

Dynasty



Vandal cross country wins fourth straight WAC Championship



Philip Vukelich | Argonaut
Idaho senior Hannah Kiser led the women's cross country team to its fourth consecutive WAC Championship Saturday in Seattle. She was also the individual champion and WAC Cross Country Athlete of the Year for the second year in a row.

Stephan Wiebe
Argonaut

Winning one championship shows a team is good but winning four-straight championships qualifies it as a dynasty.

The Idaho women's cross country team established its dominance, winning its fourth straight WAC Championship and sixth in the past eight seasons Saturday amid windy and rainy conditions in Seattle. Led by senior Hannah Kiser's second-consecutive first-place WAC finish, the Vandals finished with 25 points — 23 points ahead of second-place host team, Seattle U.

"They really just took it to the rest of the teams right off the bat," Idaho coach Wayne Phipps said of his team. "It was pretty much over after the first couple minutes of the race. They really were intelligently aggressive during the first part, established position very well and finished strong. What more can you say about a group that's been at the top of the conference for four-straight years."

Kiser's individual victory came in 17 minutes, 15.70 seconds — 20 seconds ahead of second-place finisher Courtney Frerichs of Missouri-Kansas City. But despite Kiser's dominance, the win wasn't easy. Frerichs is a former NCAA All-American runner in the steeplechase and didn't finish worse than fourth in any cross country meet this season. On top of facing a tough competitor, Kiser had only competed in two meets prior to the WAC Championships, due to battling injury throughout the season.

"That race, as easy as Hannah made it look, it was an amazing accomplishment based off the weather conditions, to run as fast as she did and so handily beat another competitor who is an extremely talented cross country and track runner," Phipps said. "For Hannah to beat her by 20 seconds, when you sit back and analyze it, really is an amazing accomplishment."

SEE WINS, PAGE 8

Philip Vukelich | Argonaut

Cross country scoring

The top five runners for each team score points for their team based on the place they finish in the race. First place adds one point to the team, second place adds two, etc.

The team with the lowest score wins. Sixth and seventh place runners on a team don't score points but they can make their opponents score worse if they beat a top five runner on another team.

Top of his field Wayne Phipps has built a dynasty at Idaho, just ask his trophy case

It was originally a joke between four freshmen and their head coach.

Now, Wayne Phipps has a dynasty on his hands, and his trophy case has become increasingly congested.

Four years ago, the Idaho cross country coach was only messing around when he toyed with the idea that his four freshmen would leave the University of Idaho with enough bling to wrap four of their fingers from winning WAC Championships.

Saturday in Seattle, when senior Hannah Kiser crossed the finish line 20 seconds ahead of the next best competitor, it was a sign the No. 4 ring was on its way — that maybe Phipps didn't truly realize how special that group of freshmen really was.



Theo Lawson

Yet those four certainly weren't Phipps' meal ticket, although he may have been able to use them as exactly that and come out with the same result on Saturday.

Idaho won its fourth consecutive title — a first for any Idaho women's team in history — by 25 points.

The quest for No. 4 was not easy though, and Phipps had to rely on much more than his elite 2009 recruiting class, one that comprised of Kiser, Emily Paradis, Holly Stanton Browning and Alycia Butterworth.

A close conference meet in 2012 was just another addition to Phipps' sterling resume.

After Idaho's top three runners finished in the top 10, the Vandals left the streak up to Halie Rauden-

bush, a true freshman who failed to finish top-50 in the state of Idaho as a high school senior.

But Phipps knows how to pick runners and surely, Raudenbush was a diamond in the rough. She passed two runners to finish No. 16 overall. The Vandals won the race by three points.

One year later, with probably the best team he's had since taking over the cross-country program in 2000, Phipps ran into the problem most coaches would envy. With exponential depth on his squad, he had to cut one of the primary contributors to the 2011 and 2012 championship squads, where Butterworth finished fifth and eighth respectively.

But the depth on the 2012

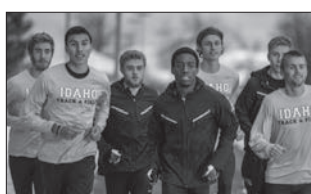
SEE TOP, PAGE 8

IN THIS ISSUE



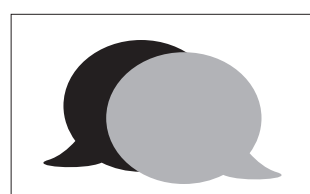
City of Moscow hopes to revamp downtown benches.

