic fitness. Triathlons are grueling tests of health that require extensive training in three totally different activities.

And there is the intrinsic benefit of cross-training. The variety and focus of muscular usage gives an athlete variety from getting stale while attaining greater overall muscle strength and balance. For example, a runner develops excellent aerobic fitness. In addition to improving strength and balance, the hamstrings, hip and calf muscles. If a runner does virtually no work with the upper body and puts relatively little effort on the quadriceps muscle.

Running, combined with some weightlifting and cycling becomes a total body workout. This example of cross-training allows the athlete a chance to develop upper body strength which helps pull a runner through the latter stages of a tough race. Cross-training adds quadriceps priority exercise which will add balance and overall strength to the legs.

Besides the obvious benefits of total body fitness and balanced muscles, cross-training adds variety and freshness to a training program. Anyone who has run many miles consistently over a number of years has probably encountered some sense of staleness. And that applies to any fitness activity. By blending a number of different sports into a schedule of training one can look forward to new and exciting challenges both of fitness and athletic ability. The variety means new tests of ability and coordination.

Cross-training also opens new doors to the social athlete. Instead of just going to road races, a weight room or swimming pool, now a person can enjoy meeting people at all kinds of events.

The base number of sports and combinations thereof is limitless. While running during winter, one can include some weightlifting, indoor stationary cycling on those bad weather days, or swim. In addition, one could cross-country ski to really improve cardiovascular fitness and strengthen quadriceps muscles.

Fitness programs generally are geared toward improving and maintaining health throughout the life-time. Most activities are individual and concentrate on personal goals. So a good cross-training program can include some team sports or playful activities in concert with the individual activities.

During the year an athlete can combine some base activities such as weightlifting and running with sports that are seasonal for continued health enjoyment. For instance, bicycling is great during the good weather months, but once rain and snow arrive, go indoors for racquetball, basketball or stationary cycling.

Deep into winter, cross-country skiing can be unbelievable fun and a tremendous fitness-builder. Also, playing tennis and swimming are great during the cold months.

When warm weather appears, everyone wants to break out and become very active all at once. The athlete who has been cross-training will be at a definite advantage because muscles used to a variety of fitness activities will be much better suited to the increased new workload. Injuries can be avoided.

Cross-training builds a body toward total fitness, a combination of aerobic and muscular strength and tone that enables an athlete optimum physical health. Working out at a variety of sports enables the lifetime sports enthusiast the ability to have fun and stay excited with an exercise program. And continual use and development of the wide range of muscles groups enables an athlete to perform at the highest level of his or her specialty.

Cross-training in the past was meant to compliment a main sport with weightlifting or running. Today, it means enjoying a wide variety of fitness and fun activities in order to maintain and improve total body health.

The ultimate benefit lies in the ability for a cross-training athlete to stay excited for exercise and health throughout a lifetime. In essence, then, cross-training attempts to develop and maintain the body while keeping the mind from exercise burnout.
Tracksters compete at Lincoln, BSU

Collins competed in the Idaho Statesman Indoor in Boise last weekend. Haynes finished sixth in the 55 meter final with a time of 6.42, while Collins didn’t qualify for the same race.

Collins placed fifth in the long jump with a leap of 22 feet 8 inches.

On Friday the Vandal tracksters will host the 12th Annual Vandal Indoor in the Dome at 3:30 p.m. The meet is an invitational where about 100 of the best west coast athletes will compete.

The Vandal will host the University of Idaho Indoor, all-comers meet, on Saturday in the Dome at 8 a.m.
ENTERTAINMENT

Ghana culture to shake Palouse

Obo Addy represents past and future of African culture

Bryan Hall on the WSU campus will reverberate with the distinctive African pop sound of Obo Addy and Kukrudu in a segment of The World According to Art series. According to Marty Mullen, Program Adviser for the WSU Activities/Recreational Sports Department, the series attempts to construct their programs around a central cultural theme.

"This year we tried to center on a class being offered this year at WSU called World Civilization," said Mullen.

Mullen added that The World According to Art's goal was to take people through the worlds of many different cultures and people without leaving Pullman.

