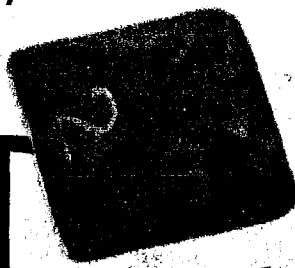


# UNIVERSITY OF IDAHO THE ARGONAUT



www.uiargonaut.co.

The Vandal Voice for 111 Years

Volume 109, No. 15  
Tuesday, Oct. 6, 2009

## Mental health matters

Chava Thomas  
Argonaut

Data from the University of Idaho Counseling and Testing Center stated 20 percent of UI students reported feeling depressed in the last 12 months. Another 10 percent experienced anxiety in the same time span.

It may seem like people who have depression are alone, but there are many resources on campus for students. Reaching out to friends is a great asset, according to psychiatrists and psychologists on campus, but if more help is required, there are several places to go.

### National Depression Screening Day

National Depression Screening Day offers testing and consultation for people who think they may be experiencing mental health problems. Bobby Trihub, a psychologist at the CTC, said it is important to catch mental health problems early.

"Mental health issues are very treatable, and things can spiral very quickly," he said.

Dr. William Cone, the psychiatrist at the Student Health Center, said college students could be more susceptible than others to depression and other problems.

"Students that are just entering college have adjustment to a new environment and expectations," he said. "Mental health issues are certainly not uncommon."

The screening is a national event. At the UI screening, pen and paper tests are available, as are consultations with psychologists. Informational

see HEALTH, page 4



Grace Young, left, Austin Nichols, center, and Ann Wharton are members of the University of Idaho chapter of the Icarus Project, a non-profit organization which recognizes mental health issues as gifts that need cultivation and care.

Steven Devine/Argonaut

## Housing proposes increases

Stephanie Hale-Lopez  
Argonaut

A proposal to raise university housing rates by 3 percent and campus dining board rates by 5 percent for the 2010-2011 academic school year was presented last Thursday in the Living and Learning Community.

The new housing increase will only affect incoming freshmen — students currently living in residence halls will have a freeze on their rates. However, the 5 percent increase on dining contracts will affect all residents.

Ray Gasser, director of university housing, says the increase will help make up the difference, given residents now have free laundry, microwaves and refrigerators.

"Everything we're doing is pro-student," Gasser said. "So it's a win-win for you and a win-win for us."

Residence Hall Association president Matthew Baughman, a philosophy sophomore, said he has received positive feedback from residents about the proposition.

"A 3 percent increase is really low compared to last year," Baughman said. "Housing is trying to get more people to stay (in the residence halls) ... It's a good deal for what we are able to offer."

The money will also be going to a couple of remodeling projects for the Wallace Residence Center.



Ray Gasser, Director of University Housing, explains to the student audience the proposed residence hall and campus dining rates for 2010-11. The short presentation on Thursday evening in the LLC was followed by questions from students.

Tyler Macy/Argonaut

Gasser said the roof will be redone in a couple of weeks, costing \$500,000, and a \$1.2 million fire alarm system will be installed as well.

"These are projects (that) needed to be done because if we don't do them, people won't be able to live there," Gasser said.

Both Gasser and Baughman agree that more attention from administration, specifically UI President, Duane Nellis, is needed in order to provide housing that fosters academic success and increase retention rates.

As of this school year, residence halls are at a 79

percent occupancy rate, with more than 400 empty beds.

"We need to get the president to understand the issues with Wallace," Baughman said. "I'd like to get the president, provost and ASUI more involved in the (residence hall) life."

University housing is allocated a \$10 million yearly budget. Four million of that goes to mortgage payments — the Living and Learning Community won't be paid off until 2041 — while \$5 million goes to operational expenses, and \$1 million goes towards various projects within the residence halls.

"There's continued support in being able to invest in ourselves," Gasser said. "The perception is that we're flushed with money, but if we were flushed with money, the buildings wouldn't be in the condition that they are."

Even though the increased rates will generate much-needed revenue, Gasser says that fundamentally, it's all about students and retention.

"This was only motivated by retention," Gasser said. "People who say it was motivated by money are completely inaccurate."

## Career Fair back in action for fall students

Kelcie Moseley  
Argonaut

Despite a down-trodden economy and a state unemployment rate of 8.9 percent as of August, 77 employers will be recruiting at this year's UI Career Fairs.

The fairs will be held from 9 a.m. to 2 p.m. Oct. 7 and 8 at the Best Western University Inn. The fairs are off-campus this year because of continued construction in the Student Union Building and Kibbie Dome.

Almost 1,000 students attended the fairs last spring, and the Career Center said they always expect heavier recruiting in the fall.

Jessica Berwick, manager for employer relations and communications at the Career Center, said numbers are down slightly for the Engineering Fair, but up for the All-Majors Fair. Fifty employers will be present for all majors — 20 from within the state, and others from around the Northwest

and as far away as Washington, D.C.

"A lot of companies have cut down on their recruiting," Berwick said.

Employment statistics release from the Bureau of Labor Statistics shows September's unemployment rate, among college

graduates at 4.9 percent, up from 4.7 percent in August. That number is still less than half the rate for those with only college education, at 8.5 percent.

The National Association of Colleges

and Employers shows that hiring for the class of 2010 is expected to be down 7 percent, but Berwick said students should take advantage of the employers coming to the fair and get a head start on their careers now, even if they're not graduating this year.

"Companies are coming to look for interns too," Berwick said. "Students can definitely benefit from all the networking opportunities."

see FAIR, page 4

**"Students can definitely benefit from all the networking opportunities."**

Jessica BERWICK  
Employer relations and communications manager

# Discover Life

at the Idaho Commons & Student Union

This week's ASUI Vandal Entertainment Films...

## Outrage

Wednesday & Thursday  
Oct 7 & 8

## Harry Potter and the Half-Blood Prince

Friday & Saturday  
Oct. 9 & 10

7:00 and 9:30  
SUB Borah Theater  
\$2 Students/\$3 Public  
Tickets sold at the SUB Info Desk

## Free Women's Swim

Sundays 10-11:30am  
at the UI Swim Center  
Come have fun!  
Sponsored by IFA

## Interested in volunteering?

Get involved with the Volunteer Center by signing up for the Volunteer Database at [asui.volunteer.uidaho.edu](http://asui.volunteer.uidaho.edu)

ASUI CENTER FOR VOLUNTEERISM & SOCIAL ACTION

## Candidate Forum

Tuesday, October 13th, 12:30-1:30  
in the Commons Clearwater room.  
Both Mayoral candidates and all the city council candidates will be present.

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Monday-Thursday: 7am-12am  
Friday: 7am-8pm  
Saturday: 9am-8pm  
Sunday: 12pm-12am

### Student Union Hours:

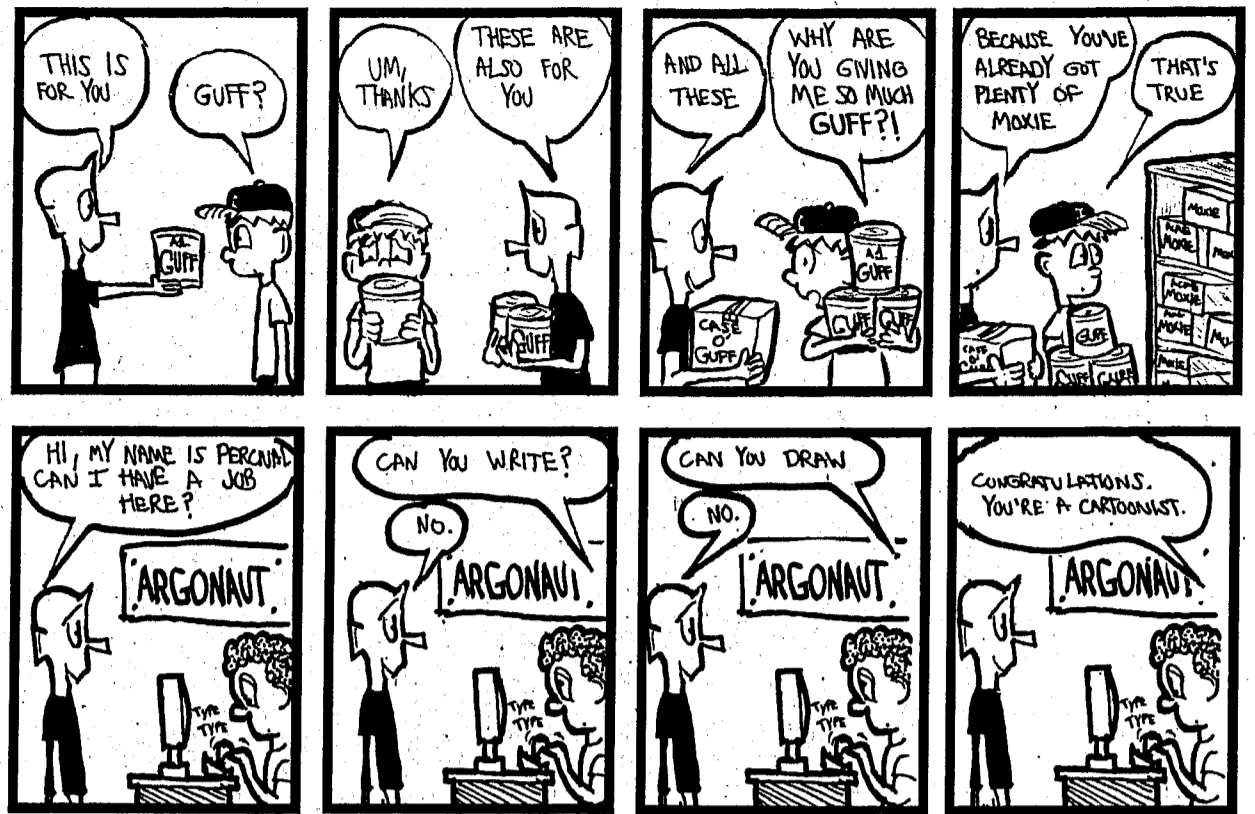
Monday-Thursday: 7am-12am  
Friday: 7am-8pm  
Saturday: 9am-8pm (will stay open later for programming)  
Sunday: 12pm-12am

