

THE ARGONAUT

THE VANDAL VOICE SINCE 1898

uiargonaut.com

Wednesday, September 7, 2011

When one goes up, another must come down

Enrollment numbers show shift to in-state

Elizabeth Rudd
Argonaut

The majority of new students will be in-state freshman, a shift that resulted from changes to financial aid, Steve Neihsel said.

Neihsel, assistant vice president for Enrollment Management, said he anticipated the low number of out-of-state students following the reduction of the Western Undergraduate Exchange program that occurred last year.

"We are down out-of-state (freshmen) and we expected that, but surprisingly we are even with transfer from out-of-state," Neihsel said.

Numbers released after the initial 10 days of the academic year show that in-state new freshman enrollment increased to 75 percent this year. Neihsel said the increase was the goal. He said WUE funding was reduced because the program was not financially sustainable, and the shift would allow for more in-state support.

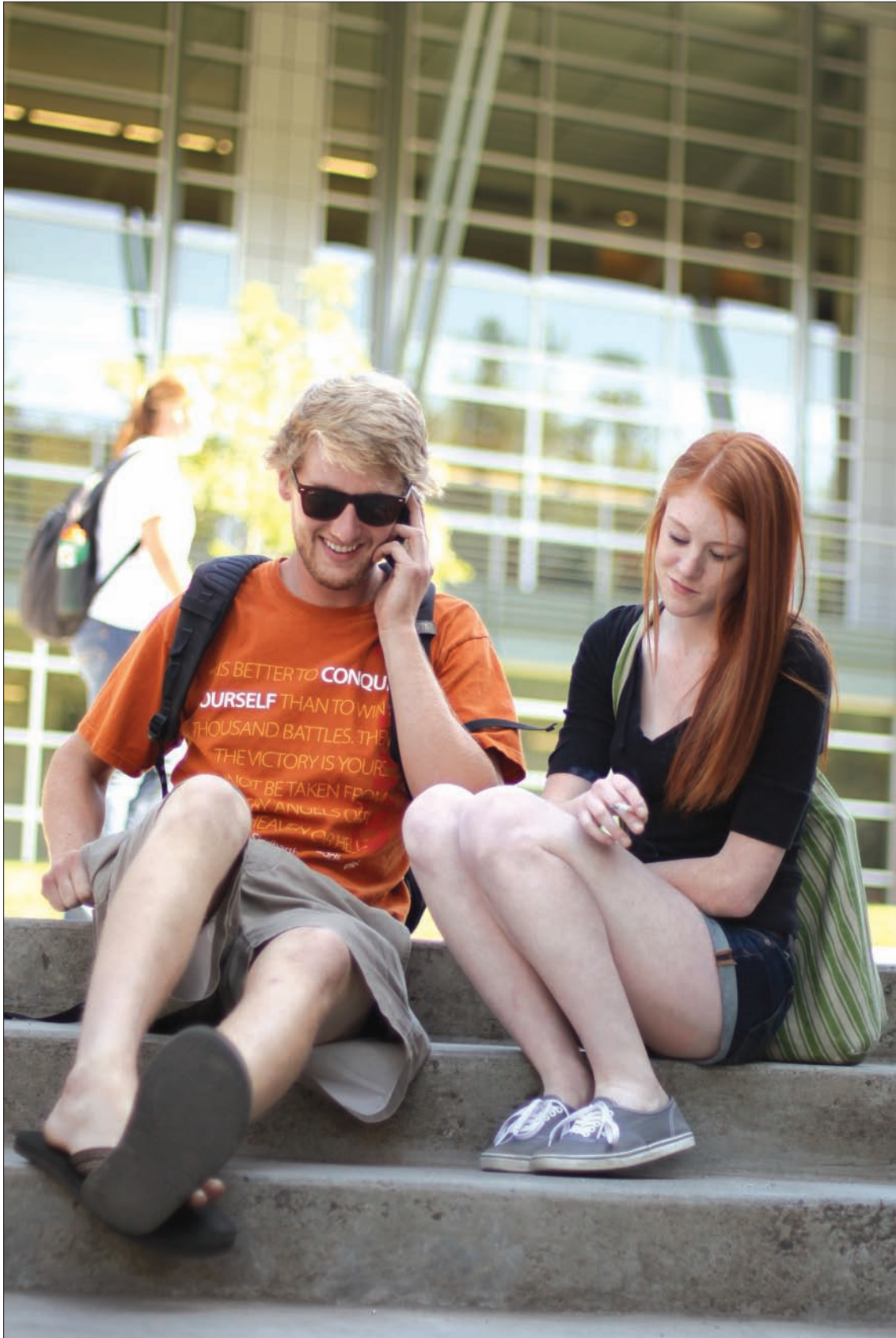
Neihsel said he knew the University of Idaho had a long history with WUE, but that the Discover Idaho program plan — which is the supplementary program for new out-of-state students — is competitive with other institutions and the WUE.

"We understood (the history) going in, but think we can recover from that in the future with our new programs," Neihsel said.

He said the focus, however, is not on out-of-state students, but rather on in-state freshmen, transfer and diversity students.

Neihsel said other changes in financial aid, including a change in requirements, contributed to the increase of in-state students.

SEE ENROLLMENT, PAGE 4



Psychology majors Kelle Agassiz, junior, and Tyler Duncan, senior, take a break between classes in front of the Idaho Commons Tuesday.

Alex Aguirre | Argonaut

Affidavit reveals more information about Bustamante

Benoit memorial service planned for tonight

Anja Sundali
Argonaut

Katy Benoit will be remembered by the University of Idaho community at a memorial service at 7:30 p.m. today in the Administration Building auditorium.

Benoit died Aug. 22 after being shot 11 times with a .45 caliber handgun. The shooter is believed to be former University of Idaho assistant professor of psychology Ernesto A. Bustamante. Bustamante was found dead the next morning, Aug. 23, from an apparent self-inflicted gunshot wound in a Moscow hotel.

Bustamante may have suffered from multiple personality disorder and may have engaged in a past sexual relationship with another student, according to an affidavit filed at the Latah County Courthouse.

The affidavit was filed Aug. 24 by Moscow Police Department Detective Rodney Wolverton in an application for a search warrant for a storage unit rented by Bustamante. Wolverton said in the affidavit he talked to Rowdy Hope, a self-described "best friend" of Bustamante.

Hope said in the affidavit that Bustamante may have had multiple personality disorder, and that in the 14 months Hope knew Bustamante he had seen six distinct personalities: "Baby," "Ernie," "E," "Ernesto," "The Beast" and "The Psychopathic Killer."

Bustamante told Hope he was going to kill a girl named "Becka" while in "The Psychopathic Killer" personality, with whom he had an apparent domestic disturbance, according to the affidavit.

According to the Aug. 26 MPD press release, Bustamante was a victim of a battery and a malicious injury to property Nov. 2, 2010. As a result of this incident, a protection order was issued Nov. 30 identifying Bustamante as the protected person.

The affidavit also said MPD had received information regarding another possible relationship between a female UI student and Bustamante.

"I was informed that a complaint was made to the University of Idaho by a friend of this female and that

SEE AFFIDAVIT, PAGE 4

Enrollment for fall 2011

UI-Boise	UI-Twin Falls	UI-Coeur d'Alene	UI-Idaho Falls	Graduate enrollment
-10%	+10%	+5%	+8.6%	+1.2%
Total: 336	Total: 51	Total: 529	Total: 353	Total: 2,140

It's what's for dinner

UI sponsors beef conference

Summer Christiansen
Argonaut

There are more head of cattle than there are people in the state of Idaho, according to the 2010 U.S. Census and Idaho Beef Council. Beef is the second highest ranked agricultural commodity in Idaho and a conference from Sept. 30 to Oct. 1 in Boise will allow ranchers, veterinarians and beef producers to come together and discuss methods to increase

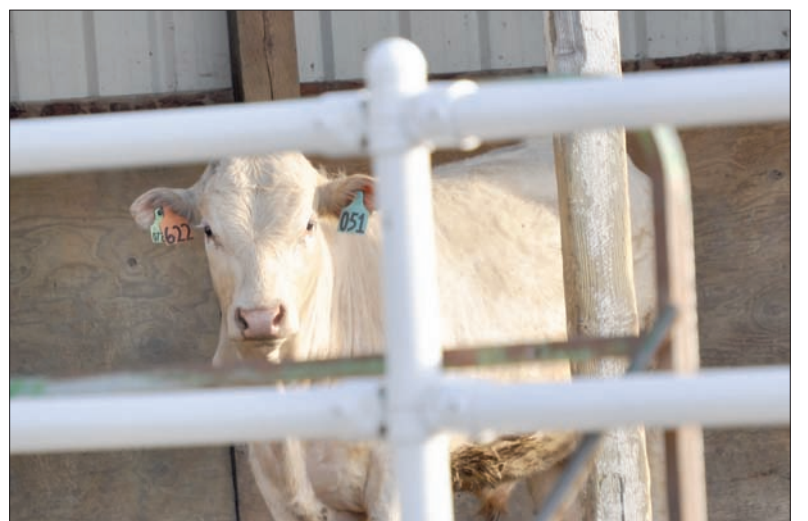
beef production efficiency. "Basically this conference is about how beef producers and ranchers are using technology to increase the efficiency of their herds," said Bill Loftus, science writer at the College of Agricultural and Life Sciences at the University of Idaho.