NEWS, 4



Men's cross country takes first, second and third individually at WAC Championships.

SPORTS, 6



ASUI code of conduct necessary but unfortunate. Read Our View.

OPINION, 9

Idaho underclassmen who have competed at conference championship meets in 2010, 2011, 2012 and 2013. **15**

30 Total seconds dividing Hannah Kiser and the second-place finisher in 2012 and 2013 WAC Championship meets

Conference championships won by Wayne Phipps in cross country and indoor/outdoor track and field at Idaho **13**

15 Individual top-10 finishes for Idaho runners at the WAC meet since 2010

WAC cross country coach of the year awards won by Phipps, who also won another in the Big Sky Conference. **6**

Department of Student Involvement

GET INVOLVED!

Commons 302
www.uidaho.edu/getinvolved

VE CONCERT: NOAH GOTHRIE
TUES. NOV. 5 @ 8 P.M.
SUB BALLROOM
FREE

DAYTIME DISTRACTIONS
WED. SEPT. 18 @ 12 P.M.
COMMONS FOOD COURT

VE FILM: BLACKFISH
WED. NOV. 6 @ 7 P.M.
SUB BORAH THEATER
FREE MOVIE

Enjoy a night of professional comics
November 8th 8:00

VE EVENT: COMEDY SHOW
FRI. NOV. 8 @ 8 P.M.
KIVA
FREE EVENT

VE FILM: THE WORLD'S END
FRI. NOV. 8 @ 7 & 9:30 P.M.
SAT. NOV. 9 @ 8 P.M.
SUN. NOV. 10 @ 3 P.M.
SUB BORAH THEATER

CRUMBS

Three cheese lasagna

Curtis Ginnetti
Argonaut

Directions

I make this when I know I will not have time to make dinners for a few days or if I am trying to feed a bunch of people easily. The total cost for all ingredients is around \$25. It is worth it, since the recipe makes five to six meals to feed yourself. It also tastes great, even after five days in the refrigerator.

Ingredients

- 1 box lasagna noodles
- 16 oz. shredded Mozzarella cheese
- 15 oz. ricotta cheese
- 6 oz. parmesan cheese
- 24 oz. pasta sauce of your choice
- Oregano
- Parsley leaves
- Tin foil
- Glass or Pyrex lasagna pan

1. Preheat oven to 400 degrees Fahrenheit
2. Boil lasagna noodles until tender.
3. Layer ingredients with noodles on a glass or Pyrex lasagna pan. Only use about 1/5 of each ingredient, but use less parmesan cheese because it will be used on the top layer.
4. Spread ricotta cheese on top of noodles using the back side of the spoon.
5. Evenly spread pasta sauce over ricotta.
6. Evenly spread diced onion, tomato and oregano.
7. Spread mozzarella and Parmesan cheese.
8. Repeat until ingredients are gone or until running out of room in

