

THE ARGONAUT

THE VANDAL VOICE SINCE 1898

uiargonaut.com

Tuesday, September 27, 2011

Promoting mental well being

Britt Kiser
Argonaut

University of Idaho students and Moscow community members alike will have the opportunity to be screened and seek help for depression or anxiety during the National Mood Disorder Screening Day event Oct. 6.

The UI Counseling and Testing Center is hosting the screening event, which will take place from 10:30 a.m. to 2:30 p.m. in the upper canvas area of the Idaho Commons.

Kristyn Funasaki, doctoral psychology intern for the CTC, said the event is a good way to increase awareness about services available to treat certain mood disorders.

She said the most common mood disorders include depression, officially called major depressive disorder, and any form of an anxiety disorder. The most common anxiety disorder is general anxiety disorder (GAD), and consists of a person excessively worrying about most things in their life, Funasaki said.

She said students who attend the event can expect a brief questionnaire, followed by a feedback session.

"Usually, we can't necessarily diagnose right then and there," Funasaki said. "But it does give us an indication of whether or not the student or community member might be dealing with issues around depression or anxiety."

Funasaki said if part of a person's feedback was to seek diagnosis and treatment, they can visit the CTC.

"Depression and any sort of anxiety disorder are very treatable," she said. "There are a lot of evidence-based practices that have been found to treat depression and anxiety fairly well."

Funasaki said treatment may consist of a combination of both therapy and medication, depending on the severity of symptoms.

"Here at the Counseling and Testing Center, we can offer both of those — psychotropic medication and psychotherapy," Funasaki said.

She said oftentimes students

SEE PROMOTING, PAGE 5

Sculptures on parade

Prichard Art Gallery brings back original Mardi Gras traditions for 25th anniversary

Elizabeth Rudd
Argonaut

Wendy Chapman did not expect her costume to be named Best of Show Friday night at the Prichard Art Gallery's 25th anniversary celebration. But one judge said the detail in her hat and dress exemplified the inspiration for the evening's theme the original Moscow Mardi Gras.

Moscow Mardi Gras began in the late '80s because the shop owners in downtown wanted to increase business during February, said Charlotte Buchanan, co-founder of Moscow Mardi Gras. She said it started small with a dance in the building that is now Champions University Grill & Bar, and from there it grew.

It was then that David Giese, an art teacher at the University of Idaho, recognized what Buchanan and other shop owners were doing as an opportunity to get involved, Buchanan said.

Giese brought with him the idea of designing elaborate milk carton paper floats and establishing the tie to the university by having first-year art and architecture students create the floats that became a large part of the celebration.

"The woman (Chapman) that did the Best of Show, I mean, I don't think people realized the detail, even the top of her hat it was plated with detail, and see that was the spirit of the floats," Giese said. "Many of those floats were that detailed or even more detailed ... it was a moment in time."

For the 11 years that Giese and Buchanan ran the Moscow Mardi Gras, students were assigned groups for the milk carton paper floats and collaborated ideas to make one cohesive design that they would then walk through downtown during the parade, Giese said.

SEE PARADE, PAGE 5



Photos by Amrah Canul | Argonaut

Top: Wendy Chapman rides up the crowd and tosses beads to attendees at the Prichard Art Gallery block party Friday on Main Street to celebrate the 25th anniversary of the gallery. Chapman and other advanced sculpture students designed costumes inspired by the traditional Mardi Gras. **Middle:** Mignon Whitt takes the stage at the block party. Whitt won the award Best Traditional costume. **Bottom:** University of Idaho art teacher David Giese and Mayor Nancy Chaney conduct preliminary judging of the Mardi Gras inspired costumes Friday at The Prichard Art Gallery block party.

28 years of fighting hunger

Kaitlyn Krasselt
Argonaut

Moscow and Pullman residents join forces to fight local and world hunger through the 28th annual CROP Walk.

The Pullman-Moscow CROP Walk will take place Oct. 9, beginning at the Chipman Trailhead in Pullman.

The walk is sponsored by the Pullman-Moscow CROP Hunger Walk committee, and raises funds to support hunger projects around the world while bringing local and world

hunger to the public's attention.

"One of the goals that's chief is to raise money for hunger projects here in Pullman and around the world," said Mary Carloye, an active participant in the walk since it began in 1983. "The other goal is to educate that there is hunger, here and in the U.S. and around the world."

Last year the CROP walk raised \$18,000 for hunger projects around the world and its total

SEE HUNGER, PAGE 5

Supporting children: 'Run for something better'

Britt Kiser
Argonaut

University of Idaho students will have the opportunity to support the Moscow community and local children in Gritman Medical Center's Family 5K Fun Run at 9 a.m. Oct. 1.

Local marathon runner Erika Baker said all proceeds from the event's \$10 registration fee will be donated to ING-Run for Something Better, a non-profit organization that provides grants to schools to set up running programs.

Baker said she is helping Gritman host the event because she loves the ING-Run for Something Better mission.

"It's basically to keep kids active, and get them used to a healthy lifestyle and active choices early on," Baker said.

"And it just so happens that the (Moscow) junior high applied for — and received — one of those grants from ING this school year."

Baker said ING provides grants for programs ranging from after-school running clubs, to in-school physical education classes, which is what Moscow Junior High received a grant for.

She said this is the first year — of hopefully many — Gritman is hosting the event.

Justin Minden, the director of therapy and wellness at Gritman, said the hospital's main reason for hosting the run is to uphold one of its staple missions.

"We also do another run called the Red Dress Run, for heart disease, in

SEE RUN, PAGE 5



Amrah Canul | Argonaut

Kelsea Holloway, wildlife resources major and member of Delta Delta Delta sorority, teeter-totters with Crystal Shafor Friday on Main Street to raise money for the sorority's national philanthropy St. Jude Children's Hospital.

Teeter-tottering for a cure

Elizabeth Rudd
Argonaut

A yellow and blue teeter-totter in Friendship Square moved up and down constantly for 48 hours in an annual effort to raise money for St. Jude Children's Research Hospital.

The University of Idaho's Delta Delta Delta sorority hosted its annual Teeter-Totter-A-Thon, which lasted from noon on Friday until the same time Sunday to raise money for its national philanthropy. Last year the house raised \$2,700 at the event, and this year's total was just under \$2,200.

McKenzie Carlson, a ju-

nior in the house, said four women signed up for each two-hour block. They spent about two weeks preparing for the event.

"We'll have girls ... that will paint the teeter-totter and paint the stand and everything," Carlson said. "Usually a lot of our decorations we already have because every single year we always donate to St. Jude..."

Carlson said members of Tri-Delta collect money for St. Jude and ride the teeter-totter, but children and adults are also welcome to ride it. She said they've had people from 2 and 3 years old all the way to 50 or 60.

"Well what we do is we continuously ride the teeter-totter, you know non-stop noon Friday to noon Sunday," she said.

All of the money collected from the event is donated to St. Jude to help fund research for childhood diseases, Carlson said.

"St. Jude is our national philanthropy so every single Tri-Delta in the nation raises money for St. Jude," Carlson said. "We actually have goals, for example a couple years ago we had a \$10 million in 10 years and we actually raised that in four. So

SEE CURE, PAGE 5

IN THIS ISSUE



Get a football update on what's happening in the WAC.

SPORTS, PAGE 6



It's almost election season. Read about the problems of perpetual campaigns.

OPINION, PAGE 10

ASUI Student Engagement

International Friendship Association

Come to the Free Women's Swim this Sunday

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

Sun. Oct 2, 11:30 am - 1 pm
UI Swim Center, PE Building

Call 885-7841 with questions

ASUI Center for Volunteerism and Social Action

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ASUI Student Organizations

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Time Management
Tues. Sept 27,
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Panorama Room, Commons

Fall Leadership Conference

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Sat. Oct 15,
10:00 - 4:00 pm
Register at asui.uidaho.edu

Dine In Sessions for Student Orgs (and others)

New Member Orientation
Wed. Oct 5,
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THE INSIDE

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University Studies

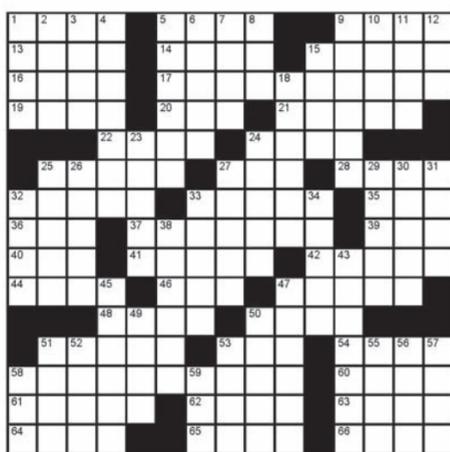


Wesley O'Bryan | Argonaut

CROSSWORD

Across

- 1 Rush job notation
- 5 Grow dim
- 9 Ger. battleship, Graf ___
- 13 Wise one
- 14 Between ports
- 15 Lagers
- 16 Arab chieftain
- 17 After pencil and knife
- 19 Toy
- 20 Gymnast's goal
- 21 Woodworking tools
- 22 Store sign
- 24 Quote
- 25 Tuck was one
- 27 Bubble source
- 28 Challenge
- 32 Intends
- 33 Singer Vaughan
- 35 Accomplished
- 36 Actor Wallach
- 37 Mexican liquor
- 39 Captain's journal
- 40 Family girl
- 41 Opus
- 42 Bind
- 44 Fires
- 46 Cow chow
- 47 Disregards
- 48 Remain unsettled
- 50 Light bulb unit
- 51 Native New Zealander
- 53 Tank
- 54 Secret message
- 58 Averageness
- 60 Amazes
- 61 Certain exams
- 62 Affirm