meet me at the Idaho Commons

ICSUcomments@sub.uidaho.edu  
885-INFO • 885-CMNS  
<http://www.sub.uidaho.edu>

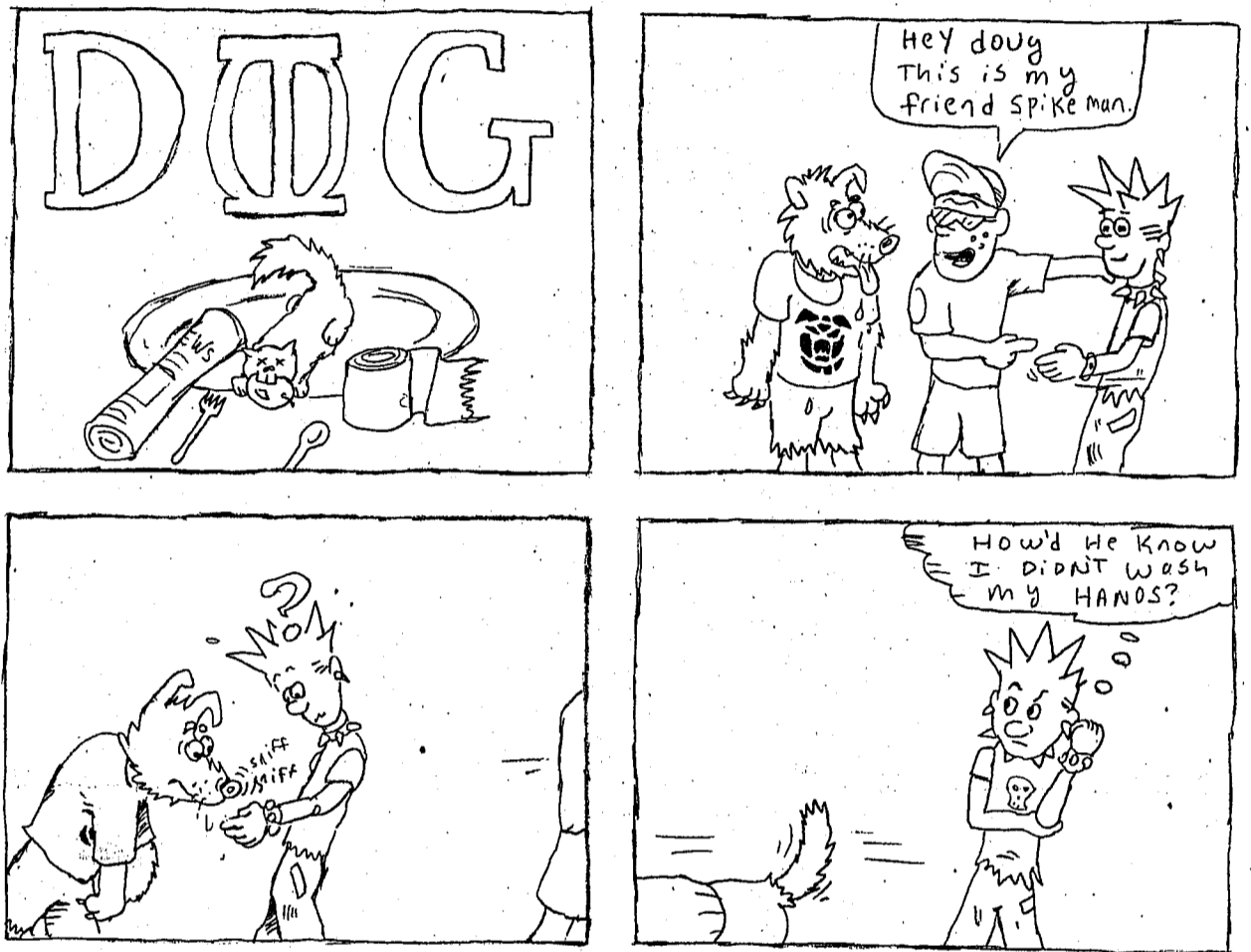
### hooverHALL

Paul Tong/Argonaut



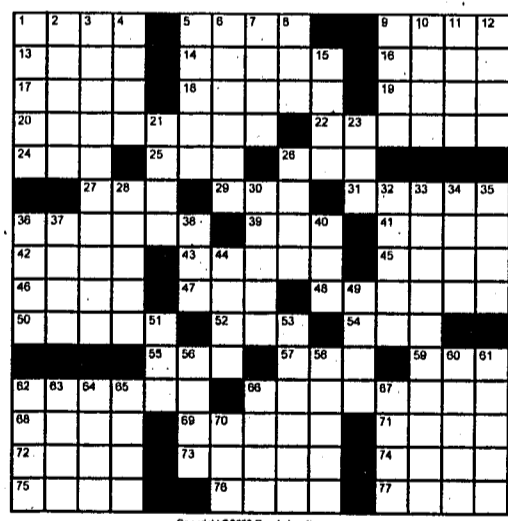
### dog

Kane Grzebielski/Argonaut

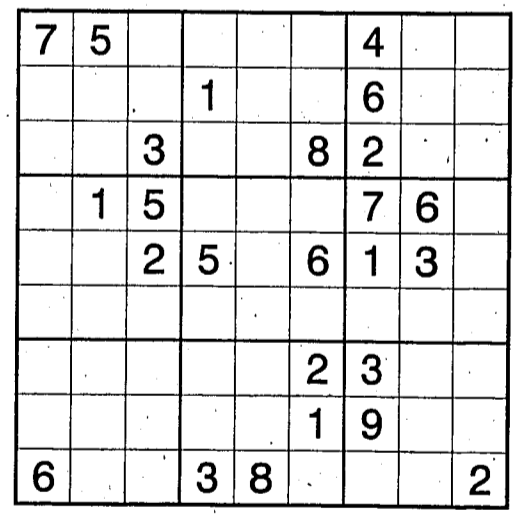


### crossword

- Across
- Water stoppers
  - Choir voice
  - Locksmith items
  - Wicked
  - Fencing move
  - Matinee hero
  - Daft
  - Candle
  - Telegram
  - Indefatigable
  - Merged
  - Ruckus
  - Fury
  - Where the buoys are
  - Letters of distress
  - Tree juice
  - Nobleman
  - Type of valve
  - Quick swim
  - Theater box
  - Accepted
  - Offering to voters
  - Summer coolers
  - Scuff
  - Label
  - Dissonance
  - Stadium
  - Dry, like wine
  - Journey segment
  - Realtor's offering
  - Wordsworth work
  - Epoch
  - Rankle
  - Scope
  - Fictional hunchback
  - Get into shape
  - Rodin sculpture at the Met
  - Choir attire
  - Tender spots
  - Scream star Campbell
- Down
- River divider
  - Bypass
  - Scientist's tool
  - Tart plum
  - Following
  - Charters
  - Rewards for waiting
  - Solitary
  - Fuzzy fruit
  - Blue-pencil
  - Time past
  - Winter toy
  - Test choice
  - Speech problem
  - Capture
  - Roasting rod
  - Like some buckets
  - Saw
  - The Brady Bunch housekeeper
  - Lawn ornament?
  - Curved molding
  - Egg container
  - Sicilian peak
  - Skyrocket
  - Ultimate ending
  - Via
  - Cobbler's tool
  - Actor Guinness
  - Draft pick
  - Simulated
  - Crumbs
  - Obtuse
  - Tropical fruit
  - Pismire
  - After cross or wild
  - They're inflatable
  - Blubbers
  - Forest unit
  - Hindu garment
  - Zest
  - Propel a boat



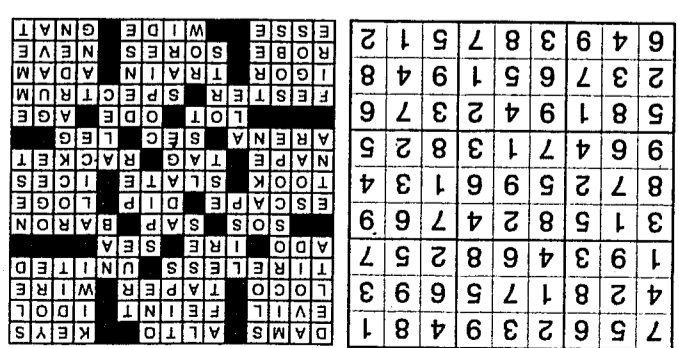
### sudoku



**corrections**

Find a mistake? Send an e-mail to the section editor. Contact information can be found on page 6.

### solutions



Comment online at [uiargonaut.com](http://uiargonaut.com)

# Helping students succeed

**Gus Simpson**  
Argonaut

The dry-erase board in Miriam "Mickey" Lyngholm's office reveals a lot about her priorities.

The surface is covered with the names of classes, students and tutors. Three words are scribbled in the bottom right-hand corner: "Understanding, living, projecting."

Lyngholm, 57, is a learning skills specialist and tutor coordinator for the University of Idaho's Teaching and Academic Assistance Programs. The names on the board represent the 120-plus tutors she matches with students. Understanding, living, projecting, she said, is a mantra of sorts.

"They're the words I try to live by these days," she said.

Those who know Lyngholm best say the students she works with are the most important things to her. Mike Lyngholm, her husband of 36 years, said what sets her apart from other faculty members is her concern for students' needs.

"She has a higher-than-average interest in seeing students and individuals succeed," he said.

Lyngholm is certainly doing her part to encourage that success. In addition to her duties as a learning skills specialist — she teaches two sections of College Success Strategies and presents TAAP's weekly College Success Series workshops — this year she took on the additional full-time job of tutor coordinator.

"She's very, very, very passionate about what she does," said Jennifer Hodgen, a TAAP office administrator. "She just goes nonstop."

Lyngholm is also pursuing a master's degree in curriculum and instruction from UI. She takes one class per regular semester, and two during the summer. She said obtaining her master's has always been her dream.

"I love learning just for the

sake of learning," she said.

She also enjoys her work at TAAP — seeing students learn, and helping them do so efficiently and effectively.

"It sort of feeds my need to be doing things for others," she said. "I think it's really important we help every next generation become successful."

Raised in a small town in central Montana, Lyngholm was the first in her family to graduate from college. She said she has a soft spot for low-income, underprivileged and first-generation college students — perhaps because she was one herself.

"I know what their challenges are," she said.

Lyngholm recall one student in particular she worked with two years ago. A middle-aged, non-traditional student, he had never finished high school, and always dreamed of attending college. He obtained his GED certificate just before he enrolled at UI and took College Success Strategies from Lyngholm. She tutored him almost daily and helped him navigate the challenges of college life.

She didn't mind the extra work, though.

"He came every day eager to learn," she said. "(Most students) don't have the meaning attached to the experience that he has."

Lyngholm said her favorite students are the "problem kids."

"I really like to catch a kid who's fallen through the cracks, and cover up the cracks," she said.

Although a large part of her work is listening to and reassuring kids, she said students have to be willing to put forth an effort, too.

"Sometimes, I look them in the eye and say, 'you know what, I can't help you,'" she said.

Her TAAP co-worker Jerry Galloway put it succinctly.

"She cuts through the B.S.," he said. "She'll call people on it; but at the same time, she wants to

help the students who really need it."

Galloway said Lyngholm goes above and beyond her job description, which he characterized as a strength and a weakness.

"Sometimes I think you need to go to the busiest person if you want to get something done," he said, "and that's usually her."

Lyngholm also stays busy outside the workplace. She is an avid gardener, and tends her own "urban flock" of chickens. Galloway said Lyngholm often brings vegetables and eggs to work to share with her co-workers, and hosts an annual corn feast at her house to share her garden's bounty with friends.

"She's very welcoming," Hodgen said. "You can drop by her house anytime, and pick stuff out of her garden whenever you want."

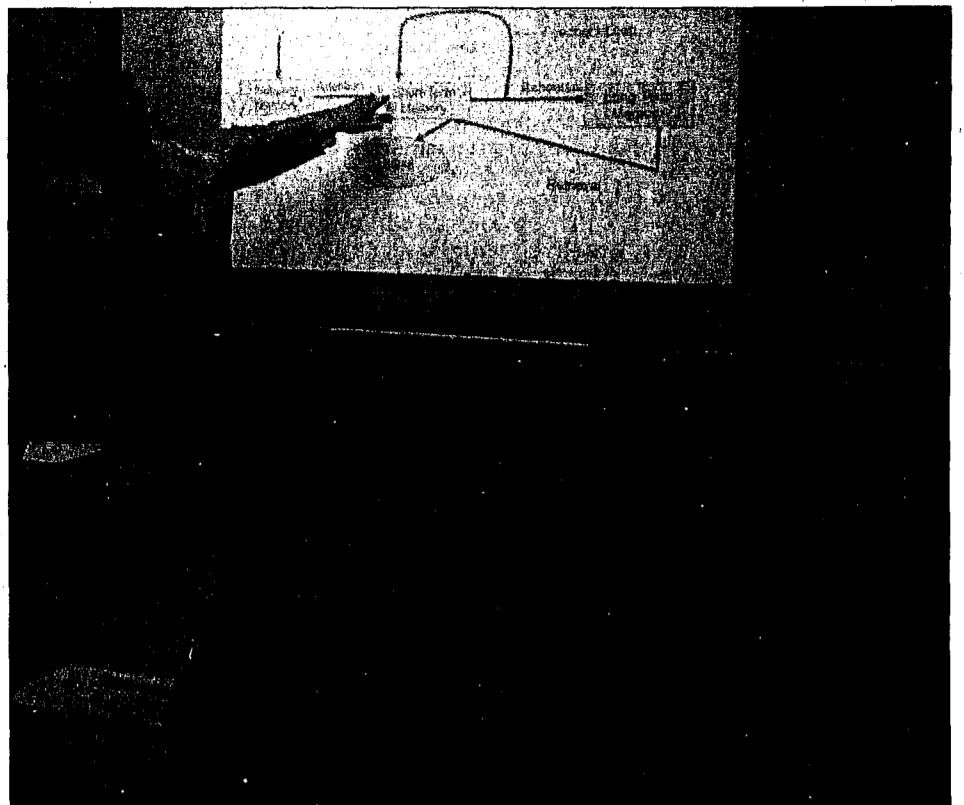
Lyngholm doesn't just stay at home, though. She and her husband often go hiking, camping and fishing, she regularly visits her children and grandchildren in Montana, and she plans to travel overseas once she retires — she especially wants to visit Denmark, Kenya and the British Isles. She said she envies the travel and study abroad opportunities college students now have available to them, and wishes they would take advantage of that more often.

Until retirement and those long-awaited travels come, Lyngholm said she will continue to do what she does best: work with students and help them succeed.

"It keeps my faith in the next generation," she said. "When you get to be my age, you get to be pessimistic with the state of the world."

Lyngholm said she notices today's college students seem more connected, spiritual and outwardly focused than in her college days. When she looks at today's students, it gives her hope for the future.

"I am convinced that it's going to be OK," she said.



Nick Groff/Argonaut  
Mickey Lyngholm, a learning skills specialist and tutor coordinator with the University of Idaho Tutoring and Academic Assistance Program in the Idaho Commons, delivers a college success workshop to students Monday afternoon in the Commons.

## Latino students get leg up with Career Day

**Sebastian Edgerton**  
Argonaut

Latino students at the University of Idaho face distinct challenges in seeking employment, and one UI program seeks to help them.

The UI College Assistance Migrant Program is a federally funded program serving 35 primarily Latino freshmen each year. These students are all seasonal farm workers from southern Idaho, eastern Washington and Oregon.

Yolanda Bisbee, the CAMP director since 1999 when the program started, said one of their jobs is to serve as a transition for many of these students, from farm to college, for that first year.

"We're kind of the one-stop-shop," she said, providing all of their advising, do academic and social programming. They have an upcoming Career Day, from 9 a.m. to 7 p.m. on Oct. 10 at the Commons fourth floor.

Bisbee said they encourage the students to participate in the University's career fairs, but CAMP's Career Day is more focused on helping these students to hone in on their majors and career options around those majors.

She said the thrust of the Career Day is to bring in the departments of different majors the students chose and show them all of what is involved with those majors.

In the afternoon, they work with the Career Center, on resumes and cover letters. They also learn how to dress appropriately for

interviews and learn different interview techniques.

Bisbee said the day's event is rounded off with an etiquette dinner.

They've been doing this for about three to four years. In the past they've just had the students sit there and listen to all of the different presenters from UI departments,

but Bisbee said it's been a real advantage for the program when they incorporated the Career Center into their Career Day.

In 2005, Jesse Martinez, the CAMP program coordinator, said they changed the format. Instead of having the students sit through all 12 or 14 presentations, they now only have students sit through one or two, to allow more time for teaching interview techniques and getting ready for the etiquette dinner.

"We really promote the image that we are one big family," Bisbee said.

She said the biggest re-

ward in her job is to see students come in as freshmen, and blossom into their major.

Martinez is an example of that — he is one of Bisbee's former students.

"I'm a firm believer in grow your own," she said, explaining that sometimes outsiders don't always know what the participants have been through.

Bisbee said her staff is the reason for the students' success, because they know where the students are coming from and what they need.

Martinez said this event is important for students who are still undecided on their majors, but those who know their major get to speak with their department heads.

Martinez said he doesn't see his work at CAMP as a job, but an opportunity to give back for when he was a student.

"Without the program I know I probably would have failed," Martinez said.

**"We're kind of the one-stop-shop."**

**Yolanda BISBEE**  
CAMP director

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MMBB Seminar  
**Clinical Lab Science: The Path to Become a Medical Technologist and Clinical Case Studies**

Thursday, October 6, 2009  
12:30 pm  
LSS Room 277

Question & Answer session is also open from 1:30-2:30 in the Whitewater Room of the Commons and is open to all

**IDAHO INBRE**  
iDeA Network of Biomedical Research Excellence

Sponsored in part by the Idaho INBRE (iDeA Network of Biomedical Research Excellence) Program



# Tenants learn rights

Sarah Yama  
Argonaut

Ritchie Eppink, an attorney with Idaho Legal Aides Services, Inc., paced the floor and used role-play exercises to test participants at a renter's and landlord's rights workshop last Tuesday.

"Okay, I need a potential renter interested in the property and a lousy landlord," Eppink said.

"The Idaho Legal Aid Services, Inc. is a federally funded non-profit organization that provides legal counsel to eligible candidates.

"We usually provide services to people living at 125 percent of federal poverty level or below," Eppink said.

While some renters do not qualify for legal services, Eppink gave advice that would be helpful to any tenant.

"Some commonly asked questions would have to

deal with landlords in the apartment," Eppink said. "What they are doing and when they can do it, eviction questions and we find a lot of problems dealing with housing discrimination."

Eppink gave advice as to what tenants should watch for and avoid, preemptively eliminating the chance of problems with a landlord.

"Never rent something you can't afford," Eppink said. "The target price should be no more than one-third of student loans or any income."

Eppink said any renter should make sure they fully understand any documentation set between the tenant and the landlord, and to document interactions with the landlord.

