



ARC SUMMER

HIT THE
TRAILS

June 21, 2006
Volume 1, Edition 3

the summer production of the
University of Idaho, Arbonaut

PAGE 8

Inside



Lisa Wareham / Summer Arg

ARTWALK 2006

Above, artist Brenda Himmelberger stands beside her work "The Struggle," on display at Farmer Insurance Company. Inside, artist Kay Montgomery shares her painting philosophy. See pages 12 and 16.

Regulars



The pro women's 2.4 mile swim across Coeur d'Alene Lake will begin the Coeur d'Alene Ironman events at 7 a.m. Sunday. Karen Lu / Summer Arg



Lisa Wareham / Summer Arg

Cycle-crazy community

Whether you dig bikes, trikes or unicycles, there's a place to buy one and a place to ride one on the Palouse. See pages 8 and 9.

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Discover Life

at the Idaho Commons & Student Union

Screen on the Green

U of I Outdoor Movie Series
Tuesdays

June 20th - "Glory Road", PG
July 18th - "National Treasure", PG
July 25th - "Curious George", PG



Student Rec Center - All films begin at dusk
Free - Free - Free - Free - Free

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-Car Camping Equipment
-Expedition Quality
Whitewater Equipment
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Concerts on the Lawn

Wednesday, June 14th
Chris Cunningham
(Acoustic Folk/Pop)

Wednesday, June 21st
Michael James
(Acoustic Alt. Rock)

Wednesday, June 28th
Kate Tucker
(Indie Pop)

FREE • FREE • FREE • FREE
12:00 p.m.-1:00 p.m. Commons Lawn

Join an Adventure this summer.....

- Rafting
- Kayak Touring
- Whitewater Kayaking
- Canoeing
- Climbing
- Mountaineering
- Climb Mt. Rainier



Outdoor Programs Summer Schedule available at the SRC
Or on the web @ campusrec.uidaho.edu/outdoor



Student Union
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the Idaho Commons
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Summer Arg

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Editor in Chief
Tara Roberts

argonaut@sub.uidaho.edu
(208) 885-7845

Assistant summer editor argonaut@sub.uidaho.edu
Carissa Wright (208) 885-7715

Production Editor arg_production@sub.uidaho.edu
Carissa Wright

Photo Bureau manager photobureau@sub.uidaho.edu
Lisa Wareham

Advertising Manager advertising@sub.uidaho.edu
Daniella Tobar (208) 885-5780

Summer staff
Sean Aguilar
Melissa Davlin
Ryli Hennessey
Jeremy Johnson

Karen Lu
Kentaro Murai
Mackenzie Stone
Kevin Wickersham
Tyler Wilson

Campus, community remember former student

By Carissa Wright and Tara Roberts
Summer Arg

Judy Vandegrift always knew when Keith Roberts had been to visit her.

"I'd come back from lunch and there'd be a bag of fruit on my desk, and I always knew Keith had been there," she said.

Vandegrift, an administrative assistant for University of Idaho's Biological and Agricultural Engineering Department, shared her memories of Roberts at a memorial for the former student Monday.

Roberts, 52, who studied toward his doctorate in agricultural engineering at UI and was wheelchair-bound due to multiple sclerosis, died the morning of June 11 outside his Family Housing apartment.

The death was an accident, Dean of Students Bruce Pitman said.

"It is likely that his wheelchair tipped over and he was not able to make adjustments to it, and it is likely that he suffocated as a result of his neck and body being in an awkward position," Pitman said.

A neighbor or passerby called the Moscow Police Department at 8 a.m., but it is not clear when Roberts fell, Lieutenant Paul Kwiatkowski said.

In a statement from the Roberts family prepared by Roberts' sister Gail Hill, Roberts is remembered as "an extremely gregarious individual."

"He got along with people everywhere he went, and he went many places," Hill wrote. "He was a world traveler and adventurer. He had a positive impact on many people throughout his life."

Gloria Jensen of UI Disability Support Services remembered Roberts as a "warm, kindly, gentle, caring man."

"What I remember most was his sense of humor," she said. "He was always smiling, and kind of a joy to be around."

Several people mentioned Roberts' love of jazz music.

Provost Doug Baker recalled that Roberts loved kids and exploring the jazz collection at BookPeople. Once, Baker ran into Roberts at BookPeople, and Roberts wound up giving him a jazz history lesson.

Cort Northrop, a library assistant, talked to Roberts almost exclusively about jazz when they met in the library.

Roberts was also remembered for his work toward making campus buildings, such as the library and Student Union Building, more accessible to people in wheelchairs.

"He was not shy about asking for help, and I really admired him for that," Baker said.

Andreen Neukranz-Butler, UI's human rights compliance officer, said she was sad Roberts would not be here to see the projects he helped begin completed.

"We never quite measured up, and that was disappointing," Lynn Baird, associate dean of the library, said. "Keith was a great teacher, because he was open enough to let us learn."

In the statement from Hill, Roberts is remembered as loving his times at John's Alley, his "intellectual watering hole."

"He really liked the people there and the people there took to him also. He referred to them as his friends and his (Moscow) family," Hill wrote. "He felt the same way about individuals here at the university."

Roberts came to UI in July 2005, and studied during the 2005-2006 academic year. He was born Dec. 22, 1953 in St.

Louis, the oldest of Ernest and Lydia Roberts' five children. Raised in Chicago, he attended Morris Junior College and earned his bachelor's degree in mechanical engineering at the University of Illinois at Champaign-Urbana. He earned his master's in mechanical engineering at the University of Illinois at Chicago.

"Keith has always set his goals high and has always (achieved) his dreams," Hill wrote. "This was Keith and this is how the family is remembering Keith — out achieving another goal."

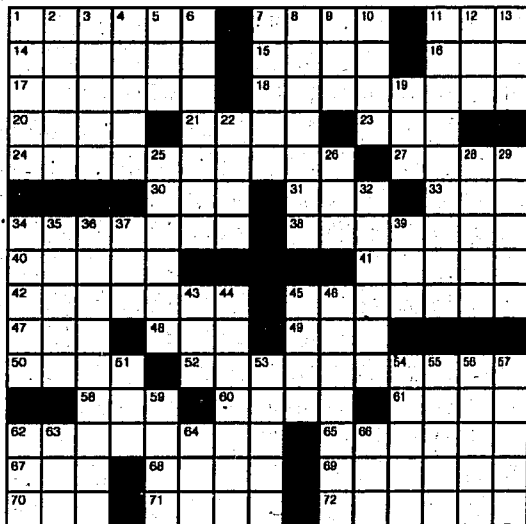
"What I remember most was his sense of humor."

Gloria Jensen
UI Disability Support Services

CrosswordPUZZLE

ACROSS

- 1 Lessons
- 7 Thunder sound
- 11 Links score
- 14 Impolitely
- 15 Parasitic pests
- 16 Ginger
- 17 Big name in burglar alarms
- 18 Liquid appetizer
- 20 Cookie snack
- 21 Veteran sailors
- 23 Disfigure
- 24 Songs with repetitive refrains
- 27 Cairo's river
- 30 Little devil
- 31 Neither partner?
- 33 Crow's cry
- 34 Blockhead
- 38 Powerful poison
- 40 Open roughly
- 41 Candidate Ralph
- 42 Weight watchers
- 45 Walks unsteadily
- 47 Nibbled on
- 48 Canape spread
- 49 Raw mineral
- 50 Blackjacks
- 52 Dries out
- 58 Back of a bus.
- 60 Fragrant bloom
- 61 M. Descartes
- 62 Collapse into a faint
- 65 Give a new score
- 67 Orbiting loc.
- 68 Kudrow or Alther
- 69 Rubbed out
- 70 Wrestlers' pad
- 71 Miss Trueheart
- 72 Laundry machines

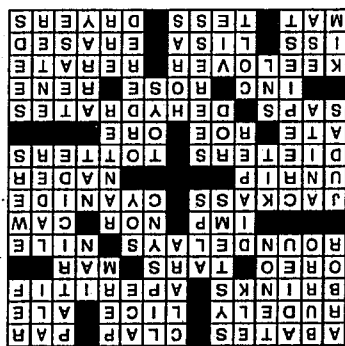


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6/19/06

Solutions

- 8 Mouth the words
- 9 Top pitcher
- 10 Salon do
- 11 Oedipus' crime
- 12 Title role for Will Smith
- 13 Arena official
- 19 Charleson or McKellen
- 22 Swiss peaks
- 25 Nursery pants
- 26 Salty sauce
- 28 Dock worker
- 29 Water pitchers
- 32 Hysterical speaker
- 34 Insidious betrayer
- 35 Writer Loos
- 36 Most macabre
- 37 D.I.Y. buy
- 39 Writer Hentoff
- 43 Laver of tennis
- 44 President woman
- 45 Santa's sackful
- 46 Logically arranged



- 51 NBC classic
- 53 Round dances
- 54 Display
- 55 Mock playfully
- 56 Be admitted
- 57 Burpee order
- 59 Stable youngster
- 62 Kipling book
- 63 Continental NASA partner
- 64 Contend
- 66 Do wrong

SudokuPUZZLE

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solutions from 6/21

4	6	8	7	8	5	2	1	9
7	8	2	9	7	6	8	9	5
7	8	2	3	7	1	4	6	2
9	1	9	2	6	8	7	3	7
8	7	1	9	6	9	2	3	8
5	2	6	8	8	7	9	1	6
1	9	8	9	7	2	8	7	6
8	5	4	8	7	1	9	6	2
2	8	9	6	9	8	1	7	4
9	6	1	7	2	4	1	7	9

	5			2	4	1		
4	7		3					
		6		1		4		
9				7				1
	6						2	
3				6				8
		4		9		5		
					6		3	7
							9	
	2	5	3					

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UI STUDENT MEDIA BOARD

The UI Student Media Board meets at 5:30 p.m. the first and third Monday of each month. Time and location will be published in the Argonaut Classified section the Tuesday of the week before the meeting. All meetings are open to the public. Questions? Call Student Media at 885-7825 or visit the Student Media office on the SUB third floor.

The Argonaut is printed on newsprint containing 24-40 percent post-consumer waste. Please recycle this newspaper after reading. For recycling information, call the Moscow Recycling Hotline at (208) 882-0590.

Check out the Summer Arg on the web!

www.argonaut.uidaho.edu

Local/BRIEFS**Cats and birds to be allowed in campus apartments**

University Residences recently changed the pet policy for the South Hill Family Housing Apartments. Residents may now keep up to two cats and/or two birds. The pets must be kept indoors and cats must be spayed or neutered. For a registration form for each pet, visit www.students.uidaho.edu/housing or the University Residences office on the second floor of the Wallace Residence Center.

The South Hill apartments are on campus near the corner of Blake Avenue and Taylor Avenue. The apartments are for married couples and parents with children.

Drivers asked to be mindful of people in wheelchairs

After receiving a complaint from a Moscow resident who is

wheelchair-bound and has had close calls with cars in crosswalks, the Moscow Police Department issued a press release asking drivers to be mindful of citizens in wheelchairs. Drivers are asked to use great caution when driving near those in power wheelchairs and personal mobility devices.

Healing, music and more at weekend's holistic fair

The Summer Solstice IAM Holistic Fair will be Friday-Sunday at The Orchard Studio and Retreat Center in Moscow. Friday's events will be noon-8 p.m., Saturday's will be 10 a.m.-7 p.m. and Sunday's will be 10 a.m. to 5 p.m.

