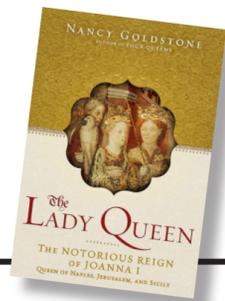


BOOK REVIEW

"The Lady Queen: The Notorious Reign of Joanna I, Queen of Naples, Jerusalem, and Sicily" by Nancy Goldstone

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FASHION

Keep cold at bay with winter's stylish warmers

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TRENDS

University dining rooms now resemble trendy restaurants

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KENT NEWS

LIFESTYLE



MONDAY, NOVEMBER 16, 2009

Winter within budget

Nintenedo Wii widens appeal

By Craig Hill
McClatchy Newspapers

TACOMA, Wash. — A lift ticket this year will set you back as much as \$63. Ski rentals will set you back another \$30 or so. And if you need lessons, well your day on the slopes could easily cost \$150 per person.

But you don't have to be rich to have fun in the snow in this winter. There are plenty of ways to enjoy the season without taking out a second mortgage.

Here are 20 ideas that cost \$20 or less per person.

1. SKI FREE _ FOR A WEEK

Go to 49 Degrees North, located north of Spokane, Wash., near Chewelah, Wash., from March 29-April 4 and you can ski for free. The ski area ends its season with a free week every season. "It's got to be the best deal in the Northwest," said Brad Northrup, the resort's spokesman. Hotel rooms are inexpensive in Chewelah. The Nordlig Motel (509-935-6704) has small but

clean rooms starting at \$48 per night. Ski49n.com

2. GO TUBING

You don't need to know how to ski

to zip down a snowy slope. Just grab an inner tube from your local tire store and head to Hyak Sno-Park on Snoqualmie Pass or Paradise on the south side of

Mount Rainier. \$20 per vehicle at Hyak or \$15 per vehicle at Paradise.

parks.wa.gov/winter and parks.gov/mora

3. LEAVENWORTH SKI CLUB

The Play All Day pass not only gets you a chance to ski for about one-third the price of a major ski resort, but it gives you more opportunities. From 9:30 a.m. to 7 p.m. you'll have access to the Nordic trails and the Leavenworth Ski Hill rope tows for alpine skiing. The alpine ski area is tiny, but it has Washington's only ski jump. You also get 1½ hours of tubing. \$18 per person.

Skileavenworth.com

4. SKI SUN MOUNTAIN LODGE

Tucked away in the Methow Valley, Sun Mountain Lodge is what many people consider to be the ultimate cross-country skiing destination. You can spend a small fortune to stay at the lodge or you can stay at other hotels in the area and just drop



Pete Zimowsky/Idaho Statesman/MCT

Warm up in a yurt. Yurts, like this one at Little Bear Basin near McCall, are found at other Nordic ski areas throughout Idaho.

By Andrew Katz
McClatchy-Tribune

This holiday season, Nintendo is offering big lineup of new titles and updated fan-favorites.

"Our aim, during the holiday season and throughout the year, is to get Nintendo products into the hands of as many people as possible," said Denise Kaigler, vice president of corporate affairs for Nintendo of America. "We have so many different fun options for games of all tastes and level of experience that we're confident everyone will find something to enjoy."

Notably, the must-have title on any fan's wish list, "New Super Mario Bros. Wii" (\$50, rated E) combines smooth, clear graphics with updated moves that Kaigler said will "resonate with longtime fans of the 'Mario' franchise."

Launched Nov. 15 as the first true



Photo courtesy of Nintendo

ing as its cousins, but new features, such as the ability to include up to three other players in the adventure, combine competition with cooperation to form an innovative title with a classic feel.

Other enhancements like the propeller suit, which shoots characters into the sky with the simple shake of the motion-sensitive Wii controller, and the option to hinder or assist other players' performances also boosts the possibilities in the

A language of smiles?

by Olivia Judson
New York Times

Say "eeee." Say it again. Go on: "eeee."

