

UNIVERSITY OF IDAHO THE ARGONAUT

The Vandal Voice for 112 Years

64?

www.uiargonaut.com

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Being



Places to know in town and on campus for incoming freshmen

Joe Pflueger and Kelli Hadley Argonaut

Editor's note: This is collection of two writer's opinions for incoming students.

Newcomers to Moscow this fall will likely find it to be one of the most eccentric small towns they've seen.

Restaurants

Outside large chain restaurants, Moscow's smaller venues offer dining customers a variety of flavors for every palate.

For a place that opens later in the day, Loco Grinz offers a variety of Hawaiian plate lunches.

La Casa Lopez is one of the best restaurants for dinner with friends. It's a popular Mexican food restaurant located next to the Breakfast Club on Main Street.

Another renowned place to eat downtown is Moscow Bagel and Deli, known to most as the bagel shop.

Coffee

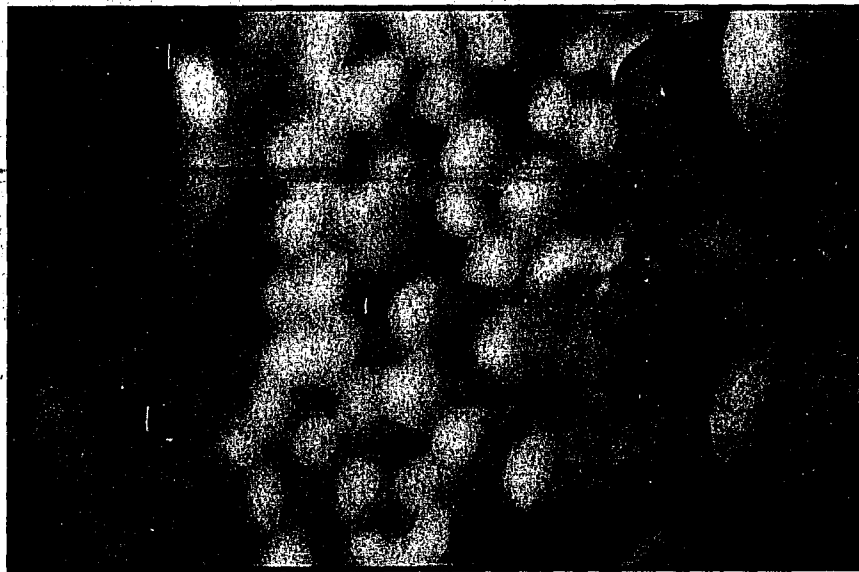
When there is time to stop and enjoy caffeine for more than a minute than stop by one of many places to relax.

Moscow also hosts a wide variety of coffee shops to choose from, but a local favorite is Sisters' Brew.

For coffee on the way to class, check out Boticelli Espresso, a drive-thru coffee hut in the WinCo parking lot.



Ashley Rich steams milk at Sisters' Brew Coffee House located on Main Street.



Organic fruits and vegetables are one of the many food items available at the Moscow Food Co-op.



University of Idaho students cheer on the football team during the Homecoming parade last fall.

see PLACES, page 9A

Faculty wellness package canceled

Tanya Eddins Argonaut

Peg Hamlett, director of fitness at the Student Recreation Center, said the 2011 cancellation of the employee wellness package has caused her to re-think ways to pay her employees.

Hamlett said as part of the benefits package for employees, Human Resources paid for all employees to take classes at the SRC.

"The problem was that people could see the \$5.50 that was taken from their paycheck, but because when it came in, it was put into a lump of contributions from the university they couldn't see the \$5.50 go in," Hamlett said.

"Our main idea was not to make a lot of money for the program. It is that healthy employees better serve everybody."

peg HAMLETT Director of fitness

Jana Stotler, controller at UI, said issues with the wellness package were not just a little problem, but a hot button issue for employees who were not using the program.

"What our employees wanted was to be able to choose where they go for fitness," Stotler said. "So the advisory committee went to re-align the plan and decided not to give or take anyone's money.

Stotler said the wellness program was the piece of the benefits package that caused the most anger in faculty and staff.

"Employees felt they were being charged for something that most did not use," Stotler said.

Hamlett said the outrage wasn't directed at the wellness program but was about the insurance premiums for everyone going up last year.

"Another thing people don't realize is that we do various other programs, like bringing Weight Watchers to work, overseeing Vandal massage, and the health and wellness fair, which provided free flu shots for all students and faculty last year," Hamlett said.

The wellness program was implemented more than 30 years ago at the university, Hamlett said.

"The program has evolved a lot over the years and has always had a lot of employee participation," she said.

Hamlett said the current rates for faculty, \$11 a month, is the best deal in town for fitness.

"Our main idea was not to make a lot of money for the program. It is that healthy employees better serve everybody," Hamlett said.

Hamlett said the wellness package has also been a tool for recruitment of faculty.

"I am amazed at the amount of new employees that say they came here because they heard about the program and knew they had use of this beautiful rec center," Hamlett said.

She said there are many statistics that show if people take time to work out, they are happier, better-focused and healthier employees.

Niki Jones, benefits technician, said the Benefits Advisory group assesses benefits and when

see WELLNESS, page 10A

Student dies from alcohol celebrating 21st birthday

Elizabeth Rudd Argonaut

University of Idaho student Benjamin Harris died of alcohol poisoning the morning of July 13 after celebrating his 21st birthday in Moscow.

Harris, a senior in architecture and interior design and Sigma Nu fraternity member, was taken to Gritman Medical Center where he was pronounced dead at approximately 3 a.m.

David Duke, assistant chief of the Moscow Police Department, said police responded to a call made around 2:40 a.m. from the Sigma Nu fraternity, and officers found Harris on the third floor outside the

sleeping porch of the house.

Duke said Harris was unconscious on the floor when they arrived and had stopped breathing. Officers performed CPR until emergency medical technicians arrived five minutes later and transported Harris to Gritman.

Police were told by fraternity members that Harris and three other friends had gone out to celebrate his birthday and visited four clubs in the downtown Moscow area, Duke said.

"The shots of alcohol were taken sometime between 9:30 and midnight," Duke said. "We believe at the minimum of 15 shots had been taken. As far as total amount — it would be hard to determine that."

He said they believe more alcohol was consumed than originally reported, but they are waiting for toxicology reports to return in six weeks to determine a more accurate amount.

"Excessive alcohol is lethal, and in this case it proved lethal to Mr. Harris," Duke said.

A memorial for Harris was planned for 11 a.m. Saturday in his hometown of Burley, Idaho, said Bruce Pitman, vice provost for student affairs and dean of students. Pitman said the university did not plan to hold a local memorial because of the low number of students on campus in the summer months, but he planned to attend the service in Burley and meet

with Harris's family.

"We have been working closely with Ben's family to help them with some details that they need assistance with up here," Pitman said, "and we will continue working with them as long as they would desire contact and assistance, and that may be a few weeks or may be longer."

Pitman said the family made it clear to him that they hoped some good would come from the situation and gave the university permission to talk in an educational forum about Harris's death.

"They feel that Ben made some decisions that were bad ones, and that the

see ALCOHOL, page 10A



Student Rec Center

FALL SRC HOURS

Mon-Thu	6am - 11:30pm
Fri	8am - 9pm
Sat	9am - 9pm
Sun	11am - 11pm

Intramural Sports

UPCOMING EVENTS ENTRY DUE

Whiffleball	Aug 25
Horseshoes	Aug 25
Sand Volleyball	Aug 26
Ultimate Frisbee	Aug 31
Soccer	Sep 1
Flag Football	Sep 1

FOR MORE INFO AND TO SIGN UP:
campusrec.uidaho.edu/intramurals

Sport Club Federation

RUN BY THE STUDENTS, FOR THE STUDENTS



Get involved with a new or familiar sport.

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Classes for all interests and levels

Wellness Passes available at the SRC. Get Yours Today!

CHECK OUT THE FALL WELLNESS SCHEDULE

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Outdoor Program & Rental Center

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Where every day is an adventure
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Basics clinic: Aug 24 - Sep 4, 1pm & 5pm
\$7 for students

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If you need it... We have it.
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campusrec.uidaho.edu/outdoor

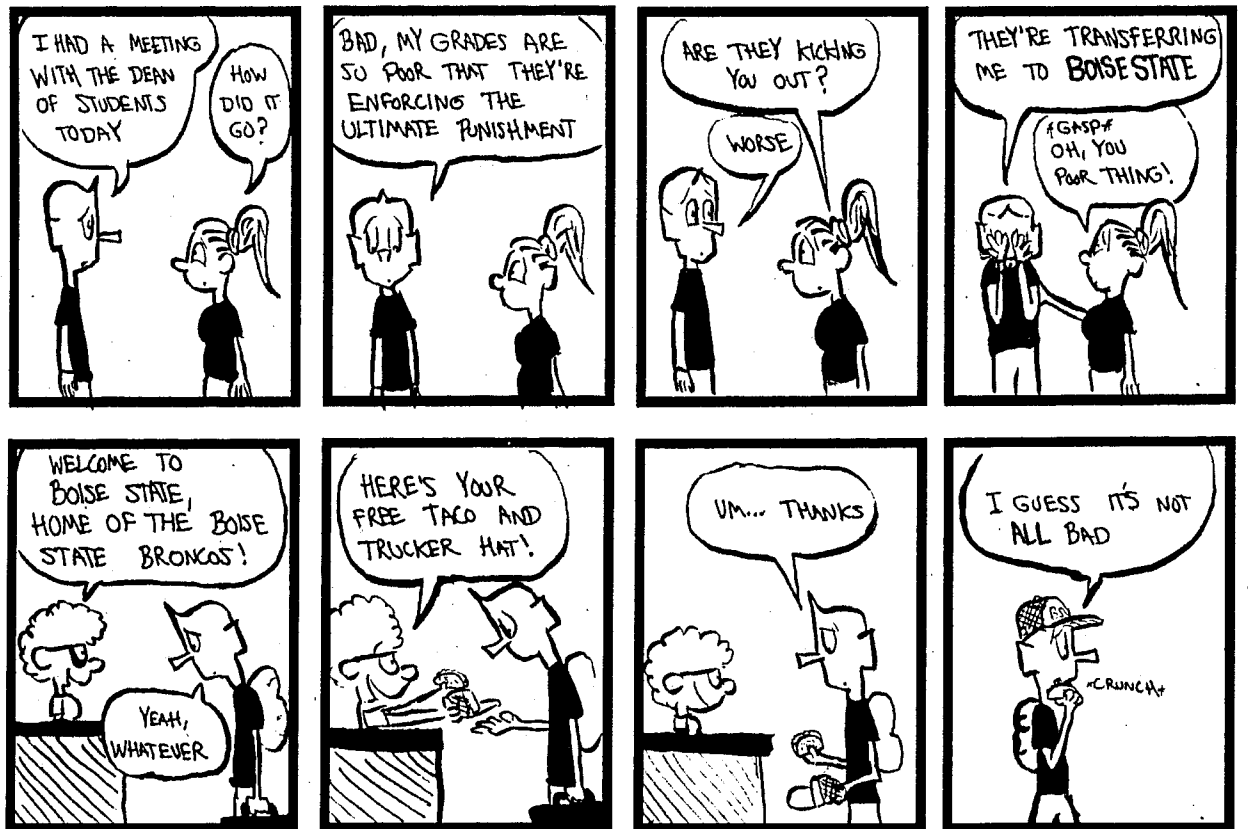
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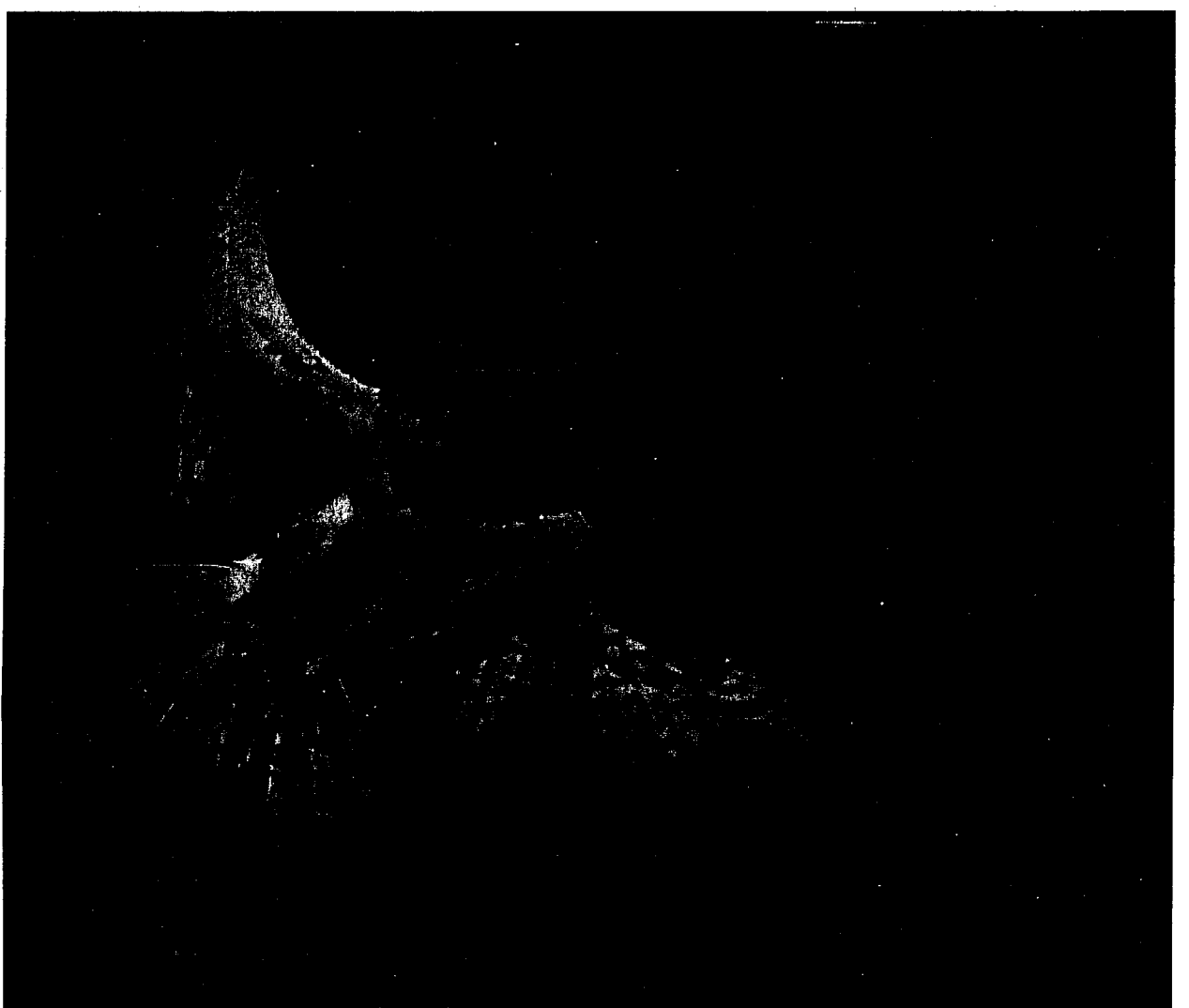
CAMPUS RECREATION
campusrec.uidaho.edu

hoover HALL

File from November 2009 paul TONG Argonaut



FLY HIGH



Joe Pflueger/Argonaut

An osprey flies in the brilliant blue sky. Take advantage the remaining weeks of summer vacation by getting out to enjoy the outdoors.

crossword

- Across
- 1 Viper
 - 4 Rainbows, e.g.
 - 8 Petitions
 - 12 Request
 - 13 Spring
 - 14 ___ the way
 - 16 Mayberry character
 - 17 Fear of great heights
 - 19 Perception
 - 21 Beanery sign
 - 22 Playing card marks
 - 23 Three (It.)
 - 24 Blow off steam
 - 26 Farm female
 - 28 Wallop
 - 29 Mongrel
 - 30 Recipe word
 - 33 Heavenly
 - 36 Soul's mate
 - 37 Rocky peak
 - 38 Shangri-la
 - 39 Italian poet
 - 41 Exploding star
 - 42 Neither's partner
 - 43 Blowgun ammo
 - 44 Eggnog topper
 - 46 Crafty
 - 47 Roadhouse
 - 48 Pable
 - 49 Hill dweller
 - 50 Subdued
 - 51 Humor
 - 54 Seed cover
 - 57 Animal shelter
 - 59 Lustrous
 - 61 Court game
 - 64 Rush order?
 - 65 Parting word
 - 66 Buffalo's county
 - 67 Nevada city
- Down
- 1 Tweak
 - 2 Paris divider
 - 3 Bridge call
 - 4 Menu words
 - 5 Fairly new
 - 6 Diamond unit
 - 7 Detect
 - 8 Scrooge's cry
 - 9 Split to unite
 - 10 Mongolian desert
 - 11 Scissors cut
 - 12 Hitching place
 - 15 Tank filler
 - 18 Pen name
 - 20 Balanced
 - 25 In a ritzy manner
 - 27 Ironic
 - 28 Crib
 - 29 Atlantic food fish
 - 30 Molecule part
 - 31 Squab
 - 32 Haul behind
 - 33 Family rooms
 - 34 Object of worship
 - 35 Extremely
 - 36 Took the bait
 - 40 Samovar
 - 41 Utmost degree
 - 43 Cacophony
 - 45 Western tribe
 - 48 Sport fish
 - 49 Divvy up
 - 50 Pageant crown
 - 51 More judicious
 - 52 Foolish
 - 53 Proof goof
 - 54 Gardner of Mt. Kenya
 - 55 Pistols, to Capone
 - 56 Hipbones
 - 58 Aid's partner
 - 60 Aesop's also-ran
 - 62 Compass pt.
 - 63 Race part

sudoku

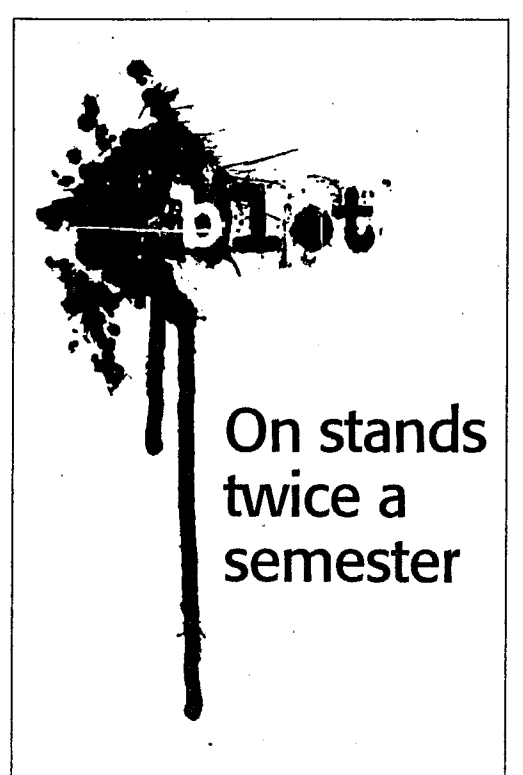
Easy 21

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

solutions

Easy 21

A	S	P	A	R	C	S	B	E	G	S			
P	L	E	A	P	A	L	O	N	G				
O	T	I	S	A	C	R	O	P	H	O	B	I	A
S	E	N	S	E	E	A	T	S	P	I	P	S	
T	R	E	V	E	N	T	E	W	E				
B	E	L	T	C	U	R	A	D	D				
D	I	V	I	N	E	B	O	D	T	O	R		
E	D	E	N	G	U	I	D	O	N	O	V	A	
N	O	R	D	A	R	T	N	U	T	M	E	G	
S	L	I	I	N	N	M	Y	T	H				
A	N	T	T	A	M	E	W	I	T				
A	R	I	L	L	A	I	R	S	H	I	N	Y	
V	O	L	L	E	B	A	L	L	A	S	A	P	
A	D	I	O	S	E	R	I	E	R	E	N	O	
S	A	T	E	T	A	N	G	E	R	E			



Understanding financial aid

Students struggle to pay for school as demand for financial aid soars

Rhiannon Rinas
Argonaut

When students go to college to earn a degree they are investing in their future, but it is a financial investment said Dan Davenport, director of student financial aid services.

Amy Scott, a junior at the University of Idaho, is a full-time student working two part-time jobs to pay the bills. Scott, a psychology major and dance minor, started college with a 3.85 GPA and planned to get a chemistry degree. With the lack of women in this field, Scott was awarded numerous scholarships and didn't have financial worries.

At the beginning of her sophomore year, Scott decided to change her major to something she was more passionate about. With her high grades she was able to keep a few of her scholarships, but the ones strictly for chemistry majors were lost and she had to take out her first student loan.

"This previous year (09-10) my grades suffered because I am having to work two part-time jobs during the school year in order to pay rent, bills, and still keep food on my table while being a 'full-time student,'" Scott said. "I also make enough money to not be eligible for food stamps."

Scott's GPA fell to a 2.8 by the end of spring semester because she didn't have time to study properly. She

lost all of her scholarships for this upcoming year and is paying all her student fees for the year with loans.

"I am hoping to be able to go into the financial aid office soon and petition to keep my scholarships because my GPA is still good, but I'm not sure what they'll say," Scott said. "It shouldn't be so hard to keep scholarships that have already been awarded to a student."

Scott has been searching online for scholarships and hasn't had any luck. Free Application for Federal Student Aid was unable to help with her search for more aid and her parents are unable to help her financially.

"I can't afford to pay for school on my own," Scott said, "and I honestly don't want to be so deep in debt after school that it'll take me years to pay it off."

Scott said she is going to finish college no matter what it takes and isn't going to give up because of financial difficulties. She said she doesn't want to work in the same fast food restaurant for the rest of her life.

Scott's father never had the opportunity to go to college and she said she wants to make him proud.

"But without the help of scholarships, I may not be able to do that to the best of my ability," she said. "I would love to not have to work during school so that I can focus on school, but I don't foresee that ever happening."

"I can't afford to pay for school on my own and I honestly don't want to be so deep in debt after school that it'll take me years to pay it off."

amy
SCOTT

UI student

on their FAFSA results and academic record and performance.

FAFSA is filled out yearly and students can file January 1 for the next academic year. Students are asked to have it completed by February 15. Davenport said this

would give students the best shot at receiving available funds. Students can fill it out after that deadline if something in their financial situation changes but there are fewer funding sources.

"FAFSA is a federal formula that is a snapshot of the student and family financial situation," Davenport said.

Results of FAFSA show how much grant, loan and scholarship funds the student is eligible to receive. There are two types of scholarships awarded based on need and performance. The federal government decides the loan limits and full-time freshmen can borrow up to \$5,500, sophomores \$6,500 and juniors and seniors \$7,500.

Josh Reed is a marketing and finance major, said financial aid has been a fairly good experience for him so far. Reed also hasn't received help from his parents since his father has been unemployed for the last year.

"I have been taking student loans and working two part-time jobs while going to school full time," Reed said.

Reed lost his Work Study, a financial aid work program this year but it was replaced by scholarships, which he received for good grades. Reed said losing Work Study is going to hurt him this year but he would rather have the scholarships.

Work Study is normally

awarded to freshmen and sophomores. Davenport said this is because juniors and seniors can borrow more in loans and because Work Study is a great retention tool. He said the greatest retention time is the first two years of college.

"For Work Study, the (federal) government gives a pot of money," Davenport said, "and they say you have \$500,000, spend it."

One of the major issues with Work Study not being awarded to more students is the lack of funds. Work Study is needs based and federal help isn't increasing at the same rate as financial need.

Right now the level of funding is the same as it was 1979, Davenport said, and of the students that ask for Work Study, they only award about one in five. Financial Aid Services has a job search program that helps students locate off-campus jobs.

"The number of students that fill out FAFSA has increased 26 percent in the last two years," Davenport said, "and around 65-70 percent of UI students have financial aid."

Financial Aid Services is seeing a lot of students who fill out the FAFSA with both parents working, and then financial needs change because their parents become unemployed. Students can petition to have information changed on their FAFSA by coming into the financial

aid office, filling out information about their situation and providing an estimate of their parents' new income. If the student qualifies for more aid an employee in the financial aid office can edit the student's FAFSA and change the information.

Students are assigned a financial aid adviser and recommended to talk with them if they have financial concerns. There is also a tool on the financial aid homepage called the "Budget Worksheet" that is an interactive budget planner.

"Our job isn't to protect these dollars that we get," Davenport said. "Our job is to get (students) as much aid as we can by following the (federal) rules."

Student fees are approximately 25 percent of the cost of attending college. Books, living expenses, food, clothing and entertainment just add to the price of the experience.

Financially, Reed said he should be OK this year, and will have parental support, but he is considering moving back onto campus so he can use financial aid money to live and his paychecks for living expenses.

"If you think about going to college, it affects your income," Davenport said. "Your income affects the way you can live. It also affects the way you can retire. There's nothing more critical than going to college. It's like putting money in a stock but you're the stock."