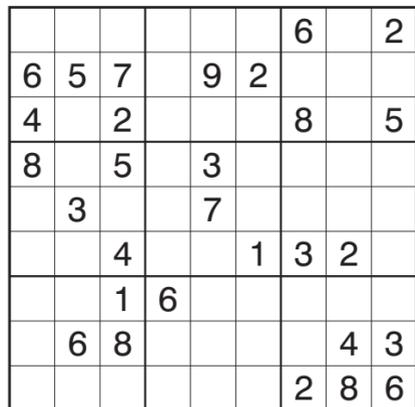
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- 63 Ooze
- 64 GOP rivals
- 65 Red Planet
- 66 Whirlpool
- 11 Flubs
- 12 Sharp curve
- 15 Exhausted
- 18 Aboriginal
- 23 Sticky stuff
- 24 Radium discoverer
- 25 *Odd Couple* character
- 26 Up the ante
- 27 Garish
- 29 Improvise
- 30 High-slappers
- 31 Brink
- 32 Arizona city
- 33 Old TV hit, with 58 Down
- 34 Be the ghost
- 38 Cultural
- 43 Weirdo or walnut shell
- 45 Goes sour, like milk
- 47 Forest gods
- 49 Love god
- 50 Lake filler
- 51 Paltry
- 52 Garden figure
- 53 Cheer starter
- 55 Was in debt
- 56 Exploit
- 57 Notice
- 58 See 33 Down
- 59 Battering device

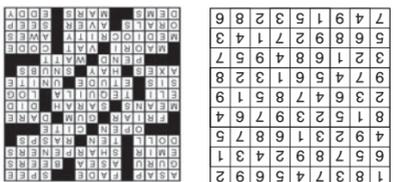
Down

- 1 Ancient
- 2 Kind of wrestling
- 3 Seed covering
- 4 Swipe
- 5 Quicker
- 6 Pallid
- 7 Campus bigwig
- 8 Corn serving
- 9 Had a hunch
- 10 Chick's sound

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- 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
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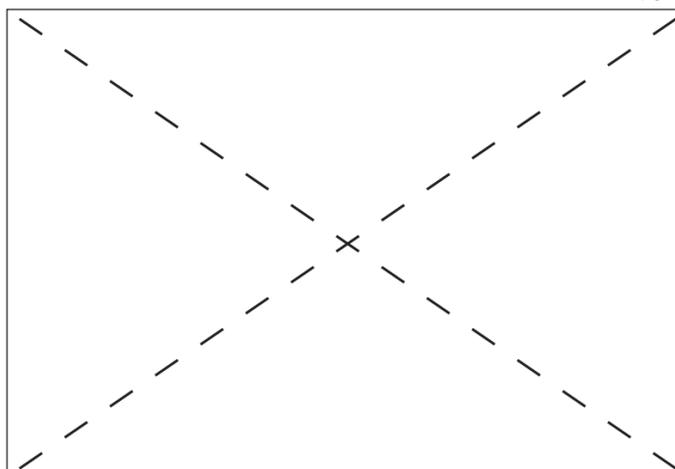
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More than 100 years of service

Lindsey Treffry
Argonaut

The Moscow Public Library is more than 100 years old and is funded better than ever.

It all started in one room on the second floor of downtown's Brown Building with a \$15 stove, half a ton of coal, a 15-cent shovel, a table and 12 chairs. Rent was only \$3 a month and the library had a total collection of 115 books.

By the 1960s, during the time the library had a bookmobile service that would drive around town bimonthly, the Latah County District's library circulation was up to 80,088. In fiscal year 2010, the district circulated 293,273 physical items (computer use not included) according to Moscow Public Library's director Anne Cheadle.

While most libraries in the Internet age are hurting for funding, Moscow's library profits are quite the opposite.

"When property taxes increase, the library's income increases," library assistant Teresa Lucas said.

According to Lucas, who studied Moscow's funding as part of her graduate studies, property taxes made up 91.31 percent of the library district's budget for the

2011 fiscal year. The district proposed \$28,553 to be internally generated, while the remaining 6.07 percent of the budget consisted of interest and sales tax, grants and carry-over sales. The district's total revenue is projected to be \$1,089,754.

Cheadle said city libraries, in contrast, have more drastic cuts because they're competing with departments like police and fire. But Moscow is part of a county district that is government funded and independently taxed.

While the Moscow Public Library is doing well financially, it struggled with the Internet age change-over.

"The information age exploded, and of course libraries struggled," Cheadle said. "In public libraries it's all about collection ... But now, information has given libraries focus. Libraries have a strategic plan to fit their community's particular needs."

Recent Moscow technologies include a Wi-Fi hot spot, 10 megabytes of bandwidth, and the addition of ValNet, an online library consortium of catalog material. There are eight Internet access computers and two game-only computers in the Moscow library.

Cheadle said all computers have Microsoft Word

with printer access and there are five electronic catalogs placed strategically throughout the stacks.

"Our tools and scope have changed (due to the Internet), but we're still a rural library that relies on connection to make service better," Cheadle said.

Daniel Fleming, a graduate student in education, said he goes to the Moscow Public Library to use computers for his online classes. Due to distance, he said he'd rather use the public library's computers than UI's.

"They're super friendly, and the librarians are super helpful," Fleming said.

Fleming said not having to mess around with the login on the student computers and having an account at the public library is another added benefit.

With more than 100 years of service, Moscow Public Library has gone from 150 books to 60,000 items and has morphed to fit the community's changing needs.

"Because we're a university community, we have an audience that loves to read and use libraries," Cheadle said. "Latah County in general is a community that is very supportive of public libraries—they're valued."



Tony Marcolina | Argonaut
John Morrison, volunteer stocker, reads the newspaper while waiting to begin work Monday at the Moscow Public Library.

Rangeland Center combines outreach resources

Katy Sword
Argonaut

The College of Natural Resources, College of Agricultural and Life Sciences and University of Idaho Extension have combined efforts to create the Rangeland Center. The center will not be housed in a building, but will provide services pertaining to rangeland conservation and management.

"We are progressive in Idaho. Range is disappearing, merging into other departments, but UI is doing the opposite. We are bringing it forward," said Karen Launchbaugh, Rangeland Center director.

Until 2009, the rangeland department was its own entity. But when the College of Natural Resources was reorganized, the college was added to the forestry and fire departments. The range program was then created.

"It just put a label on what was already there," said Lovina Roselle, outreach coordinator for the Rangeland Center. "But now we've been able to put together the opportunity to work across fields."

The center will work on projects with researchers in the field, ranchers and landowners alongside students.

"We are looking to connect to researchers and outreach to people in the field. We learn a lot from them, but they learn a lot from us. It's a good marriage," Launchbaugh said. "It's a simple model. We have students, people in the field don't, but they have trucks and land. I might have equipment, like the GIS (geographic information system), but researchers don't,

so we can share with ranchers and landowners. We work together to get the job done."

The center will focus on outreach and education of rangeland management and conservation.

"We offer workshops and symposiums for land managers and rangeland professionals, provide educational resources to high schools and publish science-based materials related to contemporary rangeland management concerns such as the 'Sage-grouse Habitat Management in Idaho: A Practical Guide for Land Owners and Managers,'" Roselle said.

The center educates people regarding invasive plant and weed management and livestock management. But, Launchbaugh said the main intent is to make sure people understand and become aware of what range is.

With the new program and combined resources, the center was also able to hire student interns to work on outreach programs.

The Rangeland Center will always be a group of people and does not have plans for a specific building to house their staff. Everything can be done remotely, electronically or over the phone, and people involved will remain housed with their specific departments.

"It's not a brick and mortar, it's a group of people looking to share resources," Roselle said.

They will also be constructing an advisory board in a few months that will consist of members from different agencies who have a rangeland focus. The board will direct the Rangeland Center's attention to outreach and research projects.

'Humans v. zombies' ends in battle

Joanna Wilson
Argonaut

The Humans vs. Zombies game, hosted by InterVarsity Christian Fellowship, ended the morning of Sept. 24 in a final battle on the hill by Hartung Theater.

University of Idaho senior Jacob Bow, a game moderator, said the humans were placed at the top of the hill to face a zombie rush.

"We reduced the stun times for the zombies and kept going 'til the humans were all tagged," Bow said.

One of the last humans to be tagged in the melee was Nathan Mulch, who spent the game on crutches and served as a leader of the Human Intelligence Agency.

"He was the very last or almost last we tagged on the charge," Bow said.

Will Reynolds, tagged during Thursday night's mission, said the humans would win in his mind if the zombies failed to tag the man on crutches.

"He's a hardcore paintballer," Reynolds said. "You can't get close to him."

Geoff Keller was not able to be at Saturday's battle, so he challenged the zombies to a battle that night.

"It wasn't officially part of the game," Keller said. "We had four waves of attack. I died in the third wave."

Keller said the battles were the best part of the game.

"Definitely on the second and third mission," Keller said. "A mass of zombies charged. Those times just do something to your brain when there are a mass of people charging at you."

Keller said he plans to be more careful in the next game.

"There were times I got lucky



Joseph Engle | Argonaut
Human players make their last shots count Saturday morning atop Hartung Hill. The zombie side eventually overwhelmed the last human resistance and won the campus-wide game of "Humans vs. Zombies."

on campus," Keller said. "Next time, I'll be watching out for underhanded zombie tactics."

Bow said he hoped the game would bring people together in a new way.

"We wanted to do something that would be good for the university as a whole, get people talking," Bow said. "I think it turned out really well. We definitely got people talking. People have definitely been making connections."

Mulch said the HIA will stay together after the game.

"The social group that started when I founded HIA has been fantastic," Mulch said. "We're going to keep the HIA around even when the game is done just for the social group."

Bow said the inaugural run of the game was a success in every way, but he and other moderators hope to improve it next semester.

"We got a lot of feedback from the players," Bow said. "The next game will look a lot different. We are looking to change rules about what weapons the humans can use, modify the rules about safe zones —

how we give missions, how long the game lasts."

Bow said InterVarsity plans to host a game every semester. For the 2012 spring semester, moderators are discussing whether to hold the game before classes pick up in the snow, or late in the spring when the snow is gone.

"I definitely had a lot of fun going around with humans," Bow said. "As the zombies, I loved getting with a group of zombies and chasing humans around."

Bow said planning and operating the game was exhausting but rewarding.

"Probably one of the most challenging things I've done, and the most worthwhile," Bow said. "I definitely learned how to manage large groups in ways I've never thought I would do. I learned patience. I learned how to moderate people coming from different perspectives."

Keller said the game threw a curve ball into his normal schedule.