The beef reproduction task force, a consortium of land grant universities that work on beef cattle reproduction, hosts the event. John Hall, the superintendent of the Nancy M. Cummings

Research, Extension and Education Center operated by the College of Agricultural and Life Sciences in Salmon, is the organizer of the conference.

"The primary focus of this group is to increase reproductive efficiency in beef cattle but also to promote and increase the use of artificial insemination in beef cattle," Hall said.

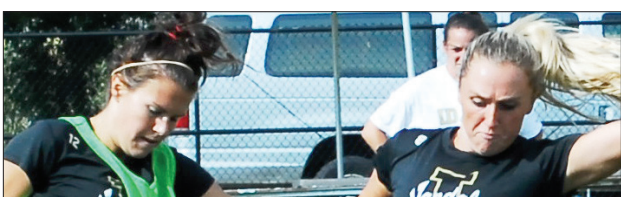
SEE BEEF, PAGE 4



File Photo by Zach Edwards | Argonaut

University of Idaho will host beef conference focused on increasing reproductive efficiency in beef cattle.

IN THIS ISSUE



Read about how the Vandals came away unscathed at the Governor's Cup.

SPORTS, PAGE 5



Learn how to travel in Europe on a budget.

OPINION, PAGE 8

News, 1 Sports, 5 Opinion, 8

University of Idaho

Volume 113, Issue no. 6

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ASUI Center for Volunteerism and Social Action

Winter Alternative Service Break Applications Available

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ASUI Vandal Entertainment

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Tues. Sept 13. 8 p.m.
SUB Ballroom

ASUI Vandal Entertainment Open House

Learn more about ASUI Vandal Entertainment and get involved.

Thur, Sept 15, 4 p.m.
Aurora Room, Idaho Commons

ASUI Student Organizations

Get Involved Fair

Tue. Sept 27. 11 a.m. - 2 p.m.
Commons Plaza (Outside)

Mandatory Student Org Training

Sept 16 and 17
asui.uidaho.edu for details

Activities Board Training

Learn the steps for student orgs to receive funding.

Tue. Sept 20. 6:00 - 6:45 p.m.
Crest Room, Idaho Commons

International Friendship Association

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Are you an experienced swimmer? Just learning? Come share or improve your skills in this safe, all-female setting.

Sun. Sept 11.
11:30 a.m. - 1:30 p.m.
UI Swim Center, PE Building

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THE INSIDE

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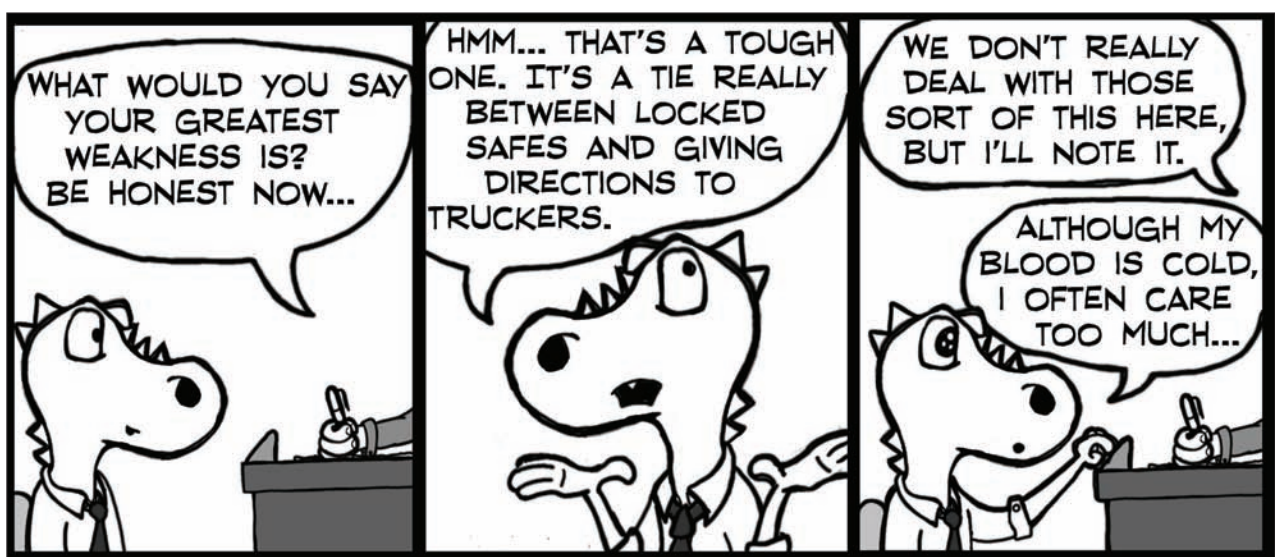
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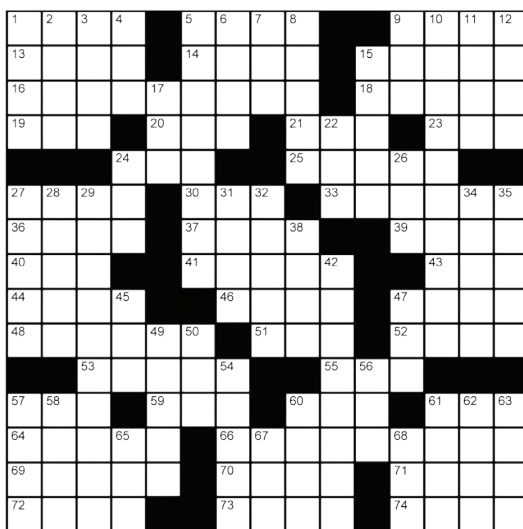


Eli Holland | Argonaut

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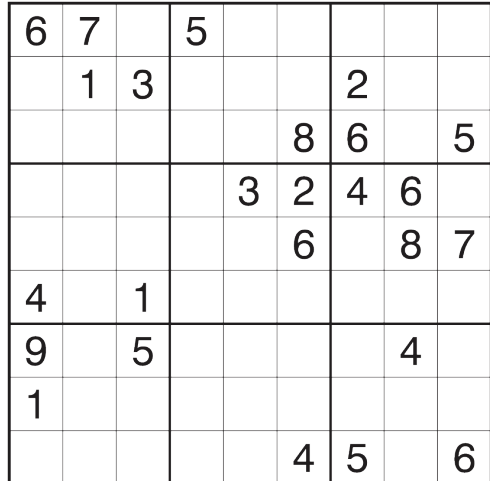
Across

- 1 In the distance
- 5 Slender
- 9 Tin foil, e.g.
- 13 Actress Kudrow
- 14 Waikiki wiggle
- 15 India's first P.M.
- 16 Deserted
- 18 Leaning
- 19 AOL, e.g. (Abbr.)
- 20 Unit of energy
- 21 WW II arena
- 23 "___ so fast!"
- 24 Classic card game
- 25 Stallone title role
- 27 Circus sight
- 30 Strike caller
- 33 Family members
- 36 Nautical direction
- 37 Flub
- 39 Floor model
- 40 Kind of truck
- 41 Pay tribute to
- 43 Plunder
- 44 Church recess
- 46 Actress Polo
- 47 Pigeon's home
- 48 Rifle kick back
- 51 Dry, as wine
- 52 Manipulator
- 53 Put in a stake
- 55 Flamenco cheer
- 57 "___ boom bah!"
- 59 Author LeShan
- 60 Phenom
- 61 Can opener
- 64 Clan emblem
- 66 *Elm Street* had one
- 69 Pitchers
- 70 Sloth's home
- 71 Operatic solo
- 72 Olympian Lipinski

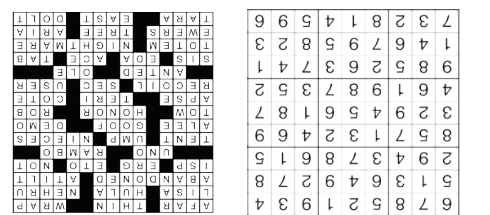


- 73 Toward sunrise
- 74 Blockhead
- 11 Singer Guthrie
- 12 Golf stroke
- 15 One of the Judds
- 17 Cozy room
- 22 Browning work?
- 24 Colorado Indian
- 26 Hospital unit
- 27 Golden Horde member
- 28 Split to unite
- 29 TV personality
- 31 Like some points d'Orléans
- 32 Cornbreads
- 34 Overact
- 35 Judicious
- 38 Duffer's cry
- 42 Carom
- 45 Many chiliads
- 47 Stage signal
- 49 Agenda entries
- 50 Called the shots
- 54 *La vita nuova* poet
- 56 Permit
- 57 Proofer's mark
- 58 Corn Belt state
- 60 Matures
- 61 Poi source
- 62 Seed coat
- 63 Tuckered out
- 65 Historic time
- 67 401(k) alternative
- 68 Bonkers

SUDOKU



SOLUTIONS



THE FINE PRINT

Correction

In the Sept. 2 edition "Alternative tailgating on game day," Nick Popplewell is the director of marketing and licensing for the athletic department at UI.