University anticipates increased enrollment in fall

Housing also expects increase in student residents

Kayla Herrmann
Argonaut

As summer comes to an end and students head to Moscow for fall semester, the university may see an increase in enrollment, due in part to transfer students and university retention.

Although the total number of students for the fall 2010 semester is not released until 10 days after the school year begins, Steve Neiheisel, assistant vice president for enrollment management, said they expect an increase in student enrollment compared to past years.

"Last spring and this coming fall we have seen a lot more transfers," Neiheisel said.

"We have had more articulation with community colleges and retention efforts, and I think that is where we are going to see the most benefit in our normal growth."

University Housing will

experience an increase in students because of the frozen rates it offered last semester and the new live-on-campus requirement.

"We are offering frozen rates for returning students, which allows students to get the same rate as last year, and that is impacting our occupancy," said Ray Gasser, director of University Housing.

With a total of 1,124 new students living in the dorms this fall, the live-on-campus requirement didn't have a huge impact on availability, because 85 to 95 percent of freshman already lived on campus.

"All we are seeing is a five to 10 percent increase that were not living on campus before," Gasser said. "We will probably only have an additional 60 to 70 extra students living with us."

Currently, University Housing has about 1,650 students living in the dorms for fall semester and is ex-

pected to get around 200 housing applications in the next month.

Gasser said they have been working with Greek housing to strategize possible overflow housing for sororities and fraternities in the case of large recruitment.

This summer, 294 women have signed up for sorority recruitment and 252 men signed up for fraternity recruitment.

"Recruitment numbers are similar to last year numbers," said Matt Kurz, Greek adviser.

"The only difference is that there were more people who signed up earlier due to a reduced fee rate that was offered to those who registered before May 2."

Kurz said he predicts more students will sign up before recruitment because sorority registration is open until Aug. 4 and fraternity registration is open until Aug. 18.

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FIRST-YEAR

BUILD

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FREE, 2-DAY SERVICE TRIP TO NORTHERN IDAHO. YOU WILL HELP BUILD A HOUSE, MEET NEW PEOPLE AND HAVE A LOT OF FUN IN THE OUTDOORS OF BEAUTIFUL NORTH IDAHO.

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Check out our exciting student employment opportunities!

Think Idaho Commons and Student Union! We can customize your special event, from small group meetings to large functions! Please contact the Facilities/Events Manager at icsu-rooms@uidaho.edu to arrange for an appointment, or fill out our Online Room Request Form located at www.sub.uidaho.edu/RoomReservation. Remember, ASUI Recognized student organizations and University departments receive a 100% discount on room rental.

Anything you need to know.....

Information: Located in the Student Union Building. Call 208.885.6111 or www.uidaho.edu for UI information.

SPL - Sound, Production and Lighting
Student Supported - Student Staffed - Specializing in Technical Support for Student Groups and Events. Located on the third floor of the UI Student Union Building. Phone: (208) 885-6947

KUOI 89.3 FM
Check out the Student Radio Station at KUOI 89.3 FM

Monday - Thursday	Commons/TLC HOURS 7am - midnight	SUB HOURS 7am - midnight
Friday	7am - 8pm	7am - 8pm
Saturday	9am - 8pm	9am - 8pm
Sunday	10am - midnight	10am - midnight

Something for everyone

Student groups: Don't let college pass by without taking advantage of valuable opportunities

Joe Pflueger
Argonaut

Involvement in student groups and organizations at the university level proves to be a tool to perform better academically and is good for success in college and after, said Denise Carl, student engagement coordinator.

With more than 200 student groups at the University of Idaho there is sure to be an organization for students interested in any activity with a common rule of no discrimination.

Diverse as UI is, its array of student groups include the Cycling Club that rides in the fall to the Logger Sports Club that hosts a timber sports show in the spring and competes against other colleges in the West.

Robert Easley, forest resources major, said joining the logger sports team has made studying more convenient because the friends he associates with on the team have classes with him.

Student groups offer more than sports and recreation — they provide a network of diverse people with similar backgrounds who work toward a common future.

Clubs are offered for women such as Ambitious Women of Strength, Unity and Motivation, which work to increase multicultural experiences at UI and to promote issues relating to women's roles as leaders.

Clubs are offered for dozens of different cultural and ethnic backgrounds such as Nepali Students' Association, which aims to share both Idaho and Nepalese culture with NSA members and the community.

All groups have the potential to be an advantage in chosen careers because of the networks, friendships and favors built from people met and skills learned in the student clubs. UI has more than 40 different professional groups relating to fields of study offered, and there are some groups created with networking as the ultimate goal.

Nathaniel Essex, ASUI intern and member of the Society of Human Resources Management, along with other groups, said he has networked with people outside of the university.

for more INFO

If you didn't see a club that piques your particular interests, visit the student organizations website www.stuorgs.uidaho.edu/Main to scan complete listings of student groups.

Another option is to start your own group to attract and meet your type of crowd. You need only two or more members and a faculty member as an advisor. All the information you need to start a new group is found on the website.

He wants students to curb the phrase, "You get out of the clubs what you put into them," and said he prefers structured groups where one doesn't have to work so hard to reap the benefits.

Carl said about 20 groups submitted a new organization registration request in the last year and they have not turned one down yet.

Student groups not only engage individuals in school but involve them with the community as well. The UI Soil Stewards' mission statement includes promoting long-term socioeconomic equity through activities, such as organic farming and community outreach.

Most groups are created specifically to provide help and services to members with similar needs.

Senior Leslie Lewis, president of Veterans at UI, said they are a new group that plans to provide support and resources to fellow veterans. Although they are a veteran club, they welcome all who want to participate.

Students can also meet up with friends through a recreational club like the Video Game Club who compete in tournaments with each other.

The history behind groups at UI goes back longer than the oldest alumni. The Society of American Foresters and the Logger Sports Club celebrated its 100th anniversary in the 2009-10 academic year, making it the oldest club on campus. Several alumni remain valuable contacts for the Logger Sports Club by helping with the logistics of its spring show. The Logger alumni stand testament to the fact that connections made here can last a lifetime.



Joe Pflueger/Argonaut

Robert Easley uses a chainsaw to cut through a log while participating in logger sports. Easley found logger sports and with it a study group and circle of friends who share the same classes with him.

Campus entrances enhanced by land exchange



File photo by Jake Barber/Argonaut

Parking Services is now located in the former police substation building, across from the Student Recreation Center. The office was formerly located in North Campus Center, which was traded in a land swap with the Coulee City Railroad.

University offices move to prepare for building sale

Elizabeth Rudd
Argonaut

University of Idaho officials plan to exchange the North Campus Center Building for two parcels of land currently owned by the Coulee City Railroad in hopes of preserving campus perimeters and enhancing campus entrance points.

Gerard Billington, real estate officer for the university, said the exchange is for land that runs along the Moscow-Pullman Highway and from College Avenue to Sixth Street. He said the property is former railroad tracks that have been pulled up and abandoned.

"We felt like (North Campus Center) wasn't really meeting our needs of the university," Billington said. "We didn't think the quality of housing was adequate for our future, the cost to change that hotel into graduate student housing to meet our current needs was going to be pretty high. The balance of the building was used for offices. It was built as a hotel lobby, not as office space, so it was really kind of poor office space."

In addition to the property, Billington said the university would also receive an undisclosed monetary amount for North Campus Center because the appraisal for the building was higher than the appraisal

for the land. UI plans to preserve the land along the Moscow-Pullman highway with stream restoration and prevention of other development to maintain the area as frontage for campus.

"We're working on reconstructing Paradise Creek through a good chunk of UI property and there's a portion there that meanders off of our property into the railroad right-of-way, and so we can finish that project," Billington said. "Also entrance points at the new Stadium Way entrance and Perimeter can be enhanced with ownership."

Billington said the land between College Avenue and Sixth Street will most likely be used as a road when commercial development starts to increase and a demand is present.

"One of the terms of the transaction was, we exchange our property for their property," Billington said. "But one of the terms the railroad put on was they didn't want the exchange to go through unless they had a third party buyer in the links, in other words this railroad doesn't want to own an old hotel either."

He said the building is currently on the real-estate market and the railroad is still looking for a third party buyer. The exchange has been approved by the Board of Regents, but small changes have occurred in the deal that might cause

the university to seek approval again.

The potential land exchange has caused departments that were located in the North Campus Center to be relocated. The departments included Purchasing, Parking, Independent Study in Idaho, and graduate housing.

"The one thing that worked well for us was that (North Campus Center) really did amount to a lot of space. In most cases we had generous amount of space, which is sort of a rarity," said Carl Root, director of parking services.

"But how the space is laid out, the overall functionality of the building was not great. Access was not great, the location is not great. We had challenges that had to be met with disability access, those did get solved, but those were all issues."

Parking services has been split into two locations with the main Parking Services building — housing permits and customer service — located on Third and Line streets. Parking Services now also has offices in the Facilities building. Purchasing is now located on the third floor of Shoup Hall and Independent Study in Idaho is located in the College of Education Building. Graduate housing will be offered in the Syringa Building of the Living and Learning Community.

University of Idaho | Campus Recreation campusrec.uidaho.edu

INTRAMURAL SPORTS

UPCOMING EVENTS	ENTRY DUE
Whiffleball	Aug 25
Horseshoes	Aug 25
Sand Volleyball	Aug 26
Ultimate Frisbee	Aug 31
Soccer	Sep 1
Flag Football	Sep 1

Entry forms can be picked up at the SRC. Fill out the form and drop it off at the Campus Rec office by 7pm the day of the entry deadline

CAMPUS REC Be our fan: UI INTRAMURAL SPORTS Follow us: UICampusRec

INTRAMURAL SPORTS

THE UNIVERSITY OF IDAHO
THE ARGONAUT

UI's Student Newspaper

Become a fan of The Argonaut on Facebook.

Gun rights draw hot debate

Supreme Court sides with citizens' right to bear arms

Joe Pflueger
Argonaut

On June 28, in the case of McDonald v. Chicago, the U.S. Supreme Court ruled the Chicago city ordinance that banned nearly all private citizens from owning handguns was unconstitutional under the 2nd and 14th Amendments.

What does that mean for Idaho?
Nothing.

The Chicago ordinance required permits to have guns in the homes of its citizens. Idaho has no such law.

It took four petitioners from Chicago and its suburb, Oak Park, to overturn the ordinance. Otis McDonald, a Chicago citizen who resides in one of its most dangerous neighborhoods, challenged the city by saying that law-abiding citizens should have the right to keep guns for self-defense in their homes.

Idaho does have restrictions stating a person, even with a concealed weapons permit, may not hold a weapon on a public or private campus.

Article VI of the University of Idaho Student Code of Conduct Handbook says that any firearm brought onto campus must be unloaded, have a trigger lock and be enclosed in a case. A firearm includes BB guns and air rifles, according to the handbook.

Al Baker, a second year law student and the Idaho state director for Students for Concealed Carry on Campus, said he doesn't know how one has the right to defend themselves under those rules.

Baker said the shootings at Virginia Tech in 2007 are what incited students to push harder to extend the right for concealed weapons on campus.

"People can do it off campus, why not on?" Baker said. "There is nothing illegal about carrying on campus."

Idaho, along with 16 other states, brought major reforms to campus weapon laws before state legislature in 2008, following the April 2007 shootings at Virginia Tech.

Baker said the right to carry on campus is through "narrow and limited exceptions" that allow police and armed guards the right to carry. The argument brought before the Idaho Legislature in 2008 was about whether UI has the authority to enforce such a ban.

"If someone gets stopped tomorrow for carrying a gun on campus, there is nothing to cite them with or arrest them for," he said.

Baker said a student violating the ban would face expulsion but would not be arrested.

He said although the McDonald v. Chicago case will not directly lead to state level reform, Baker said he thinks there are good implications from the case, especially in regards to student housing.

According to observations in an American Association of State Colleges and Universities report, there have been no victories for campus gun-rights activists because college administrators, students and law enforcement personnel are outspoken against reforms.

The Chicago ordinance that made it nearly impossible for citizens to have handguns in their home had been in effect since 1983.

The court said the Chicago Police Department statistics revealed that since the ban was enacted, the rate of murder by handgun had risen. In 1983 the percent rate was 9.65, and in 2008 it was 13.88.

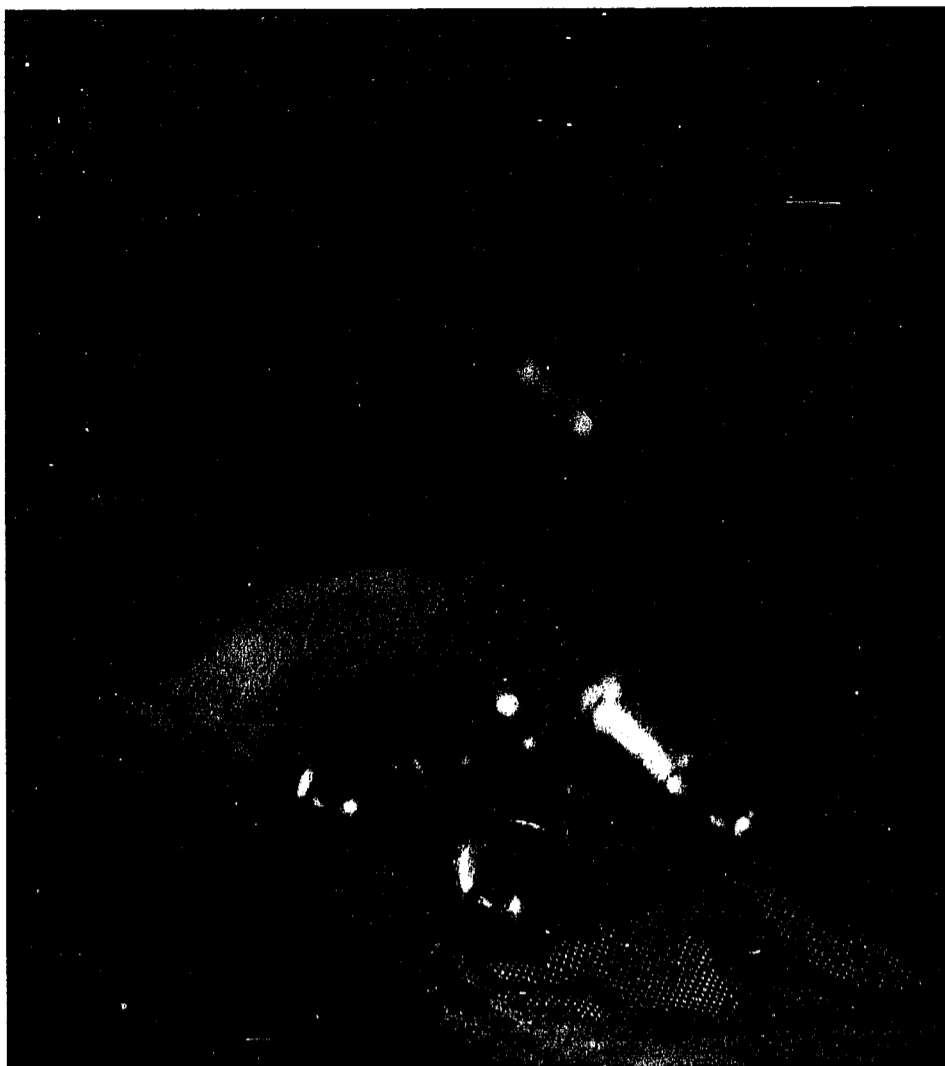


Photo illustration by Joe Pflueger/Argonaut
The Supreme Court decided June 28 the 2nd Amendment allowed Chicago citizens the right to keep handguns in their home within city limits. Currently this ruling will not effect the state of Idaho or the University of Idaho.

Lesbian gets \$35k for prom cancelation

Shelia Byrd
Associated Press

JACKSON, Miss. — A rural school district that canceled its prom rather than allow a lesbian student to attend with her girlfriend has agreed to pay \$35,000 to settle a discrimination lawsuit the ACLU filed on her behalf.

The district also agreed to follow a non-discrimination policy as part of the settlement, though it argues such a policy was already in place.

Constance McMillen, 18, said the victory came at the price of her being shunned in her small hometown of Fulton.

"I knew it was a good cause, but sometimes it really got to me. I knew it would change things for others in the future and I kept going and I kept pushing," McMillen said in an interview Tuesday.

The flap started in March when McMillen challenged the Itawamba County School District's rules banning prom dates of the same gender and allowing only male students to wear tuxedos.

The district responded by canceling its prom, prompting the ACLU to file suit claiming the teen's rights had been violated and demanding the prom be reinstated.

U.S. District Judge Glen H. Davidson refused to make school officials hold the prom, but he said in a March 23 ruling that the district had violated McMillen's rights.

The district later announced parents would sponsor another prom chaperoned by school officials. But ACLU lawyers claimed the event was a "sham prom" attended by only about 10 students, while most of McMillen's classmates partied at a private event elsewhere, a claim the school denied. McMillen's suit also says she's been harassed for her stand against the school's policy.

McMillen's lawyers filed notice Monday in U.S. District Court to accept a judgment offer from the Itawamba County School

District that will pay \$35,000, plus attorney's fees. As part of the agreement, the school district also said it would follow a policy not to discriminate based on sexual orientation in any educational or extracurricular activities or allow harassment based on sexual orientation and gender identity.

School officials contend that their agreement to follow the non-discrimination policy merely reaffirms inclusiveness rules the district already had, said school board attorney Michele Floyd.

She said the district's insurance company will pay McMillen.

District officials said in the settlement offer that they didn't believe they violated McMillen's rights.

The ACLU, however, contends that if the district really had such an inclusiveness policy all along, it wouldn't have banned same-sex prom dates. It also said the district is the first in Mississippi to implement a policy banning discrimination and harassment on the basis of sexual orientation and gender identity.

Ben Griffith, the attorney who represented the district in the suit, said school officials are focused on preparing for the upcoming fall semester and wanted to avoid protracted litigation.

"The defendants have consistently taken the position throughout this case that their actions and conduct at all times have been constitutional and lawful in every respect," Griffith said.

Christine P. Sun, an ACLU lawyer, said the case has "inspired countless other people around the world to stand up for what's right."

McMillen has moved to Memphis, Tenn., where she plans to attend Southwest Community College in the spring, majoring in psychology. She said she'll use the settlement money for her college education.

She eventually withdrew from Itawamba Agricultural High School and finished her senior year at a school in Jackson, Miss.

newsBRIEFS

Walmart closing

There has been much speculation, with the opening of a Walmart Supercenter in Pullman, about whether or not the Moscow store would remain open for business. It has been confirmed by the corporation and city officials that the store will close in October after the Pullman store opens its doors.

Campus Dining changes implemented

Campus Dining has implemented many of the changes it outlined in spring semester. Einstein Bros. Bagels opened its doors July 16 in the Idaho Commons and replaced Common Grounds. Einstein Bros. Bagel is open Monday through Friday 7 a.m. to 3 p.m. Joe's Café has made the switch to Starbucks coffee and now hosts Cabrizo Mexican Grill, which serves tacos, burritos and taco salads. Bogey's Grill and Joe's Café started serving Island Oasis blended drinks July 6.

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From Idaho to the World

Studying abroad can be a once in a life time for students

Rhiannon Rinas
Argonaut

University of Idaho students participating in the Study Abroad program can choose from more than 60 countries located on various continents to experience a new culture and living in a foreign country.

"Studying abroad is just an amazing idea," UI senior Scotia Bruijn said. "Not only to get you to experience college in another country, but all the life experiences outside of school are incredible."

Bruijn, a Spanish major, studied at the University of the Basque Country in Bilbao, Spain, during the 2010 spring semester. Bruijn said Bilbao was the perfect location for her because she wanted to become fluent in Spanish and learn about Spanish culture.

Bruijn said preparations for studying abroad weren't as easy as some students may believe. Bruijn had taken Spanish classes in high school and at UI to prepare for the trip, and had to make certain her passport was up to date and obtain a student visa to stay in Spain for the semester. Physical check-ups for proper immunizations were completed and student loans were taken out before she could board

the plane to Spain.

"I also tried to prepare for culture shock by reading up about the area I was going and the culture there," Bruijn said.

During her stay in Bilbao, Bruijn studied Spanish and took an art history class. She will begin a Spanish education class soon.

"The most challenging part of studying abroad was probably the language barrier," Bruijn said.

She said almost no one speaks English in Bilbao and Bruijn's host family didn't speak English either, so she was completely consumed by the Spanish language. She said although it was rough at first, as the semester went along the language

"The most rewarding thing about studying abroad was learning and experiencing different cultures."

Scotia
Bruijn

UI Student came easier to handle and now she misses having Spanish spoken around her all the time.

"The most rewarding thing about studying abroad was learning and experiencing different cultures, and meeting all the great people," Bruijn said. "It was an amazing experience that I will never forget. I have learned so much and have really grown personally."

Bruijn said she would recommend studying abroad to others, especially those

studying a foreign language because it is one of the only ways to truly learn a language.

"There is no comparison between learning a language in a classroom and being totally immersed in it for several months," Bruijn said.

Bruijn said she was able to travel to places she normally wouldn't have been able to and made some great friends along the way.

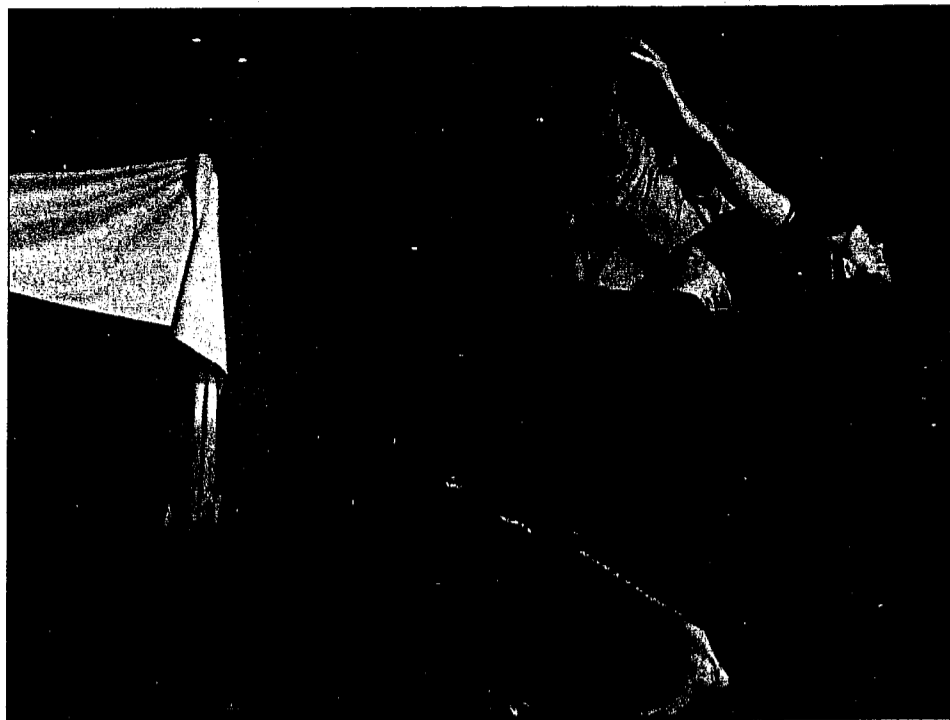
Cultural adjustment is often the most challenging aspect of studying abroad and the department provides students with resources on how to deal with these issues.

"You often go through a wide range of emotions when you study abroad," said Holly Greenfield, Study Abroad adviser. "From feeling extremely euphoric about your new surroundings to wanting to go home because you miss your family and friends."

Greenfield said the rewards of studying abroad depend on the person. She studied abroad in Austria as a college student but had not traveled much outside the country before and was extremely nervous.

"After studying in Austria for a semester in college, I think the biggest reward for me was learning to be more independent and confident in my ability to live and travel in a foreign country," Greenfield said.

"There are many benefits to studying abroad, some more obvious than others," Greenfield said. "You can



Kate Kucharzyk/Argonaut
Students from Nepal perform a dance routine at the Taste of Nepal event held last fall. Events like Taste of Nepal help the transition for international students.

earn credit toward your degree, learn a foreign language in half the time, become more marketable, learn about yourself and your country, make new friends from around the world, learn how to be adaptable, practice your human relation skills, and much more," Greenfield said.

UI's study abroad office works with more than 250 universities worldwide and dependent upon a student's interest and major, they should be able to find students a suitable program. Students can choose to study abroad for sum-

mer, a semester or yearlong and there are programs that take place during summer and winter breaks led by UI faculty. Most of these programs accept freshmen through seniors, though some require sophomore or junior standing. Students wanting to apply must have at least a 2.5 GPA and be in good academic standing.

"The study abroad office offers first-time study abroad advising sessions throughout the semester which students are encouraged to attend to get more information about the study abroad process before ap-

plying," Greenfield said.

Study abroad programs vary in cost but range between \$12,000-\$17,000 per year including program fees, housing, meals, airfare and personal expenses.

Financial aid is available and when students go in for study abroad advising they are given a scholarship cheat sheet that lists different UI and national scholarships available by country and program, Greenfield said.