On Friday and Saturday, the fair will feature holistic practitioners, intuitive readers and vendors of wellness and spirit-based products. There will also be talks, workshops, classes, music jams and dances each day, as well as food from Wheatberries Bake Shop. Admission is free. On Sunday, there will be several workshops for varying fees.

For more details, visit

www.theorchardstudio.com and follow the "IAM Holistic Fair" link or call 882-8159. The Orchard Studio is one mile east of Mountain View Road on Joseph Street.

Hike Grandmother Mountain with Moscow Sierra Club

The Palouse group of the Sierra Club will hike Grandmother Mountain Saturday. The mountain, which is east of Moscow, is a proposed wilderness area.

Hikers will meet at 8 a.m. at Rosauer's in Moscow or at 7:15 a.m. at Albertson's in Lewiston.

The hike is moderately difficult, at approximately 5,000 feet. Hikers are asked to bring rain clothes, lunch and water.

For more information or to sign up, e-mail sierraoutings@aol.com.

Eat sausage at Campus Rec barbecue Tuesday

The next Campus Recreation Summer Barbecue will be at 6 p.m. Tuesday in the Shattuck Amphitheater. Sausage with sweet or hot mustard, fruit salad, diced potatoes, rolls, ice cream and beverages are on the menu.

To purchase tickets or pick up an order form, stop by the Campus Recreation Center. All meals are \$7.35 or less.

On campus this week: math, basketball and journalism

The TRIO Regional Center for Math and Science Program is on campus this week through July 29. The program includes coursework in math, science, English, foreign language and history. Students do class work individually in the morning and together in the afternoon. At the end of the summer, teams will present their projects at a banquet.

For more information, visit www.trio.uidaho.edu.

Also this week is the Women's Basketball Individual Camp, from 12:30-4:30 p.m. today through Friday.

Girls from kindergarten to 12th grade will learn offensive and defensive fundamentals from UI women's basketball coaches and players. For more information, contact Jeff Crouse at 885-4696 or jcrouse@uidaho.edu or visit www.uiathletics.com/default.asp?PageID=202.

Next week, the Scripps-Howard Multicultural Journalism Workshop will be on

campus. The workshop gives high school students experience in radio, television, print and online journalism.

Farm Fair comes to MaryJanesFarm

The third annual Farm Fair will be from 10 a.m. to 4 p.m. July 1-2 at MaryJanesFarm eight miles southeast of Moscow. Crafts, antiques, produce, flowers, food and farm collectibles will be available from 25 vendors. Children's activities include face painting, pony rides and music. Beargrass, a country-bluegrass dance band featuring the Watkins family of Deary, will perform.

Self-guided tours will be open, as well as u-pick fields featuring strawberries, Sweet Lena iris, lettuce and peas.

MaryJanesFarm is the home and business headquarters of author and organic food entrepreneur MaryJane Butters.

For more information, call Lucas or Megan at 882-6819 or visit www.maryjanesfarm.org.

Dial-in modem service ends for good June 30

UI's dial-in modem Internet service will be permanently discontinued June 30. Those who use the service will receive an e-mail notifying them.

The Faculty IT Committee, President's Cabinet, ASUI and the Student IT Committee agreed to discontinue the service due to diminishing numbers of users, operating costs and maintenance levels.

For a list of other free and low-cost Internet providers, visit www.all-free-isp.com. For more information on the end of dial-in service, e-mail the ITS Help Desk at helpdesk@uidaho.edu.

Help find pink experiment capsule at Moscow Mtn

Members of the NASA Idaho Space Grant Consortium are asking anyone who spends time on Moscow Mountain to be on the lookout for a missing experiment capsule. The 15-by-6-inch capsule known as "Pepto Gizmo" is bright pink and connected to a red and blue parachute. Students who launched the capsule believe it is stuck in a tree.

The capsule is part of a high-altitude experiment by UI engineering students involving temperature, acceleration and real-time telemetry. The students launched it in October using a balloon that can travel up to 100,000 feet before bursting. The

capsule's tracking equipment malfunctioned after its launch and it has been missing since.

The Space Grant Consortium will give a \$100 reward for information that leads to the return of the capsule. Anyone who finds the capsule is asked to bring it to the consortium office at the Janssen Engineering Building, Room B40. To contact the consortium, call 885-6438 or e-mail isgc@uidaho.edu. UI employees are ineligible for the reward due to the university's financial stewardship policy.

Renfrews named Distinguished Idahoans

To honor Malcolm and Carol Renfrew, the UI Alumni Association will host a free reception from 3-5 p.m. June 25 at the University Inn. The Renfrews will receive the Distinguished Idahoan Award, which recognizes people who have brought distinction to the state and UI.

There will be light refreshments at the reception, and casual attire is suggested. To attend, RSVP by today to Nancy Lyle at 885-6154 or nancyl@uidaho.edu.

Malcolm Renfrew earned a bachelor's degree in chemistry at UI in 1932 and a master's in chemistry in 1934. He earned his doctorate from the University of Minnesota in 1938, then helped create Teflon during his time at E.I. DuPont de Nemours, Inc. In 1959, he returned to UI as department head of physical sciences, and became department head of chemistry in 1967. He retired in 1976.

Carol Renfrew earned a bachelor's degree in economics at UI in 1935 and a master's from Brown University in 1939. She is a former president of UI Library Associates and has served in many groups in the Moscow community.

Help new students practice English through ALCP

The American Language and Culture Program is seeking student volunteers to be conversation partners for new international students this summer. Volunteers work through the ASUI Center for Volunteerism and Social Action and give international students an opportunity to practice English after their morning classes.

To sign up, visit the Volunteer Programs Office in the Idaho Commons Room 301. For more information, e-mail alcp@uidaho.edu.

the garden lounge

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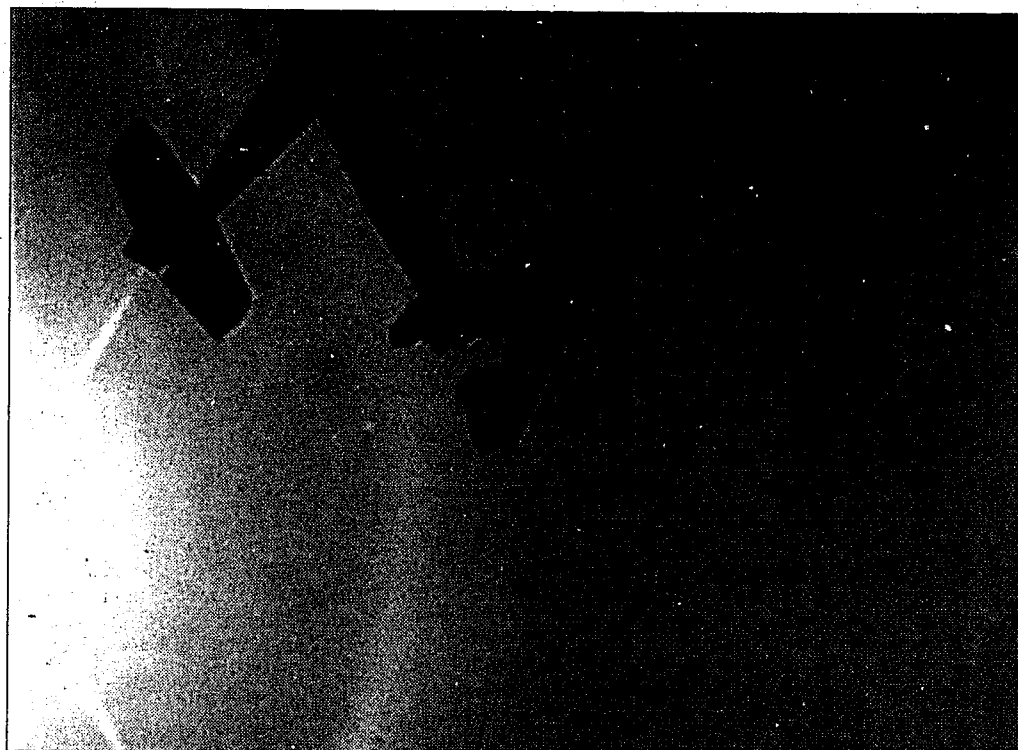
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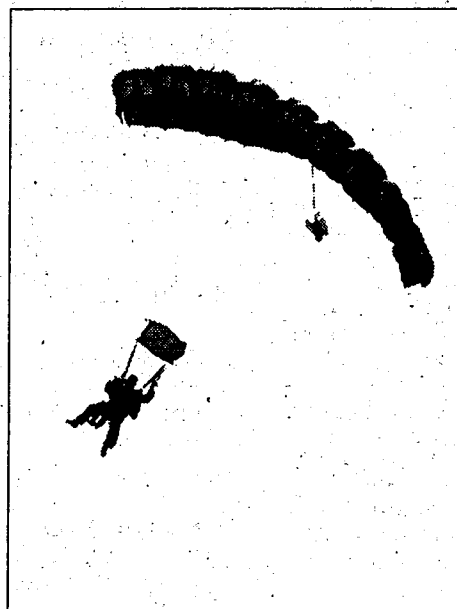
- Mon-Fri 3 pm to 2 am
- Sat & Sun 5 pm to 2 am

ARG ADVENTURES

Leap of faith



Photos from jump DVD
 Top: Melissa Davlin and instructor Bill Stallcup are silhouetted against the sun after jumping from the Cessna 182. Middle: Davlin waves at the camera as Stallcup prepares to deploy the canopy. Bottom: Canopy deployed, Davlin and Stallcup float gently to the drop zone.



Star Skydiving Center

Star Skydiving Center is located in Star, just west of Boise. Tandem jumps from 10,000 feet cost \$175. Cost for a DVD is an additional \$70. Jumpers must be at least 18 years of age, weigh less than 200 pounds (depending on instructor availability) and be in good health. More information is available at www.skydivestarc.com, by e-mailing info@skydivestarc.com or by calling (208) 888-0028.

What to bring

Binoculars and a camera. If there's more than one jumper, bring lawn chairs and a cooler with snacks and soda. Preparation for a jump and climbing to 10,000 feet takes a while, so bystanders waiting around will want somewhere to sit and something to do.

What to wear

Comfortable pants and shirt. Jumpers with contacts are provided with goggles to protect eyes. Tight lace-up shoes are a must — the drop zone doesn't retrieve lost sneakers.

When I suggested going skydiving to my brother last June, I didn't actually think he'd want to do it. We were on our way to see our grandmother in Colorado and began talking about ways to celebrate his coming graduation from high school. Not only did he seem excited, but my grandma also seemed interested. Before I knew it, my family made reservations for my grandmother, my brother, my brother's friend and me to skydive on June 3.

In the weeks before the jump, I almost backed out several times. Logically, I knew skydiving is safe — safer than driving and riding bikes and all sorts of things I do on a regular basis. Still, the thought of hitting the ground at 120 miles per hour made me a bit anxious.

My friends and family convinced me to go, though, suggesting I'd regret it forever if I passed up an opportunity to skydive with my grandmother. Realizing they were probably right, I grudgingly agreed to go through with the plans.

When we arrived on that Saturday morning, we were immediately required to sign and initial several forms. My favorite clause was "Voluntary Nature of Participation," which said, "I agree that parachuting is of little value to society and that I am not under any compulsion to ride in or jump from an airplane."

After signing the forms, I talked to some of the employees to keep my mind off my upcoming jump. Trying not to look nervous, I asked about the injuries and dangers associated with skydiving. To disguise my insecurity, I pretended I was asking only for the sake of the article.