He also stressed tenants should report problems right away.

"Don't let a little problem Tuesday become a big deal

on Saturday," Eppink said. Two Moscow tenants living in poor conditions said they left the landlord's and tenant's rights workshop with a plan of action.

Justin Bowcutt, a University of Idaho alumnus, and Alicia Denny attended the workshop to address issues they were having with their landlord.

"Our sewer blew up, and they still haven't cleaned it," Denny said. "We were told to use minimum water and pretend like we were camping."

Denny and Bowcutt's sewer had backed up and flooded the bedroom and bathroom of their apartment.

"It happened about a week and a half ago," Bowcutt said. "They put us in a hotel for one night but after that we've had to stay (at the apartment). The carpets are still wet and they haven't come back to finish

the clean-up."

Bowcutt and Denny said they received legal advice from attorney's that were present at the workshop and now plan to take legal action.

"I'm 35, I've been renting for a while and I've never had a situation like this or with a company that had not remedied a problem and given me grief," said Bowcutt. "Though we may not qualify for legal aid, the attorneys gave a lot of good ideas for courses of action and we plan on applying them."

Overall, Eppink said a renter should look for a company they're comfortable with, one that is respectful and willing to share information.

"Find a company that treats you with respect," Eppink said. "No one should do business with a business that lacks respect and dignity for its customers."

## campusCALENDAR

### Tuesday

**Culture Clash: The Political Economy of Local Land Use Conflicts**  
12:30 p.m., Whitewater Room, Idaho Commons  
Steven Peterson, faculty member in the College of Business and Economics, will present this week's University Interdisciplinary Colloquium Series lecture.

### Wednesday

**UI Gay-Straight Alliance Dessert Social**  
7 p.m., Student Diversity Center and Balcony, TLC 229.

### Thursday

**Lavender Lunch Film: "Common Threads: Stories from the Quilt"**  
12:30 p.m., Student Diversity Center, TLC 229.

This 1989 documentary film tells the story of the AIDS Memorial Quilt by focusing on five people represented by panels in the Quilt. It combines personal reminiscences of the subjects with footage of various politicians, health professionals, and other people with AIDS. The film ends with the first display of the Quilt at the National Mall

in Washington, D.C., during the 1987 Second National March on Washington for Lesbian and Gay Rights.

**Clinical Lab Science: The Path to Become a Medical Technologist and Clinical Case Studies**

12:30 p.m., Life Science South Building

Cynthia Hamby of Providence Sacred Heart Medical Center's School of Medical Technology in Spokane, Wash, will provide this seminar from Microbiology, Molecular Biology and Biochemistry and IDeA Network of Biomedical Research Excellence (INBRE). Lunch will be provided immediately following in the Idaho Commons Whitewater Room.

**View from Conflict Zones**

7 p.m., Administration Building Auditorium

The Peace Coalition, in partnership with the Social Forum at UI and the Martin Institute, will present a guest lecture with journalist Dahr Jamail and Susan Galley, the author and founder of Motherspeak. They will discuss their experiences in conflict zones, and impressions of the impacts of war on civilians and combatants.

## FAIR from page 1

Representatives range from the Environmental Protection Agency and Central Intelligence Agency to Target and Jack in the Box.

Berwick said students shouldn't look at retail and fast food businesses as selling merchandise or flipping burgers. Jack in the Box, specifically, is looking for business and economics graduates for their offices.

"You have to think deeper into the company," Berwick said. "A lot of students don't make that connection."

The Career Center suggested that students who feel apprehensive about approaching recruiters should remember to look for UI alumni.

Recruiters who are UI graduates will say so on their name tags, making it easier for students to find something in common with them.

Preparing to ask questions in advance and being confident about approaching potential employers is important, Berwick said.

Students who are going to the fairs should think about researching the companies before they go and think about their personal presentation as well. She said face-to-face contact is important since so much of business is digital now.

"You get one chance to make a first impression," Berwick said. "They're going to put your name with your face."

Career fair information, and a list of attending companies, is available at <http://www.uidaho.edu/careercenter/careerfairs.aspx>.

## policeLOG

### Monday, Sept. 28

1:22 a.m. Paradise Creek Street: Caller reported a domestic battery. Officers responded and arrested the male.

### Tuesday, Sept. 29

11:56 a.m. Wallace Complex: Individual's bike was vandalized.

1:36 p.m. Deakin Avenue: Campus operator at the Student Union Building said she was being harassed by an unknown female.

2:27 p.m. Paradise Creek Street: Caller said the elevator was stuck.

### Wednesday, Sept. 30

6:27 a.m. Rayburn Street: Law, Fire and Medical responded for a patient with breathing problems.

8:21 p.m. Wallace Complex: Resident reported marijuana odor.

### Thursday, Oct. 1

9:17 a.m. Nez Perce Drive: An abandoned house had a very strong smell of gas.

1:21 p.m. Blake Avenue & Taylor Avenue: Female was arrested for driving with a suspended license.

2:23 p.m. McClure Hall: Medics responded for a female having a seizure.

5:43 p.m. UI Administration Building: Caller reported two skateboarders.

9:24 p.m. Deakin Avenue: Caller reported a domestic dispute. Caller said the male "sounds angry and the female is pleading with him."

10:01 p.m. Wallace Complex: Caller reported marijuana odor on the sixth floor of the Campbell Building.

### Friday, Oct. 2

6:09 a.m. West Sixth Street: Custodian said someone was acting odd and moving slowly as if intoxicated.

4:08 p.m. Wallace Complex: Caller reported a bicycle that was stolen within the last two days.

6:28 p.m. Vandal Drive: Caller said he was having a problem with his daughter seeing a male whom she is supposed to stay away from.

### Saturday, Oct. 3

4:21 a.m. Nez Perce Drive: Caller was worried about a former girlfriend being suicidal.

6:10 p.m. Kibbie Dome: Male was cited for urinating in public.

6:12 p.m. Kibbie Dome: Another male was cited for urinating in public.

6:25 p.m. Kibbie Dome: Male was cited for an alcohol offense.

9:44 p.m. Kibbie Dome: Officer requested a case for an alcohol offense.

10:19 p.m. Kibbie Dome: Male was cited for urinating in public.

11:44 p.m. Nez Perce Drive: 25-year-old female had a seizure. It was her second seizure in 10 minutes.

### Sunday, Oct. 4

2:19 a.m. Kibbie Dome: Firefighters extinguished a fire.

3:03 p.m. West Seventh Street & Elm Street: Caller said he found damage to the hood of his car.

uiargonaut.com

## HEALTH from page 1

pamphlets will also be available, on topics like eating disorders, coping with loss and how to help a friend who is experiencing mental health problems.

"Anything that might increase awareness and destigmatize mental illness is helpful," Cone said.

If the screening shows a risk or presence of mental illness, the subject will be referred to the CTC for therapy.

Trihub recommends go-

ing with friends who may be embarrassed to attend the screening to provide moral support.

"Sometimes it can be helpful to go with them," he said. "Having that support can go a really long way."

The screening will take place from 10:30 a.m. to 2:30 p.m. on Oct. 8 on the third floor of the Idaho Commons, near the ASUI office.

## Counseling and Testing Center

Sharon Fritz, a licensed psychologist at the CTC

and director of outreach, said anyone who is having trouble coping with problems can use the CTC.

"It's natural, normal and expected for people to have problems," she said. "They don't have to experience it alone."

The CTC offers free counseling on personal problems, couple's therapy, substance abuse and career choices. The center also offers testing, for a fee, to help students choose the right major and career. There is usually a one to two week wait for counseling, but Trihub said the staff of the CTC likes

to keep the wait as short as possible.

"It's for anybody who's struggling with personal issues," Fritz said.

The CTC has crisis support services for students. If students are experiencing a crisis, they can come to the CTC during business hours or call an after-hours line.

"We have somebody here that can be seen immediately," Fritz said.

The center also offers different support groups that usually start about halfway through the semester for LGBT students, women and non-traditional students, as well as others. Fritz said the groups are created in response to demand.

Fritz said students should support their friends who are experiencing problems and watch for signs of depression, like loss of

interest in favorite activities or withdrawal.

"A good way is to look at their mood," she said.

## Student Health Center

Cone said it is important to get help for mental health problems as soon as one notices them.

"The sooner the person identifies a problem, the sooner it's going to get taken care of and the less impact it's going to have," he said.

Trihub said students are usually referred to Cone after therapy at the CTC. Cone prescribes medication to help with depression, bipolar disorder and other mental health issues. Trihub said a combination of therapy and medication

is usually the most effective in combating mental illness.

"People are definitely welcome to go either direction," Trihub said.

To make an appointment with Cone, call 885-6716.

## The Icarus Project

Student-driven help for mental illness is also available. The Icarus Project is a student group that focuses on providing support for those struggling with mental health issues.

"It's about having a peer support network," said Ann Wharton, founder of the UI chapter. "I know I can talk openly with the fellow Icaristas."

Grace Young, a sophomore in viola performance and music history, said the group supports whatever approach a person takes to mental illness, as long as it works for them.

"Everybody's different, something works differently for everyone," she said.

Young recommends the group to anyone going through rough times.

"In the end, it's a group for pretty much anybody," she said. "We want people to realize that there's nothing to be afraid of."

Young said the group is about support, but also about being proactive.

"We're not a bunch of people who just whine about why our lives suck," she said.

The next meeting of the Icarus Project is at 7:30 on Oct. 8 in the Wellspring Room in the Idaho Commons. For more information, contact Wharton at [icarusprojectuidaho@gmail.com](mailto:icarusprojectuidaho@gmail.com).

**Bad Day?**

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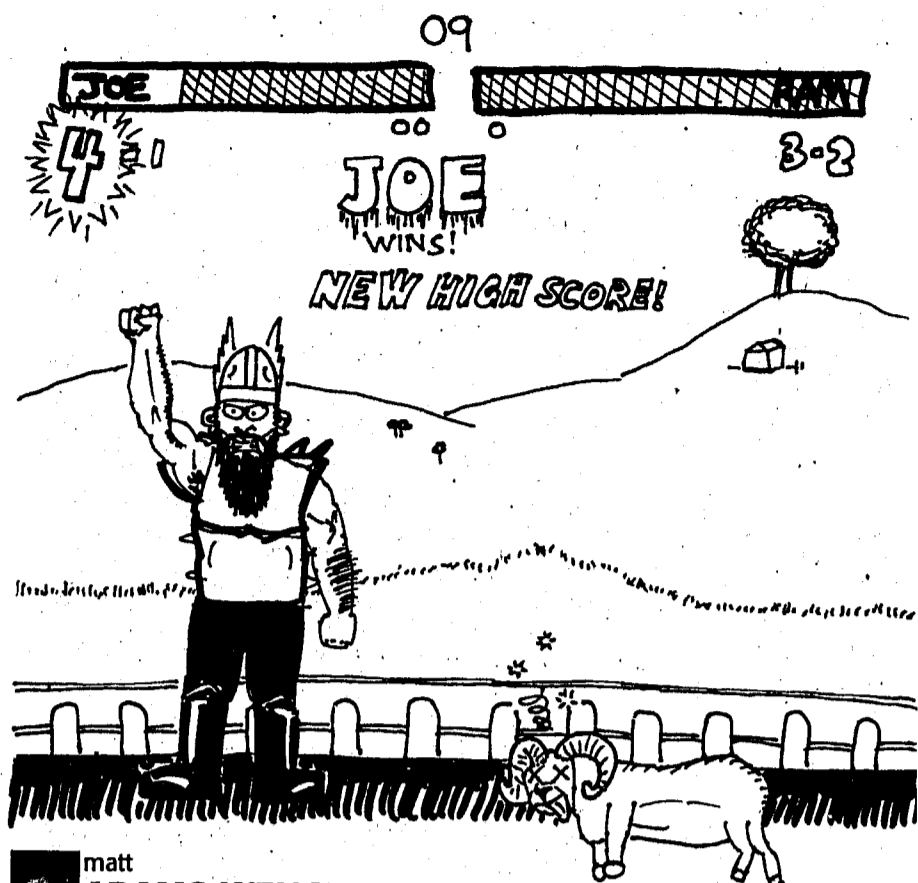
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**matt ADAMS-WENGER**  
Argonaut

**ourVIEW**  
A message from the Editorial Board

## Dorm hikes

Housing rates become even less affordable

Last week, University Housing gave students one more reason to move off campus. A 3 percent increase in housing rates was proposed at a meeting along with a 5 percent raise in campus dining rates. While the Greek system remains out of reach of this rate hike, the dorms were not so lucky.

The housing change will only affect new students starting next fall, and combined with a new rule stating most students must live in student housing starting next fall — either the dorms or in a Greek house — living on campus has changed greatly over the year, and not for the better.

Housing and dining services are still businesses, no matter how they are affiliated with the state, and businesses must turn a profit to be able to grow. If these moves are truly required to balance the books, then so be it, but the question arises: Why can't these university services compete with their private counterparts?

According to the University Housing Web site, a room in the Theophilus Tower will cost a student \$3,902 for this

academic year, or about \$487 a month, and that's sharing 184 square feet. Plus dorm residents are required to buy a meal plan, which start at \$150 a month. Meanwhile, at Hill Rental Properties — one of Moscow's many rental agencies — a two-bedroom apartment with a living room and kitchen costs each tenant \$294 a month, and they get to use it over Christmas break and into the summer.

Granted, University Housing is making improvements. The Wallace Residence Center is in need of remodeling, including a \$1.2 million fire alarm system that will be installed soon.

If student services do not figure out how to compete and attract students, they will lose even more residents. Now that traditional freshmen are required to live on campus, University Housing is guaranteed a certain level of income, but if they don't retain sophomores and upperclassmen, their current occupancy rate of 79 percent will shrink even more.

— JR

## Don't wake Daddy

A visit from the health inspector is a nerve-racking affair for employees of restaurants and coffee shops. The week prior is filled with cleaning of neglected areas with the knowledge it is only being done because of the upcoming inspection.

During the cleaning frenzy there is a realization that if this was unimportant for the previous 51 weeks, then why should it matter the one week the health inspector visits? It is fairly ridiculous to live a lie just to impress one person.

While companies have to impress the health inspector in order to stay in business, there

is no real reason for the dog and pony show that takes place during Dads' Weekend. The entire weekend has a Mrs. Doubtfire quality about it.

If I did have my father visit for the weekend, the last weekend I would want him to see is Dads' Weekend. It is simply not an accurate reflection of the University of Idaho, and I would not want my dad to see a bunch of lies.