"Every year we have \$156,000 available in grant money to give to UI study abroad students," Greenfield said.

Barefoot Bandit: the movie?

Gene Johnson
Associated Press

SEATTLE — The tale of the Barefoot Bandit is Hollywood-ready, with its barely schooled, shoeless scamp dodging police as he allegedly stole planes and cars in a cross-country dash before he was nabbed in a high-speed boat chase in the Bahamas.

A well-known entertainment lawyer hired by Colton Harris-Moore's mother says he is being swamped by unsolicited offers for book and movie deals, and no law would prohibit the 19-year-old or his mom from getting rich off his tale.

But hardball-playing prosecutors could seek to have the family to turn over any profits from such deals in exchange for Harris-Moore avoiding a long prison sentence. The government could use the money to repay his alleged victims.

"Most victims in this case would not look kindly on either the defendant or

his family getting rich," said Mark Bartlett, former first assistant U.S. attorney in Seattle. "It would be very difficult for him to make a pitch for leniency without a clean and total disgorgement of profits he or his family members are making."

Harris-Moore was arrested in the Bahamas a week after he reportedly crash-landed there in a plane stolen July 4 from an Indiana airport.

He made initial court appearances in Florida last week and is being returned to Seattle, where he faces a federal charge in the crash-landing of a plane stolen from Idaho last year.

The self-taught pilot is suspected of more than 70 crimes across nine states since he walked away from a halfway house in April 2008, many of them in Washington's bucolic islands. Some prosecutors and a defense attorney who was asked to represent him have expressed interest in negotiating a "global" plea

deal to resolve all or most of the allegations.

The U.S. Attorney's Office has declined to comment on how the prosecution will proceed, except to say it is reviewing crimes attributed to Harris-Moore to see which might be prosecuted in federal court.

Police suspect Harris-Moore took stolen cars, a boat and planes across state lines, and interstate transportation of stolen property is a federal offense with a 10-year maximum sentence.

John Henry Browne, a Seattle lawyer who has been asked to represent Harris-Moore, did not return calls and e-mails seeking comment.

A global plea deal would be more efficient than prosecuting him in one jurisdiction after another, but it isn't clear that would satisfy the local, elected prosecutors who have dealt with Harris-Moore the longest.

"I never say never, but my preference is that he answer for Island County

charges in Island County court," said Island County Prosecutor Greg Banks, whose jurisdiction includes Harris-Moore's hometown of Camano Island. "He's got a lot to answer for."

He also noted Harris-Moore still has two years left on the sentence he walked away from in 2008.

Harris-Moore might not be charged in every case in which he's a suspect. In some Washington burglaries, little or no physical evidence was uncovered. In Indiana, Monroe County Chief Deputy Prosecutor Bob Miller said charges in the plane theft are unlikely for that reason.

In other states, prosecutors have already filed charges.

If the U.S. attorney's office were to broker a deal, it could recommend leniency in exchange for Harris-Moore agreeing to direct profits from movie or book deals to victims.

That would be easier on victims, who otherwise might have to sue him for damages.

But prosecutors are unlikely to offer leniency unless Harris-Moore's mother also agrees to forego any profits, Bartlett said.

"A plea agreement is a contract, and that contract can be very broad," Bartlett said. "She's not being prosecuted, but her profits could definitely be part of the negotiations."

Bussing plan draws protests

Mike Baker
Associated Press

RALEIGH, N.C. — About 1,000 protesters marched Tuesday through North Carolina's capital and prepared for an afternoon showdown with a school board they say will re-segregate schools by eliminating a bussing policy focused on diversity.

Led by the NAACP, the angry demonstrators held signs that recalled images of the 1960s as they prepared for a Wake County school board meeting. The head of the state NAACP, the Rev. William Barber, said he'll show up even though he has been banned from attending. He and three others — dubbed the "Raleigh 4" — were arrested there last month.

At the steps of the state Capitol, speakers quoted Martin Luther King Jr., remembered the days of segregated water fountains and likened the current situation to the landmark Brown v. Board of Education battle. Barber talked about America's legacy of racial strife to galvanize the crowd.

"Too many prayers were prayed," he said. "Too many lives were sacrificed. Too much blood

was shed. Too many tears were shed. We can't turn back now."

He called on the crowd to join him at the school board session. Eight off-duty police officers have been hired following the contentious June meeting.

The Wake County School Board has voted multiple times over the last several months to scrap the district's diversity policy, which distributed students based on socioeconomic and for years had been a model for other districts looking to balance diversity in schools.

Several school board members elected last year have built a majority in favor of focusing on neighborhood schools.

Opponents believe the new policy will re-segregate schools. They carried signs that read: "Segregate equals hate" and "History is not a mystery. Separate is always unequal."

George Ramsay, a white former student body president of Enloe High School, said it was necessary to keep the diversity policy in place to prepare students for an increasingly connected world.

"It is shortsighted to ignore the way students like me have been enriched by diversity," Ramsay said.

The Women's Mentoring Program in the Women's Center connects incoming first-year and transfer students with experienced students, faculty, and staff in a one-to-one mentoring relationship providing students with personal, academic, and professional support, guidance and encouragement.

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Idaho inmates say problems continue at ISCI

Rebecca Boone
Associated Press

BOISE, Idaho (AP) — More than 25 years after a federal judge ordered Idaho to change the way it handled medical care, overcrowding and other issues at the Idaho State Correctional Institution, attorneys for inmates say problems in some areas of the prison near Boise are just as bad.

U.S. District Judge B. Lynn Winmill will hear arguments Monday on whether he should close the oldest portions of the lawsuit that's become known as the "Balla case" or allow regular monitoring by the inmates' attorneys to continue.

In a 65-page status report to the court, the inmates and their attorneys say the lawsuit should remain open. To back their claims, they offer testimony from an inmate who says he nearly bled to death and required surgery after he was forced to wait for hours for treatment of a perforated artery.

They've also provided a statement from a former doctor at ISCI who says the medical care process is "downright obstructive and leaves many inmates without needed treatment and medications. Dr. Ralph Heckard wrote that psychiatric care is spotty at best and that medical procedures that should be done by physicians and nurses — like injections — are "delegated" to non-qualified workers.

It all shows that "prison officials still exhibit deliberate indifference to the serious medical needs of inmates," the inmates' attorneys wrote.

The case began in the early 1980s, when so many inmates at the prison began filing lawsuits that the cases threatened to clog Idaho's federal courts. A judge ultimately combined them into one big lawsuit, dubbed the "Balla case" after lead plaintiff Walter Balla.

In three major rulings over the next two decades, federal judges ordered the state to stop overcrowding at the prison, provide warm clothing to inmates, improve access to medical and psychiatric care and rehabilitation programs, and to take other measures to ensure that some units of

the prison would no longer be "an extremely violent place to live."

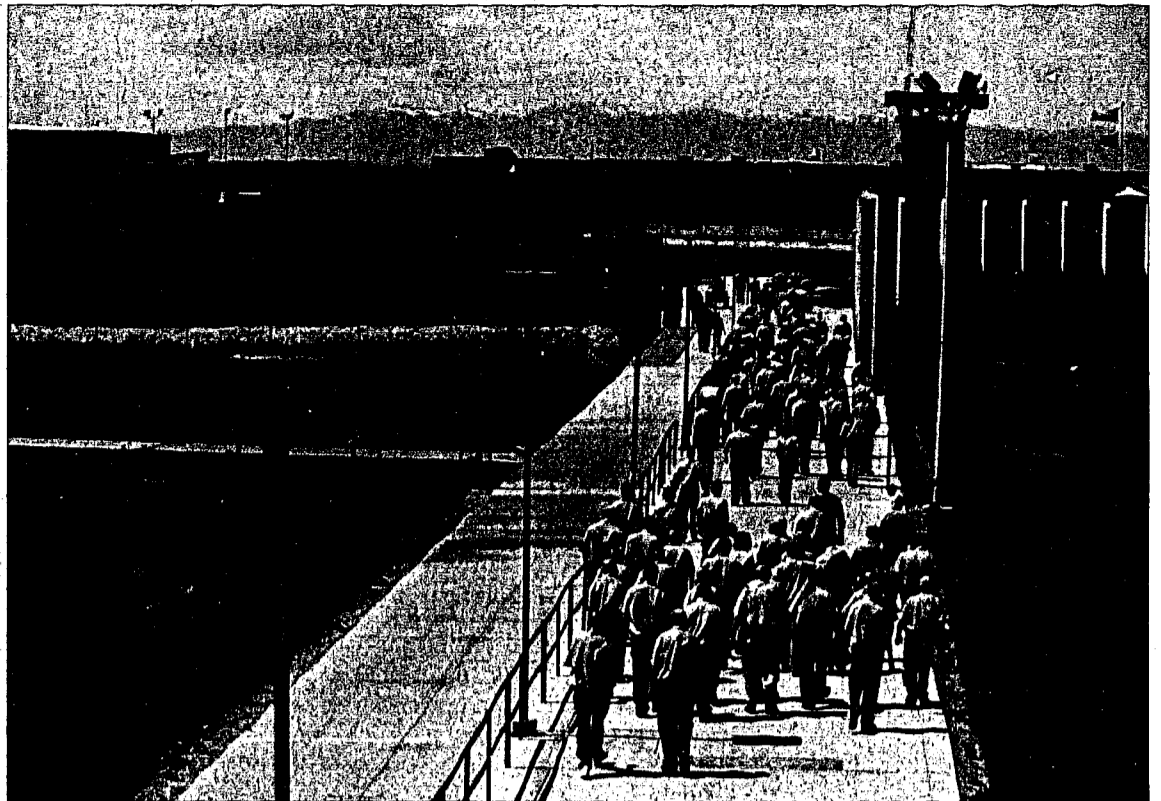
In May, Winmill said he was inclined to close the oldest portion of the case, which specifically aimed to stop rampant violence, the near-routine brutal rapes of newly arrived young prisoners, limited access to psychiatric and medical care and other problems. At the time, Winmill said changing conditions and procedures at the prison make enforcing that part of the case difficult, and he said he would reduce the long-term monitoring requirements at the lockup as long as state officials continued to "tread cautiously and show good faith in maintaining compliance."

After Winmill's ruling, Idaho Department of Correction Director Brent Reinke said he was grateful the judge was acknowledging that times have changed. Reinke says the state has been "quite diligent" in its approach to dealing with the issues listed in the lawsuit.

But the inmates and their attorneys appear to be focusing in on the medical and psychiatric care at the prison, saying it's as bad or worse than it was when the lawsuit began. The doctor mentioned in the report, Heckard, said he started doing contract work with Correctional Medical Services — the private company that handles the state's prison medical care — for 2009. He chose to sever the contract after six months because he said he witnessed "rampant violations of plaintiffs' Eighth Amendment rights."

Inmates faced long delays for medical care, often having to fill out multiple requests for treatment before they were seen, Heckard wrote. He said there was only one doctor for roughly 1,500 inmates, and no pharmacists at the prison.

Heckard also said the medical care process at ISCI is "obstructionist," requiring physicians to fill out consultation application forms for every step in an inmate's care. For instance, he said, if an inmate with cancer needed a colonoscopy and biopsy, the physician would have to fill out an application for the procedure, then another one for the follow-up,



Charlie Litchfield/Associated Press

In this photo taken Tuesday, June 15, 2010, inmates walk to the dining hall from their cell block at the Idaho State Correctional Institution outside Boise, Idaho. More than 25 years after a federal judge ordered Idaho to change the way it handled medical care, overcrowding and other issues at the Idaho State Correctional Institution, attorneys for inmates say problems in some areas of the prison near Boise are just as bad.

and two more for visits with an oncologist and cancer surgeon.

If surgery was then needed, the physician would have to fill out an application for the surgery, one for the hospital where it would be performed, and sometimes even for the anesthesiologist. The same applications were required for any postoperative visits, to review the pathology report, and for each episode of chemotherapy or radiation.

Heckard says those applications weren't just paperwork — each one had to be authorized by the CMS regional medical director.

"This process was the source of multiple complaints by multiple providers specific to the cumbersome and obstructionist nature of the process," he wrote. "Often, even when requested and approved, the visitation or treatment was delayed further by 'scheduling' or 'transportation' issues."

Medical care is harder to access on weekends or after normal business hours, he said, because the on-call providers aren't physicians and were often unavailable by phone. Heckard said he was also routinely barred from ordering emergency medications for mentally ill inmates whose prescriptions had expired or run out, because he isn't a psychiatrist — even though for months the prison had no psychiatrist on staff.

Attorneys for the state didn't respond in court filings to the specific allegations made in the inmates' report, saying it would file a more detailed brief later.

But the state did say the best way to deal with any potential problems would be in new lawsuits — a suggestion the judge has also made. Trying to litigate the inmates' claims under the decades-old Balla case "will take longer, present more difficulty

and be less efficient for everyone than it would be if the same claims were brought in new cases," the state's attorneys wrote in their response to the court.

They also noted that the inmates haven't asked the judge to hold the state in contempt for violating the Balla rulings. Instead, they're asking the court to appoint a special master to help them discover constitutional violations.

"One can only conclude from this that there is simply insufficient evidence to support a contempt proceeding," the state's attorneys contend.

Besides, they noted, Correctional Medical Services didn't take over the prison's medical care until after the first round of Balla rulings were made, and the state's attorneys say the company would likely object to being added to a lawsuit that was filed nearly 30 years ago.

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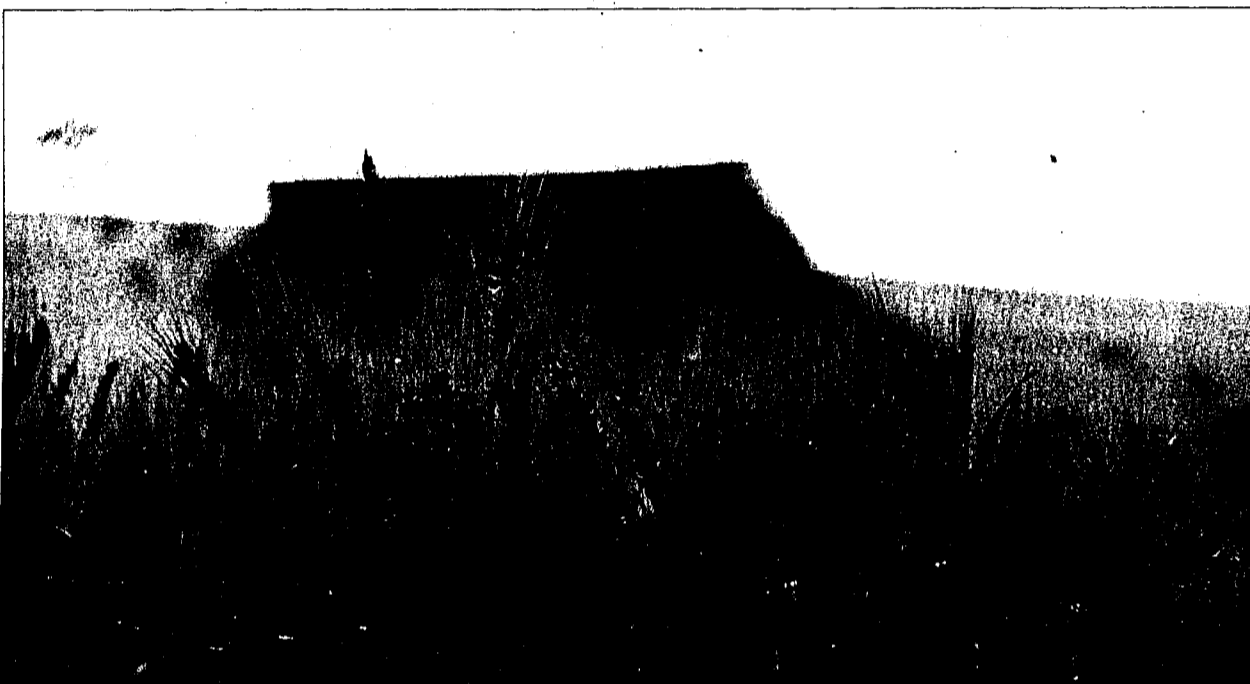
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Steven Devine/Argonaut

Sunsets at Table Rock, just outside Boise, can be the perfect mix of simplicity and beauty.



Joe Pflueger/Argonaut

Wheat and daisies blow in the wind. Take time to enjoy this setting by taking a hike or bike ride through the countryside.

Obama sets new policy to protect oceans

Julie Pace
Associated Press

WASHINGTON (AP) — The Obama administration on Monday announced a new national policy for strengthening the way the U.S. manages its oceans and coasts, and the Great Lakes.

Officials said the framework is needed now more than ever following the massive Gulf oil spill.

The policy calls for the creation of a new National Ocean Council that will coordinate the work of the many federal agencies involved in conservation and marine planning. But it creates no new restrictions or regulations, and is not expected to have any short-term effect on offshore oil drilling.

Nancy Sutley, chair of the White House Council on Environmental Quality, said the new policy recognizes that use of the ocean is expanding at a rate that challenges the ability to manage competing demands.

Among the central tenets of the policy is a zoning process that confines certain recreational and commercial activities to designated areas, known as marine spatial planning. Proponents of the process say it will help balance and manage competing uses of the oceans.

The zoning would be overseen by new regional organizations, with final approval coming from the National Ocean Council.

The policy is based on final recommendations

from the two dozen senior policy experts from across the government named to the Ocean Policy Task Force Obama established last year.

The president signed an executive order adopting the recommendations Monday.

While marine spatial planning could ultimately affect offshore drilling, administration officials said any changes would be in line with the findings of a presidential commission investigating the causes of the Gulf oil spill.

The administration imposed a moratorium on deep-water offshore drilling pending the outcome of the commission. That moratorium was later revised after courts struck down the original as heavy-handed.

Some environmental advocates praised the national oceans policy as an important step in promoting a healthy environment.

"Coastal and marine spatial planning will allow for more transparent decisions about how to manage conflicting uses while maintaining and restoring the health of the ocean," said Vikki Spruill, president and CEO of Ocean Conservancy, a Washington, D.C.-based advocacy group.

But the National Ocean Policy Coalition, representing energy and other business interests, said it's worried the recommendations could end up restricting some activities and lead to unintended economic consequences.

newsBRIEFS

Second person dies in Spokane shootings

SPOKANE VALLEY, Wash. (AP) — A 9-year-old boy who was shot in the head is the second person to die in what authorities call a violent domestic dispute.

The boy was taken off life support and died Sunday afternoon, according to Providence Sacred Heart Medical Center.

The boy was shot during an attack at his mother's home early Sunday. The mother, whose name has not yet been released

by authorities, was shot to death and her 17-year-old son was attacked with a knife but treated and released from the hospital.

The deceased boy's twin brother, also in the house, was not harmed.

Boise State Recruit Dies

BOISE, Idaho (AP) A Boise State football recruit, Emil Smith, died in a two-vehicle crash in California.

Police in Hemet, Calif., say the 18-year-old Smith and 22-year-old Dimitri Garcia were killed when the car they were in went

into the dirt median and spun into oncoming traffic, where it was struck by a minivan.

Smith died at the hospital while Garcia died at the scene of the crash Saturday evening. Both are from Ferris, Calif.

Smith committed to joining Boise State's 2011 recruiting class last month after attending football camp at the school. He played linebacker at Rancho Verde High in Moreno Valley, Calif.

Boise State spokesman Max Corbet says coach Chris Petersen and his staff are saddened by Smith's death.

Judge may toss part of Idaho Boy Scout abuse suit

BOISE, Idaho (AP) — A federal judge said Tuesday he's inclined to dismiss many of the claims in a lawsuit against the Mormon church made by a man who says the church didn't do enough to stop a Boy Scout troop leader from sexually abusing children.

U.S. District Judge David O. Carter gave a tentative ruling saying he would likely dismiss most of the claims in the man's lawsuit against the Church of Jesus Christ of Latter-day Saints. But Carter also said he may allow a fraud claim to move forward.

The tentative ruling allows attorneys on all sides to more narrowly tailor their arguments to the points the judge believes are most pertinent to the case.

The plaintiff, identified in the lawsuit only as Tom Doe, and his attorney, Kelly Clark, filed the lawsuit against the Boy Scouts

of America, the Boy Scouts Ore-Ida Council and the LDS Church in 2008. The case was moved from Malheur County Circuit Court in Vale, Ore., to Boise's U.S. District Court the following year.

In the lawsuit, Doe alleges that the leader of his Nampa, Idaho, Boy Scout troop sexually abused him for about three years in Oregon and Idaho starting in 1967, and that the abuse left him with debilitating physical, emotional and mental injuries. Doe says the troop was jointly operated by the Boy Scouts and the LDS church, and the Nampa ward of the church "called" the troop leader to educate and minister to LDS families and their children.

Doe says both the Boy Scouts and the church are guilty of fraud because they knew they had a widespread problem with Scout leaders and volunteers sex-

ually abusing the children in their care, and they failed to warn families. Instead, they portraying scouting as a healthy, safe and morally upstanding activity for kids, he claims.

Carter told attorneys that he was likely to let laws from both Oregon and Idaho govern the case, rather than applying one state's laws to all the claims.

Carter said he was also inclined to throw out Doe's contention that the church is liable for the Scout leader's intentional infliction of emotional distress, for negligence and for any sexual abuse that occurred in Idaho because Idaho's statute of limitations for a lawsuit has expired.

But Carter also said that Doe's claim of fraud may be able to move forward, and he gave the man a chance to amend his lawsuit to more clearly detail just how he thinks the fraud occurred.

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Jake Barber/Argonaut

Customers shop at WinCo foods on the Moscow-Pullman Highway Sunday afternoon. In past years, the beginning of the fall semester proves to be a busy time for Winco.

PLACES

from page 1A

Groceries/supplies

For students who make the extra effort at dinner and go above and beyond the box of noodles, there are important venues to know about. Among crafts and live music, local farmers and growers sell their fresh foods at the Moscow Farmers Market. Every Saturday until October 30, fruits and vegetables from several types of local potatoes to juicy Asian pears are available in abundance at Friendship Square in downtown.

If tenderloin roasts or flank steaks are on the menu then Vandal Brand Meats has the goods. Inspected by the Department of Agriculture, the wide variety of beef, pork and lamb products is guaranteed safe. These sausages and bratwursts are popular at tailgates before home football games.

-JP

For conventional grocery shopping, Moscow has three major grocery stores spread out around town: WinCo foods, Safeway and Rosauers. WinCo is usually the cheapest option, but those who don't live in that area can go to Rosauers.

Because Moscow's Walmart will be closing in October, students will have to travel to Pullman to shop the Walmart Supercenter for living essentials. They should also be able to find what they need at the Palouse Mall, which offers a small, but quality, selection of stores, such as Ross, Macy's, Bed Bath & Beyond, Old Navy, Big 5, Zumiez and Hastings.

-KH

Pets

If your four-legged friend is the one who needs food then be sure to know your local support service for upkeep on your furry companion. From swimmers to flyers, a one-stop shop for critters can be found at Palouse Pets. It has the tools and toys to keep the barkers happy and the hairy ones clean.

If the playful puppy needs more outside time with the roommate the Moscow Dog Park on the east side of town offers a social opportunity for both master and pet. Take advantage of the open space designated for dogs to let them play uninhibited.

-JP

Getting active

If the urge to move to the swinging sounds of today's beats taps your soul than head to CJ's Night Club for all-ages-welcome dancing. There is a country night on Wednesday and Thursday is swing night. The cover charge is \$5 to get into the upstairs dance hall for the night.

Create memories you can bring home and take a friend to Wild at Art in the Eastside Marketplace to paint bisques. Their once-fired clay pieces include all sorts of dishes, candleholders and figurines.

-JP

Moscow is home to an array of businesses that would have a hard time surviving anywhere else. One in particular is Tye-Dye Everything, a family-owned shop hidden behind Mikey's Gyros on Main St. The employees tie-dye everything in the store, from shoelaces to hats. They also sell items such as hand-crafted jewelry, peacock feathers and incense.

Falling Moon Tattoo Studio is a small shop, that is a professional, clean place for anyone looking to get a piercing or tattoo. The staff is friendly and knowledgeable about their work, and the prices aren't too expensive, depending on what the customer is looking for.

-KH

Outdoors

To get away from the town, the best place to relax and take in some nature is UI's new Arboretum. It is located in a valley next to the golf course on Nez Perce Drive. The Arboretum is filled with trees, flowers, trails, ponds, geese and frogs, and is especially beautiful in the spring when plants and flowers begin blooming.

-KH

A night in

While winding down from school or work, pick up a movie or a book from local merchants. Reading for school is not always the most inspirational of activities, so make sure the need for the desired read is fulfilled at BookPeople of Moscow. Like most bookstores if the store does not carry it, they can get it. If time reading has caused a need for down time than watching movies may be more enjoyable. Main Street Video has been in town for 25 years and carries more than 27,000 DVDs.