"I was a lot of fun," Keller said. "A little different thing in life. It was like being a kid again."

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DADDY-O'S AND OREOS



Amrah Canul | Argonaut

Visiting dads attempt to get an oreo into their mouth from their forehead without using hands at the Iron Dad event Friday in front of the VandalStore. The Dads Weekend event doubled in turnout during its second year.

'Activists' take credit for arson at fur company

John Miller
Associated Press

BOISE, Idaho — Animal rights activists said they pumped fuel into an Idaho fur and fireworks retailer before setting the place ablaze early Monday, and federal agents said they were taking the claim seriously.

Jerry Vlasak, a spokesman for the North American Animal Liberation Press Office in Los Angeles, said he received a message from activists shortly after the fire began at the Rocky Mountain Fireworks & Fur Co., on Monday morning.

"A hole was drilled into their storage space, and several gallons of fuel were pumped through, as well as multiple other charges being set beneath an adjoining structure," Vlasak said, citing the message. "Ignition devices were set to finish up our work, once we were safely on our way."

In addition to fireworks, the business in Caldwell, outside Boise, buys coyote and bobcat pelts and sells trapping supplies, including equipment that helps drown beavers. It also sells knives, predator calls and scents to help lure bobcats.

The fire was reported at about 5 a.m. Idaho Highway 30 and a U.S. Interstate 84 exit were closed down. There were no injuries.

The activists said they belonged to a group called "The Arson Unit" and could have ties to the Animal Lib-

eration Front, Vlasak said. They warned that the store must close its doors permanently.

"Stay in business, and we'll be back," their message said.

Radical activist groups including the Earth Liberation Front and the Animal Liberation Front have been blamed for a string of 17 arsons across the West dating back more than a decade, including at ski resorts in Colorado and university laboratories in Washington state. Fourteen people have been convicted of crimes related to those fires. Such groups have been classified as domestic terror threats by the FBI.

A Utah animal rights activist in July pleaded guilty to two federal charges stemming from a pair of 2010 arson fires in the Salt Lake City area, one at the Tandy Leather Factory and another at a restaurant that served a disputed goose liver dish.

Federal agents on Monday weren't dismissing the activist group's claims of responsibility, Bureau of Alcohol, Tobacco, Firearms and Explosives spokeswoman Donna Sellers said. Evidence has been collected from the blaze to be analyzed at one of the agency's laboratories, she said.

"ATF does take the communique seriously," she said. "The claim of responsibility by Animal Libera-

tionists is a lead in this investigation."

The FBI also said it's helping track down leads.

"We are assisting the ATF to see if there's a connection to domestic terrorism," said Deborah Bertram, an FBI spokeswoman in Salt Lake City.

Vlasak, whose office helps to publicize the illegal activities of activists, said he had no direct knowledge that the activists actually set the Idaho fire. But he said similar statements in past attacks on fur farms or businesses have had merit. He declined to say exactly how he received Monday's message.

"Somebody with a shop full of fireworks and fur at the same time is just kind of asking for it," Vlasak told the AP on Monday, adding that while he supports such actions, "there's a firewall between those who are actually willing to break the law to help animals, and those of us who are just serving as a press office."

The fire was contained quickly and without significant damage to fireworks or fur articles. Investigators believe the fire was "suspicious and incendiary," Caldwell fire marshal Andrew Cater said.



Somebody with a shop full of fireworks and fur at the same time is just kind of asking for it. There's a firewall between those who are actually willing to break the law to help animals, and those of us who are just serving as a press office.

Jerry Vlasak, North American Animal Liberation Press Office spokesman

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SUNDAY SCHOOL.
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Or see our webpages at...
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Youth Group - Wednesdays, 7 pm
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Fellowship Time - 10:10 am
Worship Service - 10:30 am
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Campus Minister: Katie Goodson
kgoodson@moscow.com
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Reconciliation: Wed. & Sun. 6-6:45 p.m.
Weekly Mass: Tues.-Fri. 12:30 p.m.
Tues. Wed, Fri 5:30 p.m.
Spanish Mass: 4th Sunday of the month at 12:30 p.m.
Adoration: 1-5:30 p.m. Wednesday
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PARADE

FROM PAGE 1

“Some of them were truly, truly phenomenal. They were unbelievable,” Giese said. “It got to the point where 30,000 people were on Main Street in downtown.”

The popularity of the event — which started with one dance location to several, in addition to the parade — and the money generated is what made the tie to the Prichard and UI even stronger. Giese said the Chamber of Commerce estimated that it was the largest financial weekend for Moscow amounting to about \$4 million — out doing both Homecoming and the day after Thanksgiving.

“After we paid all of our expenses, we would give approximately \$10,000 to the Prichard for programming for the next year, and at the time that this was going on, we were in the top 10 gifters to the university because at that time people did not give to a public university. They figured it should be funded by the state,” Giese said.

The traditions of the early Moscow Mardi Gras ended after Giese went on sabbatical and Buchanan moved to Seattle, along with OSHA regulations that require floats to be 95 percent non-flammable. But the impact of the event made on the development of the Prichard is why it was chosen for the theme of its 25th anniversary, said Roger Rowley, director of the Prichard.

“So going back to the Mardi Gras parades and what that meant artistically to the town as well as the importance it played for the gallery seemed like the crucial thing looking back at the start of our lineage,” Rowley said.

Since floats weren’t an option, Rowley said he cooperated with the advance sculpture class to have students create costumes that follow the theme of the floats.

“It was fantastic. I mean, the way the students came through and took it on and made it their own and just went wild away with it was just really great...” Rowley said. “And so you know, their

ideas and just the reaction we had from the crowd and everything was just fantastic.”

Chapman said students in the advance sculpture class were approached about the project within the first couple days of class and have been working on them since, putting in about 100 hours total. Chapman’s design originated with several components, including the traditional milk carton material, nature and the Mad Hatter, along with some influence from sculptor Nick Cave.

“I came up with the Mad Hatter thing and then with the roses, and then the dress just fell into place because of the hat. My hat was my first inspiration,” Chapman said.

But hers was not the one she thought would take the Best in Show prize.

“Totally surprised. Didn’t expect that at all. I was expecting my friend Mig (Mignon Whitt) to win it all,” Chapman said.

Whitt’s costume, The Gallery Spirit, won the Best Traditional award.

“Well, I wanted to stay in the tradition with the Prichard gallery so I wanted to make sure that it was Mardi Gras theme and make sure it was white milk carton paper because that is what they had used before,” Whitt said.

Like Chapman, Whitt said she and their peers spent many hours, including Saturdays and Sundays working on the projects. She said the class got excited, started to bond and feed off each other as they started to work with the paper.

“Then we got a piece of the paper — of the milk carton paper — and we started playing with it,” Whitt said. “We started cutting it, we started stripping it, we started ripping it apart, we soaked it in water, we braided it, we made every single possible curl that we could do ... we laced it, we did everything we could, we cut into it, we made it pop up like a pop-up card, we did everything that we could, and then we started putting our costumes together and ... it spiraled.”

She said her inspiration, like Chapman’s, came from a character.

“Actually, Dr. Seuss’s ‘Cat in the Hat’ believe it or not,” Whitt said. “I had developed this kind of a sculpture, not really a person — not a costume — but an actual sculpture that was pieced together. And I really love texture so I wanted to do a lot of texture, a lot of form so that when the light hit it there would be a lot of shadows.”

Whitt and Chapman said they were excited to see the crowd’s reaction to their costumes and for the whole celebration.

“You know, I want to see the crowd’s reaction to how we are and how we dance to the music and how we perform for them,” Whitt said. “And to see the little kids’ faces and see the people that were here before in the Prichard gallery and how they watched it to evolve to watch them see how this new generation is taking control and moving forward with this, with what they started.”



Tony Marcolina | Argonaut

Administrative assistant Candi Bailey answers the phone Monday at the University of Idaho Counseling and Testing Center. The CTC will host a free screening for depression or anxiety from 10:30 a.m. to 2:30 p.m. Oct. 7 in the Idaho Commons.

PROMOTING

FROM PAGE 1

dents don’t meet all of the diagnostic criteria for a disorder after being screened. The CTC staff find instead that a student is experiencing some of the symptoms of depression or anxiety.

“It’s pretty common to experience these symptoms, especially as college students,” Funasaki said.

The American Psychological Association reports, by the age of 24, one in four people will experience a depressive episode. These episodes may lead to suicide if left untreated.

The American College Health Association reports that suicide is the No. 1

cause of death in college students and 9.4 percent of students surveyed seriously considered attempting suicide at least once in a one-year span.

Funasaki said the UI CTC staff found similar data upon surveying UI students.

She said they try to keep the screening event as confidential as possible. Students are able to fill the survey out by themselves.

“When we give feedback, we do try to step aside from the crowd,” Funasaki said. “But if they did decide to come into the Counseling and Testing Center, all of those sessions are strictly confidential.”

UI junior Brittany Wahl said she was approached by CTC staff in the Commons last year, to take the screen.

“It consisted of a ton of questions about my mood,” she said. “Although it didn’t necessarily pertain to me, and I didn’t need feedback, I think a lot of students could benefit from this event. Depression and anxiety seem common in people my age.”

Wahl said it’s important for students to be aware of all the resources offered on campus.

For more information about services the UI CTC has to offer, visit its website at www.uidaho.edu/CTC.

CURE

FROM PAGE 1

we got six years ahead of schedule, which is really cool, so we bumped it up to \$15 million, and so we’re going to raise an additional \$15 million in another five years and see what we can do.”

On the national level, Tri-Delta has raised enough money to fund the

construction of a wing specifically for research that is dedicated to the sorority, Carlson said. Even though there is a goal for the national sorority, she said members of the UI chapter don’t set a goal.

“It’s more of just getting the word out there and raising as much money as possible because we don’t want to set a limit on it and that kind of thing because

we want to go the distance and see what we can do,” Carlson said.

She said Tri-Delta raises money for St. Jude throughout the year with smaller activities, but also a few other large events like a three-on-three basketball tournament called Tri-Hoop and Trick-or-Treat for Change on Halloween.