In the same edition "Weapons safety courses should be more intense," a person obtaining a concealed weapons permit in Idaho must be 21 years old.

UI Student Media Board

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. 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.

Editorial Policy

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

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Letters Policy

The Argonaut welcomes letters to the editor about current issues. However, The Argonaut adheres to a strict letter policy:

- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, label 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 or arg-opinion@uidaho.edu

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Making a splash

Hamilton-Lowe Aquatics Center to have dog day

Britt Kiser
Argonaut

Well-behaved dogs are invited to swim, play and compete at the Hamilton-Lowe Aquatics center in Moscow on Sunday, Sept. 11, 2011.

This year marks the Humane Society of the Palouse's fourth annual "Howling at Hamilton" dog day at the pool.

Humane Society Director Lori Freeman said only dogs will be allowed to swim at this event. There's a \$7 entry fee per dog and each dog must be accompanied by an adult – one dog per person. Gates will be open from 1 to 6 p.m.

"All of the proceeds from the event go directly to the shelter," Freeman said. "All of our fundraising goes into the general budget which helps take care of the medical costs that are associated with having the animals here at the shelter."

Freeman said medical costs include everything from food, all the way down to laundry soap that helps the Humane Society take care of the animals. "The whole pool is accessible to the dogs, and then at 5 o'clock we have a dog diving contest, in the lap pool, where dogs can compete for prizes," Freeman said. "It's always fun to see which dogs can jump the farthest."

Freeman said the dogs win gift baskets for jumps in different height ranges. "There's a variety of

stuff (for the baskets) that gets donated by local merchants," she said. "There's stuff from Palouse Pets, from Pets Are People Too, etcetera."

Freeman said the event began as a collaboration with the Hamilton-Lowe Aquatics Center and one of the Humane Society's board members.

"The first year we had about 150 dogs, and it doubled the next year," Freeman said. "This is becoming one of our biggest fundraisers of the year."

Freeman said people come every year that don't even have dogs, just because it's entertaining to watch.

"Even if you don't have a dog, you're supporting the shelter if you come and hang out," Freeman said. "We always appreciate the support."

UI junior Jake Ellis said he plans on taking his dog "Boo Boo" to the event.

"I think it's a fun idea and a great way to celebrate Patriot Day," Ellis said. "Plus I don't know if he (Boo Boo) can swim, so the kiddie pool will be a good place for him to learn."

Freeman said the Humane Society holds other fundraisers throughout the year including a 5K walk in June, a Christmas raffle and a "Wine, Woof, Whiskers and Wag" wine tasting event. The proceeds from Mardi Gras at CJ's Night Club also go to the shelter.



Illustration by Erin Dawson | Argonaut

Bring out the brushes

Artists will paint Moscow scenery on location

Joanna Wilson
Argonaut

Local artists plan to capture the sights, sounds and sense of a scene for the Moscow Arts Commission's second annual Palouse Plein Air painting contest.

Plein air is a French term for painting that is done onsite, without electronic aids, University of Idaho graduate student Aaron Johnson said.

"You pick a location (near Moscow) that you want to paint," Johnson said. "You take all of your gear you paint with, whether that's watercolor, pastels, oil. You set the easel up – you create the work then and there, onsite."

Johnson said a plein air piece must be done in about an hour and a half because the light changes.

The Moscow competition will start with an artist reception Sept. 28, then the artists will have all of Thursday and Friday, Sept. 29 and 30, to paint. On the following day, artists can paint until 3 p.m., Johnson said.

"On Saturday, we'd like the people to paint downtown – have an urban day, so that people coming to the farmer's market can see people painting and gain some interest – want to come to the show that night," Johnson said.

Jed Smith won the competition in 2010 with a painting of the back side of Bucer's Coffeehouse Pub, Burns said.

The cost of registration before Sept. 16 is \$5 per piece entered, for up to three entries, and \$10 after that, Burns said.

"There was a student who came in last year, and he had been in the Plein Air last year, and he was picking up his forms, because he (registered) the day of last year," Burns said.

Johnson said an artist can have an unlimited number of boards or other surfaces stamped, but only three finished pieces may be entered in the competition on Oct. 1.

"You pay for however many you want to enter the show – but that's not how many you can get stamped," Johnson said. "So you can start over and not get stressed out about it."

Burns said the paintings will be judged Oct. 1, and the city will offer a purchase award for the first prize, as well as other awards for second and third. There is also a special purchase award offered by Gritman Medical Center. All the paintings entered will be displayed in the Third Street Gallery at Moscow City Hall through October, Burns said.

A public opening reception will be held from 5 to 7 p.m., Saturday, Oct. 1, at the Third Street Gallery.

Johnson said he started painting plein air pieces because he enjoys to be outside and to paint.

"Just this past week, I've painted in the Hood River area – it was 106 (degrees). It was really warm," Johnson said. "In the Columbia River gorge out on a ledge, my easel knocked over three or four times every five minutes. In Sandpoint, I've painted in the snow – in the rain. On a dock that was moving around."

The variation in time and weather adds character to the paintings, Johnson said.

"You look at a plein air painting, and hopefully you're able to embody that idea – that experience," Johnson said. "Whether it's the terrible heat, or you know, the freezing cold, you look at the painting and you're able to see that, to understand that. Hopefully it comes through."

University of Idaho

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Note – this brochure also contains information regarding services available to all fee paying students.

ANNUAL OPEN ENROLLMENT/WAIVER DEADLINE: SEPTEMBER 8, 2011

Police Log

Wednesday, Aug. 31

1:35 p.m. — Someone reported a vehicle that was keyed on West Sixth Street in the Silver Lot by Wallace Complex.

2:50 p.m. — There was a report of a non-injury traffic accident on Elm Street by Alpha Phi sorority.

5:54 p.m. — There was a report of a bicycle theft at Blake Avenue near Targhee Hall.

Thursday, Sept. 1

12:12 a.m. — There was a report of a bicycle theft at Mingles Bar and Grill on South Main Street

11:09 a.m. — Someone reported spray paint graffiti on the Deakin Avenue wall of the Student Union Building.

4:45 p.m. — Officers arrested a female for an alcohol offense at the Kibbie Dome.

5:42 p.m. — A citation was issued to a male for an alcohol offense at the Kibbie Dome.

Friday, Sept. 2

1:58 a.m. — Officers were called for an intoxicated person. A male was arrested for disturbing the peace on South Almon Street.

2:04 a.m. — Officers responded to a call for disorderly conduct. A male was arrested for obstruction at Pie Hole Pizza on East Second Street.

Saturday, Sept. 3

10:25 a.m. — An officer responded to a report of a mail carrier who was attacked by a dog on West A Street.

11:07 a.m. — Officers responded to a call of reckless endangerment at Beta Theta Pi on Elm Street. The residents were told to stop using water balloons.

9:11 p.m. — A male was arrested for using fake identification at Winco.

Sunday, Sept. 4

8:34 p.m. — Police and fire responded to a fire alarm at Delta Gamma on Elm Street. No fire emergency was found.

DIGGING TRENCHES



Zach Edwards | Argonaut

Contractors continued work Tuesday to update the irrigation system that waters the Administration Building lawn. Construction involves digging numerous trenches throughout the lawn to bury pipes that will deliver water to the sprinkler system.

ENROLLMENT

FROM PAGE 1

He said changes include moving from an award system based on 90 percent merit and 10 percent need to one based on 60 percent merit and 40 percent need.