-JP

Maintenance

For those needed repairs that are sure to arise from everyday wear and tear, be sure to know the friendly businesses that can offer support. If your computer quits working be sure to know Computer Crazy. It is home to experts on hardware and software. They repair and sell not just computers but video games as well. If riding through town has built up the mileage on the old bike wheels, go to Paradise Creek Bicycles for a tune up. Located downtown, they sell parts and services to maintain bikes and ice-skating gear as well.

-JP

Medical services

Students should take note of the hospital and other healthcare providers in Moscow. Student Health Services is a good place for students who need to see a healthcare provider for minor issues. Moscow Family Medicine also has another clinic open to all Moscow residents. QuickCARE. Finally, Gritman Medical Center, but students may want to avoid the hospital for anything except an emergency or a serious health issue.

-KH

Sporting events

Cheering on the Vandal athletes is one of the best ways to show your school spirit

and a fun way to get involved at college. The Kibbie Dome is the primary spot for UI athletics and houses the UI ticket office, where students and faculty can buy admission for concerts, games and other events in the area. The other main location for sports is in Memorial Gym, located on campus above the library. Some fitness classes are held there, and it is also where volleyball games and many intramural sports are played.

Central campus buildings

Three major campus buildings to know are the Student Union Building, the Idaho Commons and the UI Bookstore. The SUB hosts school panels, debates and other events. The Financial Aid Office, Registrars Office, Vandal Card Office and Information Desk can also be found there. Right across the street is the UI Bookstore, where students can find textbooks, school supplies and Vandal gear.

The Idaho Commons is. It is home to the main food court and Disability Support Services and Information Technology Services. New this fall will also be Einstein Bros. Bagels in the former location of Common Grounds, a coffee shop. Because the Idaho Commons is connected to the Teaching and Learning Center, where many classes are held, it is where most students gather between classes to eat, study or hang out with friends.



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Earthworm protection

Nicholas K. Geranios
Associated Press Writer

SPOKANE, Wash. (AP) — Already rejected once for endangered species protection, the giant Palouse earthworm has won a new study from the federal government after the first living specimens in decades were found.

The U.S. Fish and Wildlife Service said Monday it had agreed to take another look at whether the rare earthworm deserves protection as an endangered species. The agency acted on a new petition from several environmental groups, whose initial petition was rejected in 2007 by a Bush administration finding that there wasn't enough information to conclude the worm needs protection. That decision was upheld in a June appeals court ruling.

"Given that it has wasted four years since our first petition, we hope the Fish and Wildlife Service will move quickly to protect the earthworm and its increasingly rare prairie habitat," said Noah Greenwald, spokesman for the Center for Biological Diversity in Portland, Ore., one of the petitioners.

The new petition was actually filed last year. But the case may be bolstered by the April announcement by University of Idaho officials that they had captured the first living specimens of the worm in two decades. The discovery appeared to dispel old reports that

the worms spit and smell like lilies and were 3 feet long. The new specimens were no more than 12 inches fully extended.

The Palouse region on the Washington-Idaho border is a major wheat production center, and farmers have kept a wary eye on the issue, fearing their practices might be impacted if the worm wins protection.

"We thought that this was a done deal," said Scott Yates, a spokesman for the Washington Association of Wheat Growers in Spokane.

They had considered the 9th U.S. Circuit Court of Appeals' decision earlier this year in the original petition the final word, Yates said.

The Fish and Wildlife Service said it now believes there is sufficient scientific or commercial information indicating that listing the worm as threatened or endangered may be warranted, based on additional study.

The two living specimens discovered this spring near Moscow, Idaho, were only the fifth time the species has been found in the past 100 years.

The giant Palouse earthworm has fascinated scientists for decades after long being written off as an extinct creature. It was first reported to the scientific world in 1897.

The worms were considered extinct until 2005, when an Idaho graduate student found a specimen near Albion. But that worm had been cut nearly in half as she was digging a hole.

APPLES TO APPLES



A squirrel stops in a tree on Elm Street for a quick bite on a hot day in July.

Steven Devine/Argonaut

WELLNESS from page 1A

changes are made employee feedback is taken into account along with legislative changes and finance considerations.

"The benefit was only being utilized by a small number of employees so we felt that the money the University contributed to the wellness plan could be used to benefit more employees in other ways," Jones said.

Jones said the money will be put toward offsetting increases and enhancing medical, dental and vision plans.

Hamlett said she received information, through e-mail, that the wellness program will receive no money for the 2011 year.

Hamlett said the hardest part about the cancellation was she was never asked for details about the program or what it is they offer.

"I think it would have been helpful if they had asked employees or talked to us about who is using the program before they canceled it," Hamlett said.

ALCOHOL from page 1A

responsibility and the consequences for those decisions are Ben's," Pitman said.

Duke said he would attempt to address the issue of the traditional "21 run" again in the fall when students return to campus, and he plans to use this incident as a recent example of what can happen when celebrating birthdays with excessive alcohol.

"We just feel that's the wrong message to send to anyone, whether they are with the university or anyone else," Duke said.

Duke and Pitman both said they would continue to work with the alcohol awareness and risk management outlets already available on campus, including

talking with living groups about the risks, consequences and laws pertaining to alcohol. They also have the birthday card program — a program that sends birthday cards to students 10 days before they turn 21—providing them with gifts and information about alcohol poisoning, blood alcohol levels and proportions.

Pitman said they are trying to understand how to put more emphasis on the ritual and are looking for ways to work with the community of restaurant and bar owners to discuss ways to reduce incidents and risks of the "21 run."

"We know that one message doesn't fit all, and that we have to approach the problem in a more complex way because it's not just one problem," Pitman said. "There are variations of this and we have to be addressing the many parts of it."

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From Thailand to Idaho

Cheyenne Hollis
Argonaut

Every new student who comes to the University of Idaho this fall will be worried about the nerve-racking experience starting college is, yet for students coming from abroad these concerns are amplified.

Wanchan "Sami" Islargumpot came to Idaho from Bangkok, Thailand more than a year and a half ago and said she was overwhelmed by initial culture shock.

"When I first got here I was very lonely since I did not know anyone," Islargumpot said. "Living in America was difficult at first because I had to get used to so many new things - even something as simple as the food."

Islargumpot came to UI because of the American Culture and Language Program. The ACLP is an intensive language and culture program which prepares international students for admittance into the university.

"The ACLP really helped me out with learning English and understanding the culture and the area," Islargumpot said. "They make you go out and talk to new people, which is very scary since in Thailand we are taught not to talk to strangers."

Katie Schiffelbein, an international student adviser for ACLP, said the program is designed to teach students to understand American culture and participate in it.

"Since we are teaching language intensive classes, students are already spending a lot of time in the classroom, so it is good for them to get out and experience the United States," Schiffelbein said. "We take students ice skating, camping and even plan longer trips to Seattle in order to help them build confidence."

Schiffelbein said building

confidence is a long process since cultural aspects can be drastically different between the U.S. and other regions of the world.

"Our first goal is to help international students get settled and to lessen the impact of culture shock," Schiffelbein said. "Even then there are still some big adjustments international students have to make including being in an American learning environment."

Islargumpot said she was shocked to find out just how different it was being in an American classroom as opposed to a classroom in Thailand.

"Students do a lot more talking during class in American," Islargumpot said. "In Thailand, no students talk, even if the teacher asks a question they will not say anything."

The creativity promoted in American classrooms is something Islargumpot said she really enjoyed.

"It does take some time to adjust but most international students really enjoy taking classes in America," Schiffelbein said. "In fact, they really enjoy a lot about Moscow since it is very different from what most international students are used to."

Schiffelbein said previous international students found Moscow to be a good place to get studies done.

"It is such peaceful place as opposed to Bangkok where it always noisy and full of traffic," Islargumpot said. "The people here are probably the best thing about Moscow because everyone is so nice once you get to know them."

While meeting and befriending other international students was easy, getting to know American students was tough in the beginning, Islargumpot said.

"At first, I was worried about talking to

people from America because they talk so fast and I was not sure if they would not understand me," Islargumpot said.

"Once I did start to talk to more people from America I found they were really interested about Thailand."

One of the best ways for international students and American students to get to know one another is to participate in the ACLP's Conversation Partners program, Schiffelbein said.

"Any student at Idaho can volunteer to be a conversation partner and they will be paired up with an international student at Idaho," Schiffelbein said. "Once a week, the pair picks a place to meet and just talks to help the international student practice English."

Schiffelbein said the benefits of the program are not just for international students.

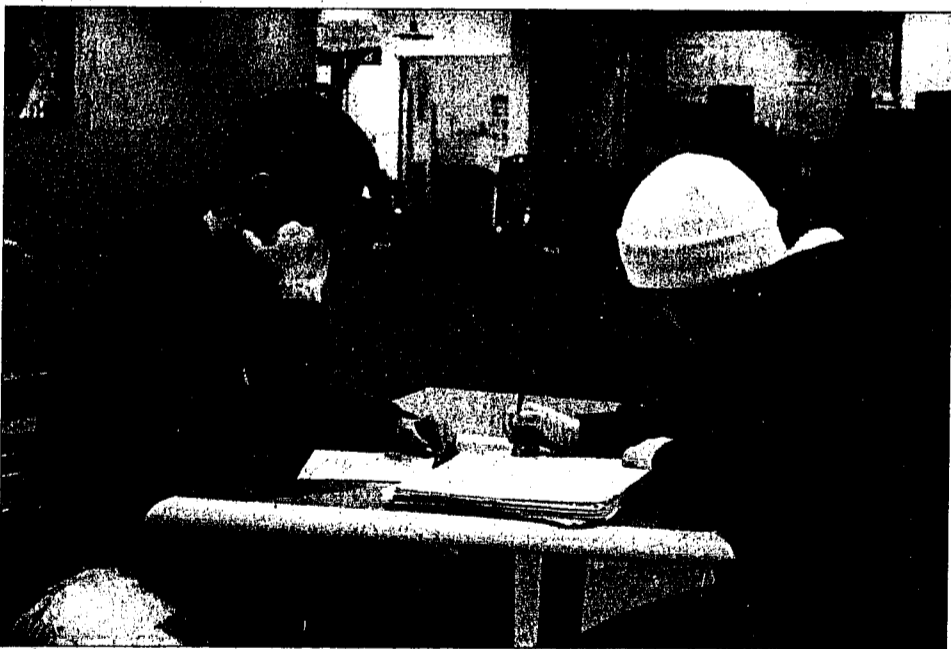
"It program really gives students an opportunity to learn about another culture and get to make a new friend," Schiffelbein said. "We are lucky to have a large international presence on campus and students should take advantage of it."



File photo by Kate Kucharzyk/Argonaut
Udhya Shankkar Ravishankar (left) and Sarisha Chava (right) perform a traditional Bharatanatyam - Mahishasura Mardhini - one of the oldest classical dance forms in India. Bharatanatyam is considered to be a fire dance in with two aspects - feminine with graceful lines and masculine, which are identical to Yin and Yang in the Chinese culture.

see SHOCK, page 4B

Explore beyond the library



File Photo by Jake Barber/Argonaut
Nanci Sandoval, right, and Matt Jordan study for a Biology 115 test in the 6th Street Market Nov. 6, 2008.

10 great places to study in Moscow

During the first few months of school, studying in the common areas of dorms and the University of Idaho library will seem perfectly acceptable and comfortable. Making new friends in these places is important as well, but the urge to study somewhere alone will become a top priority soon enough. Moscow is full of places to take a textbook or notebook and relax for awhile, but these are the best of the best.

10. Administration Building lawn

This place only applies during the first two or three months of fall semester and maybe the last two months of spring semester, depending on the weather. But in the fall, one of the best activities to do on campus is sit under one of the huge trees on the Admin lawn and read or write.

Assuming the weather doesn't go from 65 to zero in the space of one week like it has a tendency to do, the leaves will turn brilliant colors and the breeze will be just cool enough to be comfortable. Who knows? The president might even walk by and say hello sometime.

9. Starbucks - Palouse Mall

Now that they offer free Wi-Fi, this place is perfect for a study session. The seating is cozy, the staff is unbelievably friendly and there is plenty to do in the mall during study breaks. Where else is it possible to study for a half-hour, then shop at Old Navy or Bed Bath and Beyond without leaving the building?

kelcie
MOSELY
Argonaut

see BEYOND, page 4B

KUOI mixing it up with style and variety

Matt Maw
Argonaut

"Radio With a Sense of Adventure" is the slogan for the University of Idaho student-run radio station KUOI-FM 89.3. With shows like "Audiodrome," "Sparkle Girl Presents" and "The Johnny Ballgame Show," and music spanning decades, genres and labels, the adventure isn't hard to see.

KUOI began, as an AM station in 1945, and its connective wires were strung across campus, said Anthony Saia, station manager and Argonaut writer. Its line-up included hit songs, skits and Shakespeare readings, but with new equipment came change and now the station runs staff-made playlists through an automated computer, Saia said. Broadcasts include "WINGS," a show about current news and women's issues, and syndicated programs like "Democracy Now," which discusses world topics like the BP oil spill.

Other programs include James Donley's "A History of Sound Recording," which has weekly themes like "no commercial potential" music, said Kentaro Murai, KUOI program director.

DJs Ted Kelchner and Andria Marcussen said the program, "Confinement Loaf," plays a variety of heavy, underground and psychedelic metal and band interviews. Kelchner and Marcussen said KUOI also covers sports, other campus activities and community events, like the Renaissance Fair.

The station is great for its free-format programming, Murai said, and the limit is one's imagination. KUOI is one of the last free-format college radio stations, said Kelchner and Marcussen.

Kelchner said KUOI serves the community because most college radio is largely attached to campus life and activity, and doesn't have many community volunteers.

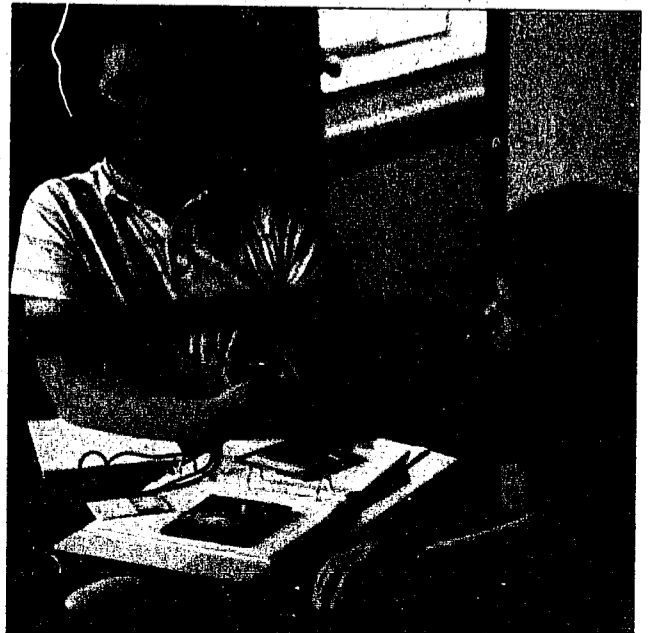
The station's music archive is also

the largest among northwest colleges. Saia said the library has thousands of vinyl records, and Kelchner and Marcussen said there are more than 50,000 CDs. Murai said the library stocks everything from classic '80s music to experimental tunes and a mixture of local and non-local artists. Listeners can also visit the KUOI website to peruse the entire archive.

"Stuff you don't know exists, we have," Murai said.

One of KUOI's finer qualities, Murai said, is that anybody can do it. He said the staff loves getting new applications and there are always slots to fill from early morning to late night. He said people should not hesitate to be a DJ if they do not own a lot of music because the library is so extensive.

Kelchner and Marcussen said one of the benefits of being a DJ is exposure to new music. Kelchner said one challenge is constructing quality set lists from the myriad of new albums



File Photo by Tyler Macy/Argonaut
In the KUOI sound booth, Larson Hicks, right, and Josh Stevenson host their 12:00-2:30 show, "Stereopathic Session."

see KUOI, page 4B

Book it and find the best deal

Book prices are really getting ridiculous. After paying for tuition, meal plans, a never-ending list of fees, parking permits and housing, it's hard to swallow dropping another \$500 on brand new edition books for a semester's worth of classes.

Has basic calculus really changed that much in the past 20 years?

Fortunately technology, as well as a nice group of local bookstores, is at your fingertips to help ease the burden of book buying.

For scholastic books, the number one stop should be the University of Idaho bookstore, located across the street from the Student Union Building. The bookstore, also called the Vandal Store (www.vandalstore.com), is a great place for last-minute purchases of everything from books to supplies and Vandal gear.

Those looking to buy local should visit BookPeople of Moscow, a bookstore locally owned since 1973 with an excellent reputation and a large selection of books on stock. If you can't find what you need in stock, the staff at BookPeople can order almost any book in existence because they are members of the American Booksellers Association and the Pacific Northwest Booksellers Association.

If time isn't a factor, most students hit the information superhighway, ending up at online stores such as Amazon.com or Half.com, for their scholastic needs. There is good reason: prices on Amazon.com are consistently lower, and if you don't mind a long wait or a used book,

Half.com can net you a deal so good, you may not believe it.

For example, a book for Communications 111 retails for \$72 at the Vandal Store. The same book goes for about \$45 on Amazon, while a used copy from Half.com will set you back \$32. The Vandal Store does offer used books, but be quick — they tend to get grabbed at an alarmingly rapid pace.



Ilya PINCHUK
Argonaut

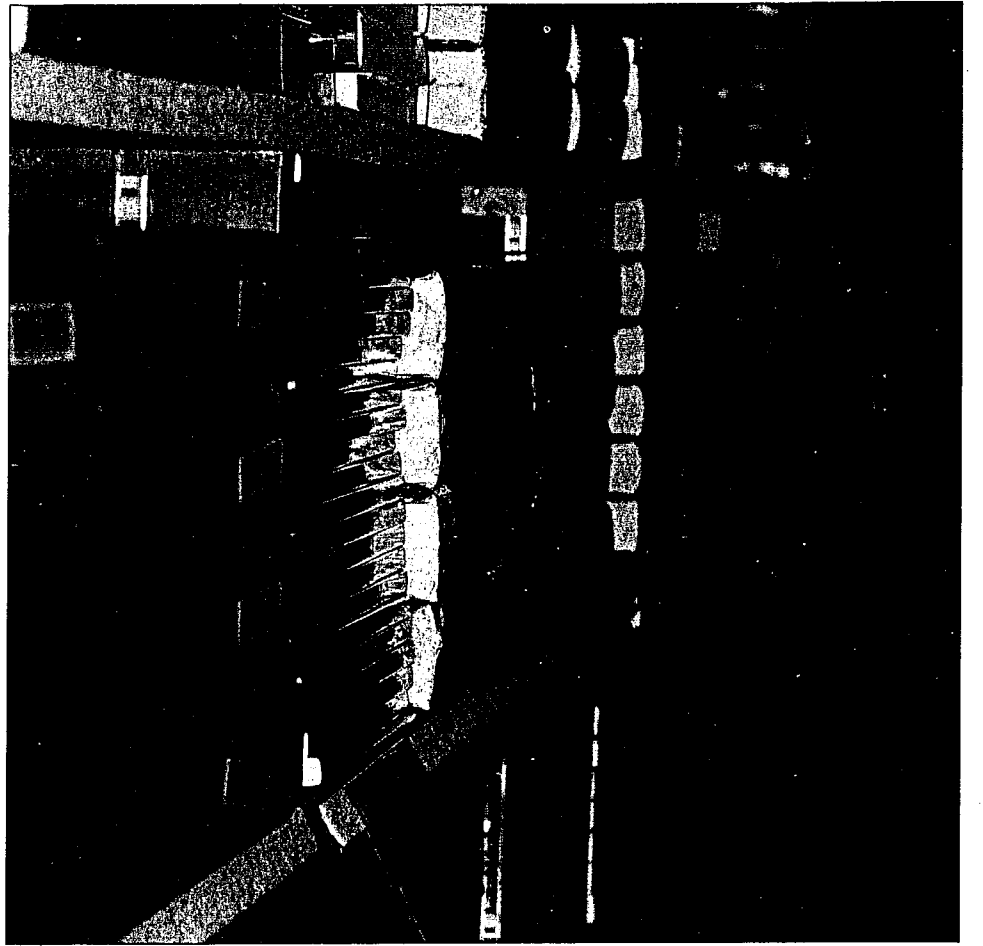
If having a physical book isn't high on your list of priorities, the new-fangled e-books may be the thing for you. Coming in at just a fraction of the cost of a hardback book, e-books are steadily on the rise as students look to cut costs.

"The textbook market is starting to evolve electronically," said Tyrone Brooks, administrative vice president of facilities in 2009. "In order to remain in business, we need to monitor that and make changes accordingly."

A year later the trend is apparent at the Vandal Store, which has seen a growing number of books become available in electronic format.

Other students turn to their peers for scholastic books. Whether through online sites such as Craigslist or the Vandal Trading Post, or through fliers posted across campus, countless students swear by buying or trading books between each other.

There are deals to be had in the never-ending search for books. Whether purchasing locally, online or by word of mouth, one only has to look.



Ilya Pinchuk/Argonaut
The University of Idaho bookstore, also called the Vandal Store, is the place to go for textbooks and Vandal gear when you are in a rush. The Vandal Store sports an easy-to-browse catalog system for textbooks and plentiful offering of e-books as well as technological items such as laptops and Macintosh software, including the iPad. They are located across the street from the Student Union Building.

THE BEAUTY IN THE PETALS



Steven Devine/Argonaut

Pink flowers bloom along the Boise River in the warm weather. Sometimes stopping to appreciate aspects of life that are often overlooked can be rewarding.

your bandROCKS

Going solo

Upon listening to The Wild Trapeze, Brandon Boyd's first solo effort without the band Incubus, listeners can hear that the record is personal. With that, there is limited collaboration to the point where Boyd handles most of the instrumentation. In addition, Boyd designed the album's artwork and co-directed the music video for the album's first single "Runaway Train."

While this album could probably fit snugly into an Incubus playlist, it is best not to forget these ten tracks are essentially glorified home recordings. All the tracks are unpolished and somewhat raw. Furthermore, they represent Boyd's personal artistic endeavors and have a sense of immediate presence, no doubt caused by the fact that the microphones seem to be turned up a little too high.

The title track is a promising start to Trapeze. With thundering drums and Boyd's signature open-throated sound, the track is enough to make a patchouli princess swoon. Boyd is after all, possibly the most high profile and good-looking hippie on the mainstream music scene. As such, he has largely cornered the market on artsy-vegan sex symbols for the past decade or so. Aside from that, there is a depth of soul and introspection here. Boyd explores existential dilemmas, accessing higher energies, purity of love and the pursuit of personal evolution.

Boyd's melodies are pushed to the limit of his own standard vocal style, particularly on "Dance While The Devil Sleeps," a creepy acoustic warning that breaks into a percussive roll underneath a restrained vocal delivery. Heard here and on other points in the album, a percussive weight fills much of Trapeze due in part to a heavy kick drum presence and the album's stripped down, acoustic sound.

"Courage and Control" covers the slow-jam demographic and is more listenable than Incubus' track "Oil & Water" off of its album Light Grenades. This is not one of the strongest

tracks appearing on the album, but it certainly holds its place among the others. Boyd's veteran songwriting insight allows him to pull tracks like "A Night Without Cars" from the edge of dissatisfaction with a soaring chorus, subtle Middle-Eastern sounds and powerful changes which are mainly apparent right before the final chorus.

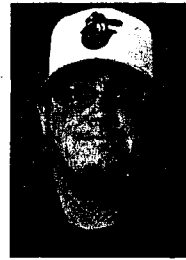
The track "Revenge of the Spectral Tiger" leads with a tambourine as the central instrument which is brilliant and soothing along with a heavy bass presence. Lyrically, this track does not surprise, but is one that needs to be listened to a few times in order to gain understanding of Boyd's riddles and phrases.

Obviously, the first single "Runaway Train," hits all the correct spots for the Incubus demographic including flowing, layered vocals issuing metaphorical questions. The percussion drives this track as well.

"Late Night A Passenger," by contrast, sounds neither radio friendly nor does it pass as a sketch of Boyd's day job. This track is veiled under a wall of dark, pendulous instrumentation while Boyd's hypnotic vocals glow and build to a captivating peak. His tonality and delivery are uniquely potent and identifiable, which makes this album familiar and accessible to all Incubus fans but also for those who have never picked up an Incubus album.

Fans searching for a sign of style reminiscent of anything between Incubus albums Fungus Amongus and S.C.I.E.N.C.E will most likely be disappointed, but it seems foolish to expect an artist to remain the same and be as successful as Boyd and Incubus have been.

Obviously the days of "Vitamin" and "New Skin" are behind us, but with the album's closer "All Ears Awol!" Boyd proves that he can still deliver punchy, high-energy peaks most fans were first drawn to. Ultimately, The Wild Trapeze is a beautiful opus and highly listenable. Who knows, maybe this will also help Incubus get out of their soft-rock rut as well.



anthony SAIA
Argonaut



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The Wild Trapeze
Dave Fridmann
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A-

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'Eclipse' shows improvement

Kelcie Moseley
Argonaut

The best part about the film versions of the "Twilight" series is still Taylor Lautner's abs.