HUNGER

FROM PAGE 1

funds raised over the 27-year history is \$299,264.60. This year the committee hopes to meet or exceed last year’s total. Twenty-five percent of the funds raised will go to food banks in Moscow and Pullman and be divided based on the number of walkers from each town.

The remainder of the funds will support the Church World Service, an organization focused on resolving hunger issues around the world. The organization also helps implement sustainable agriculture in communities.

“Hunger is based on people not having adequate tools or seeds or water,” Carloye said.

In addition to food projects and hunger, the CWS also emphasizes water issues, including irrigation.

“The program that our funds go to helps not just with disaster relief, but also with long term projects — digging wells and helping communities become more sustainable on their own,” Sylvia Hutton said, a 20-plus year participant in the walk.

“They help people to dig wells and irrigation systems for crops they have. When people are empowered to raise their own food they are able to sell it and improve their family lifestyle,” Carloye said.

The walk is intended to symbolize the trek that many people around the world

are forced to make just to find fresh water or places where they can sustainably grow crops.

“When people are empowered to raise their own food they are able to sell it and improve their family lifestyle,” Carloye said.

The Moscow-Pullman walk begins at the Chipman Trailhead and continues through

downtown Pullman. Once participants reach the halfway point they will turn around and head back to the trailhead. For participants who are unable to complete the entire 10k distance, a shorter 5k turnaround point will be marked.

Carloye, 72, encouraged participation from people of all backgrounds and situations in life.

“We welcome everyone,” Carloye said. “Everybody from babies in strollers to retirees, college students, and dogs.”

Participants are discouraged from using roller-blades, skateboards or bicycles in order to provide a safe environment for walkers. Strollers and wheelchairs are welcome.

To participate in the event or to donate, community members are encouraged to sign up online at www.cropwalkonline.org or contact Nancy Mack at 208-332-6252. Teams and individuals are both encouraged to participate.

“You might well make new friends, it’s a very sociable group,” Carloye said.



Hunger is based on people not having adequate tools or seeds or water.

Mary Carloye, Participant

RUN

FROM PAGE 1

February,” Minden said. “One of the big missions of our hospital is promoting wellness in our community, and this is just another opportunity to promote wellness — not just with the general population, but families too.”

Minden said the fun run gave Gritman the opportunity to do another event at another time of the year.

The 3.1 mile run will begin at the Martin Wellness Center on 510 Palouse River Dr., loop through the UI Arboretum, down through campus, crossing by the Lionel Hampton School of Music and up Main Street to finish back at the wellness center.

There will also be a one-mile turn around in the Arboretum parking lot for those participants who

don’t want to run or walk the whole way, and those with families, Minden said.

Participants can pick up registration forms at Gritman Therapy Solutions on 810 Main St. Late registration and packet pick-up will be from 5 to 6:30 p.m. Sept. 30. The last chance to register will be the morning of the event from 7:30 to 8:30 a.m. Those 5 years-old and under are able to participate free of charge.

Minden said a 5K is a good length, in which both serious and recreational runners can participate.

He said great opportunities arise when a whole community is involved in promoting something as crucial as wellness.

“We’re a small enough community that, I think it’s great that we can get all entities involved whenever possible,” Minden said.

“And for (UI) students, I think it’s a great opportunity for them to get out and participate in an organized event — especially those that may not be serious enough to go out and do a half marathon.”

Minden said these small local events are a great way for people to get started.

Baker said even if somebody doesn’t want to participate in the run, they can go support the runners throughout the course.

“It makes such a huge difference when you’re running and you don’t want to be running, and you’ve got someone cheering you on,” Baker said. “I think it’s important for kids to get that encouragement and that feeling of accomplishment early on. We would love anyone to come out and walk it, run it — whatever they want to do.”

We’re on Twitter @uiargonaut

Classifieds

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SPORTS



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VANDALNATION

FOOTBALL

Bitten

Vandals lose to Fresno State Bulldogs 48-24

Nick Groff
Argonaut

It looked as though an offensive shoot-out was on tap for the Dads Weekend crowd Saturday in the Kibbie Dome, however that was not the case.

The Vandal offense fell flat and the defense wore down as Fresno State bullied Idaho to a 48-24 loss, dropping Idaho to 1-3 overall.

Scoring drives went back and forth in the first half. Fresno State scored first on a Derek Carr 16-yard touchdown pass to wide receiver Jalen Saunders. Idaho struck back on its next possession. The Vandals marched on a 12-play, 62-yard drive that lasted nearly half the quarter. It ended with a Brian Reader to Clayton Homme 3-yard touchdown reception.

By the end of the first half Fresno State held a one-touchdown advantage, leading 24-17.

Akey said he was disappointed his team didn't execute in the second half, especially in front of the largest crowd the Dome has seen this season.

"We had a whale of a game there goin' there at halftime," Akey said. "I'm

disappointed that we didn't execute as well in the second half to make it a more enjoyable afternoon for all of us."

The Vandals were outscored 24 to 7 in the second half. The lone Vandal touchdown came early in the fourth quarter on a 7-yard Reader to Kama Bailey touchdown pass.

Reader was 22 for 38 passing for 235 yards, two touchdowns and no interceptions, but it was not enough to make up for the 513 total offensive yards tallied by Fresno State. The Bulldogs amassed 371 passing yards with five receiving touchdowns.

Opposing teams have notoriously picked on the Idaho secondary, something Akey said they are continuing to work on. Akey said it is not just cornerback and safety play that hurts the Vandals.

"The whole world looks at the defensive backs, he's the guy that gets the ball thrown too," Akey said. "Well you know we got a bunch of guys up front that can put a little pressure on

the quarterback and make it a little harder for that ball to get itself thrown out there."

The Vandals travel to Charlottesville, Virg., Oct. 1 to play against an Atlantic Coast Conference opponent, Virginia. This will be the second time the Vandals face a BCS opponent this season. Akey said he thinks the big stadiums and crowds can work toward their advantage.

"If there's more folks there, and there's more noise, you can use that to their advantage. I think our guys get fired up about playing in front of that," Akey said. "I know there's a lot of folks in Virginia this week that don't wanna see the Vandals have any success."

Idaho will travel three time zones away and Akey said the team has done research and will prepare to have its body clocks in synch with Eastern time.

"Things take place at a much different point in time," Akey said of the time zone shift.

SEE FRESNO, PAGE 9



Watch the video of Robb Akey's news conference. vandalnation.wordpress.com



Nick Groff | Argonaut

Idaho receiver Kama Bailey catches a touchdown pass from quarterback Brian Reader at the beginning of the fourth quarter Saturday afternoon in the Kibbie Dome. The Vandals lost 48-24, dropping the team to 1-3 in the season. To view more photos from the game visit the Vandal Nation Facebook page.

BASEBALL



Kyndall Elliott | Argonaut

Rob Burns strikes during the baseball club's games Sunday, where the team lost 9-6 and 12-9.

Club goes winless against Montana

Jacob Dyer
Argonaut

The University of Idaho baseball club went up against the University of Montana baseball club with high hopes and came out on the losing end of 0-3.

The two teams met once on Saturday and then another two times on Sunday where the UI club was unable to overcome the Montana team, but kept it close Sunday as they lost 9-6 and 12-9.

"The offense really started to click in games two and three, and we've shown we can come out and score a lot of runs with our lineup," assistant manager Clayton Uthoss said.

The UI club played three long games against a strong Montana team, and players walked away feeling like they competed well and gave their opponents a challenge. Daniel Burg said the three games gave them an idea of what kind of team they have and where they can go from here.

"We got a feeling of how the spring is going to go, we hit well and had a lot of support," Burg said. "We put up runs, they didn't stomp us, we

stuck in and fought. Can't wait to see how we do against Eastern Washington this next weekend."

Dennis Heppner said Montana was a good team and they had a chance to win every game, but UI needed to pick it up a little sooner.

Anthony Strunk, the manager of the UI baseball club said he was proud of the way the guys played against a solid Montana team and he was happy with how his players acted.

"I was really proud of my guys this weekend, they went out and played this weekend against a great University of Montana team," Strunk said. "We didn't come away with a win like we wanted but my guys played hard — they kept their heads up."

Strunk said part of the reason for their lack of success this weekend came from mental errors from the pitching staff and a lack of offense early on as their bats could not get started.

Regardless of the first week, Strunk said the baseball club is excited for its next game Saturday and Idaho is ready to prove its worth.



We're gonna hit practice hard this week and beat EWU this weekend, showing not only our fans but most importantly ourselves that we are a winning team.

Anthony Strunk, Baseball club manager

The baseball club is back in action at 10 a.m and 2:30 p.m. Oct. 2 against EWU for a double-header at Moscow Junior High School.

FOOTBALL

WAC round-up

Theo Lawson
Argonaut



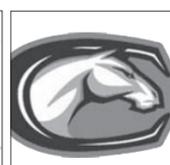
San Jose State 34, New Mexico State 24

Despite only one win in its first four games, San Jose State has proven it may be a contender in the WAC this season. Led by a pair of seniors, quarterback Matt Faulkner and running back Brandon Rutley, the Spartans amassed 450 total offensive yards, handing the Aggies their third loss of the 2011 season. Following a 78-yard touchdown run from New Mexico State's Kenny Turner which would put the Aggies up 24-17, the Spartan defense clamped down while the offense thrived. Two consecutive San Jose touchdowns, followed by a field goal, gave them a 34-24 advantage and the Spartans wouldn't look back from there. Rutley rushed for 209 yards and two touchdowns while Faulkner threw for 236 yards and two touchdowns.



Texas Tech 35, Nevada 34

The Wolf Pack staged a raid of their own Saturday, but could not contain the Texas Tech offense in the second half. The Red Raiders clinched the win with 36 seconds remaining in the fourth quarter when quarterback Eric Ward hooked up with Seth Doege. Nevada led by two touchdowns in the third quarter but only managed two field goals in the fourth, while the Raiders converted two touchdowns. Doege was 22 for 38 with two touchdown passes and 222 passing yards. Nevada quarterbacks Tyler Lantrip and Cody Fajardo combined for 250 passing yards and two touchdowns. The Wolf Pack (1-2) take on No. 4 Boise State Saturday with hopes to upset the Broncos for the second straight year.