Scott Howard, the manager of the drop zone, reassured me.

"There are two ways to deploy the canopy, one way to cut it out, and three ways to deploy the reserve," he said. He also told me that all tandems are equipped with an AAD, or an automatic activation device, which will deploy the reserve automatically if it senses the jumper is falling too fast.

The more I talked to Howard, the safer I felt jumping. Tandem instructors have years of experience and

are required to have at least a thousand jumps before they can start instructing. He said in seven years, the worst injury he's seen is a sprained ankle. Not half bad, considering 130 people a day die in automobile accidents.

All this calmed me until I put on the jumpsuit and climbed into the plane, a small Cessna 182 that was about the size of a tin can, only less sturdy. The pilot had a seat and the videographer, tandem instructor Bill Stallcup and I sat on the floor. Worried I'd get scared

if I looked out the window, I concentrated on a sticker on the wall of the plane that said "No Crybabies." I knew I'd find no sympathy here.

It took 20 minutes for the plane to climb to 10,000 feet. Bill told me I had one minute, fastened my harness to his and opened the door to the plane. No turning back.

The cold wind shocked me and made it hard to breathe, but that was the least of my concerns as I climbed out onto the step. Trusting Bill completely, I let go of the plane and put him in charge. He signaled to the videographer and then let go.

The 30-second free-fall was dreamlike and surreal. I remember only certain key parts of it — the rushing wind, trying to catch my breath, my ear lobes hurting. I don't remember looking down or feeling like I was falling. I most clearly remember staring at the videographer's face and wondering why he wasn't smiling.

And without warning, the chute suddenly opened and I regained my senses. The serene five-minute drop allowed me to look at the clouds and scenery. Bill even let me steer. I got nervous only when he loosened the harness a little bit.

All too soon, gravity brought me back to the ground. I landed without any problems — no failed deployments, no plane crashes, no collisions with geese. My grandmother had a great time as well.

In the following weeks, I made everyone I knew watch my skydiving video and told them all the details of my jump. I hope my other brother graduates so I have an excuse to go again.



Melissa Davlin
 Summer Arg
argonaut@sub.uidaho.edu

Whitewater:

a day on central Idaho's Salmon River

It seems all adventures require that the alarm go off extra early. My whitewater rafting adventure was no different. I was on the road by 7 a.m. (OK, more like 7:20) heading toward Riggins, a town about 150 miles south of Moscow, where the trip would begin.

Two and a half hours later, already slightly late for the 9:30 a.m. meeting time, I spotted the bright blue bus loaded with three blue rafts at a boat launch on the side of Highway 95. I had booked my trip through Moscow Parks and Recreation. They work with Salmon River Experience, one of many rafting companies that tour the Salmon River. Greg, a red-headed guide with braids in his short beard, assured me I was in the right place. I parked the car and was pointed toward the back of the bus, where another guide, Heather, passed out wetsuits.

There were at least 15 people milling around the parking lot, gathered in groups of three or four. I had come alone — I have since decided that this is not the best way to experience river rafting. It's better to have a little emotional back-up.

The roadside boat launch was not our starting point. With our cars locked and our wetsuits on, the whole group piled into the bright blue bus for the trek to Spring Bar, our launch site.

Greg flashed the peace sign to passing rafts as we made our bumpy riverside way 20 miles upriver. He also pointed out features of the river that we'd soon be seeing from a much more immediate vantage point, like Chair and Time Zone rapids, and obstacles like the Pencil Sharpener and Big Easy.

Greg also explained the river's current state. This year was a record year for discharge, peaking at 93,000 cubic feet per second, he said, though at the moment it was running about 33,000. This was a bit higher than mid-season's usual run of 15,000-20,000. We were in, apparently, for a hell of a ride.

We arrived, stretching neoprene-stiff legs and school bus-sore butts as Mark,

the day's third guide, gave the safety talk. "Breathe when you can" and "Don't panic" was about the gist of it. Life jackets, splash jackets and helmets (apparently only for the two or three big rapids) were passed out, and we were divvyed up into boats.



Carissa Wright
Summer Arg
argonaut@sub.uidaho.edu

The guide for my boat was Heather, a graduate student in North Carolina. She'd spent the last three summers as a guide with Salmon River Experience. Saturday's outing was her first commercial trip of the year. She gave the paddle commands (which consisted of "all forward," "right side" and "left side" — a deviant code I found especially hard to crack) and we were off.

The first big rapid of the Riggins stretch of the Salmon River is called Ruby. At high water, it's a Class IV rapid. The higher the class, the more dangerous the rapid: a Class VI rapid is unrunnable. Before we hit Ruby, Heather mentioned that we should probably put our helmets on. Just in case, of course.

Once we were in it, it came fast. We went over standing waves 15 feet tall while the raft bucked and jumped like it wanted us off. "Paddle, paddle, paddle," Heather screamed over the sound of rushing water. Every time I tried, the water would drop out from under the blade of my paddle, and I'd be pulling frantically at air. Then the raft would crash down again and I'd be left with a face full of water. We angled left, away from the big rock they'd called Haystack, then back to the right to avoid the Bergdorf hole. A particularly hard wave hit my side of the raft mid-paddle, and I bounced out of my seat toward the middle of the raft. Heather continued yelling at us to paddle, so I climbed back and kept at it.

After hitting the final wave chain, we were free. Heather congratulated us on a paddling job well done — no one had fallen out and the raft hadn't flipped. In her book, a success.

The Salmon river is marked by ten or twelve rapids like Ruby (though on



Saturday, Ruby was the only Class IV) interspersed between long stretches of almost lake-like stillness. While she used her oars to keep us going through these meanders, Heather pointed out some of the geological features of the area, including a line of ash in the strata dating back to the eruption of Mt. Mazama almost 8,000 years ago — the eruption that created Crater Lake.

The rest of the day was pretty much the same. We'd hit a rapid, paddle like crazy people (just barely managing not to flip), then float along in the sun chatting about rocks. Just after we stopped for lunch at an island halfway along the route, one of the men on my raft spotted a coyote trotting along the river's edge.

By the time we made it to the roadside boat launch we'd started at, I was relieved to get off the raft. My butt was sore from sitting on the hard rubber for five hours and I was certain the backs of my hands were getting a wicked case of sunburn. But the discomfort of the end of the day and the boredom of the long flat stretches were more than outweighed by the rush of facing down a 15-foot wall of water in a 12-foot raft, and coming out on top.

Day Tripper

Local group trips to raft the Salmon River

Moscow Parks and Recreation:

July 16, August 5

Cost: \$56 per adult, \$50 per youth plus travel

Distance: About 150 miles from Moscow. Groups depart from Lucile at 9:30 a.m.

UI Outdoor Program:

July 8, August 5

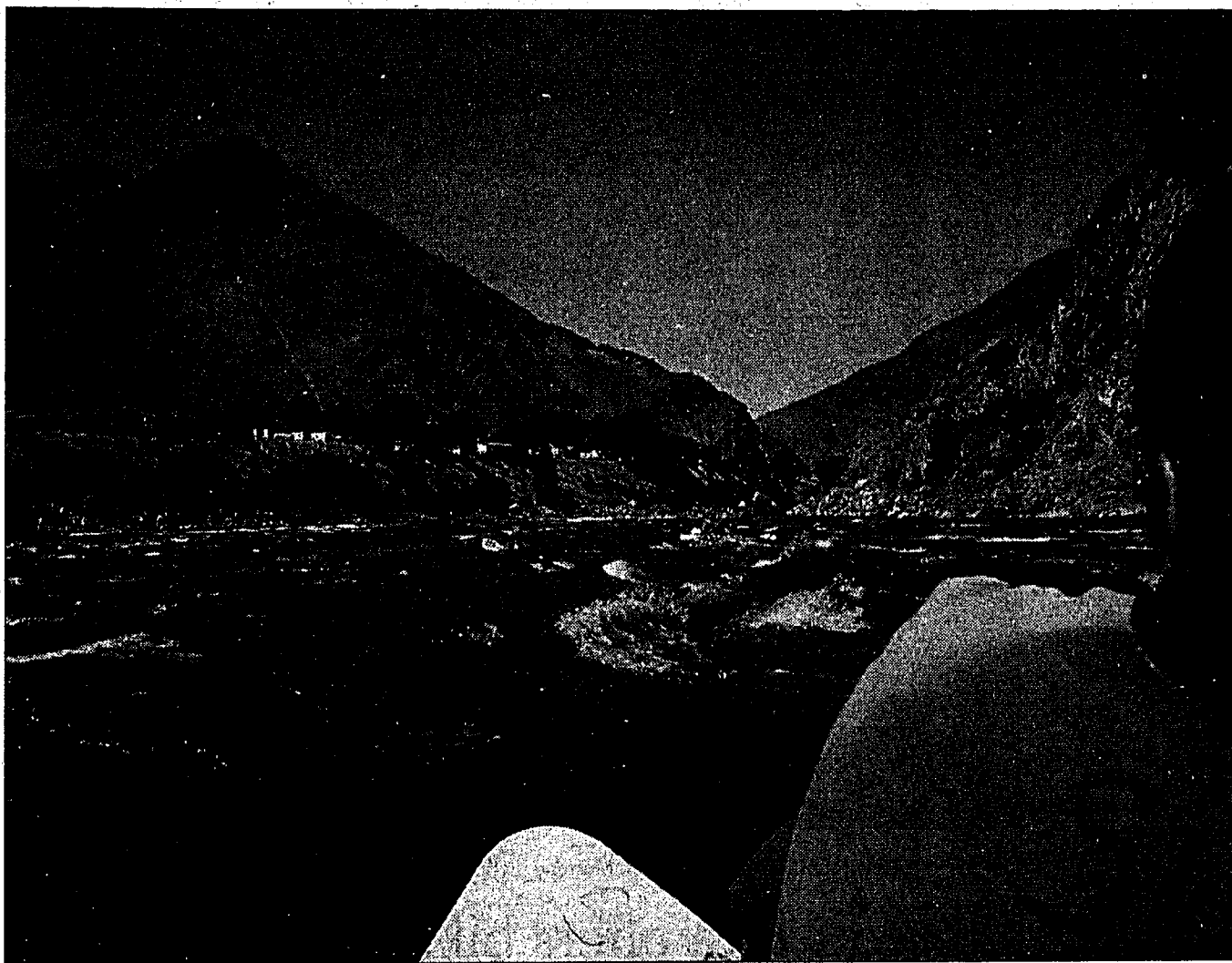
Cost: \$55 per adult plus lunch
Distance: None. Groups depart from Moscow at 7 a.m.

UI Campus Recreation:

July 1, July 30, August 12

Cost: \$64 per adult, \$47 per youth plus travel

Distance: About 150 miles from Moscow. Groups depart from Lucile at 9:30 a.m.



Carissa Wright / Summer Arg

Opposite: Carissa Wright paddles through one of the Salmon River's many Class II-IV rapids on Saturday. Above: As a "pool and drop" type of river, rafting the Salmon offers exciting rapids followed by stretches of calmer water and spectacular views.

We went over standing waves 15 feet tall while the raft bucked and jumped like it wanted us off.

GO AHEAD: Get your feet wet

Summertime whitewater opportunities are everywhere you look in the area around Moscow. In addition to the Salmon River, trips are available on the Snake River through Hell's Canyon and the Lochsa River east of Lewiston — and those are just the rivers within a three-hour drive. A long distance, multi-day trip could take you to Leavenworth, Wash., to paddle the Wenatchee or to Great Falls, Mont., to float the Upper Missouri. A great number of rafting outfitters are established in the Northwest, and nearly all have Web sites where their trips and rates are more fully explained.