Addy is the son of a Witchu priest and medicine man from Accra, Ghana where music and dance are an important part of everyday life. He learned the traditional drumming of the Ga culture at an early age and plays the full range of African master drums, supporting drums, African xylophone and percussion instruments.

At age 15, he began playing American jazz and big band music in Accra's thriving nightclub scene. Although successful, he soon grew tired of reproducing the music of Frank Sinatra and Tom Jones when so much African music was going unheard in the cities. An upsurge of nationalism, created by Ghana achieving its independence from Great Britain, helped Addy pursue his musical goals. He dropped out of the Western music scene to work for the National Arts Council of Ghana where he met and played with many of the country's traditional master drummers. This council, according to Mullen, was organized by the liberated government of Ghana to explore the roots of their culture.

"It was a time of increased national pride in Ghana," said Mullen. "In a way, Addy was rediscovering his own culture." It was this exploration that made Addy's return to the basics of African music complete.

Addy symbolizes both the past and the future in terms of Ghana's culture, according to Mullen. "Addy represents the influences of the original African culture and the modern influences which came about during the time of British colonization," said Mullen.

In 1978, after touring Europe, Australia, the Middle East and the United States with a Ghanaian group, Addy moved to Portland, Ore. In 1981, he formed Kukrudu, a seven piece ensemble. Kukrudu (which translates into English as 'earthquake') represents the same synthesis of culture as Addy's music. African and American musicians perform on African hand drums and percussion instruments as well as saxophone, flute, trumpet and electric guitar. The result is what The Washington Post calls a blend of "American jazz-rock riffs with African polyrhythms."

Addy will also present an Art in the City program on "The Culture of Ghana" Thursday at noon in the Gishon Room of the CUB. Addy will perform Saturday at 8 p.m. in Bryan Hall. The World According to Art series is sponsored by the Women's Programming and Literary Arts Committee.

The Hartung Theatre stage offered a diverse mix of ballet styles when it hosted The American Festival Ballet's A Show To Remember. (ARKONAUT/Henry Moore)

Ballet performance lost heart

The second program, entitled "The Firebird," was a half-step better, but that was all. It featured an oppressive violin who controlled the actions of the dancers around him. "The Firebird, the Spirit of Love (Tsar Saltan) was wooed by an adventurous Sylph (Astrok) who strove to think and act for himself. The pair managed to free the people from the Oppressor."

"The Firebird, though, was bombastically rendered, despite the effectiveness of the choreography by Mario Hansen and adventurous attempts to depict smoky through back lighting."

It didn't help that the costumes looked like they'd been lifted from the wardrobe of the old Star Trek series. By comparison, the last two sections Canon D and The Comedians were much more effective because the two respective choreographers (Zachary Ward and Samuel Korklan) handled their stories in lighter, more personal terms than Raymond, and "The Firebird" were preternaturally reading.

Canon D's fairly simple love triangle like Raymond, was less lyrical and less sonorous but had some of its sonorous dignity, in its simplicity.

The best part of A Show To Remember was the climactic sequence entitled The Comedians. From the soaring, exhilarating Beethoven music to their gloriously overwrought costumes, this sequence was nearly delightful.

The story was more identifiable in The Comedians, sticking to simple love triangle/dark/leaden sentiments, but it offered more than just a literal story. The Comedians offered undiluted entertainment, skillful but still fun.

The major weakness of A Show To Remember was its attempt to rush its audience through four different styles of ballet in two hours. Perhaps if more energy had been devoted to a single section, even Raymond, the effect would have been more lasting. A Show To Remember offered up a lot of skill but somewhat alongside the way, the heart of the show dissolved in its attempt to be too many places at once.
Tampopo fixes up an unsatisfying mix

What the film shows of the relationship between Goro and Tampopo is well done but there is simply nothing to base your opinions on except the comedy they generate. When Goro attempts to open up about his failed marriage, the dialogue seems phony and strained because there is no precedent set in the film for anything but fast paced comedy. It seems like Isami didn't trust his material enough to stick to a straight story so he let his film wander off on side tracks which recall the "fanaticism of coincidence" in Repo Man. But where Alan Cox is able to connect his loose strings with his plot, Tampopo relies on short docs to fill space in the main story. Tampopo, while not an out and out failure, suffers from misadventures which rapidly snowball.

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