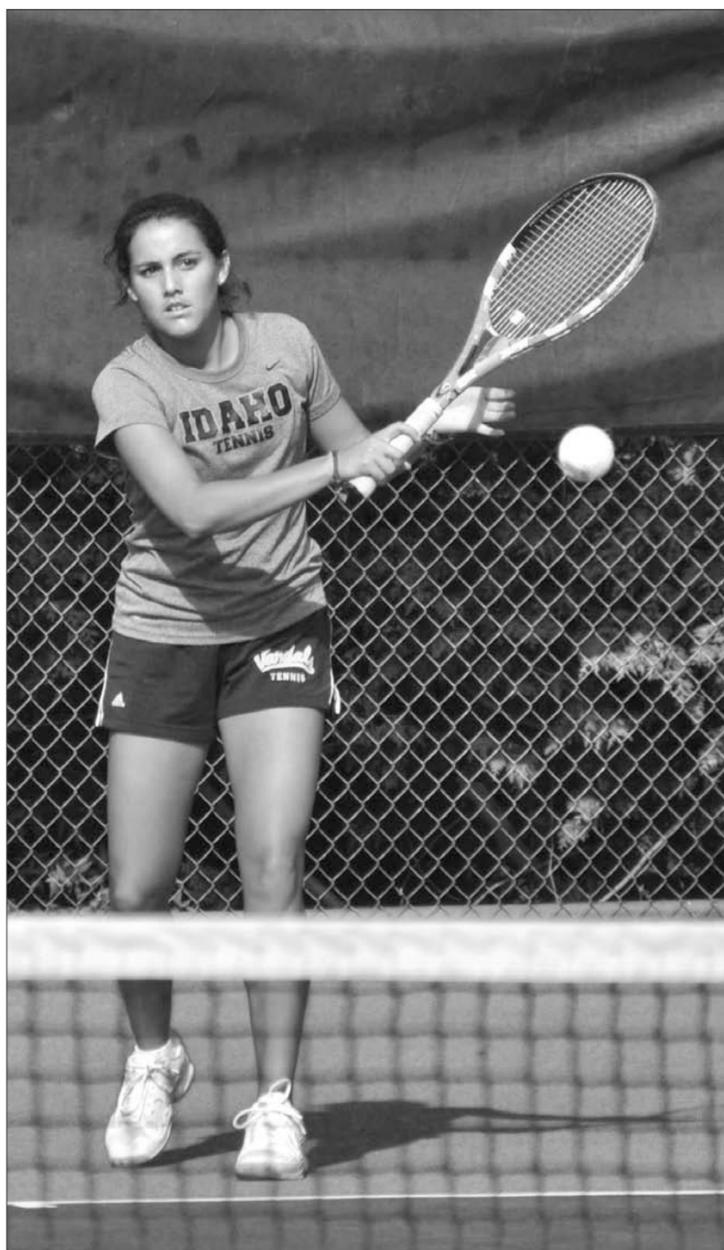
Hawaii 56, UC Davis 14

Quarterback Bryant Moniz tossed seven touchdowns in the first half and the Warriors steamrolled a subpar Aggie team. The Hawaii defense prevented UC Davis from

SEE WAC, PAGE 9

TENNIS

Lozano twins serve it up at Cougar Classic



Alejandra Lozano returns a ball during practice Sept. 21 on the Memorial Gym courts. The Vandals played in Pullman Sept. 23 to 25 in the WSU Classic, where Lozano won her bracket in three sets 5-7, 6-2, 6-3.

Charles Crowley
Argonaut

The Cougar Classic turned out to be an impressive showing for the Vandals as they finished strong with a first place finish in the fourth flight and a fourth place in the top flight of the tournament.

These two great finishers were the Lozano twins, Alejandra and Victoria. Two players that Idaho Coach Daniel Pollock said showed what an asset they will be to the team this year.

"Vicky plays in a way which is so tough for opponents to handle. When she is as focused as she was in her first 3 matches there's no touching her," Pollock said.

Victoria lost to one of the top girls from WSU, Liudmila Vailieva 6-3, 6-1 in the semi-final round and ended up playing out to fourth place in the top flight. She beat some big hitters early on, much to Pollock's liking.

"To beat BSU's top returner (one of the top players in the region) in such commanding fashion is no mean feat," Pollock said.

Victoria's sister, Alejandra, played in the lower flight in the tournament, but she was able to win the fourth flight championship defeating Anastasia Romantsova from WSU 5-7, 6-2, 6-3.

"I am really proud of the way Ale played tough all the way through the tournament," Pollock said. "All her opponents were tricky match-ups and she stepped up big when she had to."

In all four of Alejandra's matches she fell behind but in-

stead of giving up she kept fighting and came back and won with spirit that was not left unnoticed by Pollock.

"In her final match she pulled up hurt toward the end of the second set, but kept battling for another hour and played some great tennis in big moments against a tough opponent to secure the win," Pollock said.

He said she should take some confidence away from this one. She is not the only one who gained confidence though as two Vandals who had never played a college tournament before also impressed Pollock.

"Both our newcomers were understandably nervous early on but I thought they both did great."



Both our newcomers were understandably nervous early on but I thought they both did great.

Daniel Pollock,
Women's tennis coach

He said that freshman Sophie Vickers had a great win on day one against a Boise State player who transferred from VCU (a top-30 program) as well as one against EWU's No. 3 player on day two.

Sophomore Beatriz Flores, also playing her first college tournament ever, lost early but rolled through the constellation bracket with what seemed like ease defeating Miranda Duggan from LCSC 6-1, 6-2 in her final match.

"Betty is a pure competitor," Pollock said. "Once she settled in to the tournament she played great."

The newcomers also played very well in doubles going 2-1 on the weekend with their respective partners.

"I felt like Betty and Molly definitely beat a couple of decent teams on day one. Today we

played a team that did what we did but a little bit better," Pollock said.

Alejandra Lozano also won two out of four matches partnered with a player from a different school that she had never seen before. Victoria and Vickers won two of their three matches in doubles.

Vandal players stood by when they weren't playing matches and rooted for their fellow Vandals. Pollock was also there with them, pulling for a team that he is very proud of.

"It makes me happy the way they are playing and the way they are responding to competition and it's really good," Pollock said.

Pollock said that the team will also use this tournament as a chance to look at themselves and see how to improve.

"We still have a lot of things to work on in practice to be where we need to be come the start of the season, but for this early in the year I'm very happy with the way they are playing and competing," Pollock said.

He said that this team works together great and is enjoyable to be around, win or lose. Pollock said that they are a fun group that loves to work hard but also loves their tennis and that team captain Molly Knox contributes greatly to that.

"She works as hard as any player I've ever worked with and it is rubbing off on all the girls as they are all following suit," Pollock said.

It's back to practice this week for the Vandals and then the EWU-Gonzaga Invitational this weekend. Pollock is amped for this tournament and for the season in general.

"With their work ethic and focus I'm excited to watch them improve and see what they are capable of," Pollock said.

SOCCER

Women's soccer club having a blast

Jacob Dyer
Argonaut

The University of Idaho women's club soccer team fell to the Gonzaga University women's club soccer team Saturday 2-0.

The match took place at Guy Wicks Field, and the team began to come together and bond as a unit.

"Bonding really well, having a freaking blast," co-captain Heather Watson said. "And we are definitely a last-20-minutes-we-dominate kind of team."

The Idaho team walked away with a lot of positives Saturday, co-captain Tessa Fox said, like Chase Lane's shot that bounced off the crossbar, almost going in for a goal.

Fox said keeper Collette Kirby had a strong performance which included jumping between a Gonzaga players' legs to grab the ball away from the attacking offense.

Coach Brittany Shepherd said teams always have some difficulties

when they start, but that the team is starting to come together and looking better.

"All new teams start out rough and that we're learning to be a team and that we have a really good group of girls who just enjoy hanging out together," Shepherd said.

The team showed off its unity with several off-side penalties on Gonzaga that Fox said that the defensive line did "incredibly well."

Fox said she understands the team is a work in progress, but was glad to see how her team came out and played in the second half.

"Our team is definitely a work in progress," Fox said. "Today we may not have come out on top but we are learning to grow together as

one unit. We still worked really hard and denied any goals in the second half."



The bonding off the field is amazing and I am very happy to see it. We even drew smiley faces on our stomachs to keep the mood light while playing. We really enjoy each others presence and the wins will come.

Tessa Fox, Co-captain

State's club team.

Whether they are on or off the field, Fox said she is impressed with how the team has been bonding and that they are able to have fun no matter where they are.

"The bonding off the field is amazing and I am very happy to see it," Fox said. "We even drew smiley faces on our stomachs to keep the mood light while playing. We really enjoy each others presence and the wins will come."

The women's soccer club will be back in action at 10 a.m. Oct. 2, at Guy Wicks East when they go up against Boise

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SOCCER

Night and day

Vandals lose to the Zags Friday and then defeated Eastern Washington Sunday

Sean Kramer
Argonaut

It was a tale of two matches for the Vandals.

The University of Idaho women's soccer team split its last two matches, falling to the Gonzaga Bulldogs on Friday and defeating the Eastern Washington Eagles on Sunday, in what seemed like night and day performances.

The matches concluded a four-match, weeklong stretch which took the Vandals (4-6-2) as far as Provo, Utah and finished back in Moscow at Guy Wicks Field.

Vandals get bullied by Bulldogs in Spokane

The Vandals walked onto Gonzaga's Mulligan Field in Spokane hoping to erase the painful memories of a 5-0 defeat at the hands of BYU just days earlier, and instead experienced more of the same. The Bulldogs dominated Idaho in a 3-0 victory.

Gonzaga controlled possession and dictated the tempo of the match from the start, keeping the Vandals on their heels.

The Bulldogs went up early in the 13th minute on a corner kick when freshman Cricket Harber snuck a loose ball past the Vandal defense. The Bulldogs added number two when Harber sent a free kick into the box that sophomore Ali Ohashi sent home for the 'Zags.

"We didn't play well at all," Idaho coach Pete Showler said. "It didn't look like we wanted it... they wanted it more."