Rafting the Salmon River:

I booked my trip through Moscow Parks and Recreation — an opportunity I'd heard about through a friend. The trip I went on cost \$56, which included all my gear, lunch and the trip itself. I had to get myself to the meeting point. If I had booked the same trip directly through Salmon River Experience, I would have paid \$89. This is about average for day trips on the Salmon River. Moscow Parks

and Recreation offers two more rafting trips this summer.

UI's Outdoor Program office offers a similar program, which costs \$55. Mike Beiser, the head of the Outdoor Program, said the program offers one-day rafting trips on the Green Canyon stretch of the Salmon River. This is a roadless stretch of the Salmon, and the launch site is much closer to Moscow. These are cooperative programs, which means that while transportation to the launch site is provided, lunch is not.

The Campus Recreation office in the Student Rec Center also offers one-day rafting trips through Salmon River Experience, which cost \$64 for adults and \$47 for youth. These are similar to the Moscow Parks and Recreation trips.

If you want to make your own way, there are at least a dozen different outfitting companies working the Salmon River alongside Salmon River Experience: Exodus, River Odysseys West, Mountain River Outfitters and Salmon River Outfitters are just a few. All of these companies have Web sites

explaining their trip details and rates — a simple Google search will point you in the right direction.

Almost all of these companies offer overnight trips as well as day trips. The overnight trips range from two to six days, and cover up to 75 miles on the Salmon and Snake Rivers. These trips generally include everything necessary for rafting, camping, cooking and eating — for the most part, all you need to bring is yourself. The two-day overnight trips start at around \$350, while the multi-day trips can run up to \$1500.

Rafting companies run trips from April through early October, though water conditions (either too high or too low) may affect trips on each extreme of the season. Most trips are booked between mid June and late August, when the water conditions are ideal.

On any river:

Though going through Moscow Parks and Rec got me a better deal, I missed out on SRE's pre-trip mailing, which included a list of gear to bring and what to

wear. Luckily, I'd been rafting once before (at least seven years ago), so I had a vague idea of what to expect.

Wear a swimsuit under your driving clothes, and wear just that under your wetsuit. The suits are uncomfortable enough without cotton shorts bunching up under your butt. I had remembered a caution against flip-flops, as they tend to fall off at inopportune moments, so I wore a pair of slip-on sneakers. Bad idea. Wear the flip-flops anyway, or better yet a pair of Teva-like sandals that strap on securely. Sneakers get waterlogged and don't dry out for hours, which makes getting back in the boat after lunch time's drying-out period quite the hellish experience. Think putting on a swimsuit that's still wet, only gritty and sandy and fully enclosing your newly dry and toasty feet. Bring a towel and a full change of clothes (including shoes of some sort) and leave them in your car — at the end of the day, you'll appreciate them. And lastly, even if they have you wearing splash jackets and wetsuits, sunscreen up. The backs of your hands will thank you.

A beautiful day to ride a bike

Rule No. 1 when getting on your bike: Always put the kickstand up before you move it.

After not having been on a bike for years, yes years, I didn't exactly just hop on and start flying. My journey was a slow one.

I started by riding my bike home from Follett's Mountain Sports after getting it tuned and put back together. After wobbling around for a while and giving the cars behind me a good scare by weaving all over the road, I got the hang of it.

You know that saying about never being able to forget how to ride a bike? It's true. Once I rode around a bit I was ready to go.

I took the Bill Chipman Trail from here in Moscow over to Pullman. It's a fairly short paved route, about seven miles. But before I could even get out of the parking lot, I thought my day trip was over. While I rolled my bike off the curb, my kick stand, which was still down, ended up jammed in my shoe and into my skin.

As I cried in pain I knew I had to be tough. I was determined to make it. After a few tears and a lot of cursing, I sucked it up, put on a Band-Aid and limped out to my bike.

With the sun shining over me and a light breeze cooling

my face I felt instantly free.

Taking the Chipman Trail isn't exactly getting back to nature, but I felt miles away from Moscow.

The trail was pleasant. The air smelled fresh and I was surrounded by rolling green hills.

As I passed each mile marker, I felt a sense of accomplishment. I wondered why I had been relying on a car for so long when my own legs could transport me just as well.

It felt better knowing that I was powering my own journey.

The wind blowing through my hair (or over my helmet) was entirely my own work and not that of a cheap motor.

It was good to push myself — a feeling that a gym couldn't ever give me. Sure, I can crank up the resistance on the elliptical machine or lift a few more pounds, but that doesn't move me. I didn't realize how much I hated running in place while staring at a TV until I did this.

When I finally hit mile seven I was happy but ready to be off my bike. Truthfully, bike seats aren't the most comfortable things ever invented. I stopped in Pullman to have a bite to eat and take in a movie before continuing back home.



Ryli Hennessey
Summer Arg
argonaut@sub.uidaho.edu



Lisa Wareham/Summer Arg

Joel Storm bikes down Moscow Mountain Monday night.

Moscow area offers biking trails for all

By Ryli Hennessey
Summer Arg

Weather permitting, there are more than a few trails bikers can enjoy over the summer. Whether you are a beginner or a seasoned pro, there are area trails suited for all levels.

Moscow Mountain

This close-to-home site offers many trails and mountain biking opportunities. The Moscow Area Mountain Bike Association (MAMBA) makes and maintains many of the trails. The group will have a volunteer trail workday June 24. They will meet at Rosauers at 8:45 a.m., and no experience is necessary to come out and help.

For lots of information about area bike riding and trails, visit the MAMBA Web site at www.bikemoscow.org, or pick up the book "Mountain Bike Guide to Hog Heaven," which covers Moscow Mountain trails, exclusively at Paradise Creek Bicycles. Moscow Mountain is made up of private land and trails are only there with land-owner permission. Campfires and target shooting are prohibited and off-road vehicles are allowed only on the main gravel roads.

Bill Chipman Palouse Trail

The Bill Chipman Palouse trail is an 8-mile trail connecting Moscow and Pullman. You can start at the trailheads located at Perimeter Drive in Moscow and at the Quality Inn in Pullman. The trails runs along abandoned railroad lines and crosses Paradise Creek 13 times. Designated as a

Millennium Trail, it is part of the rails-to-trails program, which preserves the railroad corridors for non-motorized transportation and future transportation use.

North Idaho Centennial Trail

The North Idaho Centennial Trail, designated as a Millennium Trail by Hillary Clinton in 1999, runs for 24 miles from the Idaho/Washington state line to Higgins Point. The trail runs along the Spokane River, through Post Falls and wooded areas leading to Coeur d'Alene. It then follows Coeur d'Alene Lake to Higgins Point. According to the trail Web site, Higgins Point draws spectators in the late fall and early winter to view bald eagles as they migrate south.

The trail has plenty of rest areas and historical indicators along the way. The trail is mostly a Class I trail, though parts are Class II. In bike trail lingo, that means most of the trail is separate from the roadway and designed to be shared with pedestrians, but some parts join with the street as a 4-foot-wide bike lane. For more information, visit www.northidahocentennialtrail.com

The Route of the Hiawatha

This 15-mile trail crosses the Bitterroot Mountains between Idaho and Montana going through 10 tunnels and seven high trestles. Formerly a railroad, after the lines were abandoned the rails were removed and the trail was constructed. One of the best-known parts of the

See RIDE, page 13

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See TRAILS, page 13

Bike the world

Moscow's cycling community offers resources for every level of bicyclist, from the around-town cruisers to the thrill-seeking trail riders

By Tara Roberts
Summer Arg

As Fred Cunningham helps customers in Paradise Creek Bicycles and Travis Sadecki attaches a wire basket to a pink bike, their coworker Jon LaMoreaux picks something small and amber up off the counter he's been cleaning.

"What do you think that is?" he asks.

It's a piece of broken beer bottle, and likely the culprit behind someone's flat bike tire — a tire repaired on the work floor at Paradise Creek.

As employees at one of Moscow's two independent bike shops, Cunningham, Sadecki and LaMoreaux are members of a team of local people that make Moscow a bicycle-friendly town. Here, it's common to see bikes chained to signs outside cafes, bikers lugging groceries home, families biking in packs and even a random unicycle or tandem bike.

So how does one join this community of cyclists? Let the Summer Arg help.

Buy it

Paradise Creek Bicycles at 513 S. Main St. has been open in some form or another since about 1968. It is currently owned by Earl Aldrich, though he's moving toward retirement and only comes to the shop Mondays, Wednesdays and Fridays.

Ask LaMoreaux what types of bikes Paradise Creek sells, and he'll rattle off a list a mile long: mountain bikes, road bikes, adult tricycles, kid's bikes in three sizes, track bikes, recumbent bikes, "Pretty much any kind of bike you can shake a stick at."

While the most expensive item in the store is a nearly-\$3,000, full-suspension mountain bike ready-made for flying down rocky hills, Paradise Creek sells basic bikes for around \$300 and used ones as low as \$100.

The other independent bike store in town, Follett's Mountain Sports, started as a ski shop in Lewiston, but has been selling bikes for the past 25 years.

Employee Nate Druffel says the shop is unique because it stocks specialty items.

"We sell products that you can't get anywhere else," he says.

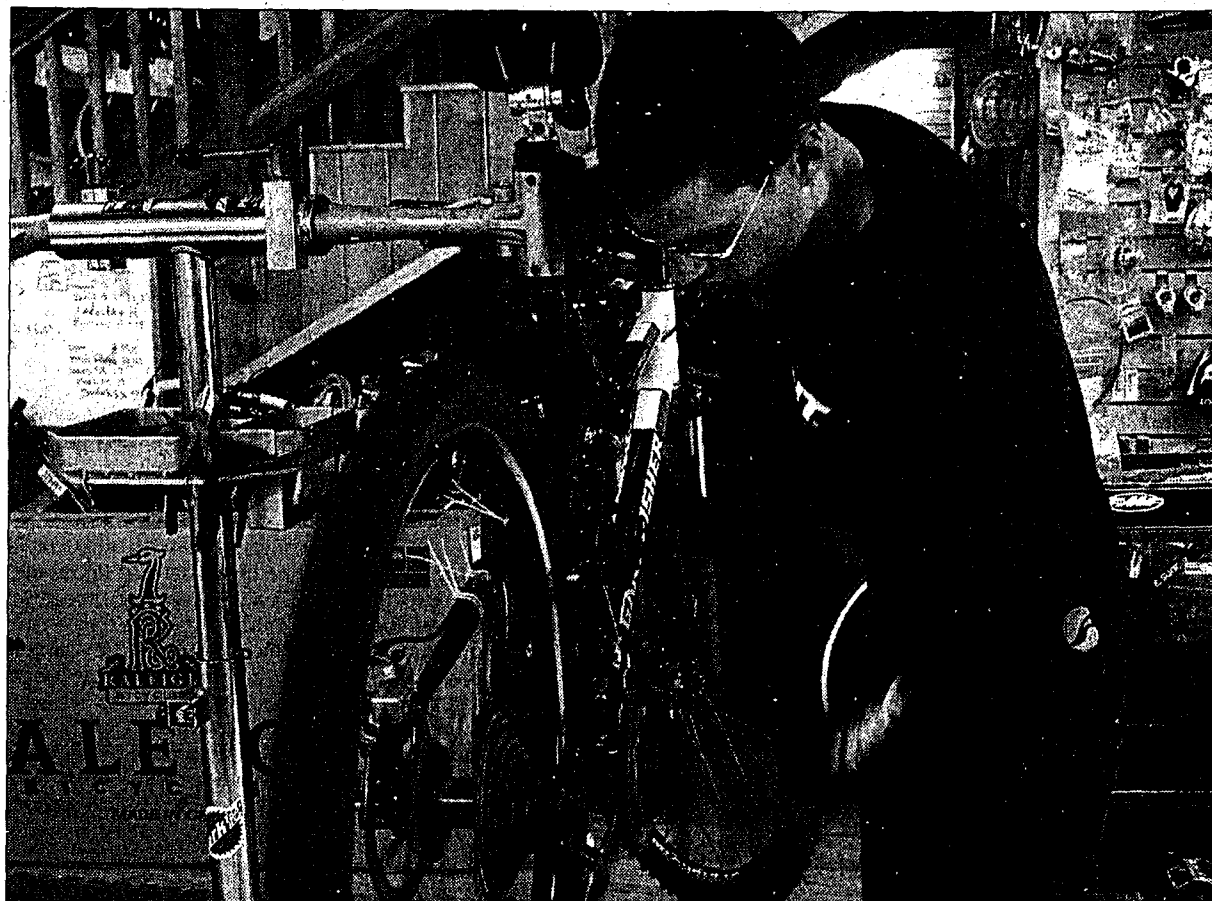
One such specialty is Specialized — an international bicycle brand that isn't sold at any other area store.