The first two films, "Twilight" and "New Moon," were marked by wooden dialogue, badly delivered lines and lack-luster action. "Eclipse" still has more than its fair share of cheesy lines and mediocre acting, but the flow of dialogue is less painful and the action scenes have improved.

The story continues very shortly after the events of "New Moon," with Bella and Edward struggling over whether or not to change Bella into a vampire, and a new story arc featuring a dangerous band of newborn

vampires. Once again, every character ends up in harm's way to protect Bella from bloodthirsty vampires while she stands

by moaning about how she wishes they wouldn't fight.

The worst part about the movies continues to be Kristin Stewart.

While it is true the novel version of Isabella Swan lacked personality through the majority of the saga, Stewart's portrayal of the character could compete with

Ben Stein in a contest of personality. She borders on catatonic in most of her scenes unless the two male characters are threatening to kill one another, or themselves, in service of her unsmiling self.

Lautner breathes some life into the film with his charm, intensity and shirtless upper body. Any

female over the age of 15 will gladly trade the cheesy, "have to be with you forever" lines peppering the film's script for more time with Lautner's character, Jacob. Some of the best action of the film includes the werewolf version of Jacob and his counterparts as they join forces with the Cullen clan to defeat the Newborns. The climactic fight scene between the two supernatural species is the most violent and entertaining, special effects and all. The audience may also find itself wishing Dakota Fanning had a bigger role in the film, as her characterization of Volturi member Jane is just the right amount of "disturbingly even" and "calm." Her blood—red eyes matched with an innocent, young face aren't easily forgotten.

Overall, "Eclipse" has surpassed its predecessor films, but it hasn't emerged from the pool of C-grade films.



"Twilight"
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How To: spend the last weeks of summer

As students grow older, the insatiable need to stay busy can be overwhelming. Many people have been taught that idleness is laziness and productivity is the way to success. They have been taught to chase the "American Dream" with hard work.

In the school year, college students attend classes and spend hours studying before running out the door to work. After work, some students pull dangerous caffeine-injected all-nighters to get assignments finished on time. These reasons solidify the importance of cramming in as much leisure as possible during the summer months.

As fall rapidly approaches, it is important for students to catch up on sleep. While experts say the brain never really catches up on sleep, every college student should sleep in until their natural clock wakes them up. During the school year, students are barraged by the pounding alarm clock ring demanding a start to

the day. Students should enjoy the time they have now to sleep late and not feel guilty about it. It is guaranteed not to last.

Upon waking, students should meet up with friends because once school starts the opportunities for a social life can diminish greatly. As for freshmen, life will never be the same as it was in high school. College is much

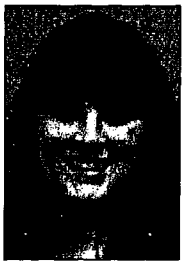
more demanding and time-consuming. Students should take time to have meaningful experiences with friends who mean a lot to them, or who they just have fun with. The development of relationships and friendships can be a crucial part of mental health and overall well-being.

Once the car is loaded with friends, go explore. Idaho and the Palouse are an imagination wonderland. Students can pick a direction and drive, whichever direction is chosen will lead to somewhere beautiful. The road toward Troy leads to trees and waterfalls in Elk River, Lewiston offers a plethora of sandy beaches,

following the Snake River leads to Granite Point—a popular swimming spot complete with a rock to jump off of—and the breathtaking sight of Lake Coeur D'Alene could please even the most negative of friends.

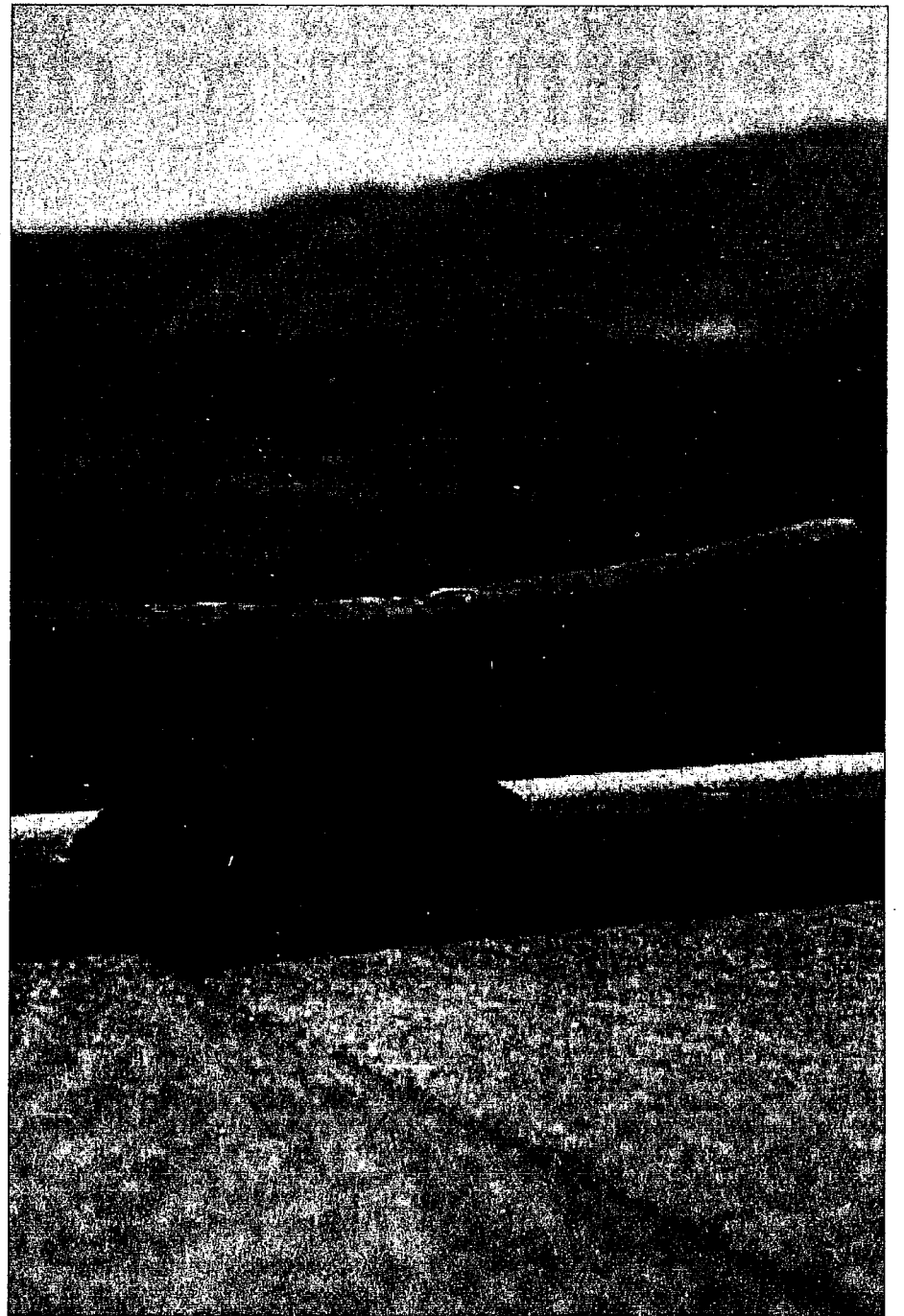
After exploration, spend evenings outside in the yard, listening to music and having a barbecue with friends and family. If there is a debate about whether or not to purchase an expensive steak or a pack of hamburgers, splurge on the steak. Do not do this if it means eating Top Ramen for the entirety of fall semester, but otherwise, enjoy. Taste buds will rejoice when the delicious meat hits the palate and in a week the cost of the steak will be forgotten, but the memory of wowing the crowd with a delicious medium-rare will always be there.

Summer months are an option students have for a reason. They are an opportunity to save money during the summer, travel the globe or develop further with an internship, but summer is also a time to recharge batteries and prepare for the onslaught ahead.



Tanya
EDDINS
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NAUTICAL SUMMER



Steven Devine/Argonaut

A dock at Lucky Peak, a reservoir 20 minutes east of Boise, and other lakeside docks are popular hang-outs for cooling off on hot summer days.

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Reminiscing doesn't help Korn

Korn has gone back to their roots, but for a band releasing its ninth album it is not a good idea.

Metallica said it was going back to its roots with its album *St. Anger* and look what happened with that album—it may not have tanked, but a lot of people were upset it was not the Metallica they had grown to love.

With a title like *Remember Who You Are*, one would hope that a band or artist would actually remember who they are.

This title is ironic mainly because Korn lost one member, Brian "Head" Welch, who left the band



anothy. SAIA Argonaut

a few years ago and experienced another loss with the departure of original drummer David Silveira, who has taken a hiatus from the band. The title is also ironic because it turns out the album is all right, at best.

After a disjointed and uninspiring intro "Uber-Time," the album rolls right into the lead single "Oildale (Leave Me Alone)." The beginning riff is OK, and the hook will get stuck in your head. Obviously the lead single is not as great as Korn's hits from the past, but it is decent after about eight listens.

"Pop a Pill" is funky mainly because Fieldy's signature bass sound is riddled throughout the track. Vocalist Jonathan Davis hearkens his schizophrenic, demonic vocal style on this track as well, but the hook is uninspired and laughable. It is almost like Davis decided to wedge the phrase "Fear is a place to live" into the chorus just for the sake of having it there.

The middle section of the album starts to creep on the listener and this is where most of the griping will begin. The guitar work will make listeners miss Welch's riffing. James "Munky" Shaffer is not a bad guitarist, but most of his work is lacking and downright boring. Munky gets a little better on "Lead the Parade,"

which also finds Davis' vocals at their most unhinged and flipped out, but that might be because of Ray Luzier's forceful drumming.

Progressing through the rest of the album it seems there are a lot of simple songs but not many that resonate. Later on in the album, one track breaks this mold. Track eight, "The Past" is moody with haunting guitar work. This is probably the cleanest Davis' vocals have been in a while, especially in the chorus.

There are a few marginally good tracks toward the



Korn Remember who you are Roadrunner Available now



end of the album such as "Never Around" with its melodic vocal platforms. Credit should be given to Davis for bringing his vocals to a more reminiscent place that sounds like what he was doing in the '90s. Unfortunately, for the rest of the band this is not the case. Maybe it is because two of the original five guys are not in the band anymore and one guy who was not affiliated with Korn at all is now playing drums. Members of Korn tried to remember who they were but perhaps forgot in the process.

SHOCK from page 1

International students really appreciate the chance to interact with American students, Schiffelbein said.

"Even if you see an international student in class, don't be afraid to sit next them and start a conversation," Schiffelbein said. "It really can be a rewarding experience."

Islargumpot said the ACLP helped her overcome culture shock and succeed at Idaho. She will graduate in the spring with a degree in Adult Organizational Learning and Leadership and said she hopes to extend her stay in America a little while longer.

"I am starting an

internship soon and after I graduate I hope to get a job in America for a little bit," Islargumpot said. "After that I want to move back to Thailand to be close to my family and maybe start my own business."

It may have been intimidating at first but Islargumpot said she will always be thankful for the time she spent at UI.

"I know when I go back to Thailand I will take a lot of America back with me," Islargumpot said. "Probably not the food, but most of the other things I learned."

Those interested in participating in Conversation Partners can contact the ACLP by email at alcp@uidaho.edu or on campus at the International Program Office.

BEYOND from page 1

8. UI Arboretum

There are few places in Moscow more beautiful than the Arboretum, especially for outdoor types. Lush tree groves, paths and creeks with colorful flowers make for an amazing study area. Take advantage of this spot before winter hits.

7. Student Union Building

It may not seem like an obvious spot at first, but Joe's Café in the SUB is comfortable and quiet. There are plenty of couches on the bottom floor and Joe's sells coffee for energy bursts, but there is also a large study area on the second floor. The second floor is better for evening studying, and the bottom floor is a great place to plug into an iPod, have lunch and work on a paper.

6. East City Park

This is a little out of the

way for students without a car, but is one of the best parks in Moscow, and many city events are held here. It's good to be familiar with it when Renaissance Fair, HempFest and Rendezvous in the Park come around.

5. One World Café

Seating is competitive on weekends and early evenings at One World, but it is a great place to enjoy a cup of coffee and study. Aside from studying, live music is often featured at One World, so keep it in mind when looking for other entertainment.

4. Sixth Street Marketplace

Located right next to the Living and Learning Community, this place is not often crowded and has a market for necessary water and snack breaks. It's also close to Theophilus Tower and the Wallace Residence Center, for students who don't have a car and live on campus.

3. Idaho Commons

There are too many places to list of good places to study in the Commons, but some of the best places are the coffee shop on the second floor, the rotunda on the second floor and the main portion of the third floor. Particularly in the evenings, these places provide the perfect atmosphere for studying.

2. Bucer's Coffee

Located on Main Street in Moscow, this coffee shop definitely has the best array of choices on their menu. From sandwiches to chocolate cake and gigantic cookies, plus a great coffee selection and plenty of seating, this place should be high on the list for anyone's study date.

1. Sister's Brew

This is another competitive spot, particularly around finals, but there is something about the homey feel of Sister's Brew that gives it the No. 1 spot. It's possible to spend an entire day in this coffee house and completely lose track of time, even when studying.

KUOI from page 1

that must be reviewed prior to use. He said work in the booth should be busy with cuing, mixing, getting information about the music and spinning records.

"Listen to music that you've never heard before, and don't be afraid to like something regardless of what other people will think of you," Kelchner said. "As a DJ, that will be good for you."

Marcussen said if people like to "geek out on music by compiling playlists or making mixed tapes" that they would make good DJs.

Saia said as a DJ both professionalism and heart for the work are important.

"When it comes to student radio, you've got to have passion. Be in the music, love what you do," he said. "Crank your music, have a good time, but you've got to be professional about it."

DJ positions are volunteer-based, and staff are paid and elected. Applications can be found on the KUOI website, www.kuoi.org, and in the station lobby in the Student Union Building on the third floor.

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A year in review

The top 5 moments of last year

Last year the University of Idaho sports programs achieved success that many current Vandals took enormous pride in. This season the incoming freshmen will be able to take the same kind of pride in their newly acquired sports teams.

From football to cross country, basketball to track, soccer to swimming and diving, UI had a notable season in almost every sport. Records were set, broken, and set higher again. The net result was a year of growth unlike any seen by UI in recent memory.

To be a Vandal is to understand the history of Vandal Athletics and why this year there is talk of a football repeat, a track and field sweep, or of Vandal basketball moving forward.

While it's hard to encompass eight months of sports into a single story, here are the top five moments from last year's incredible season which every future Vandal should know.

Honorable mention: Vandals KO Portland

The Vandal men's basketball team started the season firing on all cylinders and won five of their first seven games. In their seventh game Idaho played host to a Portland squad ranked 25th in the nation. Idaho made school history by soundly defeating the Portland Pilots 68-48 in Memorial Gym while a cheering crowd watched.

Idaho basketball coach Don Verlin was ecstatic after the game, saying it was one of the best of the season.

"It's a good time to be an Idaho Vandal," Verlin said. "It was great to see all the people in the stands — our basketball team really fed off that energy."

It was the first time since 1982 an Idaho squad was able to beat a top-25 team, and the first time in school history such a feat was accomplished at

home. The win also came on the heels of the announcement the Vandal football team would play in the Roedy's Humanitarian Bowl. **No. five: Vandal women breakthrough in the WAC tournament**

To say the Vandal women's basketball team had a turbulent season would be an understatement. After starting off with a horrific 2-11 record during the non-conference season, head coach Jon Newlee pulled the team together, achieving an impressive comeback in the second half of the season to earn the fourth seed in the WAC tournament.

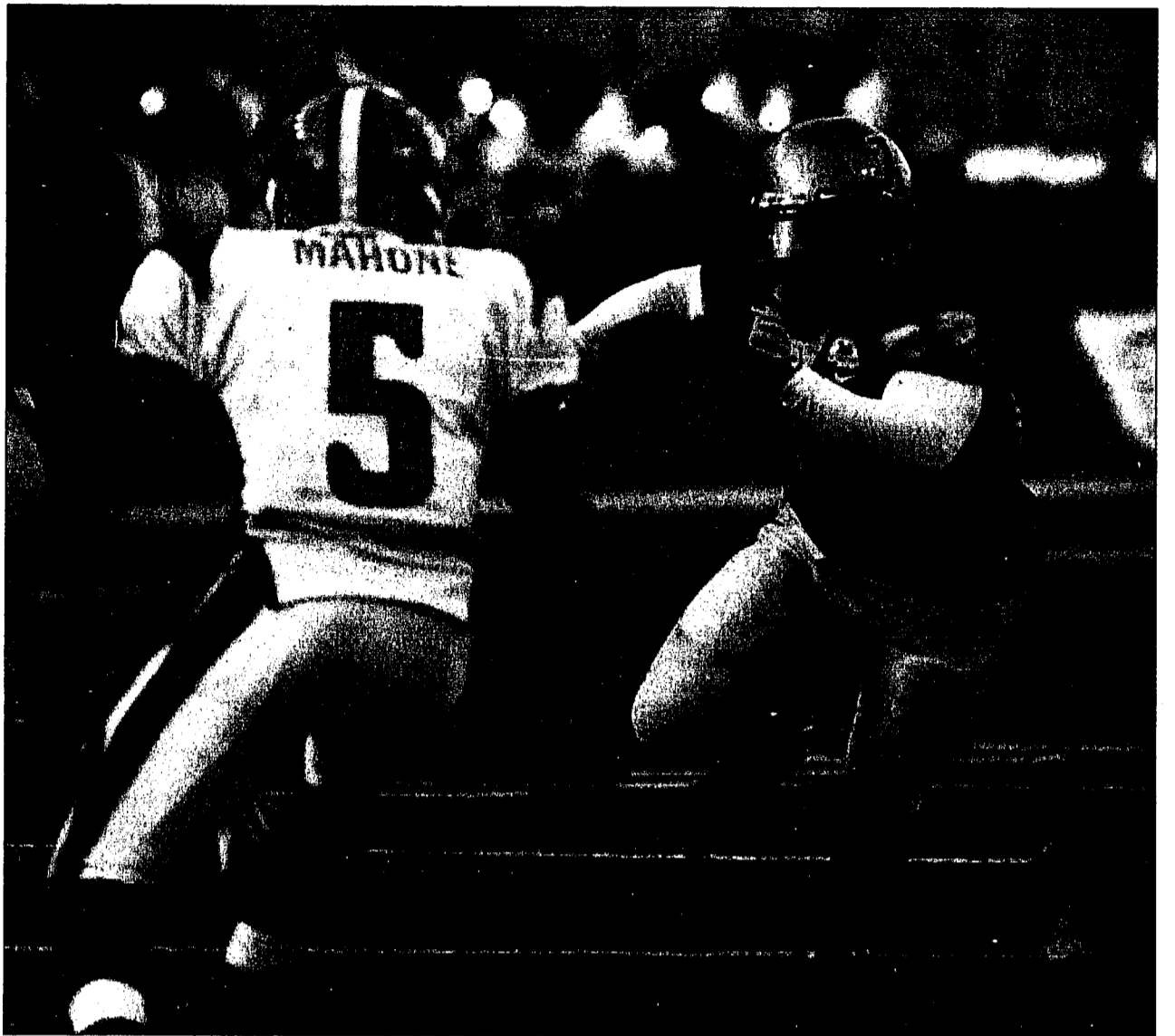
Idaho had never won a WAC game but Newlee's comeback team made history. The women defeated Louisiana Tech 75-63 in the first round of the tournament and earned the bragging rights of becoming the first basketball squad, men's or women's, to win a WAC tournament game in school history.

"This was a big win for our program and I'm proud of this whole team for gutting it out, hanging tough and getting the win," Newlee said. "This means a lot to everyone." **No. four: Men's tennis doubles down at WAC tournament**

When Director of Tennis Jeff Beaman took the helm of the men's tennis program in 2006, it was a program in disarray, winning only two games the previous season. Four years after that dreadful season, Beaman saw his vision for Vandal tennis realized, as Idaho compiled a 22-8 record earned a national ranking.

"Getting a national ranking for the program was a big thing," Beaman said. "It's been a work in progress but really came together this year."

The apex came at the WAC conference tournament against the fourth-seeded Nevada State Wolf



File photo by Nick Groff/Argonaut
Vandal running back De'Maundray "Diesel" Woolridge cuts back to run past Bowling Green Falcon defensive back P.J. Mahone Dec. 30 during the 2009 Roedy's Humanitarian Bowl. Along with winning the game, 43-42, 126 yards and two rushing touchdowns, Woolridge was named the Humanitarian Bowl Most Valuable Player for Idaho finishing his senior season at Idaho positively.

Pack. After going down early in all three doubles matches, Idaho found its fortitude and fought back to win the doubles point and breezed past Nevada in a 4-2 victory, earning Idaho's first-ever men's tennis WAC conference tournament victory.

No. three: Track and field vault forward

After an impressive performance in the cross-country season in the fall, many expected Idaho to compete strongly in the spring track and field season. The Vandal athletes took those expectations and shattered them again and again.

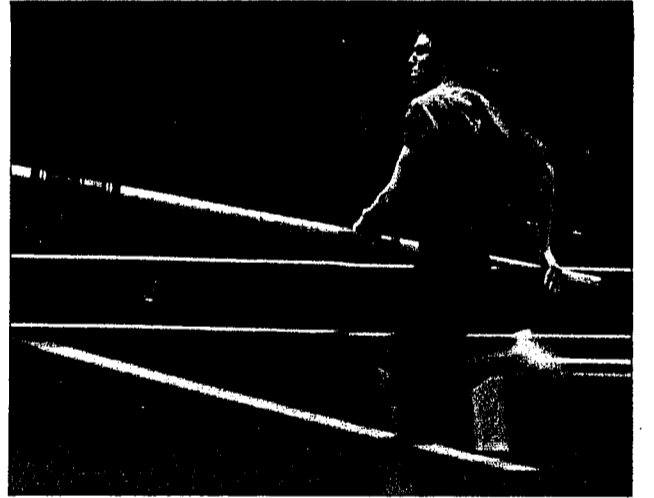
It seemed that a week couldn't pass without at least one school track and field record improv-

ing. Between Jeremy Klas soaring past the school pole-vault record, James Rogan annihilating the hammer-throw record and Mykael Bothum's three-year reign as the top shot-putter in school history, Idaho's track and field squad put together one of the best seasons on record.

No. two: Iupati drafted to the San Francisco 49ers.

UI sent four players to the NFL in the 2009-10 season. Star wide receiver Max Komar signed with the Arizona Cardinals, while safety Jeromy Jones and running back De'Maundray Woolridge signed with St. Louis Rams

see YEAR, page B10



File photo by Jake Barber/Argonaut
University of Idaho polevaulter Jeremy Klas practices in the Kibbie Dome Thursday. Klas was named the Verizon Wireless Western Athletic Conferences Men's Field Athlete of the Week of Jan. 11-17 after clearing a school-record height of 5.10 meters.

Five things every Vandal should know

In order to avoid committing an embarrassing faux pas in your time as a fan of the gold and silver Idaho Vandals, there are certain rules, guidelines and common knowledge that every Idaho fan must understand. To survive the wrath of Vandal nation, memorize these rules. **Know the fight song.**

It goes without saying that knowing the school's fight song is as basic as College 101. If you plan to be a fan of the Idaho Vandals, it would do you well to at least memorize the basic tune, as well as the "I-D-A-H-O, Idaho, Idaho, go, Go, GO" chant. Bonus points are awarded if you can recite the entire song in tune. **Learn the Boise State University and University of Idaho rivalry and despise BSU.**

To be a successful Vandal fan, one must acquire a deep hatred of the blue and orange of the Boise State Broncos. While the name-calling, bashing or vigilante justice against BSU fans can't be condoned, be warned the world will become a cold, dark place if you ever profess love for BSU on the UI campus.