The Vandals were far more adept at creating offensive opportunities than they were the Tuesday night prior in Provo, however the lack of consistent possession meant that optimistic looks at the goal

were few and far between. "It's a simple game and they made it look simple. We didn't have the hunger today," Showler said.

Idaho freshman midfielder Lilly Archer emphasized the need for the Vandals to play to their strengths getting the ball wide and moving players forward into the box to create opportunities to score.

"We're the kind of team that's going to destroy someone on the ground, we need to be positive, make those passes and find those gaps and then I think we'll be successful," she said. "We need to keep going forward and just trying to get that lucky goal."

The match was a revenge of sorts for the Gonzaga Bulldogs who lost 1-0 to Idaho last season at Guy Wicks Field. Gonzaga's coaches think the biggest difference between last year and this year's matches were the Bulldogs' abilities to capitalize on offensive opportunities.

"It was just finishing our chances," Gonzaga assistant coach Derek Pittman said. "Last year down at Idaho we created a lot the post a couple of times but (didn't score). For us today it was about not only creating those chances but putting them away."

The Vandals returned home for a Sunday match-up with a reeling Eastern Washington squad that only had one win.

"We have to step up and play well, and if we don't they'll beat us," Showler said.

Vandals bounce back against scrappy Eastern Washington, end three game skid

Showler said it had been a long time since the Vandals lost three games in a row, but that was the circumstance in which the Vandals found themselves before facing Eastern Washington.

In forceful winds and pouring rain that beat down throughout the second half the Vandals put a stop to their losing streak, holding off Eastern Washington for a 1-0 win, and gained confidence heading into conference play.

"Today we played our brand of soccer," Showler said. "That was fun, they played some great soccer and played with a smile on their faces."

The Eagles came into the match with only one win on the season and were a team that Showler described as "scrappy" and "hungry."

In what could have been a trap game for Idaho, the Vandals turned the table on their opponent, doing to the Eagles what had been done to them for two consecutive matches.

Idaho consistently kept the ball in front of Eastern's goalkeeper Jamie Walker forcing her to make nine saves and deal with 24 shots, 11 of which were on goal.

Despite the offensive output the Vandals failed to put one in the back of the net at halftime.

Junior Jill Flockhart halted the string of zeros the Vandals had put up in their last six halves of soccer a minute into the second half when she sent a left-footed rocket from the corner of the box into the top corner of the goal. Flockhart knew



Zach Edwards | Argonaut

Junior goalkeeper Caroline Towles makes a save during the second half in Friday's game versus Gonzaga in Spokane. The Vandals came up short losing the match 3-0.

that a goal was inevitable for the Vandals with how well they were playing.

"Everybody was buzzing, everybody had the mentality that we could do it," Flockhart said. "We came out in the second half knowing we had to put a ball in the net and we did that."

The Vandals kept up the offensive pressure and made sure the match was never a contest.

"We dictated the play, it could have been five, or six to nil...we

didn't panic, controlled the play and just played with more fluidity to the game," Showler said. "We played with a lot of authority, that's what we need to do heading into conference (competition), it leaves us with a lot of confidence."

There will be no rest for the weary. After the Vandals' week-long haul, the team will begin conference play Friday when they travel to Fresno State to take on the Bulldogs.



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Take a whack at it

It's already week six of school and homework is piling up for everyone. Despite the time students don't have, it's important to get out of the library and have some fun to avoid burning out. There are a lot of things to choose from in Moscow, but one activity at everyone's fingertips is golf.

Many people believe that playing golf would not be fun, after all it's the most boring sport to watch on TV, and I would agree with that. However, playing golf is an entirely different story. It's a great way to spend an afternoon and it's a lot more fun than it looks.

Students at the University of Idaho have an 18-hole course just waiting for them on campus. As far as golf goes, it's about the cheapest course one could find, and it's not a bad course to play. Students have easy access to it, and would do well to use it as Idaho is one of just a small percentage of schools that have an 18-hole course on campus. Anyone interested in trying golf would also do well to take the golf classes offered at the university.

One reason to give it a try is the inherent challenge of golf. It may look simple on TV, but when you are actually on the course, it's tough. There have been times when I have thrown my clubs, or wanted to snap one in half. It can be very frustrating, but fun at the same time. There's nothing like the thrill

of making a long put, and there's nothing like the agony of missing a short one. It's all part of the game that challenges everyone who's ever played it.

Golf also provides some outdoor exercise. One of my favorite things to do is walk a golf course. Golf courses

are full of beautiful scenery, and provide some good exercise at the same time. Even if I'm having a terrible round, just being on a golf course relaxes me. It's the perfect quick getaway.

Another good thing about golf is it's only as serious as someone makes it. If someone wants an intense competitive game, that's what they get. If

they want an afternoon of relaxation and laughter, that's what they get. It's a sport that can be played leisurely or intensely. For me, it's all about relaxation — partly because if I took it seriously I'd be depressed all the time — but also because it's just something that gets me away from the books for a few hours and allows me to get outside and whack a ball around.

Golf is not boring, despite what one may think. Many people just haven't given it a try, which is a shame because they're missing out on a great sport. Any students, who want to take a break from the books, would do well to try a round of golf. It's readily available to all students at Idaho. So grab a few good friends and give golf a try.



Kevin Bingaman
Argonaut

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WAC

FROM PAGE 6

scoring until midway through the third quarter when the Warriors were already leading 49-0. The hosts had a chance to see four quarterbacks take snaps, although Moniz would be the only one to complete a touchdown pass. The senior racked up 424 total passing yards, completing 75 percent of his passes. UC Davis was held to less than 200 total offensive yards while the Warriors posted 637. Hawaii is now 2-2 and will open up WAC play next week in Ruston, La., against La. Tech.



Mississippi State 26, Louisiana Tech 20

An overtime period was necessary to decide which Bulldogs squad would come out on top of a dogfight that lacked any kind of offense whatsoever. After an La. Tech field goal put the game at 20-20 with nine minutes remaining in the fourth quarter, both defenses held their own, forcing overtime. Quarterback Chris Relf connected with LaDarius Perkins for a 17-yard touchdown pass and the Mississippi State Bulldogs earned their second win of the season. Three interceptions were thrown and four field goals were converted in a defensive battle between two teams that have struggled to prove themselves.



Colorado State 35, Utah State 34

Another WAC fell to a rival conference in overtime, but this time double overtime was required to settle things. The Rams tied it up with 42 seconds remaining and both teams scored during the first overtime. The second overtime saw Colorado State punch it in first but Utah State responded with a touchdown of their own. Aggie coach Gary Anderson opted for the win and a two-point conversion but the Rams denied the attempt from running back Robert Turbin and walked away with the victory. Turbin led the Aggies with four touchdowns and 115 total rushing yards, but the passing game failed to show any consistency as USU quarterback Chuckie Keeton only completed nine passes for 86 yards. Ram CSU sophomore Chris Nwoke ran for 85 yards and two touchdowns, including one in the second overtime.

FRESNO

FROM PAGE 6

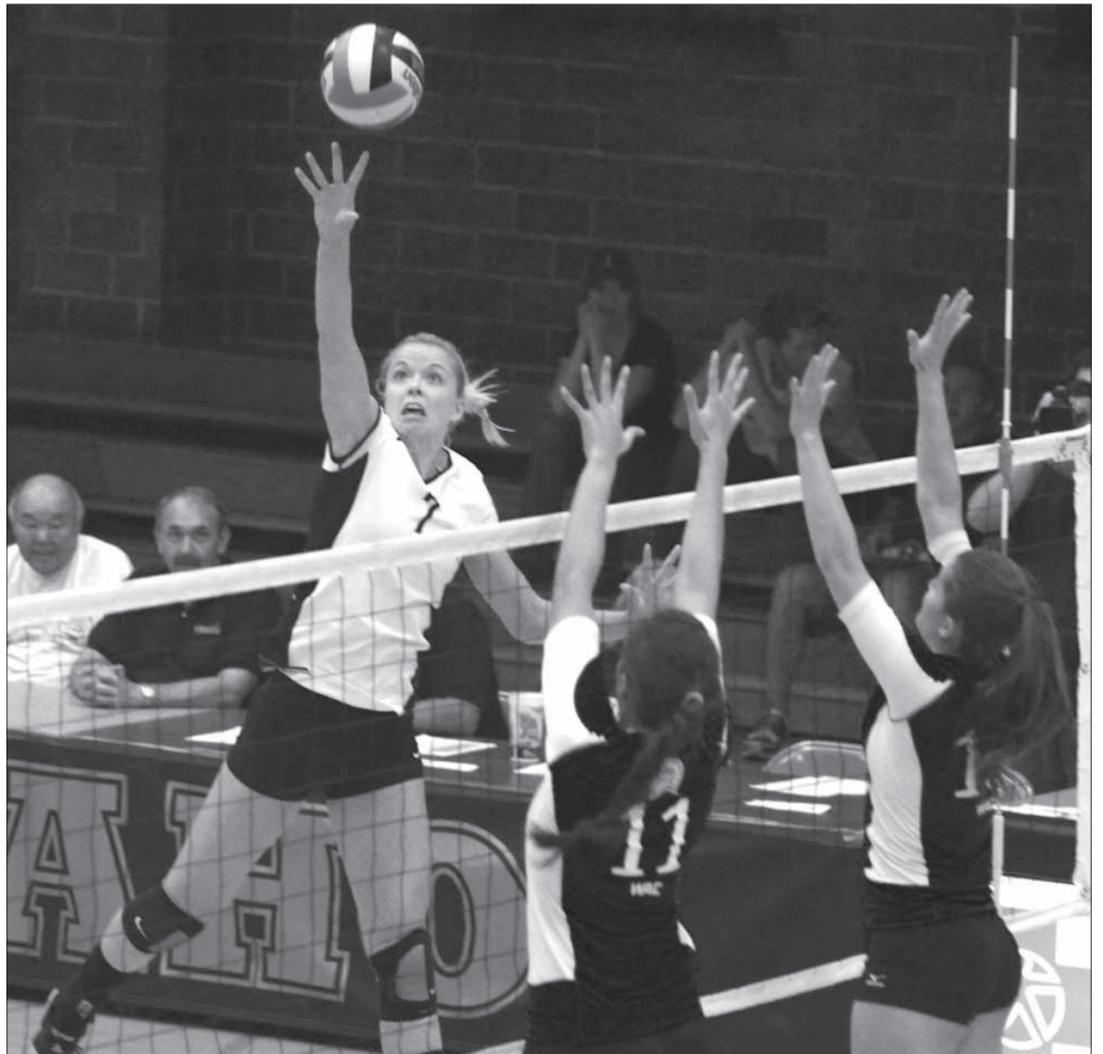
"So some of the folks when we travel ... this one three time zones away, people look at us a little bit crooked sayin', 'You realize what time y'all are eatin'?' but we're going to get on the local time clock as quick as possible."