The shop is found at 407 S. Washington St., and Follett's also has an outlet in Lewiston at 714 D. St.

Rent it

Not quite ready to invest in a shiny new bike? Consider a rental.

Paradise Creek rents out several types of bikes, including a four-wheeled pedal bike. To rent a regular road or mountain bike, the standard price is \$10 per



Karen Lu/Argonaut

Jon LaMoreaux, manager of Paradise Creek Bicycles, checks the chain of a bike in for repair Tuesday afternoon on the cycle shop's repair floor. Paradise Creek and Follett's Mountain Sports are Moscow's independent bike stores.

hour, \$25 for 24 hours or \$50 for a week.

Another option, popular with international students, is University of Idaho International Friendship Association's bike loan program. Bikes are available to all registered UI students for a small deposit. Currently, 400 bikes are on loan through the program and another two dozen are waiting to be claimed in the Poultry Hill warehouse.

The program began 10 years ago, when returned Peace Corps volunteer David Peckham realized that many international students might need a bike.

"Realize that a lot of students who come to our campus from abroad are used to riding bikes," says IFA coordinator Glen Kauffman. Kauffman says the bikes help give students access to the community around them.

However, don't expect instant gratification from the loan program right now. Volunteer mechanics repair the program's bikes, which are donated by UI students, faculty and staff as well as the Pullman Police Department impound. Kauffman says the small number of mechanics currently working means students may have to wait a month to get a bike in working order.

To sign up for a bike, volunteer as a mechanic or ask questions, visit the Poultry Hill Warehouse between 11-noon Sundays.

Fix it

You're cruising down the road, enjoying the wind in your hair, and bang — flat tire. What now?

Both Paradise Creek and Follett's offer full-service bicycle repair as well as tune-ups.

"Most of our business is with keeping regular folks' bikes running," LaMoreaux says.

Paradise Creek employees spend 20-30 hours a week fixing bikes, including four scheduled repairs and as many as a dozen fixes every day.

Though the shop mostly sees flat tires, the crew at Paradise Creek occasionally runs into a stranger problem. Once, an employee's carbon-fiber-frame bike broke in a place impossible to see, giving the staff days of stress trying to find the source of the "mystery click."

At Follett's, Druffel says they mostly fix bikes that are

out of adjustment as well as tackling bigger problems.

To keep a bike in its best shape, there are some everyday things to do. Druffel says it's a bad idea to leave bikes outside when the weather is bad. Employee Ryan Mathews had a word of advice too: "Keep them clean."

The employees at Paradise Creek and Follett's agreed the best way people can care for their bikes is to get an annual check-up. A tune-up at Follett's costs \$45, while one at Paradise Creek is \$50-\$60, depending on the quality of the bike.

Women interested in learning to fix their own bikes have another outlet. The Palouse Clearwater Environmental Institute's third annual Women's Bike Clinic takes place July 9 and Aug. 12.

On July 9, the focus is mechanics. Organizer Aly Bean says women at the clinic will learn techniques such as how to change a tire, clean their bikes, adjust their brakes and even break and remove a busted chain. The clinic will also include a check that participants' bikes and helmets fit them correctly.

"Some minor adjustments can help a lot," Bean says.

To register, visit www.pcei.org/bike_clinic.

Live it

To the Moscow bike community, bicycles are more than just a mode of transportation.

"I like the fact that the bike is not only fun, but it's exercise. It's fun exercise," LaMoreaux says.

Bean recognized biking as healthy in two big ways. "It's really healthy for the individual, I think, to get out and ride a bike ... but then also for the benefit to the environment," she says. "And it's really fun."

Druffel and Mathews cited efficiency and savings as reasons to bike.

"It's cheap transportation, inexpensive, leads to a healthy life style," Druffel says. "Moscow's small enough you can get anywhere on a bike faster than you can driving."

For LaMoreaux, the list of reasons to bike is longer than his earlier recitation of bike types.

"You'll live longer, be happier, don't have to go to the gym. ... Feel the wind in your hair, feel like a kid again," he says. "Cheaper than gas. Cheaper than coffee."

'Cars' continues Pixar's perfect track record

By Tyler Wilson
Summer Arg

Just when 2006's crop of summer movies were starting to look bleak, along come the good folks at Pixar with another solid computer-animated feature. "Cars" lacks the depth of the last two Pixar films, "Finding Nemo" and "The Incredibles," but still leaves most kid-oriented films in the dust.

The most refreshing thing about "Cars" may be that the central characters aren't animals. Instead, director John Lasseter and his team of gifted animators and writers take audiences somewhere entirely different. There are no people or animals in the film, only driverless vehicles. Even the buzzing bugs resemble a certain iconic car and the cows are big, clunky tractors. Lightning McQueen (Owen Wilson)

is a cocky, rookie racecar who dreams of the riches and fame associated with winning the Piston Cup. Upon traveling cross-country to the final race of the season, McQueen accidentally tears up

Main Street in Radiator Springs, a run-down Route 66 town that was abandoned after a new freeway bypassed it. The self-absorbed McQueen doesn't think it matters to fix what he's broken, but the town attorney Sally (Bonnie Hunt) and judge Doc (Paul Newman) force him to spend a few days in the slow lane.

As with any Pixar movie, the voice cast is pitch-perfect. Wilson's distinct voice perfectly matches McQueen's overconfidence without losing a sense of endearing innocence. Hunt does nice work with a fairly straight role, and the

supporting cast, including Tony Shalhoub, George Carlin, Michael

Keaton, Cheech Marin and Pixar favorite John Ratzenberger, all put a memorable stamp on their limited screen time.

Newman's presence is vital to the middle chunk of "Cars." As one of Hollywood's most iconic actors, Newman infuses his remarkable gravitas into Doc Hudson. His performance is the heart and soul of the film.

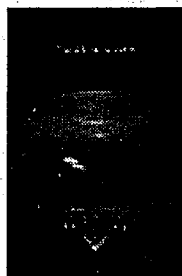
If Newman is the film's heart, then Mater, the lovable country tow truck who befriends McQueen, is the funny bone. He is voiced by Larry the Cable Guy, a comedian so irritatingly redneck that it's a complete shock how funny and lovable his character is. You know the folks at Pixar are something special when they can make Larry the Cable Guy bearable.

One might assume a movie about a race car would move at break-neck speed. Instead, "Cars" chugs along at a surprising leisurely pace. The story's premise hinges on McQueen slowing down to appreciate the world that surrounds him. It's hardly an original

moral, but there's an old-fashioned sentimentality to it that has been noticeably absent from movies in the last few years. Lasseter, who is now the creative head at Disney and Pixar's animation department, has made a passionate tribute to the automotive world and small-town Americana.

But it isn't all gooey sentiment. The computer animation is gorgeous and the visual and verbal gags sprinkled throughout are worth checking out on multiple viewings.

Many have considered "Cars" to be a disappointment because the Pixar formula isn't as potent here as it was with "Finding Nemo" and "The Incredibles." It is true that "Cars" lacks the character depth of those films, but it's unfair to measure the film by those impossibly high standards. As a stand-alone film, the charm and humor of "Cars" is twice as good as any other animated film released since "The Incredibles." The Pixar name is still king in computer animation.



"Cars"

★★★★ (of 5)

Owen Wilson, Paul Newman
Now playing

Local/CALENDAR

Today

"Cheaper by the Dozen 2"

"Cheaper by the Dozen 2," rated PG, plays at 1 p.m. at the Kenworthy Performing Arts Centre.

"Let's Make Sushi"

UI Community Programs' "Let's Make Sushi" workshop is from 6-8:30 p.m. in the Niccolls Building, Room 101.

Michael James concert

Michael James, an alternative acoustic rocker, will play noon-1 p.m. on the Commons Lawn as part of the Noontime Concerts Series.

Thursday

"Thank You for Smoking"

"Thank You For Smoking," rated R, plays at 7 p.m. at the Kenworthy Performing Arts Centre.

"I Love You, You're Perfect, Now Change"

The modern musical "I Love You, You're Perfect, Now Change" will be at 7:30 p.m. in the Hartung Theatre. Presented by Idaho Repertory Theatre.

Fresh Aire Concert

A Fresh Aire Concert featuring the MAC Community Band will be 6:30-7:30 at East City Park.

Friday

"Thank You for Smoking"

7 p.m., the Kenworthy

"I Love You, You're Perfect, Now Change"

7:30 p.m., the Hartung

IAM Holistic Fair

The IAM Holistic Fair is from noon-8 p.m. at The Orchard Studio. Free events include "Psychic Q&A," "Effecting Life Changes" with Linda Banks, "The Benefits of Using Flower Essences" with Jim Johnson, "Dances of Universal Peace" with Saladin Frank Pelfrey and the film "The Secret." For more information, visit theorchardstudio.com or call 882-8159.

Tom Drake concert

Tom Drake will perform 6-8 p.m. at the Eastside Marketplace as part of its Summer Music Series.

Saturday

Farmers' Market

The Moscow Farmers' Market will be open between 8 a.m. and noon at Friendship Square. Lanny Messinger will play at 9:30 a.m.

"Thank You for Smoking"

7 p.m., the Kenworthy

"I Love You, You're Perfect, Now Change"

7:30 p.m., the Hartung

"Schoolhouse Rock, LIVE! Jr."

"Schoolhouse Rock, LIVE! Jr." will be at 9:30 and 11:30 a.m. at the Prichard Art Gallery. Presented by Idaho Repertory Theatre For Youth.

IAM Holistic Fair

The IAM Holistic Fair is from 10 a.m.-7 p.m. at The Orchard Studio. Free events include "Opening of the Heart Ceremony" lead Charles Lighwalker, "Reprogramming Your Mind for Joy" with April Rubino, "Introduction to Ayurveda" with Andrea Bussinger and "Inner Listening Yoga" with Rubino. For more information, visit theorchardstudio.com or call 882-8159.

Grandmother mountain hike

The Palouse group of the Sierra Club will hike Grandmother Mountain, east of Moscow. Meet at 8 a.m. at Rosauer's or at 7:15 a.m. at Albertson's in Lewiston.