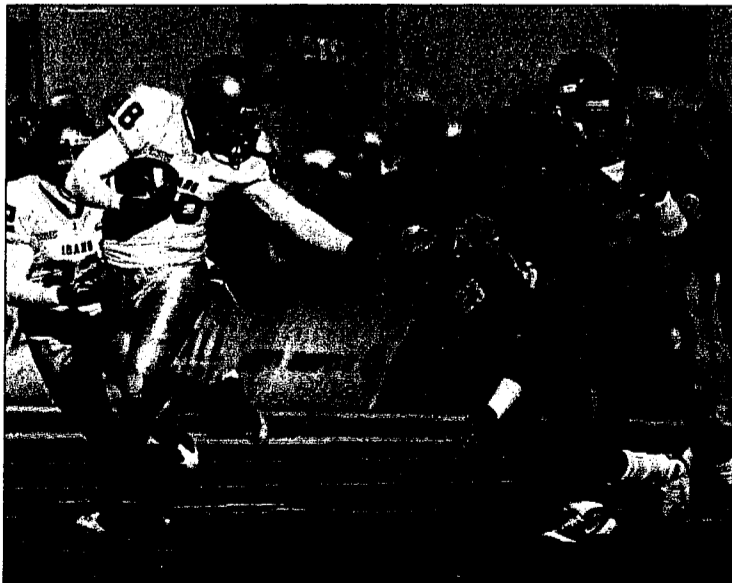
The UI and BSU rivalry is long steeped in tradition, with any meeting between the two teams causing minor seismic

disruptions that can be felt as far as California. Be warned: to sit idly and refrain from wild cheering for your Vandals in a UI vs. BSU game is the most unholy of sins. **Develop a good repertoire of BSU bashing facts.**

Continuing along point two, it never hurts to have a full bag of factual ammunition that you can use to pepper any self-righteous BSU fan. Common ammo includes BSU stealing the Idaho fight song, Idaho's 12-year winning streak against the Broncos in the annual UI vs. BSU football match from 1982 to 1993, BSU's football team being overlooked by the Bowl Championship Series year after year, and of course, their lovable blue football field of the Broncos, affectionately referred to as the "Smurf Turf" at UI.

Should a BSU fan ever bring up the fact that they have won the past 12 football games, the standard reply is UI graduates more students than BSU. This proves BSU is focused more on football than academics, and thus, UI is obviously the superior university. **Know who Robb Akey is.**

Robb Akey joined a football program marred in discontent,



File photo by Nick Groff/Argonaut
Vandal wide receiver Daniel Hardy stiff arms Bronco safety Jeron Johnson after a reception from quarterback Brian Reader Nov. 7 at Bronco Stadium in Boise. The rivalry is the highlight of Idaho's regular football season.

then fashioned a winning team behind the mantra "Akey's Army" and brought a winning football team back to UI. **Wear silver and gold on Fridays.**

Fridays were declared Vandal Spirit Friday at UI by President Duane Nellis since his arrival on campus. Every Friday, future, current and former Vandals let the gold and silver col-

ors of UI fly as a way of showing pride in their Vandals.

As if feeling good about yourself and being a Vandal wasn't enough, occasional store discounts for Vandal gear-wearing enthusiasts crop up almost every Friday. So go out and celebrate your individuality and uniqueness. After all, there is only one university that can claim the name of Vandals.

Vandal pride

Going to college for the first time means new experiences. Students will have a new home, friends, teachers, and life. They will also have a new athletic team to cheer for.

Vandal pride is an important and long-running tradition at the University of Idaho, and there are many reasons to get out and support UI's teams.

Nearly all of Idaho's teams have seen increasing success in the past few years. Last year, Idaho saw its first bowl win in a decade, and the women's basketball team made history.

Now is a great time to be a Vandal.

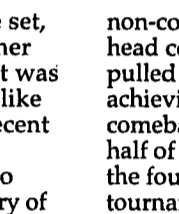
With the improvement various teams have shown, it's more important than ever to get out and support Idaho teams.

School unity is another reason for supporting Vandal athletics. Nothing brings a school and community together like cheering on a team. When watching sports, all the troubles and stress of life are gone, and all focus is on cheering the team to victory. It gives one the feeling of being part of

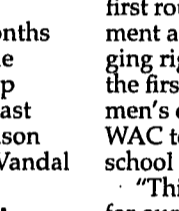
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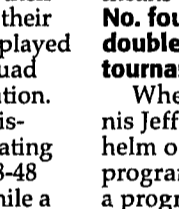
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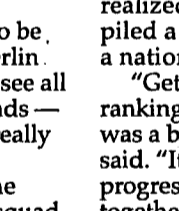
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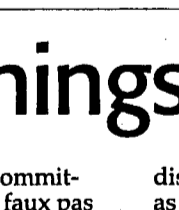
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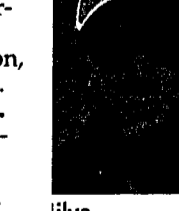
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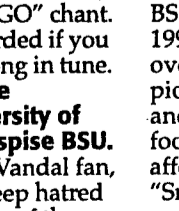
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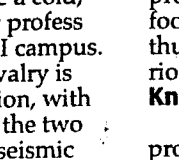
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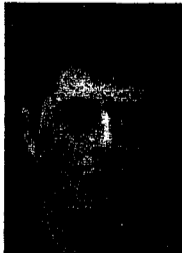
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Kevin BINGAMAN
Argonaut

A bike to remember

Saddle up and ride — it's the mantra of bike riders across the world. Biking is a great way to stay in shape and nothing beats seeing the rolling hills, wheat and grass, and birds of the Palouse from the seat of a trusty old bike.

Biking, or cycling for the ardent enthusiast, provides a plethora of health benefits. Studies have shown cycling can do everything from manage weight, tone muscles, relieve stress and ward off coronary heart disease.

Throw in the fact that cycling is a leisure activity that can be enjoyed with friends or alone, and it's no wonder people from San Francisco to New York have taken it up.

While Moscow may not have the gorgeous climb up Conzelman Road to the lookout of the Golden Gate Bridge in San Francisco, the Palouse is home to its fair share of leisure rides.

One of the best trails on the Palouse starts right outside the dormitories on the Paradise Creek Trail. Popular for bikers, runners and leisure walkers, Paradise Creek is the perfect start for great adventures as it snakes its way through the University of Idaho campus and past city limits in either direction.

Beginners will want to hit the fully-paved Bill Chipman Palouse Trail, which runs from the west side of Moscow, across the state border into Washington, and into the city of Pullman eight miles away. The Chipman Trail is a perfect introduction to the Palouse, not only because of its easy grade and distance, but also because informational signs are posted at regular intervals. These informative signs

encourage viewers to stop and admire the history of the Palouse with facts about nature and geology.

On top of it all, nothing is more bolstering than telling someone you biked from Idaho to Washington and back.

For a longer challenge, take Paradise Creek trail east past the Eastside Marketplace toward Troy. One is greeted by rolling hills and long fields of wheat as he or she gently coasts to the small city of Troy, 12 miles away. The fully paved trail provides a moder-

ate workout as riders follow the flow of the hills.

For those looking to extend their mileage, Troy has a number of popular paved country roads that are cyclist-friendly. The Orchard Loop road is the most popular of these as it takes cyclists on a five-mile scenic trip into the hills near Troy.

Mountain bikers aren't left out in the cold, as Moscow Mountain is covered with more than 20 miles of trails ranging in skill level, from beginner to advanced. Moscow Mountain is a short drive or bike ride from the UI campus, providing easy access to well maintained mountain trails.

It's a popular destination, and with good reason. Not only are the trails in top-notch condition, being constantly serviced and maintained by the Moscow Area Mountain Biking Association, but also the view at the top of Moscow Mountain is what makes the trip worthwhile. From the peak, the entire Palouse is before your eyes, with the hills and farming fields extending into the distance.

Moscow Mountain can

be confusing for first-timers because of the number of trails. The MAMBA has trail maps and descriptions available on their website, as well as general tips and tricks for mountain biking.

When riding, it's important to remember that most trails on Moscow Mountain run through private property, and proper trail etiquette should be followed.

A car with a bike rack can go a long way in Moscow, and those with such transportation unlock a near-endless supply of cycling trails.

Ranking among the most scenic rides in all of Idaho is the Hiawatha trail on the border of Montana. Following in the path of the historic Milwaukee Railroad, the 17-mile Hiawatha trail is one that should be experienced by everyone. The winding, downward route takes riders through eight tunnels and across seven separate trestle bridges, offering stunning scenery and a pleasant ride.

Coeur d'Alene is also home to a large biking system that offers leisure trails running along the banks of Lake Coeur d'Alene, complete with stunning views and vistas. The Trail of the Coeur d'Alenes is a 72-mile trail that runs along the Southeast bank of Lake Coeur d'Alene and follows I-90 to the Montana Border. Turn-offs are plentiful, and the trail can be biked at any point.

Of course, the beauty of cycling does not necessarily need a marked trail to create and adventure. Most roads around the Palouse are cyclist-friendly, giving aspiring riders a near-endless combination of side roads and trails to take and weave together.

Get ready to experience the Palouse in the best way possible — from the seat of a bicycle.



Ilya PINCHUK
Argonaut

Do's and Don't's

Intramurals can be a fun experience but some things should be avoided at all costs

Intramurals give students and faculty, of all skill levels, a chance to compete in a multitude of sports and activities. While most participants fully understand the nature of intramurals at the University of Idaho, there are some who have no idea how to behave.

A person's college legacy will not be built on the intramural playing fields, regardless of how many championship T-shirts won. Using common sense when playing intramurals should be obvious but there are those who refuse to act in a mature manner.

Perhaps "intramural etiquette" is a bit murky, so hopefully these do's and don'ts can shed light on the more nuanced aspects of intramurals.

Do play to win. The aim of intramurals is to have fun but it is also to compete. The desire to win is not a bad thing. It is the reason there are referees and score is kept.

Don't play to humiliate. On occasion, there are going to be massive differences in talent between teams. There is no need to run up the score. The difference between winning by 30-40 points is naught so perhaps missing that extra pass is not the end of the world.

Do show up. It is

understandable when a player cannot make a game for various reasons. It is ridiculous when an entire team does not show up to play. Why bother taking the time and effort to register if the team does not show up for the games?

Don't practice or make plays. This is intramural flag football, not the NFL. It is one thing to come up with a play in the huddle but it should never get to the point where a team has a playbook memorized. If one has the time to create and execute a playbook for intramural flag football, he or she is in dire need of meaningful activities.

Do let referees know when a mistake has been made. Some intramural referees are good, others are inexperienced and some do not really care, but all will make mistakes. Intramural rules are constantly being changed, so if a referee makes an improper call, inform the official. It is probably best to do this in a respectful manner.

Don't berate the referee because your team lost. Unless the official actually scores the game-winning point, goal or run, it was not the referee's fault your team lost. A referee has never been compelled to reverse a result when

the losing team threw a tantrum about a bad call. It is a waste of time.

Do feel free to dislike other teams. There are teams that compete in intramural sports composed of jerks. If said teams play dirty or talk trash it is fair play to give it back in return. (should we keep this? A bit cliché.)

Don't punch anyone. Punching someone is rarely a reasonable response to any provocation and punching someone because of an intramural match is not worth it.

Do wear the intramural champions T-shirt with pride. Winning an intramural championship is not as easy as it seems.

Don't brag to strangers about an amazing achievement. Random people do not want to hear about an amazing hit in the mixed doubles ping-pong tournament three years ago. Winning an intramural championship is great but do not bore others with stories about it.

Intramurals can be fun if one has the right mindset to start with. Winning is great, but losing is no huge failure because there is always another sport starting soon.

It is best to approach intramurals seriously but not too seriously. After all, there have been countless intramural champions in the past and nobody remembers them but the winners.



Cheyenne HOLLIS
Argonaut

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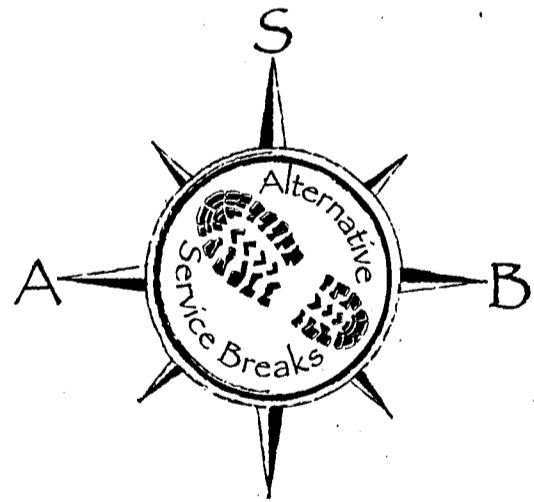
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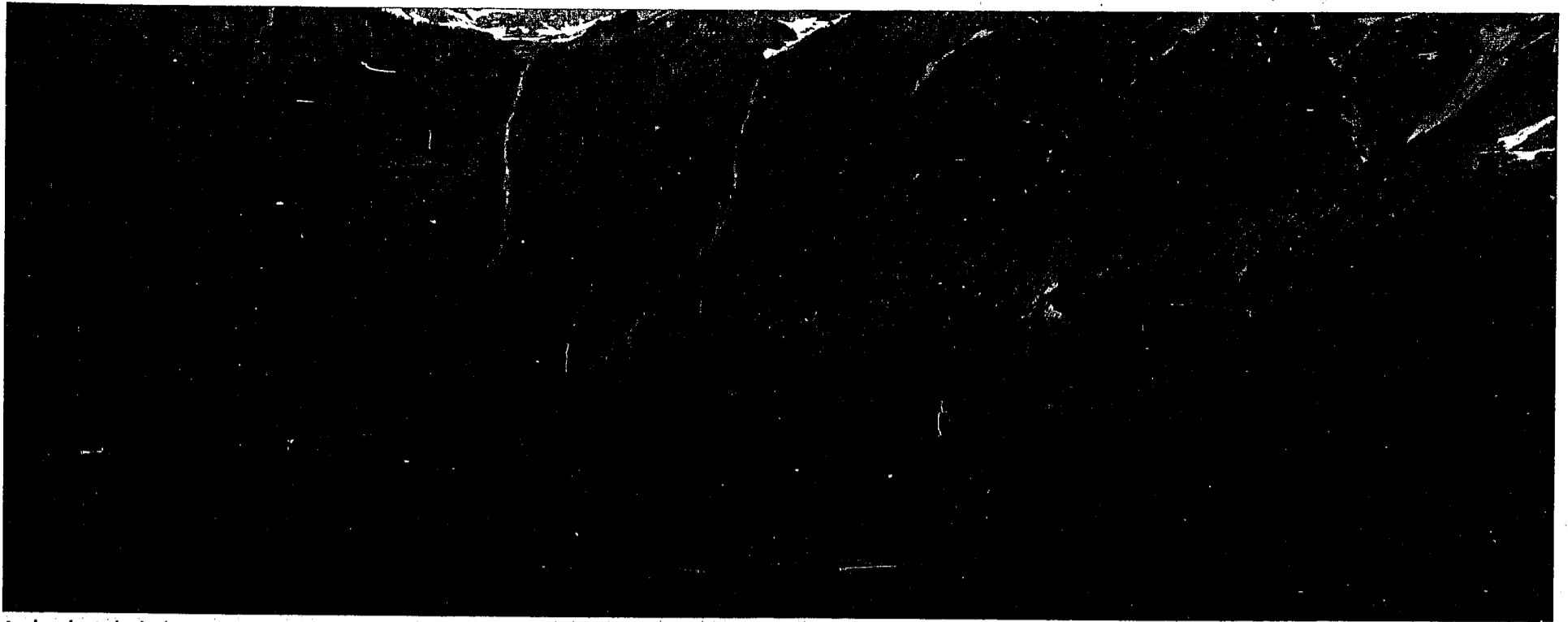


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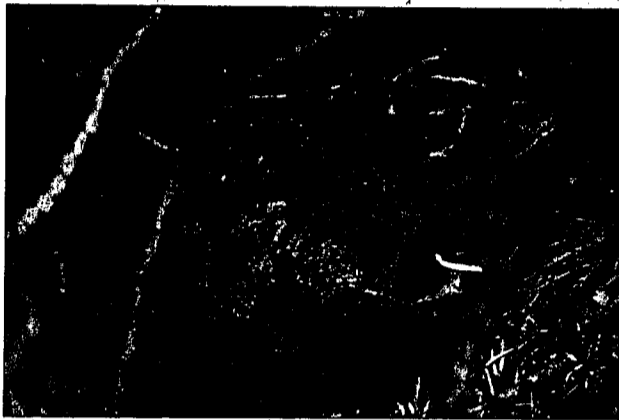




Avalanche Lake is the most visited lake in the park according to statistics from the glacier backcountry station, and for good reason. The surrounding mountains provide stunning vistas as do seven separate waterfalls which feed Avalanche Lake during the summer months.

Glacier National Park, Montana

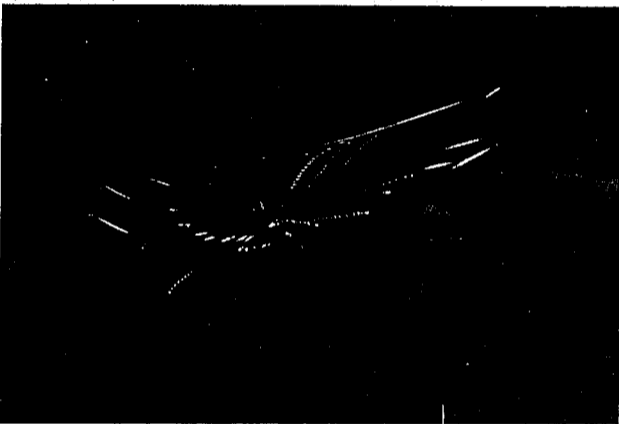
Photo essay by Ilya Pinchuk/Argonaut



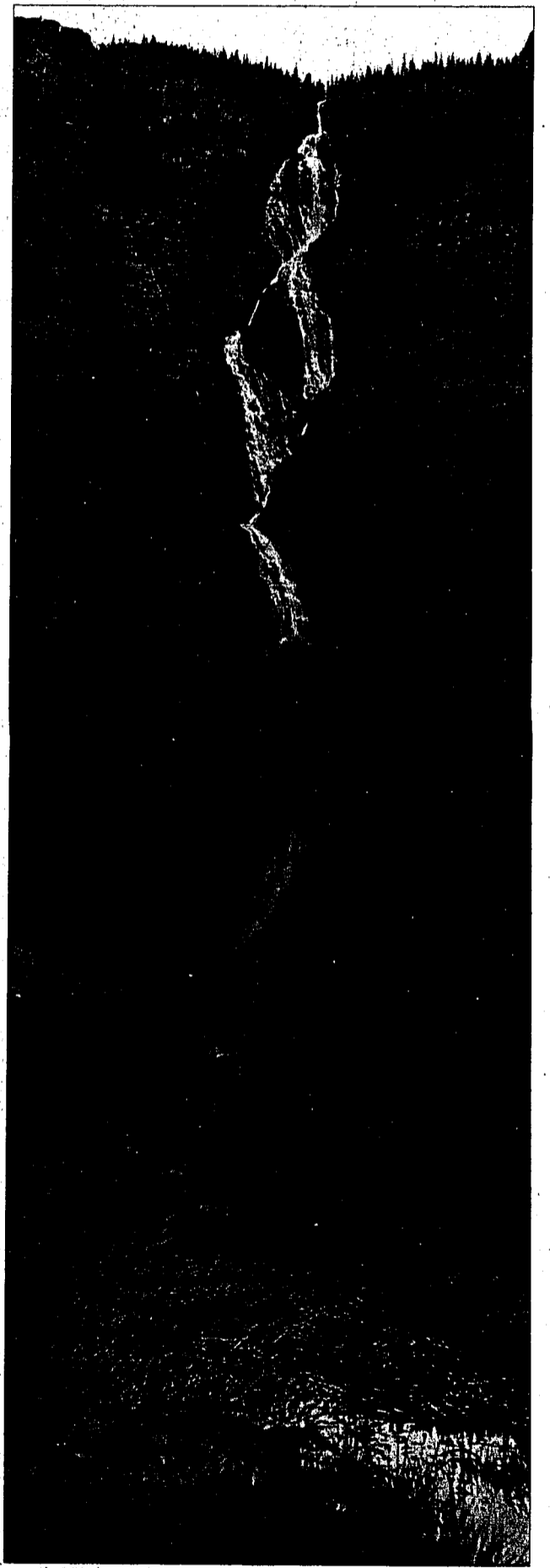
Boreal toads, also known as Western toads, populate Glacier National Park's higher elevation. The toad is easily identifiable by the splotches on its skin.



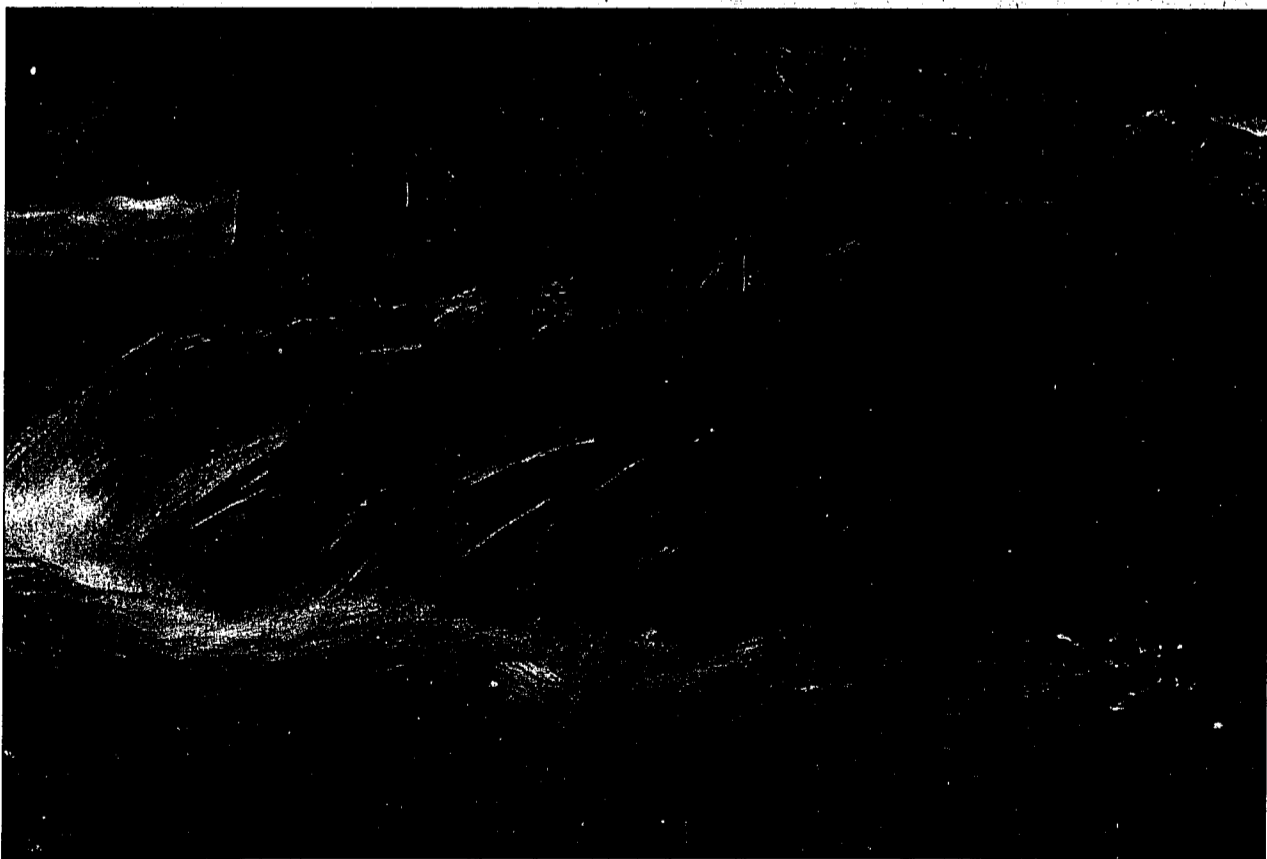
Gorges such as this unnamed one are a common sight in Glacier National Park. As the glaciers receded, they left behind deep cuts in the earth and rock, which have been smoothed out over thousands of years by running water, forming spectacular gorges.



Glacier National Park is home to over 20,000 species of insects, including spiders, who casually spin webs in search of food. Their elegant webs dangle from trees and across trails, forming an important part of glacier's ecosystem.



Beaver Chief Falls has changed names many times throughout the history of Glacier National Park. It was known as Lincoln Lake falls due to its proximity to Lincoln Lake, others called it Diamond Falls because of the diamond shape the waterfall makes. To the Native Americans who called glacier home, it was known as Shining Mountain falls and the Backbone of the World.



The constantly-melting glaciers make glacial streams abundant in glacier. This particular log was peppered with holes by insects before wind or snow felled it into the stream. The same holes which were used as homes for insects are now carved tunnels for gushing water.

PRIDE

from page B5

something greater and unites the students with a common interest. Last year's students saw this unity in January after Idaho's big Roady's Humanitarian Bowl win, when students were buzzing with excitement about the win and the community supported the Vandals more than ever. The governor of Idaho, C.L. "Butch" Otter, even came to Moscow and declared a "Vandal Football Day" in the state. There was a new-found pride on campus toward Vandal athletics, and

it is important that this pride continues into the fall season. Supporting Idaho's teams is great motivation for its athletes. As Idaho women's basketball coach Jon Newlee said, the crowd is the sixth person on the court, and this impacts Vandal athletes. When the players hear the crowd cheer for them, they know they have the support of the school and community, motivating them to give the extra effort that could be the deciding factor between a win and loss. Athletes take pride in their school when fans take pride in their team. It's important to fill the stands and let

the athletes know the student body is behind them. Filling the stands is also great publicity for the university. When games are broadcast on national TV, it's always good to see the stands full of students supporting the team. It shows the country that Vandals take pride in their school, and can attract more students, as well as sponsorships, to UI. Becoming a Vandal is for life. UI is truly a special place, and being a Vandal is an important part of culture and traditions at the university. The atmosphere in the Kibbie Dome during a rival game is always an incredible and electrifying feeling.