This is not to discredit those dads who stay up all night trying to out-drink their son, or the dads who take a page out of "American Beauty" and spend the entire weekend trying to

hit on their daughter's friends. Despite these occurrences, there is a more subdued atmosphere to be found in the area during Dads' Weekend.

It is just not fair to dads of UI students who do not get to see the real University of Idaho. I know what I would want my dad to see, and it is not happening during Dads' Weekend.

If my dad came, I would want him to see the Idaho where my downstairs neighbors are drunk at 8 p.m. on a Tuesday listening to the same Too Short song eight times in a row, the Idaho where one has to take evasive action to avoid a swarm of long boarders and the Idaho where anyone can fall out of any opening at any time.

see DADDY, page 6

### off theCUFF

Quick takes on life from our editors

#### Keep your mouth shut

While I was working at my other job over the weekend, a couple came in looking for an item that isn't made anymore, and the store didn't have any in stock. I suggested they see if Wal-Mart had any left, and the man replied, "F\*\*\* Walmart. There's too many black people there." I realize that people like this still exist, but please, if you are that much of an idiot, keep your ignorance to yourself.

— Jake

#### It's my birthday too

I'm three weeks from my 23rd birthday, which I will spend in Austin. I plan to eat pulled pork and watch Wolfmother. I may drink a beer. Possibly get some ice cream. Possibly visit every bar on Sixth Street. There are many possibilities.

— Marcus

#### Vandal love

Saturday's game was awesome. It was intense, exciting and incredibly nerve racking. It was probably one of the best football games I have ever been to, and I don't like football, just to put that in perspective. It definitely brought out the love and pride I feel toward our school. Way to go guys. And for those of you who didn't go, you missed out.

— Elizabeth

#### Kix

Kix is an excellent cereal. My mother would never buy me Frosted Flakes, Choc-o Sugar Bombs or anything like that, so I had to settle for Kix. At the time I hated it, but now, it is my food of choice, the one I turn to when I'm hungry late at night or when I've just gotten out of bed and nothing will do but cereal. Even Cheerios and Quaker Toasted Oats — two excellent cereals, I might add — can't stand up to the wholesome,

unique, kid-tested, mother approved taste of Kix.

— Greg

#### Thanks, Google

I am estranged from a large portion of my family, but thanks to Google and my stalking capabilities, I found out some very interesting family history of which I had no idea existed. It's nothing too interesting or serious, but I feel confused — shocked, even.

— Kelsey

#### Aspirin and football

I love Vandal sports, but I realized Saturday night that nothing gives me a headache more than bam-bam sticks. Maybe they aren't so loud when you're drunk. Thank you, ASUI, for making the football game so — memorable. It's a good thing we won.

— Erin

#### Respect the flag

I know it is your right to do whatever you can possibly think of to something you own, but can we please show a little bit more respect to our nation's flag? Take a minute out of your day and bring your flag in from the rain, and don't hang one off of your backpack so it lays on the floor any time you take your backpack off.

— Jeffrey

#### Class Average

Word to professor: if the class average is below a 70 percent on a test something is wrong. Either the class didn't have enough time to complete the test or you didn't cover the topics as well as you should have.

— Jens

#### Chai

Last Thursday, nowhere on campus had Chai tea. I'm not a coffee drinker, and when you have class at 8:30 a.m., it makes for a really lousy day. Thankfully, yesterday the Chai was back — hello awesome week.

— Jennifer

## Find your place in history

Most people feel the need to be remembered when they are gone. They do this by writing in journals, taking pictures, producing artwork or otherwise making an impression. Throughout history people have done things that were never recognized until after their death. Some of these things were extraordinary, some made a historical impact and others were simple but meaningful.

Nathaniel Hale was a captain in the Continental Army during the Revolutionary War. At one point, Hale offered his own pay to his men to re-enlist. He was captured by the British in 1776 and hanged. Before his death he made a short speech that ended, "I only regret that I have but one life to lose for my country." This one line is what people remember the most about Hale — his inspiring patriotism and loyalty to his country.

Vincent van Gogh, who sold only one painting in his lifetime, was influential in the Expressionist movement and the art world in the 20th century — all after his death. Today, van Gogh's art is featured in museums and sold for

millions of dollars while aspiring artists all over the world to study his paintings and techniques.

Dr. James Naismith, a Canadian P.E. instructor and doctor, invented basketball. During his lifetime his game spread from local schools to YMCAs and even the Olympics, but it wasn't until seven years after his death that Naismith's basketball would become a world-wide phenomena and a national success with the beginning of the NBA.

Gregor Mendel was a biology researcher and Austrian monk. While at the monastery, Mendel experimented with peas in the garden, teaching the monks about heredity and evolution in plants. Mendel published his work on dominant and recessive traits in plants, but it was widely ignored. It wasn't until the early 1930s, more than 40 years after his death, that researchers recognized the value of his research to evolutionary theory and genetics.

see HISTORY, page 6



**cheyenne HOLLIS**  
Argonaut



**erin HARTY**  
Argonaut

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The opinion page is reserved as a forum of open thought, debate and expression of free speech regarding topics relevant to the University of Idaho community. Editorials are signed by the initials of the author.

Editorials may not necessarily reflect

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The Argonaut welcomes letters to the

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- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, libel and clarity.

• Letters must be signed, include major and provide a current phone number.

- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to: 301 SUB, Moscow, ID, 83844-4271 or arg-opinion@uidaho.edu.

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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.

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**mailBOX**

Correspondence with our readers

**Dear Vandals**

I would like to take the opportunity to thank you for the role you played in Saturday night's victory over Colorado State.

It was awesome to see — and hear — you all in the Kibbie Dome. You were there early and through the finish, and you were loud. I guarantee that your presence had an impact on the way we played. You brought an energy that helped our team play the way it needed to win Saturday night, and I thank you for that.

I am proud of the way our team is beginning to play, and I am proud of the way that you all have come out in force. I can't wait to see you at the next one. It should be standing room only.

Thanks again, and go Vandals.

Robb Akey  
UI Football Coach

**We need reform**

The Latah County Democrats would like to thank all the people who came by our health care reform booth at the Latah County Fair. We had many, many people stop to discuss health care reform, and more than 350 signatures were added to our various health care reform petitions, which we have forwarded to our representatives in the U.S. Congress.

We are concerned for the 236,000 Idahoans who are uninsured. This is too many. We need health insurance reform now, which gives affordable options to the uninsured. We also need security and stability for Idahoans who are insured. Health care reform needs to take the strain of high health care costs off of families, businesses and government.

Based on the fair and other discussions, the Latah Democrats Central Committee passed a resolution encouraging our congressman and senators to pass health care reform this year. We feel it is important that health care reform include a strong public option. Reform should also include: no discrimination for pre-existing conditions, no exorbitant out-of-pocket expenses, no cost sharing for preventive care, no dropping of coverage for seriously ill, guaranteed insurance renewal, no annual or lifetime caps on coverage and no gender discrimination.

If you feel the same way we encourage you to call or write your representative today. Write a letter to editor to express your opinion. Please get involved so we can

reform our health care system this year.

David Nelson  
Chair,  
Latah County Democrats

**Smoking is a right**

The following is in response to Jeffrey Reznicek's Sept. 22 column "Smoking cigarettes is not a crime."

I don't smoke but love the smell of good pipe tobacco. Smoke is part of earthly nature. Smoking calms the nerves and delights the soul for millions of people.

I've been exposed to secondhand smoke for 53 years and have excellent lungs. Life is as a wisp of smoke. Smoke is dirty and can be bothersome. Most bars control it with air filtration systems.

Some people who smoke moderately have good lungs and die from old age. I've known several people, who never smoked or went to smoky places, died from lung cancer, pancreas cancer, heart failure, strokes and car wrecks. Some people with asthma hang out with smokers then go home and eat something that triggers a reaction. I know people from California disgusted by cigarettes, crazy about pot.

Smokers should be responsible for their own health and be considerate of others impacted by it. I develop incapacitating headaches from colognes and perfumes. Do we need laws against them? We have 150,000 laws to enforce the 10 Commandments (joke).

I stand away from offenders. They have a basic human right to smell out loud. Too much of anything is not good. Gluttony has many facets: tobacco, cosmetics, food, phones, sex, ego, TV, Computers, money, alcohol, dope, pills, free stuff etc... Gluttons may teach their children to be gluttons also. I suspect too many people want to feel empowered or get a free lunch so they blame everything bad on smokers.

Political hopefuls say, "Don't predict the outcome by the polls." Polls, statistics, advertisements and surveys may be inaccurate or false i.e. propaganda/ACORN. Our constitution was designed to protect basic human rights to life, liberty and the pursuit of happiness. Live and let live. Further intention was to protect society from unfair taxation and overbearing legislation that is commonplace today. I won't be surprised if tomorrow at dawn all the smokers will be lined up in front of the firing squad after all their money is taxed away. I love America. Where's the freedom?

Camille Hattrup  
UI Grounds

**beyond the SHEETS**

**Fun for everyone involved**

I was reading the most interesting article earlier this week, and I felt compelled to share the overall message. As a society we have often thought of sexual prowess to be reserved for males, or at least more tolerable. However, research is showing the increasing importance for women to engage in sex just as frequently and for a wide range of reasons.

Clearly, sex is intended to be pleasurable and fun for all individuals involved in the encounter, but often the perceived reasons for different genders to engage in sex are misconstrued. Although it may be a diminishing notion, the idea that women engage in sex to satiate the male's appetite, or to feel a sense of completion is still prevalent. What is now being learned is that women engage in sex to enjoy the experience just as much as the other person.

Furthermore, there can be therapeutic qualities to female sexuality ranging from stress relief to headache elimination. Most rewording is a better quality of sleep following a

sexual encounter.

You may be asking where I am going with this topic. The most important component of this is recognizing the need for satisfaction of all individuals involved in the encounter. A common thought is sex should be centered on male satisfaction and ejaculation. If your sexual encounters are limited to this notion, sex not only becomes less pleasurable, but also stagnant and boring.

There is no reason to avoid women-focused sexual encounters. To achieve orgasm may be a bit of a challenge, but one which should be taken on to maximize pleasure. Keeping in mind how quickly the male orgasm and ejaculation can occur; it is completely reasonable to alter traditionally conceived schedules. Instead of going immediately from fellatio to penetration, you can continue with oral attention by engaging in some cunnilingus. Strive for achieving female orgasm before beginning any penetration.

Another excellent way to help

obtain female sexual pleasure is one of my favorite sexual activities. Masturbation is not only excellent but also an acceptable practice. It is becoming increasingly common for women to masturbate. This should not be looked down upon or made into jokes, but rather should be regarded in a positive way. It has been acceptable for quite some time for men to masturbate, so it should be equally acceptable for women to do so as well.

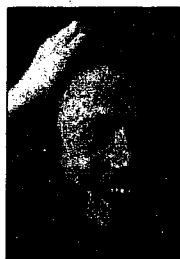
The bottom line is — women need sex just as much as men. There should be no shame associated with female sexuality as it is completely natural and a wonderful human characteristic.

**Position of the week: The Crafty Podiatrist**

Penetrating partner assumes a horizontal position on the back, knees bent (this will work better on a flat, hard surface such as the floor). Penetrated partner, assumes a sitting position. The kick is the penetrated partner's feet are raised and supported by the penetrating partner, who also rubs them.

Have fun, be safe, and happy sex time.

Have a question for Chris? Send it to [arg-opinion@uidaho.edu](mailto:arg-opinion@uidaho.edu).



Chris BIDIMAN  
Argonaut

**DADDY**

from page 5

This is not necessarily a bad thing, but it is most certainly not a good thing. It just happens to be the true nature of our school. Hiding it is trying to make the school something it is not, and frankly everyone is a little too old here to still be doing that.

If you are embarrassed about your activities at school and do not want your parents to know, maybe you should not be doing those things in the first place. Everything about Dads' Weekend just seems like a giant charade.

Students try to create this false reality. Parents pretend to believe this false reality despite being well aware it is not true, and the university pretends everything is all right even though that is not true.

Then again, would any parent in their right mind want to visit a school with pressing budget issues and a prevalent underage drinking problem? For those of us who are witness to it on a daily basis it is not troublesome, but to those who had never seen it before it could be a rather frightening sight.

Perhaps it is best for the illusion to stay in place for the two weekends each year when parents are specifically invited to visit. The last thing Moscow really needs is a bunch of hysterical parents after their kids decided to start being honest with them.

Either way, the dads have left and it is business as usual at Idaho. Now instead of nights filled with eerie silence, I will once again be able to enjoy drunken arguments and bad music being played at inappropriate levels. It may not be something everyone needs to see, but I would not want it any other way.

Comment on this column at [arg-opinion@uidaho.edu](mailto:arg-opinion@uidaho.edu).

**HISTORY**

from page 5

Then there was Ann Hernandez, a lighthouse keeper off Cape Ann in Massachusetts. Every year on her birthday, since 1991, Hernandez would write a note, place it in a glass bottle and toss it into the sea. Last week, a couple in Australia found one of her bottles from 2003 — 3,000 miles from where it originated. The Onesimes, who found the bottle, sent a postcard to the address on the note, only to find Hernandez had passed away last year.

Hernandez may not have invented a cure for cancer or wrote a Pulitzer-prize winning book, but she will be remembered. Her name may not be recognized around the world and be in history books, but someone will remember what she did. Hernandez's efforts may not have seemed like much, but neither did Mendel's or Van Gogh's during their lifetime.

All of these people did things that weren't heard of or recognized until after their deaths, but that doesn't have to be you. Students have the opportunity to be heard and remembered right now. Students are spending their holidays serving in other countries, painting houses in their communities and giving their time to mentor elementary school children. Students impassioned by the work they are doing in their chosen field are making small advances every day. They are finding new uses for solar power, experimenting with new printing techniques and creating faster ways to test solutions and soil samples. These advances may seem small now, but they are the future of leadership, engineering, art and science. You say you want to be remembered — then show it. All it takes is a hard work, ingenuity and sometimes a little bragging.

Comment on this column at [arg-opinion@uidaho.edu](mailto:arg-opinion@uidaho.edu).