Sunday

"Thank You for Smoking"

4:45 and 7 p.m., the Kenworthy

IAM Holistic Fair

The IAM Holistic Fair is from 10 a.m.-5 p.m. at The Orchard Studio. Today's classes include "Creating Gem Elixirs and Flower Essences," "Emotional Freedom Techniques," "Effecting Life Changes," "Aura Imaging and Personal Detox," "Edible and Medicinal Herb Walk" and "Hot Tub Rebirthing Playshop." Fees for the classes vary, and pre-registration is recommended. For more information, visit theorchardstudio.com or call 882-8159.

Renfrew reception

Malcom and Carol Renfrew will receive the Distinguished

Idahoan Award at a free reception from 3-5 p.m. at the University Inn.

Monday

Orooni at the Alley

Jam/funk band Orooni will play at 9:30 p.m. at John's Alley.

Music Guild meeting

The Moscow Music Guild will meet and jam 6-8:30 p.m. at One World Café. For more information, contact holmes3000@verizon.net.

Tuesday

Co-op Kids

Parents and children can make healthy snacks as part of the Co-op Kids! Program from 9-10 a.m. at the Moscow Food Co-op.

Campus Rec Summer Barbecue

A Campus Recreation Summer Barbecue featuring sausage and more will be at 6 p.m. in the Shattuck Amphitheater.

Dan Maher at the Co-op

Dan Maher will perform 5-7 p.m. at the Moscow Food Co-op as part of the Hot Off the Grill series.

June 28

"Curse of the Were-Rabbit"

"Wallace & Gromit in the Curse of the Were-Rabbit," rated G, plays at 1 p.m. at the Kenworthy Performing Arts Centre.

Katie Tucker concert

Indie pop artist Katie Tucker

will play noon-1 p.m. on the Commons Lawn as part of the Noontime Concert Series.

June 29

"Grace and Glorie"

"Grace and Glorie," a humorous drama about an old woman and the bond she makes with her hospice worker, will be at 7:30 p.m. in the Hartung Theatre. Presented by Idaho Repertory Theatre.

Fresh Aire Concert

A Fresh Aire Concert featuring the MAC Community Band will be 6:30-7:30 at East City Park.

June 30

"Grace and Glorie"

7:30 p.m., the Hartung

UI dial-in modem service ends

Magician at the library

Seattle magician Toby Wessel will perform from 10:30 a.m. to 1:30 p.m. at the Neill Public Library in Pullman.

Noi and Friends concert

Noi and Friends will perform 6-8 p.m. at the Eastside Marketplace as part of its Summer Music Series.

July 1

"Grace and Glorie"

7:30 p.m., the Hartung

Farm Fair at MaryJanesFarm

Farm Fair, featuring vendors, food, pony rides and garden

ArtsBRIEFS

IRT season begins with 'I Love You,' 'Grace'

The first play of the Idaho Repertory Theatre summer season will be "I Love You, You're Perfect, Now Change!" a modern musical by Joe DiPietro and Jimmy Roberts. "I Love You" will be at 7:30 p.m. Thursday-Saturday and July 2, 8, 9, 11, 13, 15 and 16 at the Hartung Theater.

Opening next is "Grace and Glorie," a humorous drama about an old woman and the bond she makes with her hospice worker. "Grace" will be at 7:30 p.m. June 29-30 and July 1 and 12, and at 2 p.m. July 2, 9 and 16.

"Lend Me A Tenor," a farce set at the opera, follows at 7:30 p.m. July 6, 7, 14, 27 and 29 and 2 p.m. July 23 and 30.

The final production will be Shakespeare's "A Comedy of Errors." The show will be at 7:30 p.m. July 20-23, 25, 26, 28 and 30 at the Hartung Outdoor Theater.

For tickets to any of these shows, call 885-7212.

Learn to make sushi and salads today

UI Community Programs' "Let's Make Sushi" workshop is from 6-8:30 p.m. today in the Niccolls Building, Room 101. For \$29, participants will learn how to make sushi and Japanese salads. To register, contact Community Programs at 885-6486.

Indie and alternative at Noontime Concerts

Today's concert for the Noontime Series will be Michael James, an alternative acoustic rocker. He will play noon-1 p.m. on the Idaho Commons Lawn.

Katie Tucker, an indie pop artist, will be the Noontime Concert Series' next performer. She will play noon-1 p.m. June 28 on the Commons Lawn.

Exhibits in session at Third and Prichard

The Third Street Gallery is home to "Faces from the Land: A Photographic Journey through Native America" by Ben and Linda Marra this summer.

The show will run through August 11. The Third Street Gallery is located in Moscow City Hall.

The Idaho Commission on the Arts Fellowship Exhibition and Marie H. Whitesel Retrospective runs through July 29 at the Prichard Art Gallery in downtown Moscow.

For more information, call 885-3586.

Make healthy snacks at the Co-op kids program

The Co-op Kids! Program will let parents and children get together to make healthy seasonal snacks. The activity will be 9-10 a.m. Tuesday either inside in the deli area or outside at the picnic tables, depending on the weather.

Orooni at John's Alley

Jam/funk band Orooni will play at 9:30 p.m. Monday at John's Alley. Fresh off of a 30-show national spring tour, the band will play Moscow as part of a summer tour. Only having been together as a four-piece band for six months, Orooni has already played more than 55 shows in 11 states.

SWING, SWING



Kentaro Murai / Summer Arg
The Beautiful Elana is in motion above the third ring at the Shriners Circus in the Kibbie Dome on June 14.

LocalCALENDAR

tours, will be from 10 a.m. to 4 p.m. at MaryJanesFarm, eight miles southeast of Moscow. For more information, visit www.maryjanesfarm.org.

Farmers' Market

The Moscow Farmers' Market will be open between 8 a.m. and noon at Friendship Square. Acoustic Wave Machine will play at 9:30 a.m.

July 2

"Grace and Glorie"
2 p.m., the Hartung

"I Love You, You're Perfect, Now Change"
7:30 p.m., the Hartung

Farm Fair at MaryJanesFarm
10 a.m.-4 p.m., MaryJanesFarm

July 4

UI closed in observance of Independence Day

Pullman celebrates the fourth
Pullman's Fourth of July celebration will be in Sunnyside Park. A barbecue will begin at 5 p.m. The Pullman Community Band performs at 5:30 p.m., Dan Maher performs at 6:30 p.m. and The Kingpins play at 7:30 p.m. There will be games throughout the evening, and a fireworks show choreographed to music after sunset.

July 5

Campus Rec Summer Barbecue

A Campus Recreation Summer Barbecue featuring chicken and more will be at 6 p.m. in the Shattuck Amphitheater.

Martha's Trouble concert

The folk duo Martha's Trouble will play noon-1 p.m. on the Commons Lawn as part of the Noontime Concert Series.

July 6

"Lend Me a Tenor"
"Lend Me a Tenor," a farce set at the opera, will be at 7:30 p.m. in the Hartung Theatre. Presented by Idaho Repertory Theatre.

Fresh Aire Concert

A Fresh Aire Concert featuring the MAC Community Band will be 6:30-7:30 at East City Park.

SpokaneCALENDAR

Friday

Stroke 9 at Fat Tuesday's
Rock band Stroke 9 will play at 7 p.m. at Fat Tuesday's. Tickets are \$10 through ticketswest.com.

Saturday

Spokane Hoopfest
Spokane's annual 3-on-3 basketball tournament will begin at 8 a.m. in Riverfront Park and at locations throughout downtown. Games will run until 8 p.m. This year more than 6,300 teams will compete in the tournament, which is the largest of its kind in the country. For more information, call (509) 624-2414.

Northwest Renaissance Festival

The Northwest Renaissance Festival will run every weekend until July 9. The festival is open from 11 a.m. to 7 p.m. and will feature a variety of games, music, comedy, jousting and other events. The festival is located on Hwy 291 outside of Spokane. More information is available at www.NWRF.net.

Sunday

Spokane Hoopfest
Games continue 8 a.m.-8 p.m. in Riverfront Park and locations in downtown Spokane.

Ironman competition in Coeur d'Alene

The annual Ford Ironman competition will be from 7 a.m.-midnight, starting at City Park. The routes for the three events, swimming, biking and running, will span the city. Registration for the event is now closed. Pre-race activities and events have been ongoing since Tuesday.

Northwest Renaissance Festival

Monday

Pepper at the Big Easy
Rock/ska band Pepper will play at 7:30 p.m. at the Big Easy. Tickets are \$11 through ticketswest.com. Doors open at 6:30 p.m.

Tuesday

Unearth at the Big Easy
Rock band Unearth will play

at 7:30 p.m. at the Big Easy. Opening bands will be All That Remains, The Red Chord, Walls of Jericho and If Hope Dies. Tickets are \$15 through ticketswest.com. Doors open at 6:30 p.m.

"Superman Returns" at the IMAX

"Superman Returns The IMAX Experience," rated PG-13, will be showing at 10 p.m. at Riverfront Park's IMAX Theatre.

June 28

Brandi Carlile at Fat Tuesday's
Rock artist Brandi Carlile will perform at 7 p.m. at Fat Tuesday's. Tickets are \$10 and available through ticketswest.com.

"Superman Returns" at the IMAX

"Superman Returns The IMAX Experience," rated PG-13, begins daily showings at Riverfront Park's IMAX Theatre. Check www.spokaneriverfrontpark.com for showtimes and ticket prices.

June 29

An Evening with Rory Block
Blues guitarist Rory Block will perform at 7:30 p.m. at the Met Theatre. Tickets are \$18 through ticketswest.com.

July 1

Big City Rock at the Big Easy
Rock band Big City Rock will play at 7:30 p.m. at the Big Easy. Rock band Drive By will open

Tickets are \$7.50 at ticketswest.com.

July 2

Gatsby's American Dream at the Big Dipper

Rock band Gatsby's American Dream will play at 7 p.m. at the Big Dipper. Opening bands will be Waking Ashland, My American Heart and The Providence. Tickets are \$9 through ticketswest.com.

July 4

Spokane 4th of July Neighbor Day

Spokane's annual fourth of July celebration will begin at 11 a.m. at various meadows in Riverfront Park. The community event will feature family activities, food, music, arts, crafts and fireworks continuing until 11 p.m. For more information, call (509) 242-2505.

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THE MAKING OF...

Moscow artist combines painting and emotion

By Kevin Wickersham
Summer Arg

For Moscow artist Kay Montgomery, painting is about capturing emotion and the feel of the moment.

One of her watercolors, "Sunset," shows three nuns, clad in black habits, looking toward the setting sun near Cannon Beach, Ore. However, rather than being a simple watercolor seascape, the emphasis is on seeing and feeling the emotion and power of the moment rather than the physical attributes of time and place. The painting is as much an expression of emotional response as it

"I do not know what I would do with my life if I did not have painting. ... I have to have something to do that makes me get out of bed in the morning."

Kay Montgomery
artist

is a depiction of an actual event, Montgomery says.

This same idea crops up again in "Gale Force" which depicts the "feel of a storm at the edge of the ocean," she says. As with "Sunset," the painting is more than a simple seascape — it is "about the feel of the ocean, not the look." Using a blurring "wet into wet" technique that causes the still-wet watercolor to blur and run, Montgomery was able to create a fluid and watery world that evokes the "power and wetness" of the waves breaking against the rocks.

"(These paintings) express how I feel about the ocean, but I do not actually paint ocean scenes," she says. "It's the feel.

It's the emotion."