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CLIMBING CENTER

The Climbing Center is located in the Kibbie Dome, Room 1000. It is open to all students, faculty, and staff. For more information, contact the Climbing Center at 208-885-4141.

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OUTDOOR PROGRAM

Fitness can be fun

Stay in shape with these places around Moscow

Rain or shine, being outdoors as well as being active and fit is a big part of the draw to the University of Idaho campus and the Palouse. Nestled between rolling hills, lakes and mountains to the north and south, Moscow offers exciting adventures for the intrepid explorer.

While the call of hiking, camping and biking trails may lure enthusiasts outside of Moscow, there are still plenty of activities to help you ward off the greasy cafeteria food during your stay as an Idaho Vandal.

The easiest stop for physical activity is the Student Recreation Center. Whether you're pumping iron in the two large weight-lifting sections, enjoying a long cardio workout in one of three different cardio fitness areas, enjoying a run on the indoor track, playing a friendly game of hoops on the two full-size gymnasiums or scaling the 55-foot rock-climbing wall, the SRC offers more than 80,000 square feet of physical activities.

Looking to get a little competition under your belt? The intramural office offers students the chance to get competitive in more than 20 different sports, from soccer and basketball to badminton, disc golf and ultimate Frisbee. Aspiring referees can

also apply for referee positions and help keep those dramatic moments from boiling over.

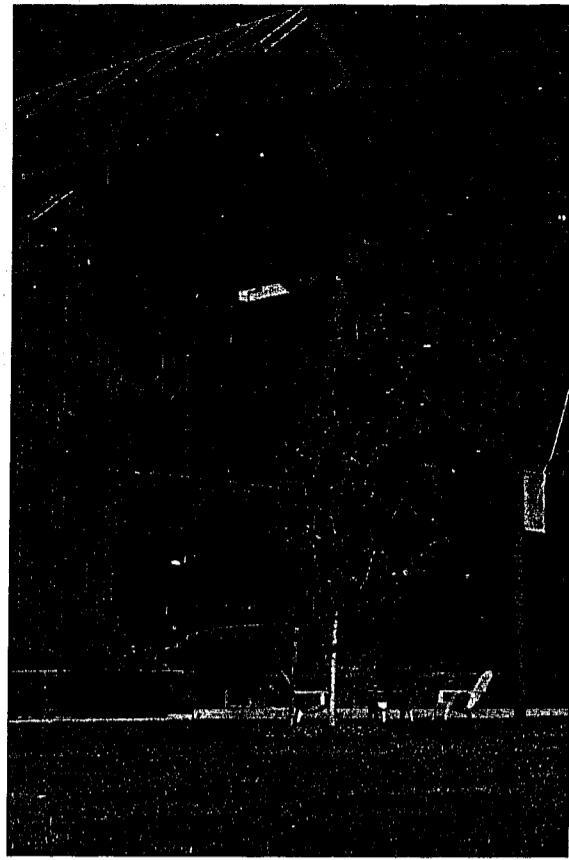


Ilya PINCHUK
Argonaut

Outdoor adventure seekers would do well to stop by the Outdoor Program and Rental Center located in the SRC. Not only do they rent equipment like snowboards, rafts, kayaks and climbing gear, but the Outdoor Program organizes guided trips into the wilderness surrounding campus. From river kayaking to rock climbing, the Outdoor Program is a place to get an adventure fix.

Swing by the University of Idaho Swim Center, located behind Memorial Gym, if you're more into the water scene. Featuring two 25-yard swimming pools, access to the Swim Center is free for students looking to get some aquatic action. In addition to open and lap swim, the Swim Center offers swim classes, water safety instructions and lifeguard classes.

Bikers and runners should enjoy warm weather while they can by hitting up one of many trails running through Moscow. Short riders and runners will find the Paradise Creek trail system, which runs through campus and skirts the outer edges of Moscow. Accessible easily from anywhere on campus, the trail is frequented



Ilya Pinchuk/Argonaut

The Student Recreation Center is the number-one stop for the active student. In addition to sporting two hard-courts, an all-purpose workout area, as well as being home to the Outdoor Program, the SRC offers classes on everything from basic weight training to cardio workouts and cycling. It's the perfect place to get in shape.

by casual runners, bikers and commuters, who follow the trail past several small parks, the dormitories and the SRC. The trail ends near the Guy Wicks Fields, a popular destination for recreational soccer players and kite flyers.

Those fancying a longer bike ride can follow the Paradise Creek trail system further, until it turns into the Bill Chipman trail, which runs

seven miles to the west toward Pullman. The scenic trail, completed with funding from UI and Washington State University, winds through the rolling hills of the Palouse, providing a relaxing bike ride or a mildly grueling run. If distance is your fancy, heading east on the Paradise Creek trail will bring riders and runners to the head of the Latah trail, a fully paved trail leading 12 miles to Troy.

Prevent the 'Freshman 15' with healthy eating

Since the start of June, I began a fitness challenge after reading magazines with stories titled, "Get a bikini body fast" and "Slim down and shape up."

With the help of a miniature yellow journal that would fit with ease into a purse, the process began and everything I consumed was written in the journal. The goal was to keep the daily calorie count at or under 1,500 calories.

Once a routine was established, counting calories was subconscious and the journal was left at home. Slowly those 1,500 calories became fewer and fewer each day. The subconscious counting was becoming too much. It has been 51 days and I feel slimmer, but was it a healthy way to lose weight?

After a consultation at the Student Recreation Center with Peg Hamlett, University of Idaho fitness director, and Ben Sturz, personal trainer and wellness instructor, I was told the diet program I had been on was not healthy. They said if I were to follow guidelines provided by them, I could see even better results and indulge in more delicious foods.

A banana and a skinny white-chocolate mocha for breakfast, a double-chocolate peanut butter Special K Bar for lunch and a spinach salad with grilled chicken on top for dinner adds up to approximately 1,000 calories.

Gaining 15 pounds in one year is usually not desired for the average freshman. Talk of gaining the "Freshman 15" can be nerve racking to some while others may think it will not happen to them.

Those who do not wish to gain the "Freshman 15" need to look beyond diets that suggest eating 1,000 calories since it will not provide the body with enough food to endure exercise and daily tasks Hamlett said.

"When you don't eat, or when you don't eat enough, your body will go into fight or flight mode," Hamlett said.

Hamlett said freshmen make a lot of mistakes when it comes to eating healthy, both with making poor food choices and by constricting their diet too much.

"Some fats in foods are actually good for you," she said. "In the morning, add a bagel with some cream cheese along with the banana."

Freshmen have new freedoms and are able to make choices on what they eat, how often they eat and when they eat, Hamlett said.

"They tend to make mistakes when it comes to the Bob's Cafeteria, or in the sorority or fraternity houses," she said. "There are wonderful options at Bob's and in the houses."

She said to eat fruits and vegetables often and indulge in some fatty foods, but also monitor portion control and drink water often.

Sturz said if a person is active they should actually eat more and drink plenty of water. He said people who are physically active need to drink one ounce of water for every pound they weigh and those who are not active should drink one half of an ounce per pound of their total body weight.

Hamlett said that it is healthy to eat 4-5 small meals each day because it keeps the metabolism going.

There are not shortcuts and taking dietary supplements, or diet pills, will not help since they are unhealthy and unnecessary she said.

"If all of those pills and supplements worked, we would all be skinny and fabulous," Hamlett said. "If you can balance a healthy diet with great sleep and exercise habits you will be better off."

marissa
IBARRA

Argonaut

Leadership Education and Development Series

Idaho LEADS seeks to educate and develop University of Idaho students through an extensive program of interactive workshops and leadership activities that will challenge students to go beyond the classroom to develop a broad vision of their role on their campus and in their communities.

<http://www.studentactivities.uidaho.edu/LEADS>

A diary: Glacier National Park

Pure solitude is a feeling that is hard to describe.

With the pace of modern day life, huge cities, always-connected phones, the never-ending buzz of text messages and e-mail, few places offer an escape from the frantic life and take you back to simpler times.

These thoughts struck me as I rounded mile seven of the Lincoln Lake Trail in Glacier National Park. After leaving the trailhead, I had not seen anyone and with the destination being three undeveloped campgrounds at the foot of the lake, chances were good I would not see another person for my three-day excursion.

The narrow trail was fraught with signs of wildlife. Fresh bear tracks alluded to the creatures' presence in the area, songbirds playfully chirped from overhanging trees, and deer followed explorers who traipsed into the woods.

American anthropologist George Bird Grinnell visited Glacier National Park in 1885 and during the excursion he wrote, "Far away in northwestern Montana, hidden from view by clustering mountain peaks, lies an unmapped corner — the Crown of the Continent."

More than 200 years later, Glacier National Park has been mapped and scouted, yet the stunning scenery, the high-rising snow-crested peaks and warm valley lakes remain untouched by human hands.

Glacier National Park is one of the oldest parks in the U.S., having recently celebrated its 100-year anniversary as a member of the United States National Park system. It's towering snow-capped mountains and glacially-carved valleys have earned it the distinction as being named one of the most beautiful parks in

North America by National Geographic, alongside Denali National Park, Yosemite and Isle Royal.

People from across the country come to experience the mountains and valleys of Glacier National Park. During my week there, I counted 39 different license plates from as far as Florida and Alaska.

While most visitors come from across the country, or fly into the tiny Glacier Park International Airport, students at the University of Idaho have the distinct advantage of a six-hour drive to Glacier. The park sees more than 2 million visitors per year, and less than half of them visit the backcountry trails.

Two nights after arriving at Lincoln Lake, I broke camp under a bright blue, sunny sky. In the distance the tallest waterfall in the park roared, the gentle waves on the lake lapped at the shoreline, and two black bears gazed with approval from across the lake. As I took my leave, I was reminded that people are but visitors on Earth, mere pawns in a larger game of chess.

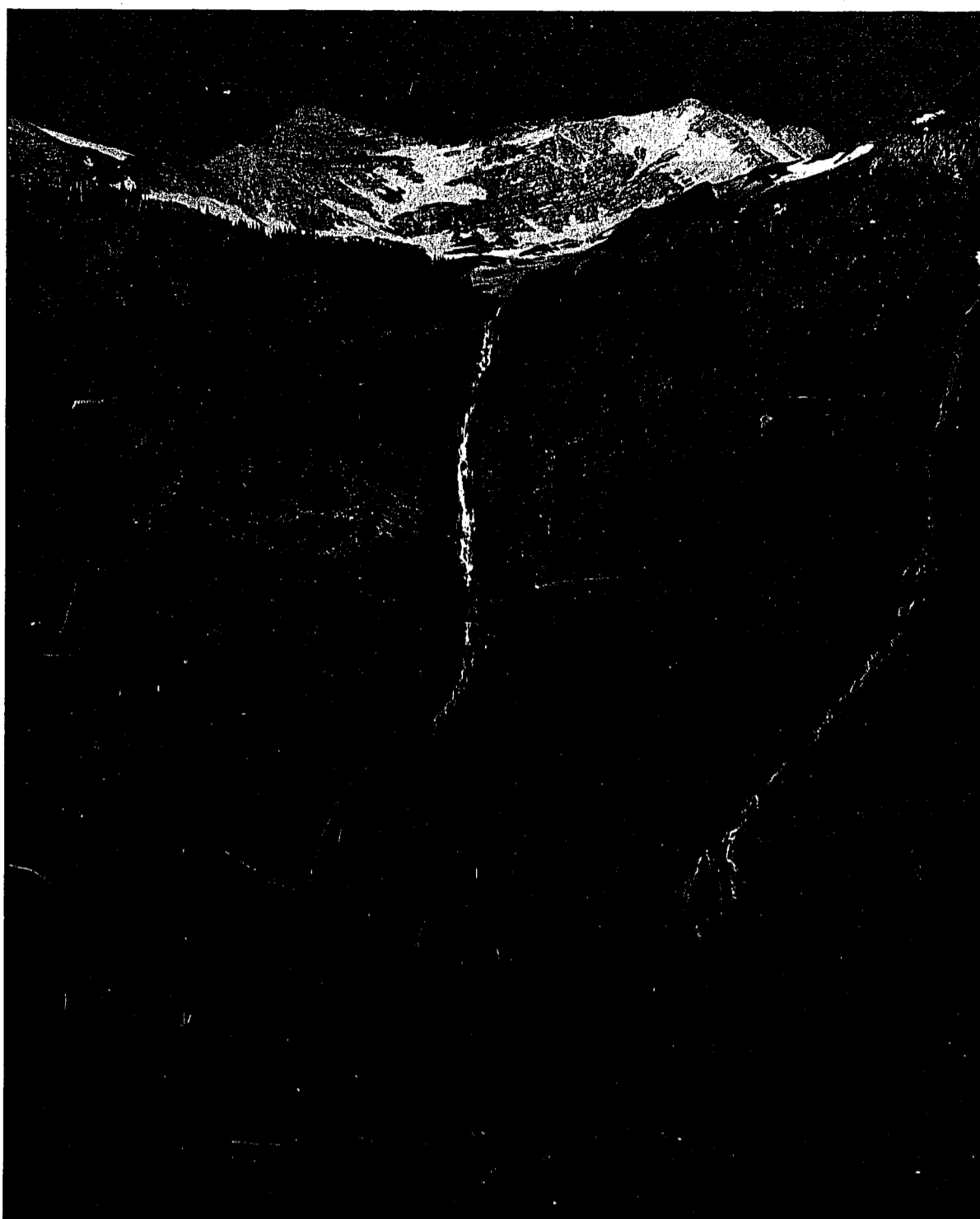
I have walked the banks of the Volga under starry nights, the halls of the Sistine Chapel and Saint Basil's Cathedral, scoured the forgotten ruins of Scottish castles and climbed nameless peaks in the heart of Alaska, yet my time in Glacier National Park is something that I will cherish for years to come. It is truly the crown of the continent.

The mountains reflected in the rear view mirror as I drove home. They beckoned to me and as they slowly faded from sight, a familiar quote by John Muir, one that I have lived with my whole life, rung in my heart.

"The mountains are calling, and I must go."

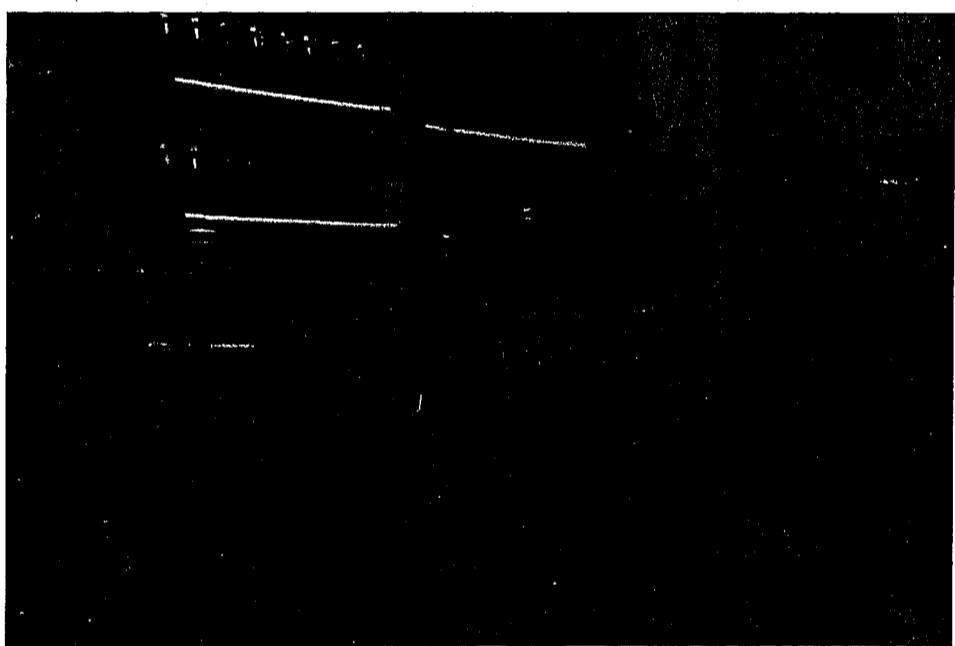


Ilya PINCHUK
Argonaut



Ilya Pinchuk/Argonaut

Avalanche Lake is aptly named, as its main source of water comes from the plethora of avalanches that roar and carve their way down the surrounding slopes to the water's edge. Avalanche Lake sits in a cirque carved out by a cirque glacier some 10,000 years ago.



Ilya Pinchuk/Argonaut

The University of Idaho Outdoor Program Rental Center stocks everything from rafts and kayaks to skies, snowboards, rock climbing gear and tents. In addition, the Outdoor Program provides guided trips to students at various locations around Moscow and the Northwest. They are located in the Student Recreation Building.

Spending time outdoors

University of Idaho students will spend the majority of the next four years on campus, but as nice as campus is, there are experiences outside that cannot be missed.

Students at UI are blessed with an unlimited amount of outdoor activities within proximity. Idaho and the Palouse are home to numerous outdoor experiences that attract people from various locations.

Spending time outdoors is part of the Idaho experience. Idaho's culture is deeply rooted in the outdoors, and students new to the area would do well to take the time to experience its tradition of recreation in the wilderness.

It's important for new students to remember there is a world outside of campus. When the stress of college life hits, it often helps to get away, and a calm place to go is the woods.

Camping is an enjoyable way to spend time off campus. At UI, students are lucky to have many camping options, including some that are close and easy to access.

Spring Valley Reservoir is a nice place to camp and easy to get to. It is located 17 miles east of Moscow near Troy, and offers campgrounds near the water that are perfect for car camping. The reservoir offers fishing and hiking, and Spring Valley

is perfect for students looking for a quick getaway.



Kevin BINGAMAN
Argonaut

Kamiak Butte is another close location that is an opportunity for students to enjoy some quiet time in the outdoors. It is located 20 miles northwest of Moscow near the town of Palouse, Wash. It is a county park that has campgrounds, cabins and good hiking. The Butte towers above the surrounding landscape and has breathtaking views from high above the Palouse region.

The closest and most accessible place for students to enjoy outdoor activities is Moscow Mountain. Located closer to campus, it has hiking, biking and camping opportunities. Locations like Idler's Rest offer quick hikes for students looking to spend some time away from school.

Robinson Park, located between Moscow and Troy, is only five miles outside Moscow and is a nice place to camp. The St. Joe Wilderness is also close at hand and has unlimited possibilities for camping and hiking.

The outdoors is an important part of Idaho culture, and in Moscow students have the opportunity to become part of this tradition. The outdoors offer recreation, as well as an escape from the stress and troubles that college life inevitably brings.

Want to get to know other new students and your new community?

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Moscow's fishy secret

From reservoirs to rivers, the abundant fishing around the Palouse makes it an angler's dream

Fishing is a tradition as old as time itself. With its origins rooted in the Paleolithic period, some 40,000 years ago, fishing has gone from a necessity of life for early cavemen to an enjoyable pastime used on a warm summer day.

From complex fly-fishing on rivers to lazy summer days by the watering hole with a beer in hand, Moscow is prime fishing territory. As a student at the University of Idaho, fishing provides a way to get out and enjoy the scenery, and is an opportunity to catch a good meal — from small trout to largemouth bass, any fish is a welcomed break from cardboard pizza and soda.

Before heading out on the water, it's imperative to have the right gear, bait and tackle. With several sports shops in town, most notably Tri-State and Big 5, inexpensive gear for both the beginner and intermediate angler are easy to find. Tri-State in particular stocks a large selection of rods, reels, bait and flies, allowing for custom-picked gear.

Choosing a location is the next

step after taking care of gear. First timers, beginners and those looking to hook some easy fish, should go to the one place synonymous with fishing near Moscow — Spring Valley Reservoir.

Spring Valley, located 17 miles from Moscow along the Troy highway, is a small, fully-stocked reservoir that caters to beginners and families. A popular spot for recreational swimming, as well as kayaking and mild hiking, Spring Valley is a nearby place to experience the outdoors.

With a huge mass of crappies, trout, bluegill and bass, the reservoir is stocked annually with more than 60,000 fish making sure everyone is likely to catch something while enjoying hawks and eagles swooping down over the lake.

Further down the road is Moose Creek Reservoir, an equally pleasing location without the massive crowds of Spring Valley. Moose Creek is a fully stocked reservoir, with rainbow trout and bass to catch while you enjoy raptors, hummingbirds and various waterfowl in their

natural environment.

For a wholesome full-day adventure, pile gear, food, and some bikes in the car and take a drive out to the Elk Creek Reservoir, located near the small town of Elk Creek, approximately an hour from Moscow.

The drive is impressive and the destination is equally amazing. Be sure to keep an eye out for wildlife as you skirt the edges of Elk Creek. Elk Creek Falls Recreation Area, encompassing 61 acres, is full of small trails for hiking and biking, including an old wagon trail that has been converted for foot and bike traffic.

A short hike to the reservoir allows for fishing of trout, which are stocked annually, but be sure to take a break and stretch the legs on a short, three-mile hike to see several waterfalls around the area. Watch your steps as you navigate small trails along the cliffs leading to the waterfalls.

Reservoirs are exceptional places to fish, but for a bit more action, seasoned fishermen would be well-inclined to head south past Lewiston to the Clearwater River for a chance to tangle with some of the largest

steelhead in the world and to try their luck at catching Chinook salmon, which run through the Clearwater River at certain times in the season.

Fishing the Clearwater is not for the faint of heart — steelhead caught in Clearwater have been known to exceed 20 pounds, and Chinooks routinely exceed 40 pounds.

In addition to fishing, the Clearwater River allows intrepid explorers to follow the steps of Lewis and Clark as they journeyed their way down the river more than 200 years ago. The Clearwater River lives up to its name — one of the first aspects anyone will notice is how clear the water is, setting the stage for exciting fishing where you troll or fly-cast.

When all other fishing is exhausted and seasoned anglers look to fight the big fish, few places are better than the Snake River, south of Moscow along Highway 95. The Snake River, the largest and longest tributary of the Columbia River and is a haven for great species of fish.

Along with the annual runs of salmon and sea-run steelhead, the Snake River is home to the white sturgeon, the largest

freshwater fish in North America, as well as the third-largest fish in the sturgeon family. The chance to catch this fish is one that lures many anglers from across the U.S. to the Snake and Columbia Rivers, not only for the fight of the fish, but also for the size — white sturgeons routinely exceed 100 pounds, and the largest-recorded sturgeon was more than 1,500 pounds.

A check on current fishing regulation from the Idaho Fish and Game Department before departure can explain what parts of the river are open to what types of fishing. The Snake River is accessible from the highway, as well as from short trails along the road. Should the thought of venturing for sturgeon alone be uncomfortable, many qualified, experienced fishing guides can be found to escort you on a fishing excursion.

Fishing in Idaho can result in good memories, and are a perfect backdrop for relaxation from classes and studying. With so many quality places to fish within a short distance of Moscow, the days should be spent pondering what will be caught and how big it will be.

YEAR from page B5

The most important sign was Mike Iupati, who became Idaho's most decorated player and was selected by the San Francisco 49ers at 17th overall in the 2010 NFL draft. Iupati became the highest-picked player to come out of UI since Ray McDonald was selected 13th overall in the 1967 draft.

Idaho head coach Robb Akey said he knew Iupati was special from the first scrimmage, calling him a dominating player capable of taking over games.

"There are not a lot of guys like Mike Iupati," Akey said. "Next year will be my 23rd year coaching football, and he is the best offensive lineman I've ever coached."

Iupati figures to be a central piece of the 49ers team. "I'm going to have to

work hard. Make a name for myself at the next level," Iupati said.

No. 1: Vandals capture Humanitarian Bowl at the last possible moment.

It was the game of a lifetime. A game which writers and broadcasters dream about, a game which players wait their entire lives to play in, and the Idaho Vandals got to be in such a game as they battled Bowling Green for the Roady's Humanitarian Bowl trophy.

After a back-and-fourth touchdown slugfest in bone-chilling December weather, Bowling Green's Freddie Barnes sealed Idaho's fate by catching a 51-yard bomb and putting Idaho in a 42-35 hole with 32 seconds left. Dejected fans stood in silence as the snow fell.

The Vandals, however, weren't ready to quit. "The team was fired up, and it didn't take anything from me to get them go-

ing," Akey said. "They had the belief they could come back from anything."

With time winding down and pressure closing, Enderle dropped a 50-yard bomb to Preston Davis. On the next play, Enderle found Komar in the end zone to draw Idaho at 42-41 with four seconds remaining.

With the game seeming to head into overtime, the team huddled and Akey asked one question. "Why make everybody

wait for overtime?" Akey said.