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Housekeeping Assistant Job # 345  
Perform basic housekeeping in a private home including dusting, vacuuming, mopping, maybe some ironing. Required:

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Yard Worker Job # 346  
Basic yard work, outdoor porch work. Also assist with attending to homing pigeons including watering, feeding and cleaning loft. Weekend position. Must own reliable transportation to and from location. Experience with yard work preferred. Rate of pay: \$10.00/hr Hours/week: 4-6 hrs/wk during the week and/or the weekends  
Job located in Moscow

**Employment**  
Own Transportation. Cleaning experience preferred. Rate of pay: \$10.00/hr Hours/week: 4-8 hrs/wk after 1:00pm, Times flexible  
Job located in Moscow

**Employment**  
Line Cook Job #342  
Must be able to prepare all food in a quick and timely manner ensuring correct food handling, general safety, and sanitation. Check and prepare work station for rush periods. Independently solves crisis situations, i.e., minor equipment breakdown and running out of products. Two years of high volume kitchen Line Cook experience, including breakfast, lunch, and

**Employment**  
dinner required. Must be able to obtain a valid health card. Rate of pay: highly competitive Hours/week: part-time  
Job located in Lewiston

**Employment**  
Bus Personnel Job #340  
Will provide support to the Food and Beverage Department. Responsible for monitoring dining area tables to meet the needs of guests and requests of servers and supervisor. Must be able to work efficiently under pressure during fast busy times of restaurant and maintain a friendly pleasant customer service attitude. Training and/or three months work

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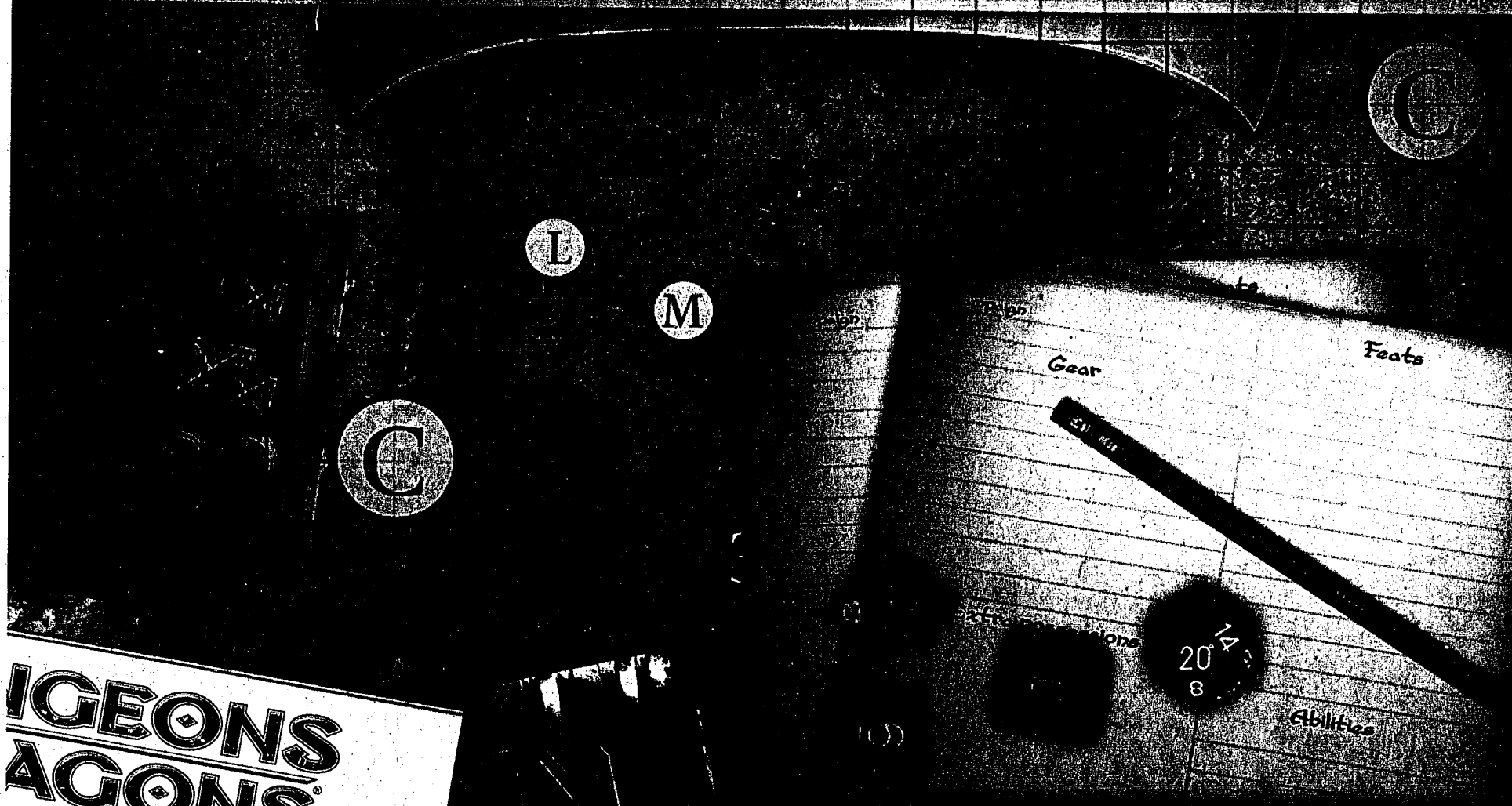
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# FrontRow

11/15/08



**DUNGEONS AND DRAGONS**  
**HANDBOOK 2**  
 and Primal Heroes



Week is SEXY

## Pick a class, any class

Choose a fantasy identity in Dungeons and Dragons

Sitting down with a Dungeons and Dragons character sheet for the first time can be daunting, with seemingly endless choices. Should you roam the forests with a great-axe, felling trees and foes with mighty rages? Skulk through alleyways picking pockets and locks? Study arcane books to unleash mighty spells of frost, fire and light? Pray to a higher power to help your party and heal their wounds?



Thomas Argonaut

If role-playing is not your first concern, consider what your group needs. Every group needs a healer, and if you are willing to play a cleric or a paladin, you will carve a niche that is difficult to fill. Another class essential to almost all parties is a rogue. Dungeon crawling means locked chests, traps and puzzles. If you are role-playing as a rogue, it will be your duty to get the first claim at loot, leading to fun in-game friction.

Picking out an initial character class is a difficult task. It involves trial and error to figure out which is the best class for you, and for some, that takes several different attempts before they choose their final class. The author explains why she's not going to let herself be manipulated by its affections anymore. The obscure animal pictures are entertaining enough, and the fact that the author explains briefly what each is helps a lot, but then the often extremely profane protestations towards otherwise adorable animals usually makes me laugh out loud.

Role-players usually go with two approaches. Weaker role-players will generally play a character that is a carbon copy of them. This can be a great start for those new to role-playing, but leads to stagnation and so much frustration. Picking a character concept and class that completely differs from you is a great way to walk on someone's toes. The author explains why you might want to do that.

## I can has ... cheezburger, hipsters and penguins?

Thanks to the Internet, everything ever done since 1998 is viewable and discussable. Someone, somewhere, has taken a picture of literally everything, and more likely than not there are people who would find that picture makes it three times as funny. We've come a long way since we were forwarding funny pictures on AOL, and with that in mind I present my Top Five "Funny Pictures With Comments" Websites.

### 5. latfh.com

"Latfh" stands for "Look at this f\*\*\*ing hipster." This website, relatively new on the "Pictures With Comments" scene, aggregates pictures of the most stereotypically outrageous hipsters possible. It's like looking at the illustrations out of "The Hipster Handbook" in real life. Unfortunately low in content, featuring only one new picture a day (or less) with a caption to improve it, the site is nevertheless incredible. I wonder who's sending in the pictures, and if the people being photographed know (or care) that they're being made fun of. Some not safe for work text, but the pictures are safe.



Matt Adams-Wenger Argonaut

### 4. fupenguin.com

FUPenguin stands for "F\*\*\* You, Penguin." (I apologize for the profanity today, but there's no getting around the title of the pages). The header on the page tells you everything you need to know: "A blog where I tell cute animals what's what." On this blog spot-hosted page, the author puts up a picture a day of a usually obscure, but cute, animal and explains why she's not going to let herself be manipulated by its affections anymore. The obscure animal pictures are entertaining enough, and the fact that the author explains briefly what each is helps a lot, but then the often extremely profane protestations towards otherwise adorable animals usually makes me laugh out loud.

### 3. hotchickswithdouchebags.com

The lone writer on the site has managed to put together a fairly exhaustive set of material in the few years he's been at it. This website literally made the jump to television, directly inspiring the MTV show "Is She Really Going Out With

Him?" What impresses me about the site is the level of anthropological effort put into consistently finding and labeling douche bags. Also, the fact that the same d-bags keep showing up gets me in a special place. I love tie-backs in comedy. That's why I think Dave Barry is the best humor writer in the world.

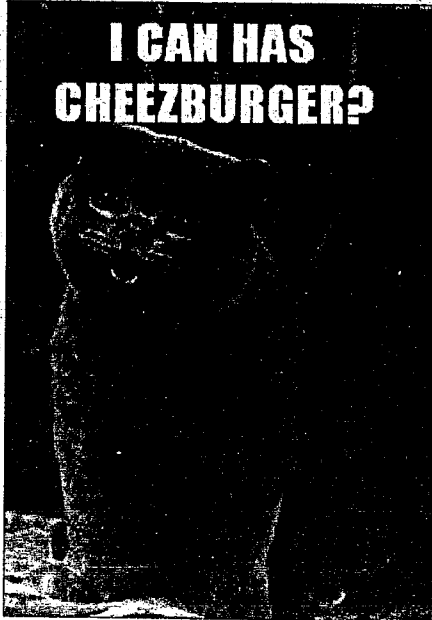
### 2. failblog.org

Often imitated, never duplicated as the saying goes. While you could knock through the entirety of the Web site's content in a lazy Saturday evening, there's something to the quality and consistency of the fail cataloged herein. No commentary but a single word on each picture, say it with me: "FAIL." Replete with video fail as well, you can get your fill of audiovisual pleasure every other day or so and never have to spend more than a minute at your computer to do it, thanks to their kindly editing to keep the length down.

### 1. icanhascheezburger.com

Going back exactly two years, the original "look at these cute animals with funny captions attached" Web site has come a long way. Birthing failblog along with almost two dozen other sites, not to mention mainstreaming and semi-legitimizing LOLspeak,

we all owe our thanks and a few minutes of wasted time a day to ICHC. In case you've been living under a rock, or have no friends who have ever posted anything on anyone's Facebook walls ever, go check it out.



Courtesy Art



# PB&J's for all

## Resonate offers sandwiches to passersby

Marina Rankow  
Argonaut

Resonate church offers students free peanut butter and jelly sandwiches every Thursday in the Idaho Commons. While the members of the organization are committed to their service, many students do not know the meaning behind Resonate's generosity.

Resonate is a collegiate church that meets Sundays downtown at the Nuart Theater. The group can also be found on other college campuses across the nation.

Liz Rodriguez, a staff member with Resonate, said the group sets up their booth to serve and feed. There are no promotional napkins or fliers for their church because it is easier to build a stronger connection with someone when you are not pushing information on them.

Salefu Tuvalu, a freshman in environmental science, disagrees.

"If there was a flyer or pamphlet, maybe more people would want to go (to Resonate)," Tuvalu said. "I just go for the sandwich."

The freshmen members of Resonate get together on Wednesday nights after a worship session to make the peanut butter and jelly sandwiches. The sandwiches are made at one of the members' homes.

"It is a good way for freshmen to bond and get involved on campus. We love the students and just want to be involved in their lives in a cool way," Rodriguez said.

Making the nearly 200 sandwiches costs about \$50 each week from Resonate's funds Rodriguez said. Volunteers, including staff and church members, hand out the peanut butter and jelly sandwiches from 11 a.m. until they run out, which they said is usually around 2 p.m.

Rodriguez said Resonate's main goal is to "live life in community," not to recruit new members.

# Men wear women's shoes for a cause

Ashley Centers  
Argonaut

The rain, cold and wind couldn't stop more than 60 men from strapping on a pair of high heels and walking the Dan O'Brien Track and Field Complex Friday as part of an event to promote awareness of domestic violence.

Walk a Mile in Her Shoes: The International Men's March to Stop Rape, Sexual Assault and Gender Violence was co-hosted by the University of Idaho's Women's Center and Brotherhood Empowerment Against Rape (B.E.A.R.). According to Lysa Salsbury, program coordinator for the Women's Center, the walk was the first of many events the two groups will be sponsoring during October, which is National Domestic Violence Awareness Month.

"It is all about women's equality and showing men literally and figuratively the privileges they were born with," said Andrew Hembree, B.E.A.R. co-coordinator. "It's a fun way to spread awareness on

campus and get campus and the community involved in women's equality and the movement to stop violence against women."

Salsbury said members of the campus and community were both supportive of the walk and the idea behind it. Two sororities and two fraternities donated money to the event and members of the fraternity participated in the walk.

"The physical act of actually walking a mile in a pair of high heels puts everything into perspective for me," said Neil Shibe, also a B.E.A.R. co-coordinator. "My feet hurt too and that really makes me appreciate women who wear them every day."

Several businesses and members of the community also donated money or supplies to the event. Moscow Food Co-op and Rosauers donated bottled water and protein bars for the participants. Tri-State Distributors, Untamed Art Tattoo Studio and Rosanna Lauriola donated an undisclosed



Sam Eaton/Argonaut

To start the University of Idaho's annual observance of National Domestic Violence Month, the Women's Center hosted "Walk a Mile in Her Shoes: The International Men's March to Stop Rape, Sexual Assault and Gender Violence" Friday. The event took place at the Dan O'Brien Track & Field Complex.

amount of money. Salsbury said the money raised from the walk will be distributed between Alternatives to Violence on the Palouse, Sojourner's Alliance, the Women's Center and the UI Violence Prevention Programs.

## Relient K shows maturity

### New album changes direction

Gus Simpson  
Argonaut

The members of pop-punk band Relient K are getting older. Frontman Matt Thiessen is nearing 30, and has lived, loved and lost a time or two since the band's bubble-gum punk beginnings.

Although this growing maturity was first hinted at on 2004's *Mmmhmm*, Thiessen and company, on *Forget and Not Slow Down*, Relient K's sixth full-length release, appear to have finally left behind the tongue-in-cheek choruses of songs like "Sadie Hawkins Dance."

The record's title is a reference to Thiessen's emotional state following a rough breakup earlier this year and sets a theme for the whole album.

"The record is basically how I dealt with a breakup and the distress that followed," Thiessen wrote on AbsolutePunk.net, which streamed the album pre-release. "The songs are about forgetting the things that make me sad, remembering the experiences that made my life better and finding ways to improve

myself, keeping my head up along the way."

The result is a distinctively melancholy, emotional collection of songs. While Thiessen has shown himself capable of writing such heartfelt lyrics before (see "Over Thinking" or "Deathbed"), never before has a Relient K record been so saturated with heavy topics.