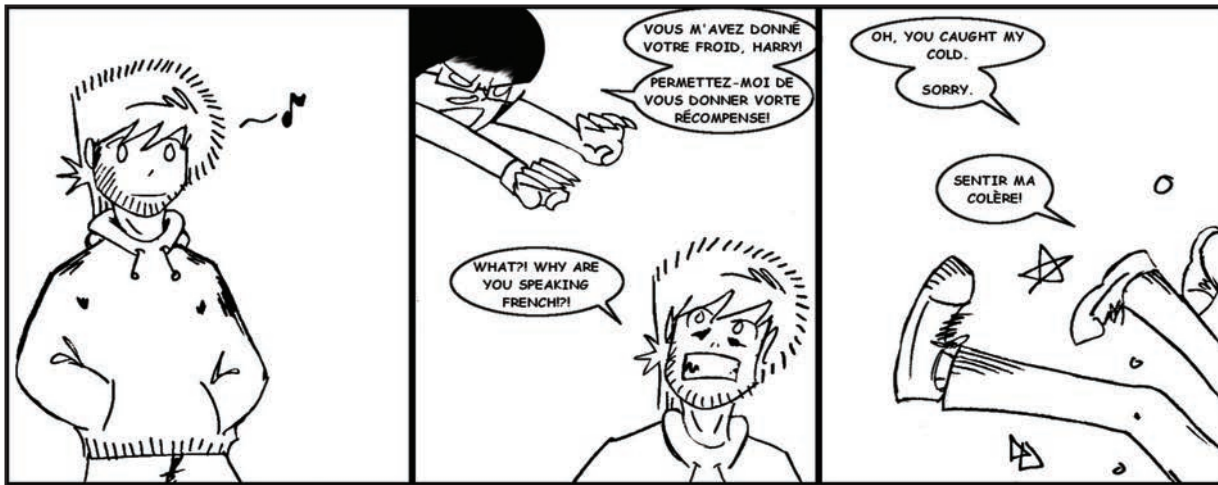


Curtis Ginnetti | Crumbs

9. Cover the pan with tin foil and bake for 45 minutes.
10. Take it out and remove tin foil.
11. Bake for additional 15 minutes.
12. Remove and cool.

Curtis Ginnetti
can be reached at
crumbs@uidaho.edu

High Five



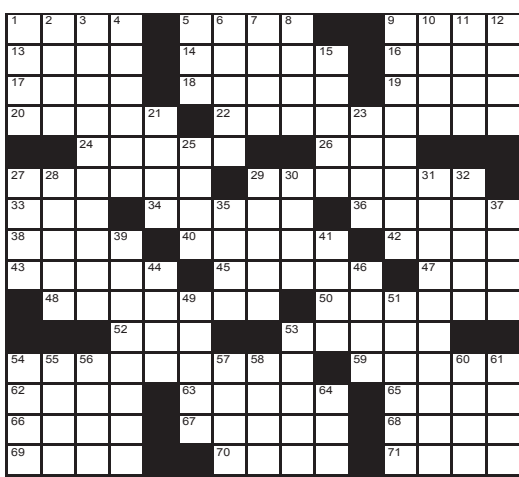
Shane Wellner | Argonaut

FOR MORE COMICS SEE COMIC CORNER, PAGE 10



CROSSWORD

- Across**
- 1 Paul Bunyan's ox
 - 5 Blood fluids
 - 9 Animal catcher
 - 13 At another time
 - 14 Wonderland girl
 - 16 Hearty hello
 - 17 Crucifix
 - 18 Coffee shop order
 - 19 Chinese leader?
 - 20 Exposed
 - 22 Sir Isaac Newton, e.g.
 - 24 Aioli
 - 26 Wapiti
 - 27 Prefix with magnetic or dynamic
 - 29 Granary workers
 - 33 Aquarium denizen
 - 34 Petty officer
 - 36 Inscribed pillar
 - 38 Ice melter
 - 40 Wears well
 - 42 Tickle's cry
 - 43 Balata and bonduc, e.g.
 - 45 Mob scenes
 - 47 ___ gestae
 - 48 Severe
 - 50 Dispute
 - 52 Address abbr.
 - 53 Buddy, Max and Max, Jr.
 - 54 NASA's concern
 - 59 Fools
 - 62 Neighbor of Vietnam
 - 63 Hopping mad
 - 65 Diamond of note
 - 66 Summit



Copyright ©2013 PuzzleJunction.com

- 67 Ellington and Wellington
- 68 Hose hue
- 69 Tom Jones's "___ a Lady"
- 70 Tuna ___
- 71 Flower part
- 8 Stiff and sore
- 9 Dense growths of bushes
- 10 Rajah's mate
- 11 Supports
- 12 Scheme
- 15 Oil supporter
- 21 Obtuse
- 23 Pandora's boxful
- 25 Not nerdy
- 27 Audition
- 28 Got wind of
- 29 Piano piece
- 30 Division word
- 31 Contemplation of things past
- 32 Blackthorn fruits
- 35 Dress for 10
- 37 Cathedral recess
- 39 Hybrid Chinese flowers
- 41 Ancient colonnade
- 44 Retired fliers
- 46 Scurred
- 49 Lukewarm
- 51 Dried plums
- 53 Tropical nut
- 54 "Oh, woe!"
- 55 Pricing word
- 56 Apple variety
- 57 Starch
- 58 Baba, e.g.
- 60 Dublin's home
- 61 Urban blight
- 64 Superlative suffix

Corrections

Find a mistake? Send an email to the editor.

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. Editorials are signed by the initials of the author. Editorials may not necessarily reflect the views of the university or its identities or the other members of the Editorial Board. Members of the Argonaut Editorial Board are Elisa Figuren, editor-in-chief, Britt Kiser, managing editor, Chloe Rambo, opinion editor and Kasen Christensen, copy editor.

