

# New horizons: Windows Vista

*Microsoft hopes to finally release new operating system during 2006 holiday season*

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Microsoft is banking on the holidays for the release of its new operating system, Windows Vista.

While the actual release date of Windows Vista is still unknown, Microsoft is hoping to get the successor to Windows XP out of the gate in time for the crucial retail holiday season.

Windows Vista began its life codenamed "Longhorn," after a bar in Whistler, British Columbia. The operating system has been in development for well over five years, which is the longest length of time yet between Windows operating system releases.

Eight different versions of the operating system are planned for release, each with different abilities and performances. Windows Vista Home Basic appears to be the simple model, targeting users with limited budget options. Windows Vista Home Premium is an advanced model with HDTV support and DVD authoring capabilities; critics consider these features to be an expansion of the Windows XP Media Center operating system.

Windows Vista Business is essentially the professional edition of the operating system with enhanced networking and server capabilities. Windows Vista Enterprise is an enhanced edition of the Business version, and it appears

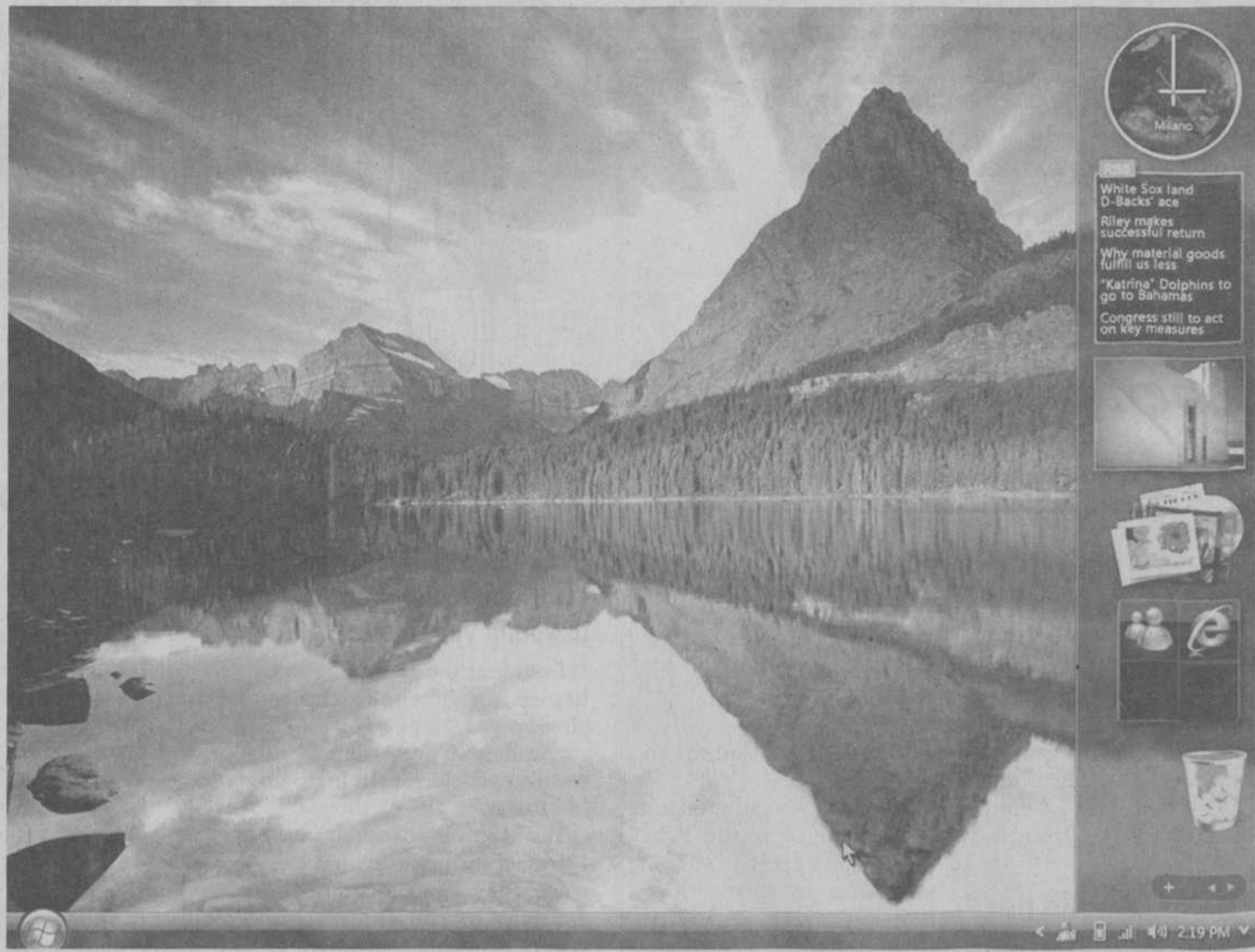
to have been created for use with international businesses.

Finally, Windows Vista Ultimate aspires to be the best version of the new operating system by combining several of the features of each of the other versions of Vista into one hefty package. Microsoft hopes to capture gamers and net-savvy users with the Ultimate version.

Many may wonder what this version of Windows will offer to give people a reason to buy it. Microsoft has released several beta versions of Vista to a select few around the world. A myriad of new features and ideas have been planned for the new operating system — mostly ideas expanded from generally known operating system concepts.

Security is often a big issue for computer users. Microsoft hopes Vista will help to protect users' private information. Vista has several new security features, as well as what many claim to be the most secure copy of Windows to date. The newest version of Windows Firewall will monitor incoming and outgoing communications. Microsoft's anti-spyware program, now known as Windows Defender, will block third parties from installing malicious and suspicious code on the user's computer.