Although every song appears in some way related to Thiessen's romantic woes, this album isn't merely a batch of "now that she's gone" songs. He manages to stay positive, which prevents the album from simply being depressing.

"I'd rather forget and not slow down than gather regret for the things I can't change now," he sings on the title track.

Kudos to Thiessen for not submitting to self-pity on songs that could have easily become dysfunctional dirges for broken-hearted emo kids everywhere. Instead, he airs his

issues with maturity and depth in a manner that is honest and accessible.

The music underscoring these lyrics also reflects a new direction. Gone are the three-chord, Blink-182-esque anthems of Relient K's early years. Instead, the band builds upon the more melodic sound of its past couple albums. Piano and acoustic guitar provide a subdued soundscape more reminiscent of Ben Folds or Counting Crows. Punk-ish guitar riffs raise their head occasionally, but only in moderation.



Relient K  
*Forget and Not Slow Down Mono Vs.*  
Released today

**B+**

Although some Relient K fans might find this album disappointingly downbeat, one can't expect a group of 30-year-olds to still write songs about being picked for a high school dance - in fact, that would be more depressing. And for those in predicaments similar to Thiessen's, this collection of songs may be downright therapeutic.

## Fighting off the dead with plants

Jeff Myers  
Argonaut

When the undead crawl from their graves and begin feasting on the brains of the living there is a wide variety of weapon choices for would-be apocalypse survivors. Some find the unrelenting savagery of a club or mace appealing, others prefer to carve the assailing undead apart with a blade, still more find safety behind a well-aimed bullet. Few however consider the incredible possibilities horticulture can offer when staring down the jagged grin of the undead legion.

These are exactly the possibilities players are given the opportunity to explore in *Plants vs. Zombies*, a new game from PopCap.

At its core, *Plants vs. Zombies* is a fairly simple version of the classic tower defense scenario. At the beginning of each game, players are presented with a lawn at one end is their house. On the other end are the festering boils and gnashing teeth of hundreds of walking corpses, shuffling slowly toward their gruesome demise. The only hope is to place a bastion of impenetrable greenery between you and the hungry dead.

Initially the zombies approach slowly, one rotting foot in front of the other, giving players time to plant pea-shooters to lay down suppressing fire and sunflowers to generate sun, which is used to grow more plants. As the game progresses past the incredibly easy tutorial levels new zombies and new plants are introduced. Generally each zombie has a particular weakness to a certain type of plant. For example, the Zomboni (a zombie riding a Zamboni)

can run right over most plants but is brought to a quick stop by a single spike trap plant.

For *Plants vs. Zombie* character creation, design and light-hearted humor in the face of certain doom is what sets it apart from other tower defense games. The plants and zombies are characterized well with emotive facial expressions and each one has its own short bio. Not long after the game starts players are also introduced to their appropriately named neighbor - Crazy Dave, who, in exchange for coins, will give you new plants or upgrades to help in the defense of your besieged household.

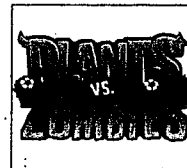
While the game is entertaining on a surface level it begins to fluster as the last levels drag on. Initially the fun of cutesy plants mowing down wave after wave of absurdly dressed zombies covers up the games flaws, but after a few

hours, game play becomes formulaic and simple.

An effort is made to switch things up by forcing the player to leave the front lawn to defend the roof and the backyard, which contains a pool and, in turn, waterborne zombies. Night levels are also added which makes the player

utilize the less sunlight-dependant mushrooms. Unfortunately none of these elements alter the game enough and only temporarily dissuade boredom.

Luckily, PopCap focuses on designing more casual games that, while sacrificing depth, come at a greatly marked down prices. *Plants vs. Zombies* only costs \$10 through Steam so while players might find they grow bored quickly, the game will probably offer enough entertainment to justify the purchase.



Plants vs. Zombies  
PopCap  
Now available

**B**

# Health Directory

The Argonaut's Official Medical guide of the Palouse!

## University of Idaho A LEGACY OF LEADING Student Health Clinic

Services provided by  
Moscow Family Medicine

Hours: Monday - Friday, 8 a.m. - 5 p.m.  
Phone: 208.885.6693  
Location: 831 Ash St. UI Campus

[www.health.uidaho.edu](http://www.health.uidaho.edu)

Clinic services available to all students regardless of insurance provider.

## University of Idaho A LEGACY OF LEADING Student Health Pharmacy

Hours: Mon - Fri 9a.m. - 12 p.m.  
and 12:30 - 3p.m.  
Phone: 208.885.6535  
Location: 831 Ash St. UI Campus

[www.health.uidaho.edu](http://www.health.uidaho.edu)

Refills must be called in 24 hours in advance at 885.0852 and will be ready for pick-up by 10 a.m. the following day.

## University of Idaho A LEGACY OF LEADING

UI Counseling & Testing Center  
Free, confidential counseling for UI students

In the Continuing Education Building,  
Room 306, 885-6716

[www.ctc.uidaho.edu](http://www.ctc.uidaho.edu)

Counseling for Personal,  
Academic and Career Concerns

To Advertise in the  
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## Responding to adversity

Vandal football continues to show its place on the field with comeback win over Colorado State

Jennifer Schlake  
Argonaut

On the Vandals first drive of their home game Saturday night, quarterback Nathan Enderle threw an interception that would lead the Rams to score their second touchdown of the night — a play that would leave 16,000 fans wondering if the Vandals could make a comeback.

But, they did.

At 11:20 p.m., when the clock ran out of time, the scoreboard in Moscow, Idaho read 31-29 — an outcome that seemed impossible in the first half but became reality in the end.

The game was almost a repeat of the game against Northern Illinois. After Idaho's punt was blocked, NIU was placed on the 1-yard line only to rush in for a touchdown, bringing the score to 34-31. But it wasn't over for the Vandals as they held on possession for the remaining five minutes of the game and took the win against NIU on Sept. 25.

Finishing against Colorado State with 25-for-38 passing and 333 yards, Enderle and his team of receivers came back from a slow first half start and dominated the second half, with drive after drive that would lead to a take down of the Colorado State Rams.

"It's always a downer when you're down there about to score and it goes the other way," Enderle said. "That was a tough break for us and it just shows our growth as team to come back when you're down early like that."

In the second quarter, the Vandals marched down the field until Enderle found Greenwood 31 yards away and set him up for a touchdown, adding Idaho to the board — 14-7.

But Colorado State would respond, moving down the field and running down the clock. CSU would score yet another touchdown six minutes later.

Idaho wasn't giving up yet. After two incomplete passes, kicker Trey Farquhar made a 47-yard field goal, bringing the score much closer at 20-10. Farquhar was named WAC Offensive Player of the Week.

It wasn't until halftime was over that a changed offense came to play. Using most of their passing game, Enderle stepped onto the field during the third quarter and started throwing rockets. Max Komar, who had led the receivers with 12 catches for 152 yards, led the Vandals toward the end zone, only

to leave Enderle to throw a bomber to wide receiver Eric Greenwood in the corner for a 47-yard touchdown. The score would post as 20-17 — putting the Vandals within field goal reach of a tie. Greenwood finished the game with six carries for 130 yards and two touchdowns.

In the last two games, the Vandals are proving they are gaining experience and not letting early scores against them set the tone for the rest of the game.

"To close out the Northern Illinois game on the road and then come home and come from a two-score deficit and secure the win, I'd like to think that has shown this football team has grown up in the last two weeks," coach Robb Akey said.

With over ten minutes left in the third quarter, CSU would drive to the 50-yard line where they would be stopped at fourth down. CSU attempted the field goal, but it was no good, allowing the Vandals another chance at taking the lead.

With only six minutes and thirty seconds left in the third quarter, the Vandals were on first down at CSU's 25-yard line. Enderle would find Komar with a 24-yard pass, where he would walk right into the end zone putting the Vandals in the lead, 24-20.

CSU's quarterback Grant Stucker was 19-for-35 passing, only to throw for a total of 297 yards. With two minutes until

the fourth quarter, Stucker was counting on his receivers to lead them down the field, but Vandals' Isaac Butts would stop their offense at fourth down and force them to attempt a 43-yard field goal.

"We just didn't play well," said Colorado State coach Steve Fairchild. "Defensively, we couldn't get them out of the third quarter. Offensively, it was embarrassing how many points we let go."

The Vandals would enter the fourth quarter with another touchdown, ran by senior running back DeMaundray Woolridge — bringing the score to 31-23.

For four minutes, CSU would drive the ball, only to find the noise of the fans and the pressure of the defense too much to handle. At fourth and goal, CSU was going for it, but the Vandal defense would hold them, bringing their running back Leonard Mason down and take the ball over on their own 12-yard line.

The Vandals would run almost the same format, though, and use six minutes and thirty seconds of the clock only to bring in Bobby

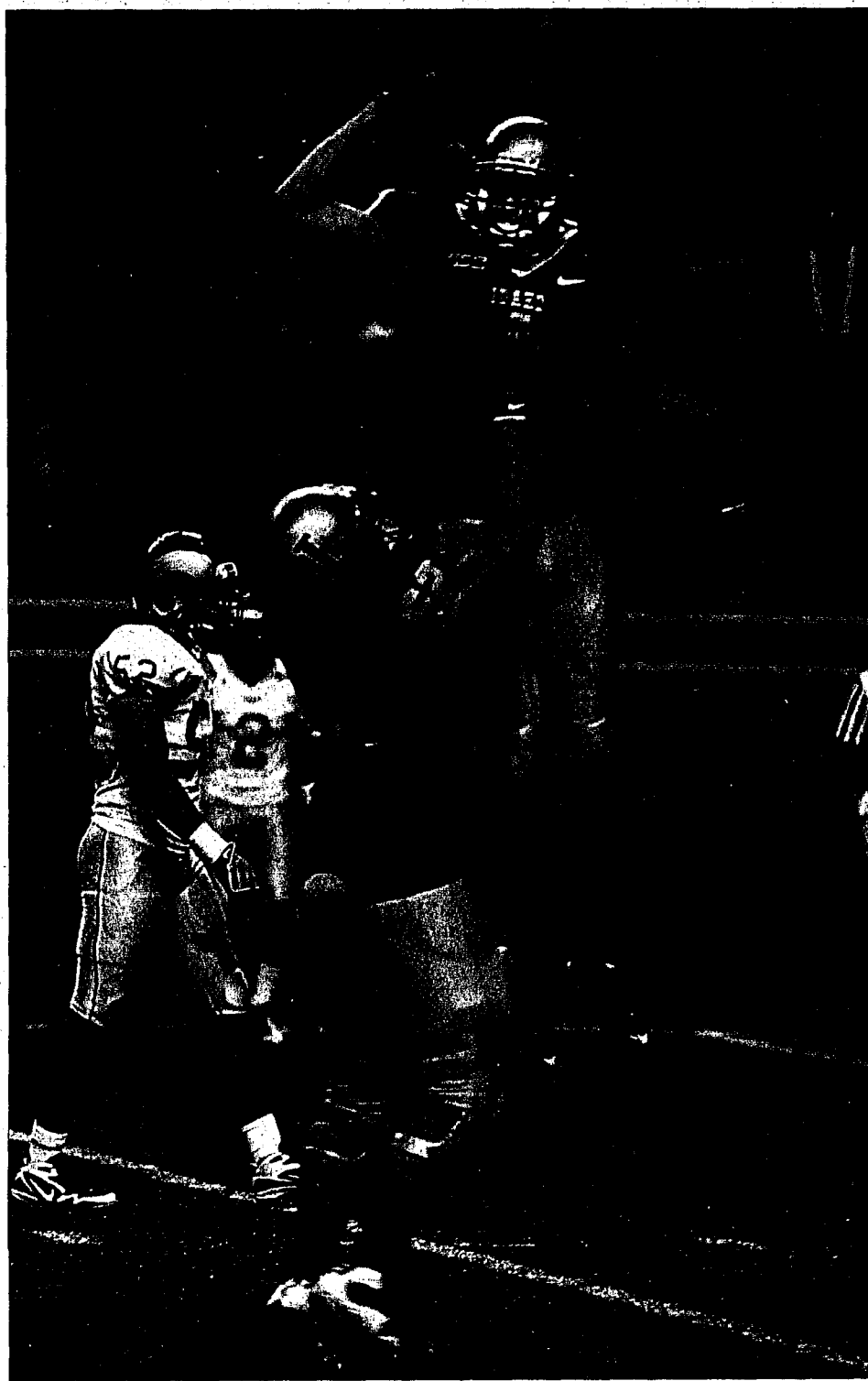
see RESPONDING, page 11

"... it just shows our growth as a team to come back when you're down early like that."

nathan

ENDERLE

Quarterback



Nick Groff/Argonaut  
Vandal wide receiver Eric Greenwood is hoisted up by offensive lineman Adam Juratovac after a Nathan Enderle to Greenwood 45-yard touchdown pass down the reserved seating sideline. Greenwood had a career game with 2 touchdowns and 5 catches good for 130 yards. The Vandals beat the Colorado State Rams 31-29 in the Kibbie Dome Saturday.

## Conference opener makes soccer history

Ilya Pinchuk  
Argonaut

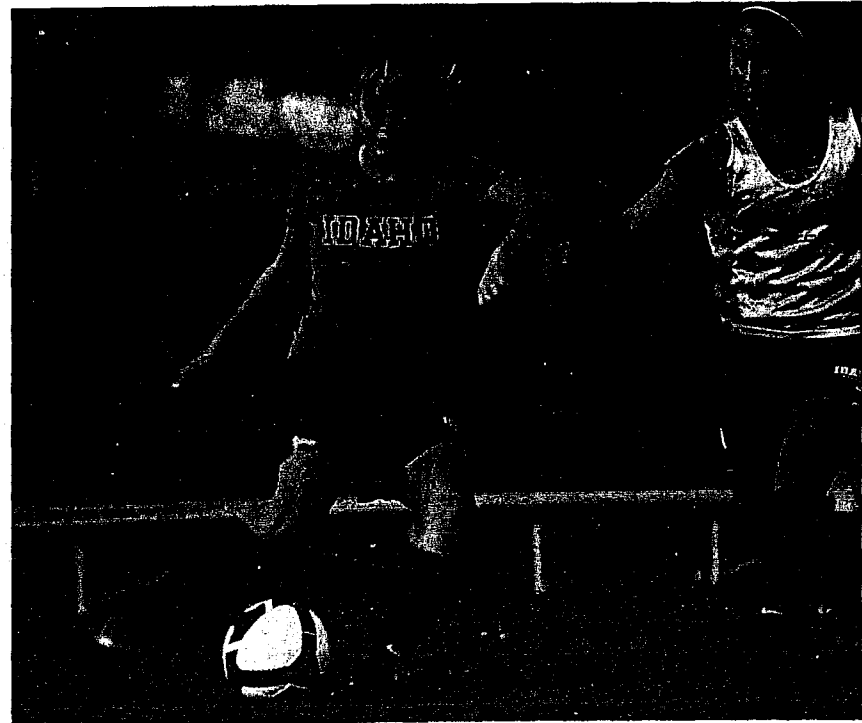
Jennifer Hull and the rest of the Vandals soccer team were in shock. For a split second, everything seemed so surreal, and then reality hit — the Vandals soccer team had won.