Though she says the ocean is a major source of inspiration for her work and many of her paintings depict an emotional response to it, Montgomery paints a variety of topics ranging from depictions of nature to portraits of imaginary people.

Montgomery, who is a 1971 graduate of the University of Idaho with a degree in art, is one of the artists featured in the Moscow ARTWALK 2006. Five of Montgomery's watercolors are currently on display in the conference room at Gritman Medical Center. This is the third consecutive year that Montgomery has displayed

her watercolors as part of the annual Moscow event.

Montgomery, a native of southwest Idaho, has been in Moscow since 1963 when she moved here with her husband, who taught psychology at UI. Although she has always been artistic and has experimented with a variety of artistic mediums such as weaving, pottery, jewelry making and acrylic painting, Montgomery says she did not settle on watercolor painting until after she graduated in the early seventies.

Since then, the mother of four grown children has received numerous honors for her work, including awards at several Idaho showings and a subsequent induction to the Idaho



Lisa Wareham / Summer Arg

Artist Kay Montgomery has a display of watercolor paintings in the Gritman Medical Center conference room as part of the Moscow ARTWALK. Her painting "Sunset" is shown above.

Watercolor Society as a merit member. In addition to her awards, Montgomery is also one of the founding members of the Palouse Watercolor Socius and has exhibited her art locally and throughout the Pacific Northwest.

At this time, some of Montgomery's watercolors are on display at Bank Left Gallery in Palouse, the new Therapy Solutions building at Gritman

Medical Center and in the Gritman conference room as part of the ARTWALK.

Though she is primarily known for her watercolor paintings, Montgomery has been experimenting with the medium of collage by constructing abstract images from torn pieces of paintings, she says.

"(I will be doing) more collage and less watercolor," she

says of her future artistic ambitions, adding that she enjoys the textures of collage.

For Montgomery, art is as much an outlet for creative and emotional energy as it is a way of life.

"I do not know what I would do with my life if I did not have painting," she says, "I have to have something to do that makes me get out of bed in the morning."

Artwalk PARTICIPANTS

Above the Rim Gallery

Through July 22: Judy Brand, watercolor; Sally Machlis, mixed media; Skip Phillips

July 28-August 20: Dana Magnuson; Rebecca York, mosaic; Cleo Fleming, photography

Bennett & Associates

Floyd Peterson, photography

BookPeople of Moscow

Million Bead Project by Moscow High School and McDonald Elementary, coordinated by artist Jeanne Leffingwell.

Camas Prairie Winery

Kathy Kearney, fiber arts

Cowgirl Chocolates

Carolyn Guy, porcelain; Marilyn Lysohir, ceramics; Ross Coates, mixed media

Eastside Marketplace

UI Center on Disabilities and Human Development and Milestones group exhibit

Experience Mortgage

Bill Voxman, photography

Gail Byers Real Estate

Doug Davidson, photography; Gina Casolaro Murray, sculpture; Malcolm

Renfrew, oils

Gritman Medical Center

Kay Montgomery, watercolors

Hodge & Associates, Inc.

Lizette Fife, pottery and fiber arts

Hodgins Drug & Hobby Store

Nannette M. Pyron, mixed-media shadowboxes; Jill Matsuoka, ceramics

Inland Cellular

Bill Blair, watercolor; Linda R. Wallace, water media

Insty-Prints

Stephanie Gladwin, pastels

Kaleidoscope Framing & Art Gallery

Claire Hasko-Young, acrylic and photography; Elyse Cregar, oil and watercolor

Kimberling Insurance Agency

Brenda Himmelberger, pastels; Sara Kimberling, oils

Latah County Historical Society

"One Land, Different Worlds: Comparing Ways of the Nez Perce and Settlement Cultures"

Latah County Title Company

Louise Barber, fiber arts

See ARTWALK, page 16



TRAILS

from page 8

trail is the Taft Tunnel, a flat, dark tunnel that burrows for 1.66 miles under the Bitterroots.

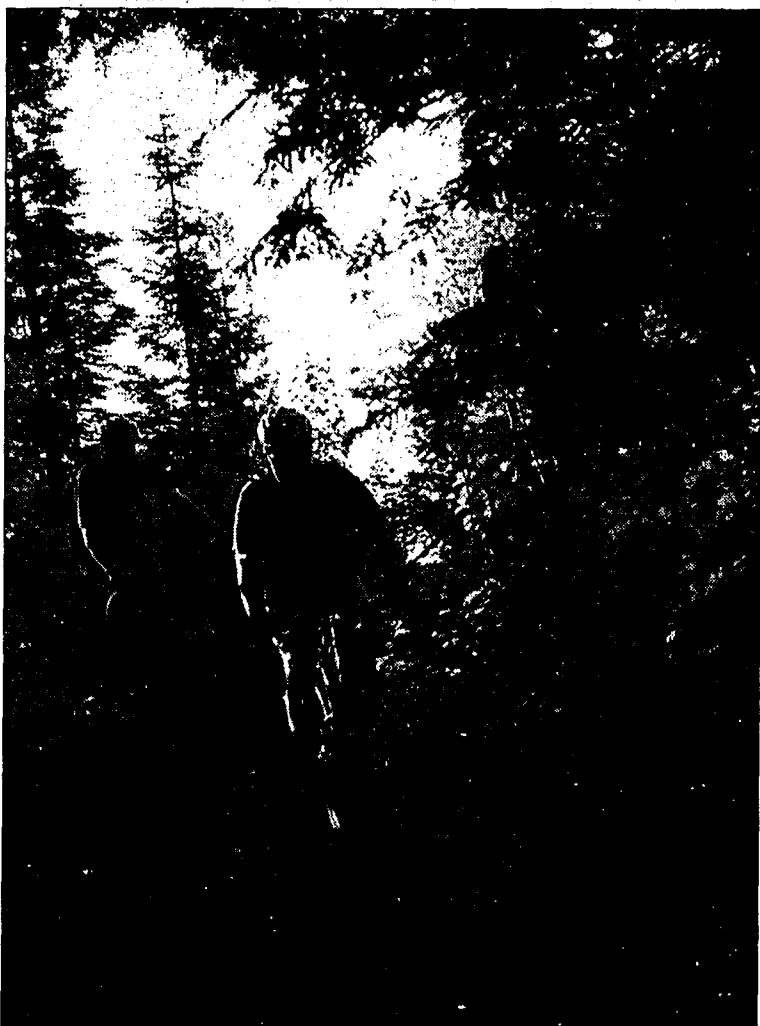
The trail opens June 24. There is a fee to ride this trail: a day pass is \$8 for adults and \$4 for children three to 13. Children younger than three are free. Season passes for adults are \$25 and \$12 for children. Bike rental packages are also available. For more information, visit www.skilookout.com/hiaw/index.html.

Canfield Mountain Trail System

This trail, located about 3 miles from Coeur d'Alene, runs through 32 miles of dirt-road paths. The trail is easy to moderate — it is half dirt road and half single track. For more information, visit [\[dahotrails.net/canfield.html\]\(http://dahotrails.net/canfield.html\).](http://www.northi-</p>
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Spokane Centennial Trail

The Spokane Centennial is 37 miles of paved trail running along the Spokane River from the state line to Nine Mile Falls. The west section offers a scenic view of the Spokane River and Spokane Valley. Though most of the trail is flat, the west segment offers a few climbs and descents through the Riverside State Park. The trail moves into downtown Spokane, where it crosses the Spokane River at the Howard Street Bridge, offering views of Spokane Falls. It continues through open fields and along the banks of the river. There are plenty of rest stops and places to stop and enjoy the water along the way. For more information, visit www.spokanecentennialtrail.org.



Photos by Lisa Wareham/Summer Arg

Top: Mountain bike club member Eric Clippinger bikes up a wall ride Monday night on Moscow Mountain. Bottom: Mountain bike club president Nick Fuller (right) and club member Eric Clippinger (left) ride their bikes down Moscow Mountain Monday night. The Moscow Area Mountain Bike Association often rides at Moscow Mountain. More information on the club is available at their website at www.bikemoscow.org.

RIDE

from page 8

The ride back seemed shorter, but that's always the case when taking trips. I pushed myself even harder this time, going as fast and as long as my body could go. The determined look on my face was probably horrifying to look at. When my pace slowed I realized it was even harder to ride

slowly. When I was too tired I thought the solution was to not ride so fast, but that really made it worse.

I kept going, trying to keep up my pace. The motivation of not letting my boyfriend get too far ahead of me kept my legs pumping.

Hitting the Moscow seven-mile marker once more felt like I had made a real achievement. It may not seem like much to serious bikers, but for a girl jumping on a bike after years

of letting hers sit in storage, it felt good.

When I got home I felt exhilarated; the exercise had gotten my spirits up. I felt like I could do anything. It was literally a high, a buzz that no gym had ever given me.

I'm an addict — after one go I'm hooked. There's no going back to the life of a girl afraid of bikes.

It was an experience I want to repeat and as my buzz started to fade I was ready for more.

The University of Idaho

ARGONAUT

I can't talk now, I must finish this insightful and entertaining issue of the Argonaut. Whew, this is good!

Honey, we need to talk . . .

Look for the next issue July 7!

SportsBRIEFS

Olson places sixth in 1500m; earns All-American honors

University of Idaho distance runner Dee Olson placed sixth in the final of the 1500m run June 10 at the 2006 NCAA National Championships in Sacramento, Calif. The sixth place finish earns Olson All-American honors.

"I am really excited about Dee's performance today, but she wasn't," Idaho coach Wayne Phipps said. "She had every intention of winning the race."

Olson finished the race in 4:18.84 for sixth place. Amy Lia of Washington won the event in 4:14.63.

"She led through the first 1000 meters and then, rather than preventing and blocking a challenger, she let them go by and then got boxed in," Phipps said. "With about 150 meters to go she got out and sprinted around some girls to get the sixth place finish."

"Tactically she didn't do what she needed to win and that's why she is disappointed."

The sixth place finish at Nationals marks the end of an incredibly successful year for Olson. She was the Western Athletic Conference cross country champion, placed third in the mile at the 2006 NCAA Indoor Championships to earn All-American honors and was the WAC outdoor champion in the 1500m and 10k.

"I'm really happy for Dee and

the huge breakthrough that she had this season," Phipps said. "I'm impressed with her level of competition at this level for the entire year. She's been running since September and did a great job in cross country, the indoor track season and all she has done during the outdoor season."

Lindsey Koppen signs with women's basketball team

Lindsey Koppen has signed a financial aid agreement to attend the University of Idaho and play basketball for the Vandals next season. Koppen will transfer to Idaho from North Idaho College.

"Lindsey is a great person who was looking for an opportunity," Idaho coach Mike Divilbiss said. "She has a very specific skill which she is very good at. She is a 3-point shooter and she'll help us. She is similar to the other junior college players we have coming in her level of maturity and I really like that. She will be a great addition to our team."

Koppen, a 5-8 wing, played the last two seasons at NIC with incoming Idaho players Sara Dennehy and Stephanie Jones. She earned second team all-SWAC honors last season while averaging 10.8 points per game. She ranked second in the league in 3-point field goals made per game (1.94) and fifth in 3-point field goal percentage (.317). She also made the Dean's List at NIC each year.

Before NIC, Koppen earned first team all-conference honors

as a senior at Sentinel High School at Missoula, Mont. She helped lead the Spartans to a third place finish at state.

Pfeifer rounds out staff with hiring of Adam Hiatt

University of Idaho men's basketball coach George Pfeifer has rounded out his coaching staff with the hiring of Adam Hiatt as an administrative assistant.