The new graphical user interface, codenamed Aero, appears to be cleaner and



A beta version of the new Microsoft Windows Vista shows that the "Start" button has been replaced by a logo circle. The system will also feature a new version of the Windows Firewall, spyware protection and a new Internet Explorer.

more aesthetically appealing to the image-conscious consumer. Microsoft has even dropped the world-famous "Start" button in favor of a spherical Windows button. Beta testers have noted that Vista is more graphically intensive than its big brother XP. Based on the interface alone, users may have to upgrade their systems to get the full Vista experience. A "Classic" version of the Windows interface will also be included, just like in XP.

Users will begin to notice new things about the Start menu immediately upon clicking on it. A brand-new search feature has been added to the menu.

The search feature, similar to Apple's Spotlight search bar, is intended to make searching for a specific program much easier. This search box has even been implemented to Windows Explorer. Microsoft hopes to make searching for files into a breeze instead of a chore.

Taking note of the success of Apple's Dashboard application, Microsoft has also introduced the Windows Sidebar. The Sidebar works just like the Dashboard — users will be able to download small applications from the Internet and use them in conjunction with the Sidebar. These small applications, known as

gadgets, will allow a user to check the date and time, sports scores and weather, along with other options.

One of the higher-profile features of Windows Vista is the inclusion of the newest version of Internet Explorer. Version 7 hopes to bring back the thunder stolen from Microsoft after Mozilla Firefox was released. IE7 features tabbed browsing, improved security features and faster browsing. The beta version of IE7 is also currently available on Microsoft's Web site. Early reports claim that the browser is still in dire need of some massive work and recoding to make browsing safer and easier.

Time-wasters will leap for joy when they realize that Vista comes with several new games, such as chess, mahjong and Texas hold 'em poker. Popular old games such as Minesweeper, solitaire and hearts will still be around and will see a visual upgrade to go with Windows Vista's interface.

Microsoft hopes that new computers sold at the end of the year will feature Vista. A pricing plan for each version of the operating system is still unknown at this time, but most people are betting that the software will be well above the \$100 range.

Comments on this story? E-mail [gamecockfeatures@gwm.sc.edu](mailto:gamecockfeatures@gwm.sc.edu)

## Learning to box requires mettle, patience, practice

*Local coaches describe what's required to make yourself into a boxer*

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They call boxing "the sweet science," because while to some the sport looks very brutal, with the aim being to "knock the other guy out," for others it is a strategic game like chess. The outcome of a fight can be determined by one punch or by several rounds. To box, one must be prepared physically and mentally. No one becomes a great fighter right off the bat. Boxers say a fighter's greatness depends on devotion and training methods.

Just ask two of the coaches at Total Package Boxing Gym in Columbia, Jerry "Champ" Graham and Dominic Robinson-Neal, what it's like for beginner boxers.

Starting is the most difficult obstacle for almost anything, but boxing at an older age like 20+ is just more difficult physically, though that's not to say that someone starting late can't be great.

According to Graham, "you have to work to the next level."

Boxing is a different aerobic workout than most people are used to. Unlike swimmers or runners, boxers have to exert themselves for a full 3 minutes each round with one minute rests in between. After a few days, just getting in the gym is the hard part because of the constant workout, said Graham.

Before starting it is helpful to know certain things, such as punching terminology. A jab is a straight punch with the passive hand. A cross is a straight punch with the dominant hand. A hook is a curved punch with either arm bent at the elbow and the hand aimed at the side of the head or body. An uppercut is a punch with the elbow bent and the palm facing inward, aiming vertically at the body or head of the opponent. A combination is two or more punches thrown in coordination with each other.

It is very important to maintain a boxer's stance for better balance and defense. Always keep the feet about shoulder-width apart, and keep the elbows tight against

the body while the hands rest on or near the cheeks protecting the chin.

There are two stances: right-handed and southpaw. A right-handed stance has a dominant right hand and a passive left hand. The left hand and left foot are placed in front, and the right hand and right foot are in back. Southpaw fighters place their hands and feet in the opposite places.

Moving is an important part of boxing that is used for both defense and offense. Most beginners make the mistake of throwing punches and standing still. The best defense is to not be where an opponent aims, but every punch can't be caught or blocked, so try moving. Remember to stick and move, meaning punch, then step or slip. Stay on the toes to move quickly, and synchronize stepping by leading with the right foot to move right and leading with the left foot to move left to avoid cross-stepping. Having good footwork is a necessity for boxing.

Punching is what boxing is made of and boxers train to throw punches accurately



Dimitriy Salita, left, and Robert Frankel in a round of the super lightweight bout.

and quickly. Fighters aren't trying to knock their opponents out with one punch (even though it does happen). Fighters try to find or create opportunities (such as ambushes) to knock opponents out, which is why every punch must have a high level of quality.

"Learning proper techniques of the fundamentals is the most important thing for beginners and will help later on in a fighter's career," said Robinson-Neal.

Training is developing skills and coordination for fighting. It involves hitting bags, hitting mitts, shadowboxing, sparring and skipping rope.

Hitting the bags and mitts helps develop hand-eye coordination and rhythm. The heavy bag builds stamina, strength and power. The speed bag develops timing and speed. The double-end bag develops rhythm and speed and is a great way to learn combinations. Skipping

rope helps build stamina and put that extra bounce in the legs. Sparring is actual fighting with an opponent.

The coaches at Total Package allow beginners to spar when they feel each one is ready, not when the beginners say they are. While sparring, working on specific skills such as hitting the body, blocking and jabbing is key. Sparring is the training method closest to actual competition and is