Maybe I'm easy to please, but doing this a few times makes me giggle. "Eeee."

Actually, I suspect it's not just me. Saying "eeee" pulls up the corners of the mouth and makes you start to smile. That's why we say "cheese" to the camera, not "choose" or "chose." And, I think, it's why I don't get the giggles from "aaaa" or "oooo."

The mere act of smiling is often enough to lift your mood; conversely, the act of frowning can lower it; scowling can make you feel fed up. In other words, the gestures you make with your face can — at least to some extent — influence your emotional state.

(The notion that facial expressions affect mood isn't new. Edgar Allan Poe used it in his story "The Purloined Letter": one char-

acter reports that when he wishes to know someone's mind, he attempts to compose his face to mimic the expression of that someone — then waits to see which emotions arise. And the idea was developed, in different ways, by both Charles Darwin and William James. But telling stories and developing arguments is one thing. Showing, experimentally, that making a face can make a mood is harder; it's only in the past 30 years or so that data have started to accumulate.)

Exactly how frowns and smiles influence mood is a matter of debate. One possibility is classical conditioning. Just as Ivan Pavlov conditioned a dog to associate the sound of a bell with the expectation of food, the argument goes, so humans quickly come to associate smiling with feeling happy. Once the association has been established, smile-



PHOTOILLUSTRATION BY Sara Graca

Are you using Twitter as a 'meformer' or an 'informer'?

By Niala Boodhoo
McClatchy Newspapers

It seems like we have a hard time forgetting about the "I" in Twitter.

That was the conclusion by two Rutgers professors who studied the content of 3,000 tweets sent by 350 Twitter users.

The communication and information professors, Mor Naaman and Jeffrey Boase, found that there tend to be two types of Twitter folks. The majority, or 80 percent, were what they called "meformers" — Twitter users who sent out messages that revolved around themselves, updating others about their activities or sharing thoughts and feelings.

The other 20 percent are "informers"

— people who were actually sharing information. Not surprisingly, the informers tended to have larger social networks and be more interactive. In their study, on average, informers had at least twice as many friends and followers compared to meformers. Another interesting note: women tended to be more "meformers" than men.

Because they're academics, Naaman and Boase came up with a technical description for not just Twitter, but all the short, instant ways we communicate these days, be it through a Facebook status update or other ways we end up in people's Newsfeeds: They called it social awareness streams.

Naaman told me he thinks people talk about themselves simply because it's the

"Although the meformers' self focus might be characterized by some as self-indulgent, these messages may play an important role in helping others maintain relationships."

NAAMAN AND BOASE'S STUDY

easiest thing to do — it's natural, and it is probably what we all talk about most of the time. He also thinks that as people get more used to these streams, like we had

to do with e-mail, or even the telephone, usage will adapt. Naaman himself has even done this — after doing the study, he told me he realized his Twitter account was too much meformer than informer, so he set up a new account.

Twitter's picked up on this, too: Recently, the question "What are you doing?" was changed to "What's happening?" — an evolution perhaps in how they see people using the site.

Because Naaman and Boase think social awareness streams are becoming an important part of the way some people communicate, both through public and personal relationships, they don't come down that hard on the meformers as you think they would.

"Although the meformers' self focus

might be characterized by some as self-indulgent, these messages may play an important role in helping others maintain relationships," they wrote in their study.

I don't have a problem with meformers, per say — there are plenty of "meformer"-focused Tweets can be interesting, funny or help you connect with someone. But as someone who spends a lot of time wading through social awareness streams, some days, I think I'm drowning in self-indulgence.

Naaman also told me that they've just really started getting into studying this — so we'll be on the lookout for future findings.

In the meantime, always worth remembering: if we are really about wanting to develop relationships on social



ILLUSTRATION BY Mark Hoffer/Fort Worth Star-Telegram