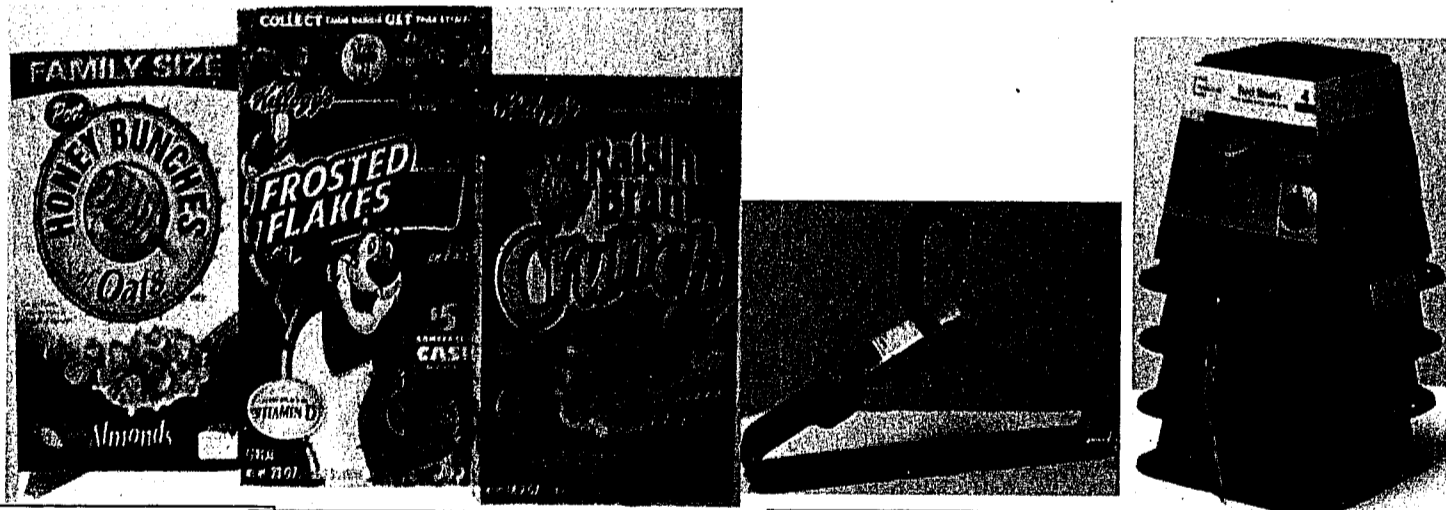
It was a decision that will go down in Idaho history.

On the final play of the game, Enderle took his final snap, scrambled out of a scrum and found Davis wide open in the end zone for the 2-point conversion and the victory.

It was a game that will forever be entrenched in the minds of watching Vandal fans.

Read The Argonaut. Found on stands around campus.

Walmart Welcome Back Students!



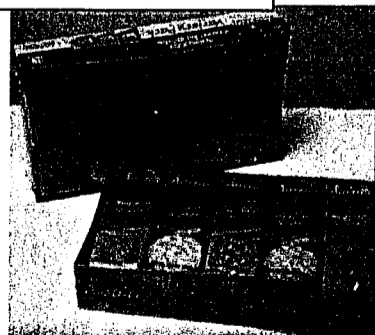
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⁵⁰
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⁸⁸
7 Bed Risers 4-pack



⁵⁰
1 Was 1.98
Austin Crackers
• 10-Pack



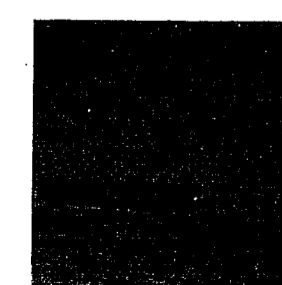
\$5
Was 5.98
Coke 24 pack
• All varieties



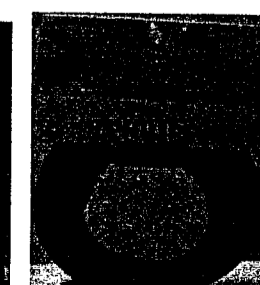
⁵⁰
2 Was 2.97
Copy Paper
• 500 Sheets



\$10
CAT5e Networking Cable
• 7 feet



⁹⁶
39 Wireless-G Router
• WGR614



⁹⁶
9 RG6 Coaxial Cable
• 25 feet

Event Dates: Friday, August 20 - Monday, August 30, 2010

Use your head

Excessive drinking comes with consequences

Benjamin Harris, a University of Idaho senior and Sigma Nu member, died July 13 from alcohol poisoning on his "21 Run." He was pronounced dead at approximately 3 a.m. the day after his birthday. The only value his birthday celebration has now is the lesson to be learned from the mistakes made that night.

A fatal ending to excessive drinking is not limited to one case. Though this instance hits close to home and should be an example to our community. The problem is within this generation. Instead of making responsible decisions for ourselves and looking out for our friends, students take on challenges to consume 21 drinks or shots on the day they are legally able to drink, or encourage friends to do the same. There is pride in being able to do the longest keg stand or to be the beer pong champions — students actively participate in drinking Olympics without care, because "death won't happen to us." We are immune and indestructible.

The reality is we are not. Alcohol is lethal. Death does happen. The recent loss of a fellow Vandal is one of many instances where excessive alcohol consumption, whether in a short duration or extended amount of time ended badly. The instance should be remembered and reflected on and a lesson should be learned. Make responsible decisions and look out for friends.

At some point when out at the bar, or at a house party, someone will be too drunk to take care of themselves, and at this point someone should intervene to ensure the person's safety. When planning to go out, people should be aware of decisions they will make that night and consequences, whether positive or negative.

The decisions we make are entirely our own. While at the university we are no longer under parents' supervision and they cannot save us. College is an experience that should change a person's perspective, give them new insight for life and better shape them for the world waiting afterward. This generation is not the first to be irresponsible about alcohol, but it could be the first to start working to mend the flaw. How many of our fellow Vandals have to die before we understand the severity of excessive drinking?

— ER

Top things not to do

Once in a while heavy news hits Moscow that a young person has died from alcohol poisoning. What started as an evening to cut loose and enjoy friends, ends the life of an individual who once took control of their future by enrolling in college.

Arriving at college is a major turning point in anyone's life, no matter how old, but the sense of added responsibility may not come naturally with age.

College is a time to engage in learning new subjects and meeting new people. The key word is "engage." Learn about friends and take care of each other. Join study groups and make sure everybody is keeping up. It is incredible how much learning happens through helping others.

The most important things not to do at college may not be covered in university literature, but it usually boils down to knowing your limits.

Do not start fall semester by slacking

in classes. Spending weekday nights working late in the library to earn weekend fun pays off in better grades and higher satisfaction when the time to cut loose arrives.



Joe PFLUEGER
Argonaut

Do not look at the "No Parking" sign as a friendly suggestion. It is safe to say that parking illegally for a whole class session will get you a ticket.

Even a ten-minute errand in the clearly marked zones is a risk not worth the \$35 fine. Idaho is a democracy, not a monarchy. The "Princess" bumper sticker is not going to provide you immunity.

Do not sign up for too many classes. After the first few days, take time to consider what the subjects will require and make sure there is enough time to devote to important classes.

Too many credits at once could mean missing out on important events in social and personal life, such as "Lost" marathons.

Do not overestimate availability for work.

Chances are if em-

ployed, when submitting available hours, employers will round high. At first, there may be time to work extra shifts but it is a hard cycle to break when the need to cut back the hours for school arises. Even though extra cash feels nice, remember, it's always free to spend the evening in the library.

Do not get used to spending freely without an income. College students get used to having little to no money in the bank account. Start implementing tactics to save money such as shopping around for deals and inquiring about the specials when dining out. Clipping coupons is costly in time, so do some grocery shopping at the parent's house when and if convenient.

Do not overestimate alcohol limits when going out. Even though bonding while binge drinking worked out fine last weekend, that doesn't mean school or personal life won't suffer next time. During a state of altered mind, it is easy to slip into bad decision-making which could leave some with one eyebrow the next morning.

see TOP, page 13B

Off the CUFF

Quick takes on life from our editors

Crazy camping

This weekend I was supposed to go camping with a group of friends. We were all set, loaded up and on the highway headed out of Lewiston. We didn't even make it to the casino when my friend's truck crapped out. Instead of camping we ended up loading his broken down truck onto a flatbed trailer and hauling it back to town with my other friend's truck. Needless to say, we were quite the sight — a Chevy Duramax hauling a Dodge Ram. All we needed was a Ford in the mix and we would have summed up the old L-town.

— Elizabeth

Setting trends

It's funny when people hear me talking about my iPad and try to tell me how useless it is. Then they play with it five minutes and later want one. I think they call that jealousy.

— Madison

FYI

Don't drink dirty water. Giardia sucks. That is all.

— Ilya

Awesome no matter what

I just got back from an awesome Kings of Leon concert at the Gorge. I'm convinced any show there would be amazing, even if it were a horrific combination of Miley Cyrus and Justin Bieber.

— Kelli

Let the rivalry live

If the athletic director of Boise State University, Gene Blaymaier, doesn't "have any space on his schedule in 2011" to play the Vandals, I will dislike the donkeys even more. The two teams have met on the gridiron for almost 40 years, so why discontinue such spirited rivalry now? To top it off, coach Chris Petersen said if the two teams decide to meet, they should play in Boise. Wow.

— Nick

Sights on the Metro

One of the best parts about my internship so far has to be the people I come across riding the D.C. Metro. The woman next to me this morning was reading a book called, "Every Thug Needs A Lady." I had to look away to keep from laughing. Not five minutes later, a woman in her mid-30s with no bra on and whose hair looked like she just stepped out of a hurricane sat across from my seat and started flirting with a guy next to her. She showed him all of her tattoos — including one that was on her chest. Definitely adding that to my list of things I never, ever needed to see.

— Kellie

Sailing through summer

I get to go sailing almost every week and I have every weekend except two off of work. I'm living the good life. Summer is awesome.

— Jens

Grow up later

While everyone is in the midst of welcoming the freshman, I have to offer a piece of humble advice. Yes, this is a big step. There is no need to stress out — at all. Take time to enjoy this experience and worry about growing up later. Your "grown-up self" will thank you further down the road.

— Dara

Summertime blues

It occurred to me Sunday that I have yet to go swimming this summer. I have been too busy with summer school and work. Today, don't call me, I will be lost downriver somewhere.

— Tanya

The joy of being a Vandal

Graduating from college isn't easy. In your short time here as a Vandal, you'll have research papers, mid-terms, finals, quizzes, group projects and countless hours of studying. It sounds overwhelming, but it doesn't have to be. It's important to find things to look forward to during the school year so you do not feel overwhelmed with school. Luckily, the University of Idaho provides enough opportunities that you'll be able to both work and play hard while you are here.



Kelli HADLEY
Argonaut

Autumn means something in Vandal country — football season. People can say what they want about the UI football team, but win or lose football games are always a good time. Every home game creates a euphoric sense of school spirit in the Kibbie Dome and the parking lot is always crammed with tailgaters.

Forget your homework on game day, put on your blackout attire, accented with silver and gold, and spend the day cheering and celebrating the joy of being a Vandal.

Homecoming is also a great way to get into the Vandal spirit. This year's homecoming week starts Sunday, Oct. 17 and ends the following Sunday. Homecoming highlights include a parade through Moscow, a bonfire and fireworks in the Kibbie Dome parking lot, mini-golf tournaments, the football game and the celebration afterward at the University Inn West Western.

The weekly Farmers' Market is a chance to enjoy the sunshine and mingle with the community. It takes place from 8 a.m. to 1 p.m. every

Saturday through October in Friendship Square. The square is filled with tents and vendors selling flowers, fruit, jewelry, baked goods and hand-made crafts.

The Palouse is also home to the popular TabiKat drag shows. Held at the Moose Lodge, drag shows are inexpensive and fun for dancing and watching the trained drag queens and kings perform.

When spring rolls around, you won't be able to ignore the buzz of the anticipated Hempfest, which takes place in April. There is food, live music, 30-40 vendors and guest speakers. The festival began more than a decade ago and has since turned into an annual hit.

Spring also brings a glimmering light to the dismal week before finals. Dead Week of spring semester is also known as Finals Fest, a week of free admission to see stand-up comedians, movies and concerts. Previous Finals Fests have included performances by New Found Glory, HelloGoodbye, Reel Big Fish and the Roots. Finals Fest is a great way to relieve stress and see some famous talent come to Moscow.

Though this town offers many aspects to be excited for, eventually you'll come to love what is natural in college life. Look forward to planned events, but mostly look forward to sunny days on the Theophilus Tower lawn and Greek Row, biking the eight-mile path from Moscow to Pullman, making new friends, acing your classes, playing intramural sports and simply experiencing UI college life that leaves so many with a strong love for Moscow.

Send letters to arg-opinion@uidaho.edu.

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- 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 Student Union
Moscow, ID, 83844-4271
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The UI Student Media Board meets at 4:15 p.m. the third Tuesday 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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Argonaut Staff

Kellie Moseley

Editor-in-Chief
kellie@uidaho.edu

Elizabeth Rudd

Managing Editor & Opinion Editor
arg-managing@uidaho.edu & arg-online@uidaho.edu

Dara Barney

News Editor
arg-news@uidaho.edu

Madison McCord

Web Editor
arg-opinion@uidaho.edu

Jens Olson

Production Manager
arg-production@uidaho.edu

Logan Osterman

Advertising Manager
arg-advertising@uidaho.edu

Ilya Pinchuk

Sports Editor
arg-sports@uidaho.edu

Tanya Eddins

Front-Row Editor
arg-arts@uidaho.edu

Kelli Hadley

Copy Editor
arg-copy@uidaho.edu

Nick Groff

Photo Bureau Manager
arg-photo@uidaho.edu

Ways to adjust to a new school

Five ways to simplify the first few days of college

Arriving on the University of Idaho campus as an incoming freshman can be overwhelming. There is a lot to know, do and prepare that it is nearly impossible to avoid utter confusion. However, there are five ways to make the transition and life a little easier. **Figure out financial aid and housing.**

It is not uncommon to come to campus and leave financial kinks for later. If questions or problems arise, do not hesitate to e-mail the financial aid office at finaid@uidaho.edu. They are more than happy to help straighten things out and usually answer questions within a day. **Know where the main buildings are.**

Many of classes freshman will attend are located in the Teaching and Learning Center, or in surrounding areas. Get a map and find the locations for classes before school starts. Then, physically locate each building. This will save time and stress on the first day of school, and make the change in schools easier. **Get involved.**

While this cannot be accomplished before school starts, spend the time to find one group or organization that piques interest and check it out. Being part of a group will make it easier to meet new people and take full

advantage of all UI has to offer. **Do not over pack.**

Many people think they need every little thing they own, but this isn't true. There will be no room for it all, and when moving in it is easy to realize that just because you own something does not mean it needs to be shoved into a tiny living space. On that note, think ahead about what to bring. Pay attention to the suggested items the school lists to bring — it will make packing easier. **Get out and explore Moscow.**

The college experience does not revolve solely around campus. While academics are important, everyone needs a break every once in a while. Moscow has quite a few places that are great for meeting friends in a different atmosphere or doing homework. This will also help make Moscow feel like a second home, rather than just a temporary residence.

All of these are important to keep in mind when making the transition to college. But most important, is to realize that nobody is alone in forgetting their toothbrush or being unable to locate a class. It can happen to everyone, but with a heads up, hopefully it will happen a little less.

Send letters to arg-opinion@uidaho.edu.



katy SWORD Argonaut



WHO DO WE HATE?

Can't hide Vandal pride

There is one crucial element all incoming students need to know about attending the University of Idaho. It is not that classes will be hard or time-consuming, how to find classes or to know which building is which, or where you will live or how to pay for school.

It is that as a UI Vandal, you will hate Boise State University.

For many there is no in between. True, die-hard Vandals hate BSU with a passion that at times seems unreal. It stems from a pride so deep in their school that win or lose, BSU will always suck. It is not a state, but it is who we hate. Those who defend or sport the distasteful colors of blue and orange will be mocked and BSU's mascot will hardly ever be referred to as what it actually is — a Bronco — and instead as a donkey.

Their fight song will be degraded as a cheap knock-off of our own jubilant "Go Idaho." Our fight song — the one our rivals poorly ripped off — is clapped, hummed and cheered along with at every sporting event multiple times. It is a song bolstered with complete pride as people in the crowd yell out I-D-A-H-O, and if the game is against BSU, the cheer is even louder and more aggressive.



elizabeth RUDD Argonaut

The hatred of rivals from the biggest Vandal fans on campus can sometimes be felt just from the look on their faces at the mere mention of those three letters. They are looks of pure disgust, disdain and in some cases, pure death. To be a Vandal, you must be "Bold in Silver and Gold."

The one Vandal to know is the Vandal, and his name is Joe. Joe Vandal is the essence of being bold and is

our biggest icon on campus. Football coach Robb Akey holds his own pretty well in recognition, but Joe will take home the prize every time. Joe Vandal constantly mocks BSU's mascot — many times in an inappropriate manner that accompanies the saying, "Buck the Froncos."

Across campus it is easy to find Vandals who can tell you why we hate BSU or give new reasons to do so. Many of them have a variety of shirts that provide explanations, reasons, little digs and strong Vandal Pride statements. But the main point of all of this is to protect future Vandals who are unaware of this deep rival because at times (most times) it can get dirty, mean and vulgar.

The point is to be a Vandal you're going to hate Boise State, and if you don't then you had better be prepared for what could seem like the longest four years of your life.

Send letters to arg-opinion@uidaho.edu.

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How to survive in small towns

Many freshmen or transfer students come to the University of Idaho from places like Boise, Spokane or Seattle. Even more come from areas like Pocatello, Idaho Falls and areas surrounding Boise, like Nampa or Meridian. All of these cities have populations of 50,000 or more. Boise has at least 20 McDonald's locations, two Walmart Supercenters and at least 10 Albertsons stores.



kelcie MOSELEY
Argonaut

there are two McDonald's, one standard Walmart that closes at 10 p.m. and three grocery stores. What's the shopping like, girls? Well, hope you like Macy's, because that's the only major clothing store for miles. Literally. Looking for a Starbucks? There's a small one in the mall, but good luck finding parking if it's a weekend. There's also one in Safeway at Eastside Market place, but don't expect to find a wide array

of pastries or food to go along with the coffee. Guess that's what the grocery store is for. Welcome to Moscow, where nearly every building but WinCo, Jack in the Box or the bars close by 9 or 10 p.m. And don't even think about trying to go to a small business on Sunday. Chances are it's closed. Need a haircut? Be prepared to experiment with trial and error before finding the right fit. Don't worry, real friends will still love you when you look like you had a fight with the scissors and lost. Looking for a good book? Hopefully it's popular, or Hast-

ings probably doesn't carry it. Amazon.com may become your new best friend. But it's not all as terrible as it sounds. In place of Starbucks, Moscow has Bucer's Coffeehouse, Sisters' Brew and One World Café, as well as several small drive-thru coffee places around town. There is also a quality Co-Op located downtown, as well as BookPeople, which can be browsed for hours on end. Residents will almost never have to sit in traffic for more than 10 minutes, wait more than 15 minutes for coffee or more than

20 minutes for a tow if the car breaks down. Many will fall in love with Moscow's small town charm, even if they loathe the lack of consumer choices. Some may never leave, and some may count down the days until they can pack up and move. Regardless of what city you are moving from, there is something special and unique about Moscow anyone can appreciate. Take time to explore the Palouse and all it has to offer. It just may surprise you. Send letters to arg-opinion@uidaho.edu.

Job hunting made harder with online application

Job hunting is exhausting. I know this from personal experience. I have been looking for more than three weeks now and the search has left me hopeless, frustrated and has instilled an overall feeling of listlessness. It is not that I have not found jobs to apply for, there are plenty. The issue seems to lie with various companies' application processes.



Katy SWORD
Argonaut

In the past local businesses would either place an ad in the local paper or put up some sort of sign to let prospective applicants know they were hiring. Now there are at least seven sources to check at one point in time. Those seeking employment in the past would enter the establishment, ask politely for an application and return it upon completion. Today many places rely on online applications. While this is more convenient for the company, it lacks the personal touch that should exist between company and potential employee.

one of the most outrageous designs by corporations. Although they are intended to weed out people who may have a tendency to steal from the company or perhaps act less than perky to customers, they do not only weed those people out.

If a person does not answer all questions correctly or as the survey company sees fit, the application will never meet the eyes of the person in charge of hiring — and these questions are not simple yes or no answers. They vary from strongly disagree to strongly agree. So, if a person does not strongly disagree that "People can tell when I am upset," and this is what the company requires to move forward, then they have wasted 30 minutes of their life applying for a position they might have been perfect for but will not have a chance at.

I may sound bitter, but I feel this is not unjust. Many students have gone through this relentless process only to end up frustrated and remain jobless at the end of the day. If employers want to know if someone is apt to steal, they should meet them and find out for themselves. People are intuitive and in most cases would be able to judge a person's character during an interview.

Normally I am for the conservation of trees, but in this instance I strongly believe the online application process should be reverted back to traditional hardcopy.

Send letters to arg-opinion@uidaho.edu.

TOP from page 11B

Finally, do look into all the resources offered by the school and community. There are services available most people

will not hear about in their college career. Take care of yourself. UI offers everything from free tutoring to hunger assistance to psychological help.

This fall will be the same as every fall, MIPs

and DUIs are issued to students who made the wrong choice, but students should not let that fact stop them from enjoying their new home and friends.

Send letters to arg-opinion@uidaho.edu.

Definitive four: Moscow oddities

The City of Moscow and University of Idaho lay at a unique crossroads for most people. Those coming from metropolitan areas are startled by the rural nature of the area, yet those from rural areas are taken aback by its cosmopolitan nature.



Cheyenne HOLLIS
Argonaut

No matter the perspective, there are aspects of Moscow that are baffling. This list is comprised of the anomalies that would puzzle someone regardless of his or her upbringing.

The amount of goatees, lifted pickup trucks and people using chewing tobacco is alarming, but only to those like myself, who are not acclimated to such habits. These are the definitive four oddities that would puzzle everyone from the grizzled farmer to the affluent socialite.

Risky skateboarders/longboarders

Apparently, when a person comes to Moscow and rides a board with wheels it gives them license to disobey all safety precautions. The convenience of arriving at one's destination fractionally quicker than walking is apparently worth risking the health of themselves and those around them.

However, this is not a complete negative. On a near daily basis, one of these riders will crash since most have not bothered to learn how to stop. You feel bad when they crash, until you remember they nearly hit you five seconds before.

Wind

There is never a day in

Moscow the wind doesn't blow. The speed varies from near-hurricane force to a light breeze but is never calm. The wind is reminiscent of a stuffy nose that lasts for three days in a row. The feeling becomes so familiar that it is impossible to remember it any other way.

There is probably some meteorological explanation for the ever present Palouse winds but it is still odd.

What makes it even weirder is it always seems to blow in your face. Maybe one day students at UI will come to miss the wind constantly in their faces but as of now it is just a puzzling phenomenon.

Puka-shell necklaces

Moscow is not only the pea and lentil capitol of the world but it is also the puka-shell necklace capitol of the world. I was in a mall-based, cheap jewelry emporium and two people asked if the store had any puka-shell necklaces. Unfortunately, the cashier informed the kids, the store was sold out.

It does not stop there. Two weeks later, in a different store, I overheard two separate conversations about "awesome puka-shell necklaces." It makes no sense that there is a high demand for puka-shell anything in a rural, landlocked town. Either there is a massive demand for puka-shells or people move to Moscow and start craving puka-shell necklaces. Both outcomes have to be considered rather strange.

Jazz fest geriatrics

Each year, the Lionel Hampton International Jazz Festival comes to the university and with it so do hundreds of senior citizens. There is nothing odd about seniors wanting to listen to jazz. What does not make sense is the minority of these elderly folks who are unable to find anything they are looking for, despite holding a map.

Even this is understandable since maps can be difficult to read. The thing that cannot be explained is the propensity for these lost seniors to wander into places that are obviously not what they are looking for.

I still remember my first encounter with one wandering old soul. It was a Saturday afternoon during jazz fest and I was on the third floor of the library working on a paper. This sweet-looking elderly woman approached me inquiring if this is where the bus stopped. I told her it was not but refrained from asking the question that still troubles me. How is the third floor of the library the place you stop to ask for directions and, better yet, why not ask someone who works at the library and not some random student?

It seems that if one is looking for a certain jazz fest activity, it is unlikely to be located in the room with a bunch of computers in it or any building with the word science in its name. It is great these people want to support the arts and the university but it is incredibly odd that they insist on wandering into places that are not close to what they are looking for.

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Duke Senior has been banished to the Forest of Arden by his tyrannical brother, Fredrick. Rosalind, Senior's daughter, remains at court with her cousin Celia where she falls in love with Orlando. Fearing Rosalind's gentle power over people, Duke Fredrick banishes her as well. In disguise as a boy, along with Celia, she journeys to Arden. Orlando, fearing the malice of his brother also flees to the forest. Rosalind and Orlando meet again, this time with the freedom to discover their true selves. (PG13)

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