Of the 75 percent of freshmen hailing from Idaho, 34 percent are first-generation students. Neiheisel said first-generation students are a factor in recruitment and retention efforts because the number is increasing in Idaho, and he expects the trend to continue.

"Idaho is the fastest growing in number of high school graduates

and a lot of them are first-generation students, and we need to be aware of it and target them," he said.

Neiheisel said the purpose of a land-grant institution is to serve the people of the state, and that includes providing opportunities to give them needed information, specifically in regards to financial aid. He said they are working to do that while recruiting and retaining students, and are aware the situation is different than for other students.

"As part of the retention program ... they did hold a campus workshop last year to look at the issues of first-generation students," Neiheisel said.

Another 18.6 percent of freshmen are diversity students, which Neiheisel said was up from last year. He attributes this increase to four areas: recently hired multicultural recruiter Ricardo Buenrostro, improved communication with individual college recruiters, the international office in China and an event that takes place in Southeast Idaho called Avanza.

Despite a shift in where students come from, the overall number on the Moscow campus has remained stable at 11,043 and the institution as a whole grew 6 percent to equal 12,312. The number of transfer students also increased 6 percent in

the last year to reach a total of 804, which put the degree-seeking undergrad total at a record 9,140.

Neiheisel said President Duane Nellis' goal of 16,000 by 2020 is still the number they are working toward. "Still a very achievable goal ... and we're on track to do that," Neiheisel said.

He said he and his strategic planning group will continue to analyze the numbers and create a multiyear plan in the months ahead based on the impact of the first year financial aid changes.

"A lot of number crunching in the next few weeks," Neiheisel said.

BEEF

FROM PAGE 1

The Cummings Research Center is home to a ranch that maintains a herd of nearly 400 cows on more than 1,000 acres along the Salmon River.

Approximately three-quarters of the conference is geared toward beef operations that use artificial insemination or natural service breeding programs. Subjects such as the basic reproductive biology of cattle, nutrition, handling, diseases and genetics that influence reproductive efficiency will be discussed at the conference.

"One of the ways we can improve reproduction in cows is through artificial insemination by using genetically superior sires," Hall said. "The bottom line is, we're able to use bulls that might cost tens of thousands to millions of dollars from all over the country."

Hall said another advantage of ar-

tificial insemination is that it allows ranchers to breed heifers with bulls that produce smaller calves, easing the stress of first-time births.

Estrus synchronization, a technology used to speed up the calving season, also increases the reproductive efficiency of the herd and will be discussed at the conference, he said.

"The conference will help teach ranchers and vets better ways to synchronize cows, which means they all go into heat at one time to breed in one or two days," Hall said. "This improves the success rate which means better quality beef more efficiently."

Loftus said rather than calves being born from February to July, they would be born from February to early spring.

"This means that they are larger when they go to market at the end of the summer," Loftus said.

The conference provides an opportunity for local ranchers and beef

producers to have a chance to talk to experts from around the country.

"Cattle producers can go to these conference sessions and have one on one time with these experts," Loftus said. "A rancher isn't going to drive down to UC Davis to visit experts, so this is a great opportunity to meet personally with these folks."

Hall said even though people are coming from all over the country, quite a few of the experts are from Idaho.

Hall said this conference is not only open for ranchers and veterinarians, but agriculture students and people in the beef industry as well.

The conference is sponsored by the University of Idaho Extension, Oregon State University Extension Service and the beef reproduction task force in cooperation with the University of Missouri Extension.

AFFIDAVIT

FROM PAGE 1

friend did not leave her name or the name of the female Bustamante had been sexually involved with," Wolverton said in the affidavit. "I was informed this call was placed through some form of a 'hot line' to the U of I."

Bustamante had a concealed weapons permit issued to him through Latah County Sheriff's Office March 28, 2011. An Aug. 26 press release from MPD said six guns were found in room 213 where Bustamante had checked into at the University Inn Best Western, among them a Smith and Wesson M&P .45 caliber handgun, believed to be the weapon used to shoot Benoit, and a Smith and Wesson .44 caliber revolver, believed to be the weapon used by Bustamante to commit suicide.

Also found in Bustamante's hotel room were prescription medications with Bustamante's name on them, including Clonazepam, Lexapro, Alprazolam and Lamotrigine.

The investigation is ongoing at present.

News In Brief

Katy Benoit memorial service

A memorial service for Katy Benoit will be held at 7:30 p.m. tonight in the Administration Building auditorium.

Multicultural's open house today

The Office of Multicultural Affairs will host its eighth annual Open House and Ice Cream social from 12:30 to 2:30 p.m. today in the Teaching and Learning Center room 229 and 230. Attendees will be able to meet staff, see the office and explore the computer lab and Student Diversity Center.

Nez Perce stories performance

Nez Perce stories will be performed at 6:00 p.m. tonight in the Shattuck Amphitheater. "According to Coyote" will be performed by John Kauffman and is free and open to the public.

IUCN annual business meeting

The International Union for the Conservation of Nature Commission on Ecosystem Management will hold its annual business meeting from 9 a.m. to 5 p.m. Thursday in the Crest Room of the Idaho Commons, followed by a reception at 7 p.m. in the Crest Room. The IUCN is a United Nations agency aimed at exploring solutions to environmental changes.

Online class requirements vote

The Idaho State board of Education is expected to call a special meeting to vote on the online class requirements for high schools. If passed, the law would require high school students to take two online credits to graduate.



Photo Bureau

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SPORTS



Head over to Vandal Nation for previews into this week's game at the Kibbie Dome.

VANDALNATION

Preparation not shown in opener



Nick Groff | Argonaut

Vandal quarterback Brian Reader stands in the pocket before throwing a pass during the game Thursday evening in the Kibbie Dome. Reader was 19 for 43 passing with one interception and two touchdowns in the 32-15 loss against the Bowling Green State Falcons.

Nick Groff
Argonaut

Only glimpses of the hope coach Robb Akey spoke of during fall camp was at the game Thursday evening.

The Vandals dropped passes, missed tackles and only put together two successful scoring drives in the 32-15 loss to the Bowling Green State Falcons in their season opener.

Akey said he still believes his team is the one he saw in fall camp and they will be successful this season.

"Really disappointed in the way we played tonight," Akey said. "I meant everything I said about this team going into tonight's game. I thought we had a very good camp ... I thought that we had prepared well for this game."

It appeared the Vandals did prepare well from the first silver and gold snap. Quarterback Brian Reader marched the Vandals down the field and completed an efficient six-play, 78-yard, two-minute-and-25-second scoring drive capped off by a Trey Farquhar extra point.

But from then on, not much worked for the Vandals.

Reader, who was 19-43 with one interception, and his offense were only able to convert on two of 12 third-down conversions, leaving the defense on the field for a majority of the game. Reader said that was one of the key reasons the offense was unable to put up points.

"If I recall correctly, we had a couple three-and-outs just back-to-back and that really killed our momentum," Reader said. "It's on us as much as it is the defense. You know, we're on the field for three plays and the defense has to go back out."

Reader said they had been through that situation before and despite the defense shutting out the Falcons in the second half, the offense should have come through. Bowling Green only scored two points in the second half when running back Ryan Bass was tackled in the end zone for a safety.

SEE OPENER, PAGE 7

Cross-country's hard work pays off

Charles Crowley
Argonaut

The Vandal men's and women's cross-country teams placed second at the Inland Northwest Cross Country Classic on Saturday Sept. 3 in Spokane.

Idaho Director of Track and Field/Cross-Country Wayne Phipps said he was satisfied with both teams' performance.

"We weren't running everybody, but the people who ran were amazing," Phipps said.

Both teams have been practicing every day for the past couple weeks, training right up to the day of the events.

"This week was a very hard week of training, next week will be even harder," Phipps said.

All that training helped prepare runners for this tournament, which was the first of the season.

The Vandal women took second with 41 points, behind the Washington State Cougars 31, and had five runners in the top 14.

"I was very pleased with the way the women ran," Phipps said. "We're really counting on some of our sophomores to step up, and they all had great races."

The men ranked high as they took second behind Washington State with 65 points to their 16. Phipps said they may have been a little too conservative at the beginning but that was the game plan from early on.

"We definitely need to close that gap from our four and five runners to our top three, but I was very pleased with our effort overall," Phipps said.

Phipps said he sees big improvements compared to this time last year.

The teams will continue to practice and prepare for one of the bigger tournaments of the season, the Sundodger Invitational, which takes place Sept. 17 in Seattle.

"This first race is always a little bit of a shock because it's your first high-intensity effort of the season," Phipps said. "I think we'll be in even a better position to compete two weeks from now."