The Cavaliers are 2-2, with one of their wins coming from an FCS opponent, but Akey understands the ability, athleticism and size across the board from the Virginia squad.

"I see a defense that, there front is big and strong and good," Akey said. "They've got a defensive end — all four of them I think are good players — they've got an outside linebacker that's a real good player, they've got a cornerback that's a real good player."

The game is set to kick-off at 12:30 p.m. and is televised on ESPN3.com.

VOLLEYBALL



Zach Edwards | Argonaut

Julia Church spikes a ball over San Jose State defenders during the second set of the match Saturday in Memorial Gym. The Vandals beat the Spartans winning the match in three sets.

Vandals sweep San Jose State

Kevin Bingaman
Argonaut

The Vandal volleyball team continued to play well, and swept San Jose State Saturday in Memorial Gym.

The Vandals (6-8, 1-1 WAC) were coming off a loss to Hawaii, in which they pushed the No. 11 team in the nation, and continued that performance Saturday against the Spartans (5-9, 0-2 WAC). Last year, one of the Spartans' only three wins was against Idaho. Senior Alicia Milo said it was nice to get some payback.

"I don't want to say it was revenge, but it's nice to get a win after they give you some trouble," Milo said.

The Vandals came out of the gate in the first set on fire, dominating from start to finish on the way to a 25-7 win. It was Idaho's largest margin of victory since Sept. 12, 2010 when the Vandals beat Montana 25-4.

San Jose State didn't let Idaho have it so easy in the second set, but in the end the Vandals were too powerful and took a 2-0 lead in the match.

Idaho came out in the third set and put the Spartans away with ease to take the set and complete the sweep. Idaho coach Debbie Buchanan said she liked what she saw

out of her team in the third set.

"We went to the break and I told them we can't have this many hitting errors in one game, we are better than that," Buchanan said. "We came back out and went from hitting .152 to .382, that's a huge improvement."

Sophomore Allison Walker snagged her second consecutive double-double and lead the Vandals with 19 kills. Libero Cassie Hamilton had 20 digs in the match and now is just 10 digs away from moving into second place in Vandal history. Milo said she likes what she is seeing from this team.

"I think we're pretty solid," Milo said. "When we're on we're really on. We've had our ups and downs but I think we have a really good shot."

Consistency was a big issue for Idaho last year as they struggled to play well from night to night. Buchanan said that she's starting to see that consistency out of her team right now and hopes it continues.

"I like the way they're responding," Buchanan said. "Now it's just how often and consistent can we be?"

The Vandals will be back on the road this week when they travel to New Mexico State to take on the Aggies. Idaho will then be at Louisiana Tech on Saturday.



Add Vandal Nation on facebook to view pictures from the Idaho vs. San Jose State volleyball game.

facebook.com/vandalnation

TENNIS

Mixed results in Eastern Washington/Gonzaga fall tournament

Charles Crowley
Argonaut

The University of Idaho men's tennis team is halfway through its fall season as of Saturday's Gonzaga/Eastern Washington Fall Tournament.

Vandal freshman Clint Vidano drew a tough opponent in the first round, the No. 1 seed in the tournament, Montana's Carl Kushke. Vidano upset Kushke 6-4, 3-6, 1-0 (8). Idaho Director of Tennis Jeff Beaman said he liked what he saw.

"Vidano played great, he came in, and he didn't get too nervous, and he beat the No. 1 guy in the tournament," Beaman said. "It was impressive."

The No. 2 overall seed in the tournament, UI's Adid Akbar played in the same flight as Vidano and also won his first match. No Vandals made it through the round of 16 though as both Vidano and Ak-

bar were eliminated in the second round.

Filip Fichtel and Andrew Dobbs both lost in the opening round, then advanced to the quarter-finals of the consolation bracket and lost there.

Taylor Bieberle and Jake Knox played in the B-flight and were eliminated in the first round. The men also teamed up and played doubles with limited success.

Akbar and Dobbs were taken out in the quarter-final match by a solid team from EWU, James Russell and Chris Eriksson who went on to take first in their flight.

There was an open event that was held in conjunction with the college event and some Vandals opted to wait and play that event instead with greater success.

"The guys in the open event had some really great results and it was really nice for them," Beaman said.

"Perevoshikov and Cirstea's results

were better than any of the other competitors and they advanced all the way to the final match."

Due to wind and rain the match was moved to Monday, to be played at the Memorial Gym Tennis Courts in Moscow.

Beaman said both events were beneficial for the team because new players were

able to get out there and play some great competition and test their skills.

"The good thing is the kids have something as a baseline to focus on for what we need to do to get better," Beaman said.

The next time the men compete will be Oct. 8 to 10 at the Boise State Fall Tournament.

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OPINION



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OUR VIEW

Seek help, be happy

Depression is not something to be ashamed of — no matter what the cause. It is a common condition that many people in America cope with and it is one that can be triggered by anything from weather change and genetics to slight or drastic occurrences in every day life. The people affected are not limited to any specific sex, gender, race or age. Anyone at any point may encounter symptoms of depression, which include not sleeping or sleeping too much, a lack of appetite and motivation. People with depression may feel irritable, edgy, helpless and hopeless.

If a person is feeling this way regularly — outside the realm of typical ups and downs in life — they should not feel that they are alone. Anxiety disorders are another common occurrence that many people might not be aware of. The most common is General Anxiety Disorder, which consists of a person worrying about most aspects of their life. Either way there is help available, and right now students have access to the most readily available assistance they will potentially ever have in their lives. The University of Idaho Counseling

and Testing Center is always available for appointments and to make itself even more accessible it will host a free screening as part of National Mood Disorder Screening Day Oct. 6. CTC is available to help and has different options for treatment, such as therapy and medication. While employees will not be able to diagnose students on screening day, the questionnaire will reveal if further testing should take place. Don't hesitate to seek help if you think you need it. It's your life and you deserve to be happy.

— ER

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Golden ticket

The day you see me buy a lottery ticket you will hear me singing, "I have a golden ticket..." — Jake

Saturday...

Made me want to cry. C'mon, guys. Geez. Also, still very odd to tailgate and go to a football game in Moscow with it 90 degrees outside, but I have to say — I'm all right with it. — Elizabeth

Words of wisdom

Sometimes things happen in our lives that we can't make sense of. We go through phases that we feel might never pass. But remember: With chaos, comes clarity. — Britt

Ladies, love your bodies

If Mother Nature hated curves, she would have made the world flat. — Rhianon

Pregnant and loving it

Last Friday, I went with my wife to her ultrasound. To say the least, it was quite awe-inspiring. But to be honest I really couldn't tell what we were looking at 90 percent of the time. — Jacob

Nerf

I am glad that at 21 I have more fun playing with Nerf guns than when I was 9. — Jens

Makeover

New looking uiargonaut.com live now. Check it out or we will find you. — Madison

No. 11 angel

I tried the other day via Twitter, and the only number I got was 867-5309. So, I'll try here. Does anyone have a cell number for Alex Morgan or Minka Kelly? I would like to take either of them on a date. I have some awesome date ideas I think they will love if I can just get my foot in the door. — Nick

Finally caught on

My dad has learned that Dads Weekend is all about free meals and parents grocery shopping for their kids, and as a result he didn't attend. — Theo

Deadlines

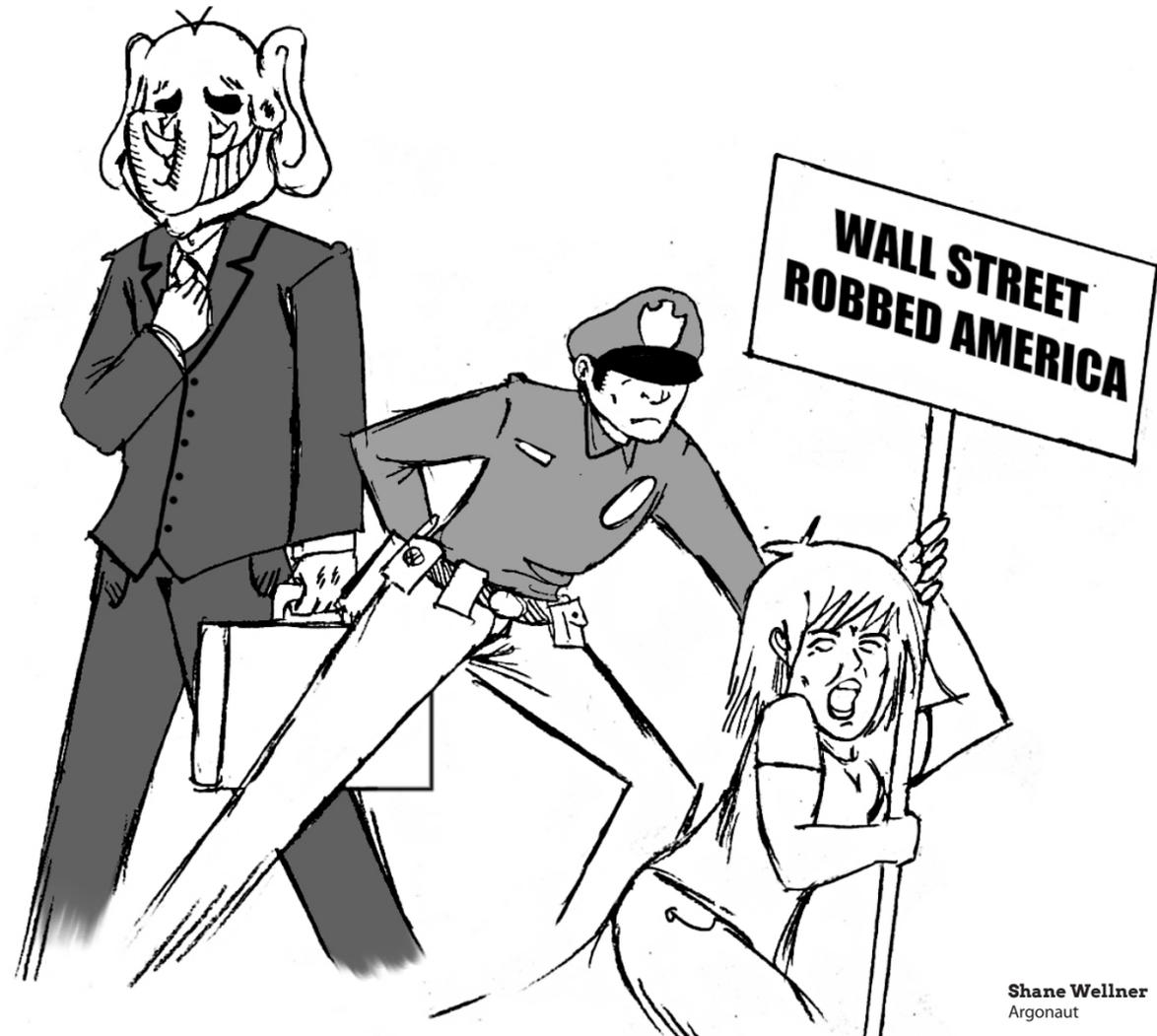
I don't know if I'm taking too much on or have just lost all motivation. Either way, it's time to get my rear in gear and get everything done in a timely fashion. — Elisa