Hiatt played two seasons at Westminster College in Salt Lake City, Utah, where he was a two-time NAIA All-American and the WC all-time career points leader. Prior to Westminster, Hiatt played two seasons at Ricks College at Rexburg. While at Ricks College, Hiatt was a two-time All-Scenic West Athletic Conference selection.

"I competed against Adam in my previous coaching position and at the end of the day his approach to the game of basketball on and off the court earned him not just my respect but everyone's," Pfeifer said.

Hiatt earned a bachelor's degree in history from Westminster College in 2004 and a master's degree in geography from Brigham Young University in 2006. Hiatt is originally from Bonners Ferry.

"He has a blue-collar work ethic which he ties together with a high basketball IQ," Pfeifer said. "I'm glad to have Adam on my team as opposed to playing against him."

Focus on function: What top athletes can teach the rest of us

By Richard Seven
The Seattle Times

Scott Jurek not only runs all-terrain races of 100 miles or more. He wins.

Pacific Northwest Ballet soloist Maria Chapman makes the difficult look beatific.

Courtney Thompson, among the land's finest volleyball players, is not satisfied.

You, most likely, are not like them. You probably never have won — and never will — such prestigious awards and titles or even gotten applause. Yet, when it comes to the nub of what "fit" means, the accomplished share more than you'd expect with the rest of us.

Despite what magazine-cover freaks tell you, being fit, at its core, is about function, not form. That's the focus of top athletes. Being fit means having the ability to do what you need, whatever that may be. It could be skiing without getting injured or doing your job without letting your job undo you. How about keeping weight down and cardiovascular levels high to avoid chronic disease? The bottom

line is that all of us need to realize potential.

"Functional fitness" is all the rage now, but it's just rediscovering what we began to ignore. Fitness always has been about function — long before gimmicks and gizmos and guilt fogged focus and before body beautiful overtook body awareness.

Fitness depends on your health history, vanity, goals, skills, injuries and commitment. Endurance and body-fat percentage and the strength of your heart and core are benchmarks, but we overlook the bottom line: how we feel and what we can do. It has nothing to do with awards, unless they spur you. Beyond the adulation, top athletes are fueled by inner affirmation. They know what they need — and train for it. So should you.

Ultra-marathoner Jurek needs more than physical fitness to run his endurance races. He needs mental stamina, too.

Chapman has an artist's grace but, at her core, she is

See **ATHLETES**, page 15

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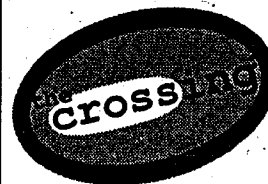


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ATHLETES

from page 14

an athlete who needs to develop and maintain proper body mechanics to avoid injury.

Thompson needs to parse her lofty, long-range goal into daily, sweaty steps. She also knows she can't look like Barbie and play like Shaq.

These three all look good, but looking as good as you can is not the prize. It's the byproduct, they say, of the lifestyle journey. They understand that "fit" is a moving target.

We get slower and weaker as we age, but usually the rate of decline is up to

you. Your goal is in your hands, too, as is your willingness to act on it.

It was a March morning during finals week, so the University of Washington Athletic Department weight room was nearly empty. Thompson was in there, though, holding 20-pound weights as she did lunges off a platform. The start of the new season was about five months away, but she was intent on maintaining and building the fitness base that made her national player of the year and the leader of last season's national-championship volleyball team.

She's the setter, a quarterback position that requires power and endurance along with skill and smarts.

"She is the best athlete I've worked

with here," assistant strength and conditioning coach Daniel Jahn said as he watched her rip through his training plan. "In terms of work ethic, drive and motivation, she can't be beat."

Why? Because she wants to win and, she says, conditioning is something she can control.

Thompson can teach all of us a thing or two about goals, mandatory for making progress. There is want. And there is want. How important is it to you to lose weight, get stronger and improve your lung power? Why do you want it? How will you achieve it?

"You have to think about the big picture and go for it," she says. "But it is overwhelming if you think about that

every day. You have to break it up in small steps. You have to focus on improving today. Can I get better today? The goals will come with the work."

Thompson's lower body is powerful, the function of her low-to-the-ground court responsibilities and her training regimen. She looks rock-hard fit, not waif-model, cover-girl fit. She mentors girl athletes on a number of topics from team-building to hard work, and she often hears a lot from those conflicted about body image.

"I didn't want to get bulky in high school," she says, "until I realized that level of training is what would take me to the next level. You have to choose your priorities."

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ARGONAUT

EMPLOYMENT

ing, sitting, walking and lifting, ability to talk and hear on the telephone, manual dexterity, and ability to remember names of departments and contacts. \$10.67/hr Approx. 22 hrs/wk. Start June 22, 2006 Located in Moscow.

Job #352 Kitchen Assistant Assist Cook/Chef with planning, food preparation, cleanup, ordering and purchasing for lunches and dinners Monday-Friday w/ occasional weekends. Possible summer cleaning employment available. Must be a person who is detail oriented when it comes to cleanliness, willingness to work underneath and assist a cook is necessary. \$700/month for 10 month contract. 20+ hrs/wk including occasional weekends. Start August 1, 2006-May 31, 2007. Located in Moscow.

Job #351 Cook/Chef Prepare lunch and dinner, Monday-Friday, Homecoming Brunch, Dad's and Mom's Weekend Brunch and other special occasional meals as requested. Work under house director as directed. Prepare menus, supervise kitchen staff, order food, work within a budget, purchase food at the grocery store as needed, oversee cleanliness of kitchen and dining room, prepare food according to health regulations. Additional duties could allow for increase in

EMPLOYMENT

pay for successful candidate. Possibility of Summer duties including cleaning employment. Ability to cook well-balanced meals for 60 women, plan menus and stay within a budget. Prefer someone who knows how to cook from scratch. A positive attitude and willingness to work with 70 women is a must. DOE, Min. \$1500/mo w/ paid school breaks/10 mo contract. 35+ hrs/wk. August 1, 2006-May 31-2007. Located in Moscow.

Job #346 Gardener Working flower beds including weeding, spading and preparing for flowers. Could include mowing. Able to do hard physical work, mechanically included to be able to work on lawn mower if problems occur. Must have own transportation, located out of town. \$10/hr 2 hrs/week on regular basis, will take more than 2 hours initially. Located in Viola.

Job #350 District Assistant Assist with office work such as answering telephone, newspaper delivery shortages to carriers, helping with down routes, keeping back issue morgue up to date, dropping off special publications and checking routes. Must have a valid driver's license and own vehicle, pleasant personality, good communication skills, basic office knowledge and ability to lift 25 lbs. \$7.00/hr +mileage reim-


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Job #327 In-Home Care Assistant Help a lady who uses a wheelchair around the home and help her into bed at night. Must be at least 18 years of age and able to pass a criminal background check. Must be able to lift, turn and move as required. \$9.10/hr 15 hrs/wk Located in Moscow.

Job #320 Sales Associates and Assistant Manager Employees involved in all aspects of the store including merchandising, customer service, advertising and upkeep of the store. Great customer service skills needed. Sales experience a plus but not required. Base salary plus commission. PT and FT-15-40 hrs.wk Located in Moscow.

Job #355 Group Leaders Planning and facilitating activities for K-6 graders; site maintenance. Experience and desire to work with grade school age students. Ability to communicate effectively and follow written and oral instruction. Read and speak English. Ability to supervise student activities for safety and provide assistance to children as needed. Ability to work in a team atmosphere and collaborate positively with



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others. Ability to develop activity plans for K-6 graders. \$7.71/hr Summer-FT; school year 16+ hours/wk. Start early to mid August. Located in Moscow.

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ARTWALK 2006

Moscow's annual community arts event began last week with opening receptions across town. ARTWALK exhibits will be displayed until early September.

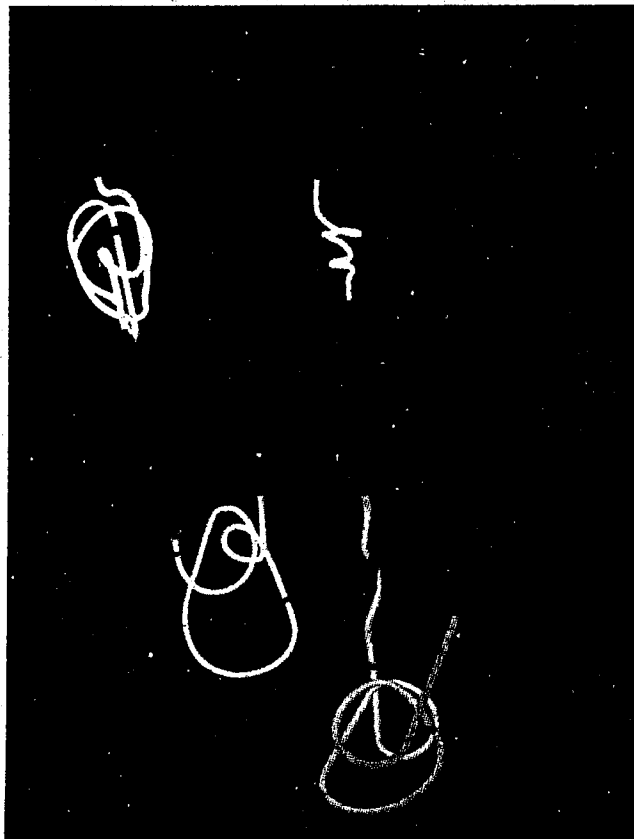


Lisa Wareham / Summer Arg



Karen Lu / Summer Arg

Above right: Judy Sobeioff-Gites and her daughter Jonna Sobeioff-Gites look at Marie H. Writesel's artwork Friday night at the Prichard Gallery. Sobeioff-Gites says she has brought her 4-year-old daughter to the ARTWALK every year. Above left: The inside of BookPeople of Moscow is reflected in McDonald Elementary's Million Bead Project artwork during the ARTWALK. Artist Jeanne Leffingwell coordinated the project, and the other side of the artwork is a project by Moscow High School. Below left: George Wray's neon light sculptures are set up on the walls of the One World Cafe, No. 7 on the Moscow ARTWALK map.



Lisa Wareham / Summer Arg

ARTWALK from page 12

Marketime Drug
Junette Dahmen, mixed media, watercolors, photography.

Moscow Arts Commission (Office)
Jeanne Wood, ceramics

Moscow Chamber of Commerce International Gallery of the Palouse; Lance Luschnig, photography

Moscow Family Medicine
Dave Mitchell, photography; Cathlin Sentsz, pastels; Joyce Tamura, mixed media

Moscow Food Co-Op
Through July 27: Janna W. Jones, acrylic
July 28-Sept. 7: Chantra Kirwan Melior, photography

Moscow Realty
Helen Grainger Wilson, watercolor

Moscow School of Massage
Elizabeth Sloan, oil pastels

New St. Andrews College
Dave Gressard, acrylics

One World Café
Shanti Scutt-Norman, oils; Guy Baldovi, oils; George Wray, mixed media

Prichard Art Gallery
Through July 29: Idaho Commission on the Arts Fellowship Exhibition
Aug. 21-Oct. 1: Lesley Dill, prints and multiples, 1990-2005

Red Door Restaurant
Tina Carlson, prints

The Third Street Gallery
Through August 11: Ben Marra, photography
Aug. 18-Sept. 29: Bridging the Arts Group Exhibit

The Natural Abode
Jim Palmersheim, acrylics

Wild Women Traders
Nelson Duran, acrylics