File Photo by Steven Devine | Argonaut

Junior Jill Flockhart, center, and freshman Morgan Porter, right, battle for possession during practice Wednesday afternoon. The Vandals defeated Idaho State Friday (4-1) and Montana (3-2) Sunday.

Governor's Cup success

Sean Kramer
Argonaut

Heading into the Governor's Cup, Vandals coach Pete Showler warned that any panicking from the team's slow start was premature.

After the weekend's action the results speak for themselves as the Vandals took down a pair of formerly undefeated teams in Idaho State (4-1) Friday and Montana (3-2) Sunday. The consecutive wins give the Vandals a leg up in the Governor's Cup standings and gets their season back on track.

"Today was all about team effort, and so was Friday," Showler said. "It's coming together, and we're working hard. This was one of those where we had to grind it out to get a win, and we did just that."

The Vandals came into the weekend win less, a disappointing start after their third-place finish in the WAC last season.

The first two games of the tournament peaked in a seven-goal barrage from five different players

Idaho answered an early Idaho State goal with four back-to-back goals, each from

a different player.

"Four different scorers - absolutely brilliant," Showler said. "It shows how well-rounded a team we can be when we put things together."

Sunday's match against Montana was more of a nail-biter as the teams traded goals until freshman Katie Baran broke a 2-2 deadlock in the 78th minute to put the Vandals up for good.

"Montana made it really hard for us," Showler said. "They get you on your heels and they pressure high up the field."

SEE SUCCESS, PAGE 7

Vandals go 1-2 in Kansas

Kevin Bingaman
Argonaut

The Vandal volleyball team faced some steep competition last weekend, falling to Brigham Young University and Kansas State, but managed to pull out a win over Georgia Southern to end the tournament.

Idaho kicked off the Kansas State Volleyball tournament Friday morning with a 3-0 loss to BYU. The Vandals were not able to get anything going against the Cougars as they had 27 team errors. Idaho coach Debbie Buchanan said passing was a big problem for the Vandals.

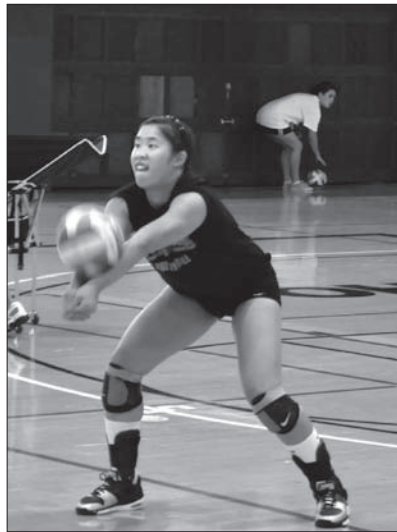
"We struggled passing a little bit," Buchanan said. "When you can't pass the ball you have to be able to go to your outsides, and when we did that we just had a lot of errors. We have to take care of things on our side of the net right now, and we didn't pass, and we really struggled with hitting the ball. It was a lack of composure on our side, which is unacceptable. Even BYU struggled with passing, they were just able to swing and get the ball in the court."

Idaho was back on the court Friday evening, where they lost in straight sets to host Kansas State. The Vandals kept it close in all three sets, but were never able to get over the hump, losing 25-23, 25-19 and 25-22. Buchanan said she was more pleased with her team in that effort than the first match of the day.

"We played well. It was a great match," Buchanan said. "It could have gone either way. Up until that last game we were out-hitting them. We sided out at a high percentage. It came down to a few little plays."

Setter Ryann Carter got her first start of the season in the match and managed to tally up 34 assists. Buchanan said Carter's play, along with the rest of the team, was a nice turnaround.

"Ryann (Carter) did a great job of



Zach Edwards | Argonaut

Junior Janelle Chow passes the ball during practice Aug. 30 in Memorial Gym. The Vandals traveled to Kansas State during the weekend, where they lost to BYU and Kansas State, but won against Georgia Southern.

going in and running the offense," Buchanan said. "Offensively we did some good things. We're right there blocking-wise. We're right there offensively."

The Vandals managed to put it all together Saturday morning, and ended the tournament with a sweep of Georgia Southern. The Eagles kept it close in all three sets, and even led through most of the third, but the Vandals kept composed and were able to close out.

"I thought we did a good job of making some adjustments within the match with our blocking and defensively," Buchanan said. "In the other matches we were giving up about 12 points per game in unforced errors. This match we only gave up eight, so that's a big improvement."

SEE KANSAS, PAGE 7

NFL Vandals prepare for 2011 season

Theo Lawson
Argonaut

With the upcoming NFL season only days away now, here's how the seven Vandals fared after signing contracts with their respective squads earlier this summer.

Nathan Enderle/Chicago Bears - Enderle was a fifth-round pick in the 2011 NFL Draft and the 160 overall selection. The four-year Vandal starter signed a four-year deal with Chicago and has seemingly cemented a third string spot behind Jay Cutler and Caleb Hanie. Bears Director of Player Personnel Tim Ruskell spoke highly of Enderle following the draft.

"Coach Martz had a real strong conviction on him," Ruskell said. "This guy looks good coming off the bus. He has the attributes. He has the traits that Mike's looking for at the position."

Enderle appeared in two of the Bears' four pre-season contests. In Chicago's pre-season opener Enderle completed seven of his ten pass attempts for 110 yards and one interception. Against the Cleveland Browns he was six for thirteen with 67 total passing yards. The Bears won both games Enderle played in.

Shiloh Keo/Houston Texans - Keo was drafted in the fifth round and signed an NFL contract July 31. Keo was featured as a safety and kick/punt returner in Houston's four pre-season games. On Aug. 15 against the New York Jets, Keo tallied one tackle. The Washington native returned two kick-offs for 41 total yards the next week against New Orleans. Keo saw action as a safety and punt returner Aug. 27 in San Francisco, finishing with one solo tackle and a 15-yard punt return. In the Texans' pre-season finale against Minnesota, Keo had one tackle. Houston waived Keo on Saturday and signed him onto the practice squad Monday.

Daniel Hardy/Tampa Bay Buccaneers - Tight end Daniel Hardy was drafted in the 7th round by the Bucs and signed an NFL contract July 27. Hardy made receptions in three pre-season appearances with Tampa Bay. During his debut against Kansas City, Hardy caught two passes for 37 yards, including one for 21 yards. The next two weeks saw the former Vandal walk-on make two receptions, each

for more than 20 yards against New England and Miami. Hardy saw action in the Bucs' final pre-season match-up against Washington but failed to make a reception. Like Keo, Hardy was waived and signed on as a practice player.

Aaron Lavarias/New England Patriots - Idaho's former defensive player of the year signed with New England as an undrafted free agent. Lavarias saw action in two of the three-time Super Bowl Champion Patriots' four pre-season games. The defensive end made a tackle week one against the Jacksonville Jaguars and two more in week four against the New York Giants. Originally waived, Lavarias was signed to the practice squad Monday.

Eric Greenwood/Pittsburgh Steelers - The Steelers signed Greenwood as a rookie-free agent July 26. The wide receiver saw action in two pre-season games, against the Philadelphia Eagles and Washington Redskins. Greenwood made one catch for 29 yards against Washington and made one 10-yard reception against Philadelphia. Pittsburgh released Greenwood Aug. 28.

Jojo Dickson/Jacksonville Jaguars - Victim to injury his senior season, Dickson still managed a free agent deal with the Jaguars, who signed the Hawaii native July 27. Dickson was released from the team four days later and has yet to sign anywhere else.

Deonte Jackson/Tampa Bay Buccaneers - Jackson, the cousin of St. Louis Rams running back Steven Jackson, signed with Tampa Bay as an undrafted free agent on July 28. Jackson was released from the Buccaneers Aug. 1.