"The excitement (was) when the ball crossed the line and whistle blew," coach Pete Showler said. "It was unbelievable."

With the last second ticking away,

and the double-overtime game against Louisiana Tech seemingly headed for a 0-0 tie, defender Desirae Hull, who was playing in her first game after missing three with an aggravated back, saw Hull in the open. With a swift and accurate pass, Hull broke away beating out LA Tech's entire defensive line. Hull's first shot in tight, was stopped by LA Tech goalkeeper Cat Buchanan, a last second save. Instead of erupting in cheers, the LA Tech bench watched helplessly as the

see UPSETS, page 11



Ilya Pinchuk/Argonaut  
Erica Hart and Melissa Canite scrimmage during practice Tuesday. The Vandal soccer team split the weekend in its first conference weekend. The Vandals won their conference opener for the first time in school history with a 1-0 win over LA Tech, but dropped a 2-0 lead against New Mexico State, losing 3-2.

commentary

## Redemption in the Dome

Under the venerable arch of the Kibbie Dome, thousands of Idaho fans flooded the field Saturday night, joining Vandal players and coaches in turning the turf black.

The scoreboard read Vandals 31, Rams 29 — and the brutal years of futility, frustration and failure were being erased in one spontaneous moment of collective catharsis. As "Vandal Nation" celebrated together, a whole generation of students were developing pride in Idaho football again.

A sellout crowd of 16,000 (and a national television audience on ESPN) had just witnessed the Vandals methodically claw back from a 14-point first quarter deficit to edge a 3-1 Colorado State squad that had stomped Nevada and Colo-

rado and fallen just short at nationally-ranked BYU.

All looked lost early on, after junior quarterback Nathan Enderle threw an interception in the end zone to set up the Rams' first score. A long punt return minutes later gave Colorado State perfect field position to go up 14-0 at the end of the first quarter. After putting together a 3-1 start, the team's best in its FBS history, the Vandals appeared to be reverting to form. The college football punditry would, no doubt, have had a field day. "Idaho was a fluke," they'd say.

"It's going to be another awful season in Moscow." Their skepticism is understandable. As one forum wag wrote, last year's Idaho team "folded like a tent" at

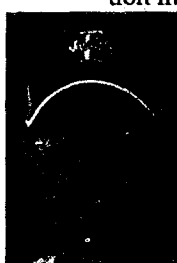
the slightest sign of adversity. Small early deficits routinely became blowout losses, as the Vandals would go into panic mode — fumbling, throwing interceptions and generally looking more like a high school junior varsity squad than a team competing at the highest level of collegiate sports.

But this isn't last year's Idaho team.

Instead, the Vandals began to rouse. Wide receiver Max Komar caught four passes on the ensuing drive, setting up a 31-yard touchdown strike from Enderle to Eric Greenwood, who has skillfully used his 6-foot-6 height all season to create big mismatches on defense. Idaho was on the board. All was not lost.

The Vandals would give up another touchdown before the half, but Jeremy Jones came

see DOME, page 11



travis  
MASON-BUSHMAN

Argonaut

## Men's rugby feasts on Broncos

Cheyenne Hollis  
Argonaut

Beating a dead horse is normally considered to be in bad taste, yet when it involves a Vandal and a Bronco, Idaho students and alumni can not help but enjoy it.

The University of Idaho men's rugby team took the lead early and never let up to earn a 39-0 victory over Boise State on Saturday.

"It was good rugby overall

but it did get a little sloppy in the second half." No. 8 Joe Winston said. "Beating them always feels good and there was not a fight or anything so it was a good day."

Idaho stormed out to a commanding 34-0 lead in the first half as the Vandals pressed an overwhelmed Boise State side. The Broncos spent the majority of the first period pinned back in their own half.

Within the opening five minutes the Vandals held a 10-0 lead

after Dylan Brown converted a penalty and Aston "Sleeves" Bailey scored a quick try after a Boise State offside penalty.

Minutes later Ty Meadley broke free to extend Idaho's advantage before inside half Neal Goodwin scored the first of two tries after some build up play from the Vandals.

Idaho would score two more tries before the referee blew the whistle for halftime but there

see RUGBY, page 11

# Vandals win five set match



Kate Kucharzyk/Argonaut  
Middle back Debbie Pederson jumps up to fool Fresno State's right side hitter Taylor Horton during the game on Saturday afternoon in Memorial Gym. The Vandals' volleyball team won 3-2 after a long fight and will face Louisiana Tech at 7 p.m. Thursday.

Lisa Short  
Argonaut

The Vandals took the victory at their first home match against Fresno State after five contentious games to advance them to 2-1 in Western Athletic Conference play.

Idaho prevailed after going back and forth with Fresno State 22-25, 25-16, 22-25, 25-16 and 15-10.

Memorial Gym had the crowd it's been known for with 1,701 fans, the fourth highest attendance count in Idaho history.

"This was the best crowd we've played in front of all year," coach Debbie Buchanan said.

Senior Sarah Conwell had a great match with 24 kills with a .258 hitting percentage, 18 digs and 7 block assists.

"Honestly, the fans helped us win," Conwell said.

The Memorial Gym momentum had the team's defense, with senior Meredith Rice and freshman Janelle Chow, picking up balls across the court. Rice tallied a career high 27 digs in the match with Chow adding 11 digs.

The team had the comfort of the same gym they always practice in but with the excitement of all the fans.

"I love the feeling, the fans were awesome," Chow said.

Setting into the game the Vandals and the Fresno State Bulldogs battled back and forth for points until Fresno State pulled

ahead to finish the first game 25-22.

In the second set the Vandals fought back with tough serves by sophomore Cassie Hamilton and senior Debbie Pederson. Pederson totaled 3 service aces in the match in addition to her 6 kills and 6 block assists. Hamilton had a solid match with 6 kills and 12 digs.

Idaho's tough blocking came on stronger in the

second set as well as the hitting with a match high .250 hitting percentage. Idaho managed to hold the Bulldogs to a .100 hitting percentage in the second set. Overall, the Vandals hit a .184 hitting percentage compared to the Bulldogs .073.

Junior Katie Tribble ran the offense and distributed the ball evenly along the net. Tribble totaled 43 assists, 2 kills, 2 service aces and 10 digs. She assisted junior Kelsey Taylor in 7 kills and senior Anna McKinney in 8 kills for a .400 hitting percentage. McKinney also added 7 block assists.

"We passed well and were able to get our mid-les involved," Buchanan

said. This was a goal the team had been working on in the past couple weeks.

The third set proved a major battle with 12 score ties and five lead changes. The set was close until the very end when Fresno State pulled away from 20-20 to take the game 25-22.

"The games we won, we won by a big margin and the ones we lost were close," Buchanan said.

But they continued to stay in the match as the Vandals came back in the fourth set to take a 25-16 victory — tying the match 2-2 to force a fifth game. The Vandals were able to fight through a close game with eight tied scores and five lead changes. The Vandals came out on top with a 15-10 set win — winning the match overall.

"They never gave up," Buchanan said. "We served tough till the end and fought through."

Finishing a five set match can be grueling and tiring but proved a major accomplishment for Idaho.

"If we struggled in one set it was a huge accomplishment for us to be able to come back and finish," Conwell said.

**"The games we won, we won by a big margin and the ones we lost were close."**

Debbie  
**BUCHANAN**  
Volleyball coach

## Volleyball takes on Bulldogs

Lisa Short  
Argonaut

Idaho volleyball heads into the week ranked No. 1 in the nation for blocks with 3.17 blocks per set. Senior Anna McKinney is No. 4 in individual blocking with senior Debbie Pederson at No. 13. The Vandals will need to bring out those blocks during their next few matches.

After Saturday's victory over Fresno State, the Vandal volleyball team is preparing for their next match against Louisiana Tech 7 p.m. Thursday in Memorial Gym.

"We were really pumped for the Fresno game, but the fans definitely added to everything," sophomore out-

side hitter Cassie Hamilton said. "Hopefully they'll do the same thing Thursday."

Now 6-9 overall and 2-1 in the Western Athletic Conference, Idaho will take their momentum from Saturday's win into this close match up.

"We served well, we blocked well, but our passing was not great and we have to be able to pass a ball to be in these matches," coach Debbie Buchanan said about Saturday.

Louisiana Tech has a hitting percentage of .171 and Idaho was at .164 before Saturday's game. The Bulldogs serve 1 ace to every error close to Idaho's 1.5 aces to every error. Louisiana Tech leads with 15 digs, but the Vandals lead

in blocking.

"We played together really well as a team for the first time in a long time," Hamilton said. "We need to carry that over."

The team fought through Saturday's match of five sets to a close victory over Fresno State. The team faces Fresno State again next Saturday but Buchanan said they take one match at a time and said they hope to maintain and add to their momentum.

"LA Tech is a much improved team from last year," Buchanan said. "They're playing great defense and are a very scrappy team. The bottom line is we have to pass."

## Nothing to lose — everything to gain

Lisa Short  
Argonaut

Although Sarah Conwell, a senior at the University of Idaho, is planning for her future after college, she still has her mind on the game and the Vandal volleyball team.

Conwell plans to become a certified personal trainer after graduating in December with a communication studies degree. She is also getting married in February. Life is speeding by fast, but Conwell is keeping up with it and making a major impact on the courts.

Conwell received an All-Tournament team honor for the Alexis Park Classic and has continued to make major contributions to the team each week. She leads the team in kills with 197 and said she wants to continue to improve.

Last year, Conwell was most improved player — something she holds in the highest regard.

"The biggest accomplishment is improvement," Conwell said.

Conwell said she hopes to continue her improvement and be a consistent player. Not only consistent statistically, but as a leader she hopes to remain confident in the team and herself. Having confidence and not letting mistakes bring her or the team down is the role she said she wants to fill.

Conwell helped lead her team through a tough five game match against conference opponent Fresno State Saturday. Conwell contributed 24 kills and 18 digs to be the consistent player she had in mind.

The team started the season with a lot of new players in the line-up and didn't really know what to expect, but Conwell said she sees they can be a good team and finds



Kate Kucharzyk/Argonaut  
Outside hitter Sarah Conwell spikes the ball during Tuesday's practice in Memorial Gym.

it encouraging.

As the team is learning to work together, Conwell said it's more a team effort this season than it has been in previous years.

Conwell hopes the teamwork will come together and they can find a team mentality again soon. Once they find it Conwell said they will be able to have fun and just enjoy it.

The team has been on the road for 14 matches and finally got to play in their home gym with their fans.

"You can never experience anything like an Idaho home game," Conwell said. "I'm happy everyone came out because it honestly helped us win."

As the weeks go on and the team improves, time is still winding down

for Conwell.

Conwell said she's going to miss the 6 a.m. workouts with the team and the intensity of her training coaches. But overall she said she's just going to miss competing with the team.

"It's my volleyball family," Conwell said.

Although it will be coming to the end in two months, Conwell is looking ahead to the rest of the matches this season including one of her favorite matches, Dig for a Cure.

"It was such a fun game last year because we get to play with the support of all the fans and for a cause," Conwell said.

Last year Dig for a Cure set attendance records and Conwell is looking forward to it again this year.



Chris, pursuing an MBA/JD in conjunction with Gonzaga's School of Law

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# Vandals cross-country continue to finish strong

## Teegan Schoch wins Charles Bowles Invitational

Ilya Pinchuk  
Argonaut

Early in the season, sophomore Teegan Schoch said she wanted to improve her times throughout the year leading up to the Western Athletic Conference race. She wanted to be one of the fastest, she said.

On Saturday, Schoch came that much closer to realizing her goal when she beat out a field of 202 other women runners. She also shaved a cool 48 seconds off her time for the course last year, to capture the Charles Bowles Invitational and lead the women's squad to a third place finish.

"I just got out quick, into the top five. I knew that's where I wanted to be and I tried to stay there," Schoch said. "With 2k to go, I was feeling a little easy, so I just took off."

Not only did Schoch capture first place, but she did so in dramatic fashion, finishing 21 seconds faster than her nearest competitor and running the race four seconds faster than last year's WAC champion, Alex Lee-Painter. Schoch finished the course with a time of 17:26.

"She ran a really intelligent race, perhaps even a little too conservative," coach Wayne Phipps said laughing.

What is even more impressive about Schoch's performance this weekend is that Phipps has yet to put her through a heavy volume of speed-specific training. Phipps said he expects Schoch to become an even stronger runner when the speed training kicks in.

"I think Teegan is going to be the person to beat at conference," Phipps said. "On top of that, I think she's a person who has an outside shot at making it to nationals this year."

Schoch wasn't the only runner who had a great race at the Charles Bowles Invitational. Markus Geiger was the top finishing men's runner for the third meet in a row, finishing fifth and leading the men's squad to a fourth place finish at the meet.

Geiger, a sophomore, was one of the leaders for the majority of the race, but fell behind late and never managed to recover and capture first place. Despite losing ground late, Geiger was happy with his result, trimming 56 seconds off his time from last year.

"Markus had a great race, even though

he ended up having a bit of a side cramp at 4k," Phipps said. "It still ended up being the best race he has ever run for the University of Idaho."

In addition to having a fantastic race, Phipps said Geiger has become a role-model for the younger runners along with senior Jeremiah Johnston. Geiger's commitment to the sport inspires everyone around him, Phipps said.

"It really helps when you can have a front runner like Markus," Phipps said. "He leads by example and the freshmen really look up to those performances."

Phipps said overall, the team is doing much better than last year. This was evident, he said, by the fact that every single runner trimmed at least 11 seconds off of their time from last year. Sophomore Julia Veseth in particular had an outstanding race, improving a whopping 1:20 over her previous course time and jumping 43 places to 19th this year.

Phipps also said he was particularly impressed with not only the individual statistics of the young men's squad, but how smart they ran.

"The men just bought into the philosophy," Phipps said. "They followed the game plan and stuck with it the whole way and finished strong. I was really impressed with the way they executed."