Get ready for it

Can't wait for Blot magazine to hit stands on Homecoming weekend. You'll be blown away. — Amrah

Grapes

I hate forgetting to wash fruit, because by the time I realize it's got Winco grime on it, I'm too involved in eating it to care. Here's to living on the edge. — Vicky



Shane Wellner Argonaut

Election system hurts voters

Like Christmas, election season begins earlier every year. Once, it began with the party primaries, then the pre-primary debates, then the pre-debate speculation. Potential presidential candidates now announce that they're running a year and a half before the election. Some announce even earlier that they will potentially make some future announce-



Max Bartlett Argonaut

ments. The media covers it all in advance, discussing possible announcements and announcement-announcements months before they happen. We may laugh, but the perpetual campaign season is hurting our election system. Many politicians never leave the campaign trail. Even in Congress, while voting on bills or working in committee, they're thinking about how their ac-

tions will affect the next election. Will their base support them? Will they keep their campaign contributors? Much of the congressional gridlock we've seen during the past few years can be blamed on the endless election season. Politicians who depend on a politically extreme voting base tend to be hard-liners, unwilling to compromise or work with the other side to get anything done. The Tea Party block of the Republican House is a perfect example. They rely on far-right sup-

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Are politicians more focused on getting re-elected than solving the issues at hand? Follow us on Twitter @ArgOpinion to post your response.

porters to remain in office — any compromise could cost them their jobs.

But politicians have little choice other than to appeal to

SEE ELECTION, PAGE 11

Mail Box

Youth rely on local support more than ever

According to the latest United States Census Bureau report, Idaho ranks 50th in the United States in per pupil funding for kindergarten through 12th grade students. Since 2001, Idaho has dropped from 15th to 41st in the nation in per capita spending based on personal income. Idaho's elected officials through repeated funding reductions to our schools are forcing school districts to rely on their local communities more than ever now to provide adequate financial support for our children. The community of Moscow was built with education as a key focal point. On Nov. 8, the Moscow School District School Board will ask voters for support. The children in our local public schools would benefit from this funding support with reasonable class sizes at all grade levels, college and career preparatory courses, exploratory options with specialists in the elementary schools in music, physical education and art along with athletic participation and academic competitions in grades seven through 12. Moscow High School currently ranks in the top 10 percent of high schools in Idaho on high stakes test scores as well as other indicators of student success. The key reasons for Moscow High School being a top quality school are directly based on diverse course offerings and top quality instruction in grades kindergarten through 12. Our community certainly wants to continue to have education at its focal point. Please support our children. Vote yes for kids Nov. 8 at the Latah County Fairgrounds.

Bob Celebrezze Moscow Idaho

Anything worth doing is worth doing slowly

"You do not walk slowly to get away, but rather to stay in contact. People arm in arm lose sight of the world in front of them. They simply listen or talk to the one person in the world important enough to be next to them for the walk." — A traveler's journal, Korea. Mae West once said, "Anything worth doing is worth doing slowly." Although she was probably talking about sex — as she most often was — it's an observation that applies to many dimensions of our lives. In our limited time between birth and death, we often become obsessed with the destination and lose the art of enjoying the journey. The demand for instant resolution and gratification has replaced the joy of anticipation. After a lifetime infused with the desire to become someone and do something significant, it has been a humbling experience to finally discover the art of living slowly. It has been a long journey, and has



Bethany Lowe Argonaut

involved sometimes painful explorations of the past, of expectations and of loss. It has taken the support of a close friend as time and priorities fade. But the world has slowed down. We have wandered around Rosauers and stepped on the crack of every perfectly placed tile square on the floor — have you noticed them? We have spent 10 minutes wandering between the Moscow Bagel and Deli and Champions University Grill & Bar, and noticed the way the street lights of Moscow are perched so perfectly between trees so as to cast delicate shadows on the buildings. Reading in a coffee shop has replaced clubs and meetings. Lying around on the carpet under Christmas lights with red wine and good friends has become not only a wonderful way to spend an evening but also a time of healing. In his poem "The Paradox of Our Age," the Dalai Lama said, "We've been all the way to the moon and back,

but have trouble crossing the street to meet the new neighbor." As technology continues to advance, the challenges of urban society are not going to be the "hard issues," but are going to be more and more about "soft issues." Addressing the human need for love, belonging and connection, and taking back the time we have let rule us. In the end, we all disappear and nothing is left but the connections and influence of human relations. The ancient Greeks said time has two dimensions: Chronos and kairos. Chronos refers to linear time while kairos is the time when special events happen, times they called "the supreme moment." However, in our single interpretation of linear time we seem to value a college degree or a wad of old gummy paper (aka money) as the pinnacle of our existence. Today, college students resound the same self-gratifying sigh of "Oh, I'm just so busy," even to close friends. The very idea of friendship

SEE SLOWLY, PAGE 11



Elisa Eiguren

Edit Profile View As

On Monday... 14 likes... Add you...



Update Status Add Photo

What's on your mind?

- What info Photos Notes Friends Subscribers

Friends (320)

- David Key Aaron Johnson Kathryn Octo Katie C nge Pe... Naci... David Key Aaron M...

Since its launch seven years ago, Facebook has consistently updated its website and implemented new features.

Last Wednesday, a good portion of Facebook's approximately 750 million users posted statuses detailing their chagrin about the latest changes to the social network's layout.

As part of the new changes to Facebook, third-party applications will be incorporated into each user's personal profile.

because information concerning their private use of the media, exercise schedules and other personal routines will automatically be published on their Facebook walls.



Elisa Eiguren Argonaut

Along with the integration of third-party applications, Facebook also introduced the Timeline. The Timeline will take information from people's personal profiles, such as status updates, tagged photos and events, and meld these components into a chronological "story" of that person's life.

Although these changes are the most invasive into users' personal lives, "Top Stories" and the "Ticker" are what Facebook users are all riled up about.

Right above the news feed, an algorithm takes into consideration the friends you interact with most and which posts have the most comments and "likes" on them and compiles those posts into your "Top Stories."

a Twitter feed. Facebook users are complaining that the stories they are most interested in are not those in Top Stories and that the Ticker is distracting.

If history repeats itself, annoyance at the new Facebook will fade and users will continue to post trivial updates about their lives until the next change comes along and disrupts their content.

The bottom line is that Facebook is a free service, and the users are not paying customers. Mark Zuckerberg and his co-workers have no obligation toward users and can use the information they willingly provide to cater toward advertisements and other services they think people are interested in.

Remember to respect yourself and your right to privacy before you post your next status update.

Pokes

- John has poked you Poked Back John has poked you Poked Back

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Chat (Offline)

ELECTION

FROM PAGE 10

radical constituents. They are the ones active in raising money and support for candidates.

Presidential elections in 2008 and 2004 saw a voter turnout of around 55 percent. Midterm elections are generally even lower.

The consequences of constant election cycles reach beyond political gridlock and poor voter turnout.

dates need to accept more campaign contributions. The Supreme Court's Citizens United decision allows unlimited corporate donations to politicians.

It all adds up to this: The endless campaign season means politicians are appealing more to a hard-line base and corporate donors than their actual constituents.

Limiting the length of the campaign season is up to us. We must make it

clear to the media that we are not interested in years of campaign coverage that will continue to run as long as ratings are high.

Finding a solution will be difficult. The problems have emerged slowly, the election season gradually getting longer year after year.

But the government can do something as well. Congress needs to pass laws limiting campaign contributions and ensure that we know who is donating to our politicians.

And it's time to fix it.

SLOWLY

FROM PAGE 10

is devalued as we try to hurry along and legitimize associations online. Relationships are expedited with texted arranged meeting times and coffee dates.

"How to bring about an orgasm in 30 seconds" was the topic of a recent article in a British magazine. OK, so this example of our hyper-speed society isn't really all that bad.

In the words of West, "Anything worth doing is worth doing slowly." And more than anything else, life is worth it.

KUOI radio station logo and broadcast information.

Hi-Tek Nails advertisement with coupon for manicures.

Large advertisement for 'Get Involved Fair' at Commons Plaza.

TAKE BACK THE NIGHT

Organized by the Women's Center, Greek Life, Violence Prevention Programs, Office of Human Rights, Access & Inclusion, Feminist Alliance, UI VOX, Lambda Theta Alpha Latin Sorority, Inc., B.E.A.R., Planned Parenthood of Greater Washington & North Idaho, and Alternatives to Violence of the Palouse, with sponsorship from Einsten Bros Bagels

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