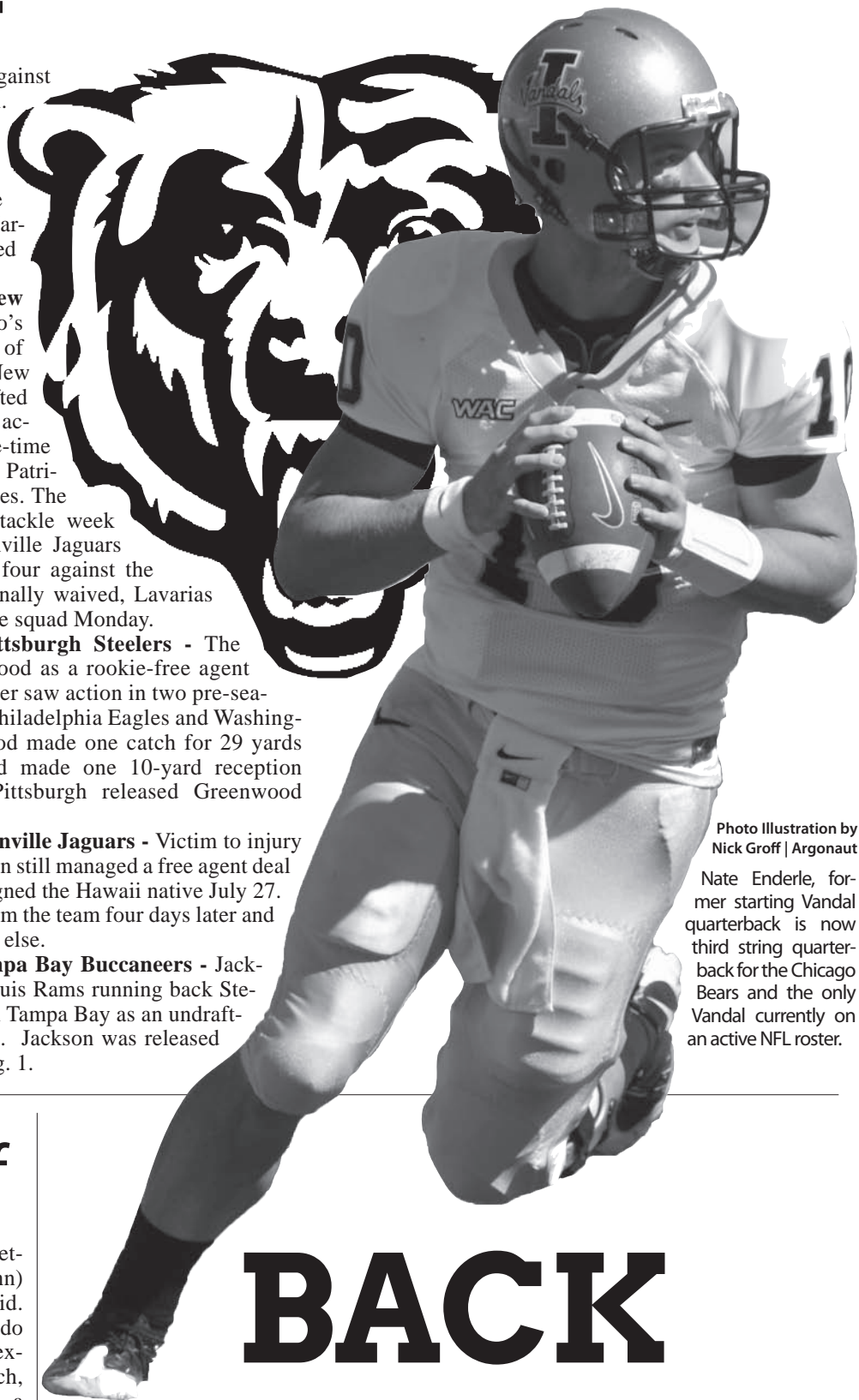


Photo Illustration by
Nick Groff | Argonaut

Nate Enderle, former starting Vandal quarterback is now third string quarterback for the Chicago Bears and the only Vandal currently on an active NFL roster.

Sowa finalizes 2011-2012 staff

New diving specialist and swimming assistant added to swim team

Theo Lawson
Argonaut

Coach Mark Sowa and the University of Idaho Swimming and Diving program rounded out its 2011-2012 coaching staff with the addition of Ashley Jahn and Chelsea Oates.

Jahn will serve as the team's swimming assistant while Oates will serve as the diving specialist.

Sowa recently took the vacant head coaching position and is confident Jahn and Oates will help Idaho become a nationally acclaimed program, one of the goals he set upon his arrival in Moscow.

"When Ashley agreed to join the Vandal family I felt as if we had just landed a top recruit. Our team just got a lot better," Sowa said. "Chelsea knows what it takes to make the jump to the national level which is what we are committed

to here with Vandals diving."

Jahn comes to Idaho with extensive coaching experience at the University of Tennessee and the University of Nevada Las Vegas. As a student at the Air Force Academy in Colorado Springs, Jahn was a three-year letter winner for the Falcons swim team and spent four years on the Falcon water polo team.



Ashley Jahn



Chelsea Oates

After earning a Bachelor of Science degree in social sciences from AFA, Jahn served five years in the military as an active duty Air Force medical officer.

When she returned, Jahn was hired at Tennessee as a graduate assistant coach

for the Lady Volunteers who, during her time as assistant coach, had 23 NCAA qualifiers and seven Southeastern Conference Champions. Jahn earned her master's degree in sports management last May. At UNLV Jahn worked as a recruiting coordinator and helped coach the Rebels to a Mountain West title.

"For lack of a better word, Ashley (Jahn) is awesome," Sowa said. "Even that doesn't quite do her justice. She is an extremely good young coach, a tireless recruiter, has a brilliant record working at two very good programs, and shares our vision of where we want to move this program in the future."

Oates, an East Grand Rapids, Mich. native, just graduated from Oakland University where she established herself as a standout diver. During her freshman, junior and senior year at Oakland, Oates was named Diver of the Championships at the Summit League Swimming and Diving Championships. As a senior she earned Summit League Diver of the Year honors.

In addition to being the Summit League's premier diver, Oates earned Academic All-League honors and was recognized on the 2010 Summit's League's Commissioner's List of Academic Excellence.

"For four years Chelsea was the face of Oakland diving," Sowa said. "She was a fierce competitor and a four-time NCAA qualifier. She is bringing that success as an athlete here to Moscow and we couldn't be happier."

BACK in the pool

Practice is underway for UI swim team

Kevin Bingaman
Argonaut

The offseason is over for the Vandal swimming and diving team and they are back in the pool practicing.

Mark Sowa, new head coach of the program, is joined by assistant coaches Ashley Jahn and Chelsea Oates. Sowa said he has a lot to work with at Idaho, and is already impressed by what his team is showing him.

"First of all, the girls have a tremendous work ethic," Sowa said. "We brought in some great kids who like to work hard, and that's part of the reason they're here to begin with, because this is a tremendous university. I can also tell right away that

they're good character kids, so that's a very good combination. We're a lot better than we look on paper, that's for sure."

Sowa spent the last three years at Wagner University where he led his team to top-three finishes in the Northeast Conference each year he was there. His team also broke 23



First of all, the girls have a tremendous work ethic.

Mark Sowa, UI Coach

school records and earned the school's first NEC Swimmer of the Year award.

Sowa inherited an experienced roster when he came to Idaho, which includes five juniors and four seniors. The Vandals have several school record holders on the roster, including senior Si Jia Pang, who is a member of the school record-holding 200 medley, 200 free and 400 free relays.

Sowa said he expects big things from this program and

that they're getting off to a great start.

"This is going to be a fun ride," Sowa said. "We're going to be here for a while and we're going to make this program great. The journey of a thousand miles begins with a footstep, and we started that today."

Preparing to take over a new program can be a nerve-racking experience for any coach, especially with a long offseason. Sowa said he's more than happy practice is finally underway.

"If I had to spend more time in the office, I would go crazy," Sowa said "This is what we love to do, and this is why we're here. The happiest part of our day is when we're on the deck working with these athletes."

Sowa is starting off with a lot of technique-oriented practices as the team will have to wait awhile longer for competition to begin and the season schedule has yet to be released.

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GO JOE



Nick Groff | Argonaut

Joe Vandal pumps up the crowd in the Kibbie Dome Thursday evening before the game against Bowling Green State University. The Vandals lost the season opener 32-15.

OPENER

FROM PAGE 5

With starting receivers Preston Davis and Justin Veltung out of the contest due to injury, the offense struggled, only tallying 280 yards of total offense. Junior college transfer Mike Scott led the receivers with six catches for 89 yards and Arizona State University transfer Ryan Bass netted 44 yards rushing for the Vandals.

Akey said the performance he saw was not what he expected and that it is only one game of the season.

“Wish I could tell you it was a bunch of trick stuff,” Akey said. “We did not execute well, and it hurts me to say that to you, but I will tell you this, we will execute better and we will get this team back.”

KANSAS

FROM PAGE 5

The win ended a three-match losing streak for the Vandals. Buchanan said a big part of the win was the Vandals ability to stick to the game plan.

“We did a good job from the service line,” Buchanan said. “We served a little bit tougher and got them out of system. Especially at the end of games we did a good job of closing some things out from the service line. We told the girls that if we could just stay in system, we would be able to capitalize on some points. I thought we did a good job of that.”

Idaho will be back in action Friday, when they travel to Missoula, for the Montana Volleyball Tournament where they’ll play Cal. State Fullerton, Montana and South Dakota.