Phipps said it's important to note, despite the fast times, the Vandals have yet to work on any dedicated speed training. Phipps said the team has practiced distance a bit longer this year because he felt the team peaked a little to early last year.

"The amount of improvement you will see when we start race-specific training will be pretty amazing," Phipps said. "I'm pretty excited to see how things go over the next few weeks."

As for Schoch, while she is happy with winning individual awards her biggest concern is for her team.

"I want to come top three regionally, but most importantly I want to help the girls win," Schoch said with a grin. "If we could have a team win that would be awesome."

The Vandals have two weeks to tune up for the last meet of the year before the WAC conference race with the Inland Northwest Cross-country Classic on Oct. 7 in Moscow.

## DOMES

from page 9

up huge and blocked the extra point. No one realized it at the time, but that would be the turning point. The Trey Farquhar field goal made it 20-10 for the Rams going into halftime, but Idaho would receive the kickoff. Hope hung in the air. Not a soul had left the Dome. The fans still believed — though everything they'd seen for the past decade told them not to.

Their faith would not go unrewarded. Coming out of the locker room, the Vandal offense went into overdrive. Enderle hooked up with his receiving corps like they were born together, picking apart the Ram secondary with 15 and 20-yard strikes to Komar and Greenwood. Three drives, three touchdowns — and Idaho had the lead.

On the other side of the ball, the Vandals went into defensive lockdown. Three Ram drives turned into one missed field goal, one successful FG and a turnover on downs deep in Idaho territory. The tables were turned — now it was Colorado State in full-on panic mode.

But the Rams are no pushovers, and

it's here that the Vandals' crucible was cast. Ram QB Grant Stucker drove Colorado State down the field to score — but Jones' blocking the extra point meant the Rams would need a 2-point conversion to tie. Sixteen thousand people held their breath. John Mosure took the ball around the left — and was body-slammed a foot short of the end zone by safety Shiloh Keo. No good. The Dome exploded.

The game still wasn't over. After Keo covered up the onside kick, the Vandals couldn't drive and burn off the clock. Bobby Cowan had to punt it away and give the Rams one more shot.

Stucker took the snap, dropped back and hurled a pass across the right slant into Keo's waiting arms. Game over.

The Dome exploded again. The past was forgotten. The field storming was on. After the game, Keo, who made three game-saving plays in the final minutes, summed up the feeling that night for a team, a fan base and a university that has for so long labored under the stigma of abject sporting failure.

"To come here and just lose two or three years straight, it's heartbreaking," Keo said. "We have so much passion and love for this game, nobody's here to lose. For us to start 4-1, it's like being reborn."

the entire season, simply collapsed. In the span of 12 minutes, the NMSU Aggies tallied three goals, and the Vandals were unable to generate enough offense to recover.

"There are lessons to be learned from that type of performance," Showler said. "We've got to learn that we have to put games away."

It was an end to a long and prosperous streak for the Vandals' defensive line, which hadn't allowed their opponents more than one goal in the past 11 games. The three-second period goals in Sunday's game tied the most goals allowed by the Vandals this season, a feat that came way back in the season opener against Washington State University.

Showler said the collapse illustrated just how important it was to stay focused, even with a lead.

Showler called a 2-0 lead "the most dangerous lead in soccer" because players feel like they can relax. Sunday's game was a prime example of how not to play with a 2-0 lead, Showler said.

The Vandals (8-5, 1-1 WAC) will go back and regroup in preparation for this weekend's home-and-home stand against Nevada and Utah State. Showler, while disappointed with Sunday's result, said he fully expects the girls to come back strong at home, where the Vandals remain undefeated.

"The nice thing is that we are at home next weekend and are undefeated," Showler said. "The girls need to respond and bounce back from this performance."

## UPSETS

from page 9

ball rebounded off of Buchanan and back to Hull, who didn't miss her second opportunity and buried it into the net.

The time on the clock read 16 seconds left.

"The game could have gone either way, but we stuck with it, battled hard and got something at the end," Showler said.

Hull's last-second goal also broke 11 years of frustration for the program, which has never won a conference opener. It also saw the Vandals win against LA Tech for the first time in four years.

Another impressive feat was for the Vandals' defensive line to hold off a LA Tech offense ranked first in the nation. Despite entering the game averaging an NCAA best — four goals per game, LA Tech's offense sputtered against a Vandal defense that bent but never broke.

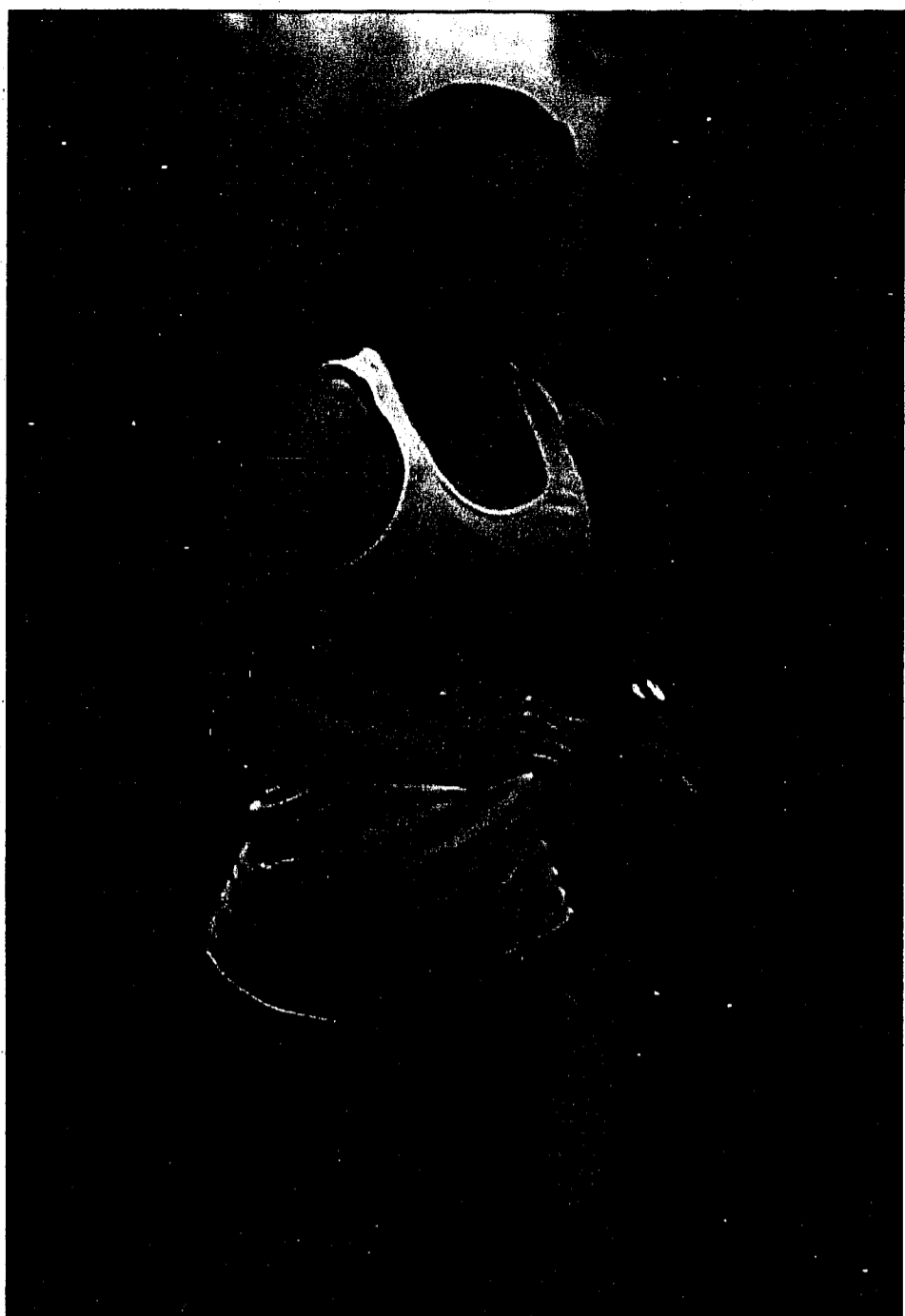
Goalkeeper Liz Boyden earned her second consecutive shutout with 10 saves.

Unfortunately for the Vandals, their jubilation turned to disbelief in their game against New Mexico State.

After jumping out to an early 2-0 lead and keeping that lead at halftime, the Vandals looked well on their way to securing their second win of the conference season, but just when things were looking brightest, it all fell apart.

"We were in control of the game and we let it slip," Showler said.

The Vandal defensive line, strong



Sophomore Julia Veseth practices before the Charles Bowles Invitational. Veseth was the most improved runner on the team, shaving off 1:20 and jumping 43 places over last year's performance.

## RESPONDING

from page 9

Cowan to punt the ball back to CSU.

It would take CSU two minutes to get four first downs and Stucker to throw a 39-yard pass to Lou Greenwood for a touchdown. The score would be brought closer at 31-29, but it was the last time CSU would get the chance to score, as the defense would yet again stop CSU's running back John Mosure from gaining an extra two points.

"We didn't play a particularly good first half," Akey said. "But, we came out in the second half and played well enough to get the win — found a way to get the job done. We didn't get ourselves all freaked out about it (the two-score deficit), we just kept playing better football."

The Vandals lost the ball after only three plays for 30 seconds, only to get back again in the form of an interception by safety Shiloh Keo. Keo was named WAC Defensive Player of the Week for his 15 tackles (12 solo) and one intercep-

tion. Keo's interception stopped CSU from scoring a touchdown in one minute left in the game to take the lead.

For the last minute of the game, Enderle would take a knee, when soon fans stormed the field as the marching band played the school fight song.

"I'm tired of hearing about Boise State, always the good team," Greenwood said. "It's a long time coming — they (the fans) deserve this. They have a lot of faith in us this year and we're trying to reward them for that."

Every team the Vandals have yet to face this season was a team they lost to last year, which Akey said is something they still have to prove.

But for right now, the team's focus is game by game.

"I've been talking to them (the team) about a bowl game ever since we got going last winter," Akey said. "But we are working on our fifth win right now. The only thing that matters is getting our mind on San Jose State."

The Vandals will be on the road again this weekend to face the Spartans (1-3) Saturday.

## RUGBY

from page 9

was already a sense the game might as well have been over. The only thing keeping the score from being more one-sided was two missed conversions from Brown, who finished the day converting three of five conversion attempts.

With the game well in hand, Idaho made several changes at halftime in order to give some of the more inexperienced players a run out. Jake Carlson scored

the only try of the second half as the Vandals completed a route of the rivals from Southern Idaho.

"A lot of rookies saw action in the second half and it is always good to get them some action," Winston said. "It was a good win, and a win everyone played a part in."

A healthy crowd was on hand at the Taylor St. field to see the game.

"This is a big win for us and a big morale boost for the team," Bailey said. "We just need more of the same for the rest of season."

Up next for Idaho rugby is the Snake Bite Classic in Boise later this month.

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UI Athletic Marketing

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# Vandal fans are the key to success! Vandal View blog

Excited, passionate, revitalized! These are the words and emotions used to describe University of Idaho fans. Going into last Saturday's football matchup against Colorado State, fans realized the team needed their support and delivered. From beginning to end, fans cheered for the Vandals with every ounce of fire they had in their hearts. With the help of the fans, Idaho football is off to a 4-1 record, their best start since 1994. Great job to you, the fan, as you have been the difference maker!! Go Vandals!

The Idaho Athletics department football LIVE BLOG has been a major hit so far. Fans are able to follow along on at [www.govandals.com](http://www.govandals.com) under the Fan Zone tab. Constant updates keep followers in real time with the action. If you aren't able to watch the next home game, follow the Vandal LIVE BLOG on [www.govandals.com](http://www.govandals.com).

Look out for the Argonaut on Tuesdays and Fridays

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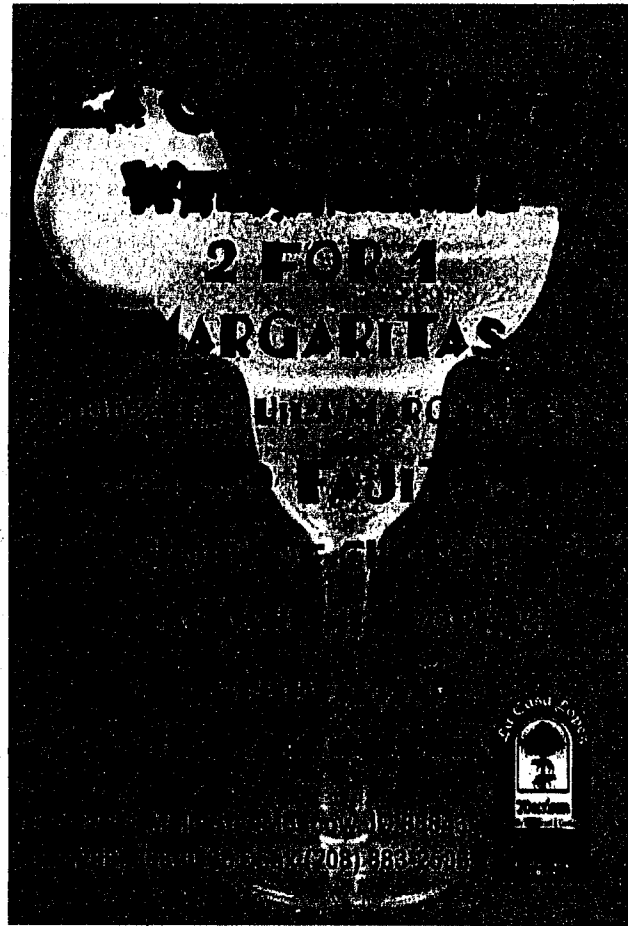
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These benefits are available to any student for ONLY \$20. For more information, visit [GoVandals.com](http://GoVandals.com) or call (208) 885-0220. Go Vandals!

[www.govandals.com](http://www.govandals.com)



### Vandal Athletics

- Idaho Volleyball vs. Louisiana Tech**
  - Thursday, October 8th
  - 7 pm in Memorial Gym
  - "White Out Memorial Gym" - all fans are encouraged to wear white to the game
  - **pick up your official t-shirt at the UI bookstore**
- Idaho Soccer vs. Nevada**
  - Friday, October 9th
  - 3 pm at Guy Wicks Field
  - **"Fan Appreciation Day" - the first 200 fans will receive a free 2009 team photo**
- Idaho Soccer vs. Utah State**
  - Sunday, October 11th
  - 1 pm at Guy Wicks Field
  - **"Bookstore Bucks" - the first 200 fans will receive a coupon for 20% off at the UI Bookstore**



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