Buchanan said the start of the season has been a learning process and she’s starting to see her team come together.

“Our team is getting better,” Buchanan said. “We’re learning some things. It’s becoming where the puzzle pieces are starting to fit together and we have more flow. We’re still not there yet, we have a ways to go. Playing these good teams during preseason is what we need. We need the competition, we need the challenge and we need to be pushed. We got better during this tournament.”

Boise State is a National Championship contender

The Boise State Broncos went into Atlanta, Ga., Saturday night and defeated the Georgia Bulldogs 35-21 in a game that was not as close as the final score indicated. The Broncos dominated in every aspect of the game. Heisman trophy candidate Kellen Moore finished the night 28 of 34 passing for 264 yards and three touchdowns. With the win, Boise State finds itself in an excellent position to run the table and

play for a national title in January. A lot of prognosticators picked Georgia to beat Boise due to the inexperience at the wide receiver position. BSU head coach Chris Petersen’s overall record at Boise State now stands at 62-5. In 2006, Peterson’s first season with the Broncos, the team finished 13-0, ending the year with a 43-42 victory over Oklahoma in the Tostitos Fiesta Bowl. Boise State had to replace two great receivers in Austin Pettis

and Titus Young, and they did. Freshman receiver Matt Miller from Helena, Mont. caught five passes for 57 yards and a touchdown in his first college game ever. There were no excuses about the team he played or the environment he played in for his first game. That’s the main difference between a team that wins six to eight games and a team that wins 10 to 12 games. Teams that win six to eight games rebuild their talent, while teams that win 10 to 12 games reload their talent. After Saturday’s vic-

tory, Boise State became fourth in the polls, but they still have a few tough games remaining. The Broncos play twice in a row at home, first against Tulsa on Sept. 24, then against Nevada, the only team that beat them last season. After those two games, Boise State will play the Air Force Academy on Oct. 22, then host TCU Nov. 12.. If the Broncos finish the season undefeated they deserve a shot at the National Championship, especially after the way they dominated Georgia Saturday night.



Michael Greenway
Argonaut

SUCCESS

FROM PAGE 5

The victories came in historic fashion.

The win against Montana marked Showler’s 34th as coach of the program, a school record, surpassing Larry Foster’s 33.

Junior Forward Chelsea Small both tied and broke the school record for career goals. She hit 24 against Idaho State and pushed it a notch higher to 25 by directing in her own rebound to give the Vandals their second goal on Sunday.

The successive victories put Idaho in the driver’s seat for their third consecutive Governor’s Cup title, a first for the program.

A season-closing victory at Boise State on Oct. 29 would seal the season in history for the Vandals.

The Vandals’ new-found momentum hits the road to Missoula, Mont., Friday where they’ll face off against Utah Valley and North Dakota State in the Montana Nike Cup.

Tampa Bay’s Shields throws 11th complete game

ST. PETERSBURG, Fla. (AP) James Shields is racking up complete games for the Tampa Bay Rays, and it’s no accident.

Shields tossed a four-hitter for his major league-best 11th complete game and the Rays beat the AL West-leading Texas Rangers 5-1 on Monday.

Shields (14-10) struck out six and walked two. The only run he allowed came home on Michael Young’s grounder with one out in the ninth.

“Whether they’re stressful innings or not, I condition myself enough to go that deep into games,” Shields said.

Shields also became the first AL pitcher since Randy Johnson in 1993 to have at least 200 strikeouts and 10 complete games in the same season when he fanned Hamilton in the first.

The only other 200-strikeout, 10-complete game pitcher since 2000 was CC Sabathia, who accomplished the feat when he pitched for

Cleveland and Milwaukee during the 2008 season.

Shields went eight shutout innings in Tampa Bay’s 4-1 win at Texas last Wednesday. The right-hander is the first AL pitcher since Scott Erickson in 1998 to record at least 11 complete games.

“He’s growing into this moment and he’s pretty much in his sweet spot as a starting pitcher goes,” Tampa Bay manager Joe Maddon said. “I think it’s important to him to build his confidence and let him become one of the premier starting pitchers in baseball. I don’t want to get in the way of that, either.”

“It’s a fine line you walk, and with a guy like him, his workout ability and his ability to take care of himself permits you to let that occur.”

Texas starter Scott Feldman (1-1) gave up four runs and four hits in five innings. The Rangers were coming off a big series at Boston during which they won two of three.

Longoria hit a solo drive in the

first for his 25th homer. He has 61 RBIs over his last 67 games.

Casey Kotchman drove in two with a single and another run scored on John Jaso’s double-play grounder as Tampa Bay went up 4-0 in the fourth. The Rays loaded the bases with one out on three walks from Feldman.

Feldman made his second spot start this season in place of Alexi Ogando, who the Rangers thought needed a break. The right-hander threw six innings in his other start, a 2-0 win over Tampa Bay last Tuesday.

Washington said it has not been determined if Ogando, who is 12-7 this season, will pitch again out of the bullpen before making his next start.

Texas had a runner on second with two out in the first, second and fifth, but failed to score. Shields induced a double-play grounder from Young after Hamilton drew a walk to start the fourth.

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OPINION



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OUR VIEW

Focus on in-state positive step

The enrollment numbers for this academic year have been released, and the shift in focus is clear — in-state freshmen, transfer and diversity students.

After a year of dealing with Idaho's government cutting education on all levels throughout the state, the University of Idaho is prioritizing the younger generation and its desire for higher education.

In the spring 2011 semester, the university announced it would be reducing the availability of the Western Undergraduate Exchange program. The decision greatly impacted out-of-state students and their potential incoming numbers, but the change made it possible to focus on in-state students.

Assistant Vice President for Enrollment Management Steve Neiheisel said WUE was not a financially sustainable program, and that the switch would give a larger portion of financial aid to in-state students.

As a result of a couple other changes in financial aid distribution this year — namely the redistribution of requirements

based on 90 percent merit and 10 percent need to 60 percent merit and 40 percent need — the in-state numbers have grown.

This year, 75 percent of the incoming new freshmen are from the state of Idaho. For too long the focus has not been within our own state. For too long the state has brushed off our desire to gain a higher education and the financial needs that go with it.

Not only that, but 34 percent of the 75 percent 3are first-generation students. This is a big feat for the state of Idaho, and it's good that UI recognizes the importance of these people. It's important that one part of our state educational system tries to help people achieve a higher education. Our university is here to serve the state and its residents.

It's important to remember that out-of-state students do help boost enrollment and their education is important as well, but with politicians hacking education in Idaho, the move to focus on in-state students is a smart one.

— ER



Bethany Lowe | Argonaut

The Eiffel Tower in Paris, France, is one of many popular sight-seeing stops in Europe.

America's infrastructure crucial

When one hears the phrase "rural roads" certain images come to mind, mainly gravel, dirt and cattle if one is feeling creative. A recent study by the non-profit national transportation research organization TRIP, which reviews rural transportation conditions around the country, showed that Idaho has the second-worst rural roads in the nation. The consequences of Idaho's crumbling rural roads are far-reaching.

Roads in poor condition can't take as much weight, which means that companies shipping agricultural goods — often on rural roads — need more trucks to ship them. More trucks results in greater transportation costs from labor and fuel. And that translates to higher prices in the grocery store.

There is no better measure of economic strength than the price of food. It matters most to America, more than the Dow Jones and more than the national deficit. A country's first duty is to ensure that none of its people starve. When food is expensive, it means the poorest citizens may not be able to afford to eat regularly, and may be forced to choose between food and medicine, or between eating and living indoors. In short, poor road conditions make life more difficult for millions of Americans.

Why are Idaho's roads in such poor condition? The state isn't fund-

ing them. Idaho's "tax cuts at any cost" economic policy has ensured that there are no tax dollars to spare. Here at the University of Idaho, the effects of this policy can be seen in shrinking class offerings and higher student fees. In the rural parts of Idaho, this means worse roads for getting to work or transporting agricultural goods to market.

Idaho isn't the only state failing to properly fund its infrastructure. Much of America's infrastructure is falling apart, thanks to decades of short-sighted anti-tax rhetoric from right wing radicals. National roads and bridges got some attention in 2007 when a major bridge collapsed in Mississippi, and President Barack Obama made repairing America's crumbling infrastructure a major part of his campaign. But then again, President Obama promised a lot of things.

The state of American roads is not an exciting topic. Neither are bridges, tunnels, sewers, or power lines. No one on the street protests poor infrastructure funding and there will be no National Infrastructure Parade. There will be no million man march in Washington asking the government to repair the streets, perhaps because someday no one will be able to get there. But when the infrastructure fails and



Max Bartlett
Argonaut

SEE INFRASTRUCTURE, PAGE 9

Travel 101: How to explore Europe on a budget

For all those who have asked "How is it possible?" or have ever thought that travel is out of reach.

Let's take Europe for an example and begin at the start.

I walked past the bullet train and taxis to the beginning of the London underground, and rode the underground into town and spent a day exploring London by foot. That night, I took the southwestern train to Mayfield, and spent five days in a quaint English village with my Mum's boyfriend's friends and their three children. They were delighted to house and show me around and I loved being able to help cook and hang out with the children. We drove classic British race cars down to the coast, roller-skated along the English Channel and ate fish 'n' chips on the beach. Cost: 30 pounds = \$48.28

A week later, I was accidentally in the romantic city Paris on a sunny day, and spent hours exploring by foot. The

Louvre is free for students so make sure to have an International Student Identity card.

I walked up the Eiffel Tower then found a market away from the tourist areas and bought fresh baguettes, a big wedge of cheese, two mini wines, cherries and plums. I sat in a Parisian garden with locals for a picnic in the sun and thought French thoughts.

Cost: 12 Euros = \$16.95

After a quick trip to Barcelona, on which the splurge was a five-euro massage lying on the Mediterranean, I contacted a French girl on CouchSurfing.org from my phone and spent a few days living with her in Le Cap d'Agde. I wandered around the world's only nudist village when she had to go to work. I headed up to a little French village in the mountains with her as she worked on a house nearby, where I found a track that wound up the mountain and ended up taking myself on a four-hour hike with a view

stretching over the south of France. Cost: 6 Euros for wine and sandwiches = \$8.45

In Switzerland, I stayed with a good friend who was studying abroad. We explored the land in her boyfriend's little European car, ate bread, chocolate and cheese and wandered in the Swiss countryside. I found myself in Northern Italy on the way to the world's second highest bungee jump over the lakes of Locarno (price is excluded as it was not a necessity), and took a famous scenic train to Germany, which accepted my rail pass for an extra 50 cent charge. Passau, which is in southern Germany, was wonderful and I stayed with a German friend from high school. Cost: 20 Euros = \$28.16

Budapest, Hungary was the only place where I stayed in a hostel — an African-themed room for 14 Euros a night. The corner store across the road sold U.S. \$2 bottles of wine. In Prague, I used CouchSurfing.org again for a place to stay,

SEE TRAVEL, PAGE 9



Bethany Lowe
Argonaut

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Lost and found

If anyone has seen a thick red dog collar with no tags, please call Donna Kay Fladager at (406)544-3543. The collar was lost near the rugby field behind FarmHouse.

— Theo

Study tunes

Listening to piano music while I study really helps me stay focused and relaxed. "Brian Crain" and "Solo Piano" are two Pandora stations I highly recommend.

— Britt

Important update

Jake Dyer just informed me that he is halfway done with the current season of "Gilmore Girls" he is watching, and hopes it turns around. Thank you for the update, Jake.

— Madison

Love me some Ruddy

This Off the Cuff is brought to you by #classicrudd.

— Anja

Graduate ruled

Maybe it's because I'm a senior, but does anyone else think college ruled paper is still too wide? There's a pun in that last sentence, but I won't touch it.

— Loren

A great book

I reference the book "She" by H. Rider Haggard when I am confused about an order.

— Jake

Some coaching advice

Good luck to the boys in Student Media who are playing intramural flag football. Just remember boys, the other team puts their pants on the same way you do.

— Elisa

Yay for technology

Google doodles never cease to amaze me. I hope they continue to educate otherwise ignorant search engine users for years to come.

— Vicky

Learning experience

Elisa Eiguren, Nick Groff and I were guests in an ethics class Tuesday, and it was a first for me. I think it was a good opportunity and I hope it was helpful for the people in the class as well. Even though there was disagreement about the decisions made, I think the conversation went well.

— Elizabeth

Weekend adventure

White water rafting was a total adrenaline rush. I so want to do it again.

— Rhiannon

Cute bunny

(\ (((^ ^ ^) o_(")(")

— Amrah

No miracle cure for weight loss

Images portraying thin, beautiful women are everywhere and impossible to ignore, and the pressure to be thin can be overwhelming.

More than 33 percent of teenage girls will try dieting at least once even though they are at a healthy weight, according to The Journal of the Canadian Paediatric Society. Another report published in the Nutrition Journal showed that the desire to diet continues through college. The desire to diet continues through college, and a report published in the Nutrition Journal concluded in a study that out of 185 female college students, 83 percent diet to lose weight.



Katy Sword
Argonaut

Dieting can be an effective weight loss tool if someone is overweight, but many people use unsafe methods that are ineffective and can have dangerous long-term effects. There is an abundance of pills promising fast, effortless weight loss, and many claim that users can "watch the fat melt away." But these claims are false.

Weight loss pills do not have the same regulations as prescription medications. The Food and Drug Administration will approve "dietary supplements" as long as they are considered safe for human consumption. However, the FDA does not oversee the testing of these pills and does not approve their effectiveness. As a result of these loose regulations, manufacturers can get pills approved that



Wesley O'Bryan | Argonaut

do not work and consumers will believe they are effective because of their FDA approval.

Taking diet pills is only one popular method that dieters use to lose weight. There are also various

flush diets that promise extreme weight loss through detoxification, as well as diet fads that promise a specific combination of foods is the secret to being thin.

The HCG (Human Chorionic

Gonadotropin) diet is also gaining momentum. HCG is a hormone created by pregnant women that serves to ensure the fetus is receiving the nutrients it needs to develop properly. ATW Simeons,

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Are fad diets an unhealthy way to lose weight?

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a British endocrinologist, discovered in the 1950s that injecting obese patients with HCG can lead to fat reduction. But it only works through severe caloric restriction.

On the HCG diet, only 500 calories a day are consumed while using the HCG hormone to combat appetite so the effects of hunger are not felt. This "starvation" method is ineffective. Sure, dieters may lose a lot of weight quickly, but once they begin to eat a normal diet again they will regain the weight they lost, sometimes more than when they began dieting. Starvation diets can also lead to other health complications, including "severe bone and muscle loss, electrolyte imbalances, gallstones, and even death," according to U.S. News.

There is only one healthy way to lose weight and that's through caloric restriction and exercise, but dieters should never drop below 1200 calories a day. Most dieters who rely on pills or miracle diets do not exercise, and simply losing fat will not make much of a difference in someone's physical appearance. A combination of diet and exercise makes weight loss achievable. The problem is, everyone wants a miracle cure that effortlessly makes them thin.

But when it comes to weight loss it doesn't exist.

TRAVEL

FROM PAGE 8

ate local street food and stumbled upon a free outdoor music festival by the river in central Praha. Berlin was again Couch-Surfing, taking an incredible three hour free walking tour of the city and riding around the local buses for free on the tourist routes. More bread, cheese, local food and beer. Cost: 70 Euros = \$98.55

The trains carried me to Kiel in Northern Germany, where I stayed with a German girl I met on the train between Chicago and New York City. Again, I was fine dined in the culture, shown around the area, and able to hang out with locals. In Norway, I stayed with friends of a University of Idaho professor, and then another one of her friends and their family in Stockholm. Both families took hospitality to new levels, and taught me the culture, showed me

around and made me feel at home. Finland was the same experience with a couple I met through CouchSurfing. No cost

Total cost for five weeks: 135 Euros = \$193.

Price the average person in Idaho spends on gas, food and rent in five weeks: _____?

Yes, it takes a little courage and charisma plus some time and determination. And yes, I slept in some trains and often was running on spare batteries. I worked hard to prepare for the trip and pay for the Eurail pass and \$300 flight to London, and I surveyed people on the trains about what to expect in the places I was traveling. But the most important point is to say, "Yes, I can do this. I will not be held back by fear or lack of resources." There are always ways to make life work, even if it ends up differently than expected.

C'est la vie -- such is life.

INFRASTRUCTURE

FROM PAGE 8

bridges collapse, people die and it affects us far more directly than anything on Wall Street. Failing rural roads might be the most crucial issue nobody is talking about.

How much are we willing to give up in the name of lower taxes? How much will we sacrifice for privatization? There aren't many private companies leaping at the chance to spend money repairing our roads because there's no profit in it. There are differing opinions about the role a government should play in the lives of its people. When we talk about big government, what we really want is the system keeping our roads and food safe and water, heat and electricity coming to our homes. When we talk about socialism, we want to ensure that all Americans share in public goods.

And compared to the damaging effects of infrastructure collapse, high taxes are a low price to pay.

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