Letters Policy

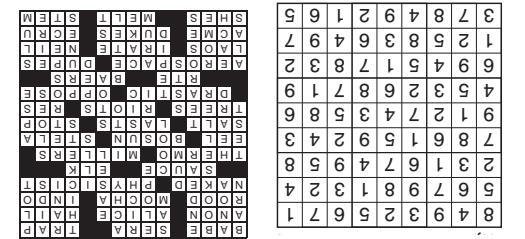
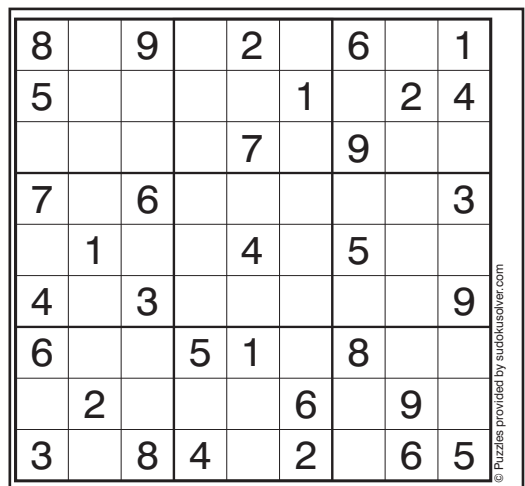
The Argonaut welcomes letters to the editor about current issues. However, The Argonaut adheres to a strict letter policy:

- 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, libel and clarity.
- Letters must be signed, include major and provide a current phone number.
- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to: 301 Student Union, Moscow, ID, 83844-4271 or arg-opinion@uidaho.edu

The Argonaut © 2013

All rights reserved. No part of this publication may be reproduced in any form, by any electronic or mechanical means (including photocopying, recording, or information storage or retrieval) without permission in writing from the Argonaut. Recipients of today's newspapers are granted the right to make two (2) photocopies of any article originated by the Argonaut for personal, non-commercial use. Copying for other than personal use or internal reference, or of articles or columns not owned by the Argonaut (including comic strips, Associated Press and other wire service reports) without written permission of the Argonaut or the copyright owner is expressly forbidden. Address all inquiries concerning copyright and production to: Rights and Permissions, University of Idaho Argonaut, 301 Student Union, Moscow, ID 83844-4271. The Argonaut is published by the students of the University of Idaho. The opinions expressed herein are the writers', and do not necessarily represent those of the students of the University of Idaho, the faculty, the university or its Board of Regents. All advertising is subject to acceptance by The Argonaut, which reserves the right to reject ad copy. The Argonaut does not assume financial responsibility for typographical errors in advertising unless an error materially affects the ad's meaning as determined by the Student Media Board. The Argonaut's liability shall not exceed the cost of the advertisement in which the error occurred, and a refund or credit will be given for the first incorrect insertion only. Makegoods must be called in to the student Advertising Manager within seven working days. The Argonaut assumes no responsibility for damages caused by responding to fraudulent advertisements.

SUDOKU



THE FINE PRINT

Argonaut Directory

Theo Lawson
Editor-in-Chief
argonaut@uidaho.edu

Kaitlyn Krasselt
News Editor
arg-news@uidaho.edu

Dana Groom
Advertising Manager
arg-advertising@uidaho.edu

Emily Vaartstra
rawr Editor
arg-arts@uidaho.edu

Nurainy Darono
Crumbs Editor
uicrumbs@gmail.com

Andrew Deskins
Broadcast Editor
arg-radio@uidaho.edu

Stephan Wiebe
Sports Editor
arg-sports@uidaho.edu

Kaitlin Moroney
Managing Editor
Production Manager
arg-managing@uidaho.edu

Ryan Tarinelli
Opinion Editor
arg-opinion@uidaho.edu

Rick Clark
Web Manager
arg-online@uidaho.edu

Aleya Ericson
Copy Editor
arg-copy@uidaho.edu

Tony Marcolina
Photo Bureau Manager
arg-photo@uidaho.edu

Sean Kramer
VandalNation Manager
kram0628@vandals.uidaho.edu

Advertising (208) 885-5780
Circulation (208) 885-7825
Classified Advertising (208) 885-7825
Fax (208) 885-2222
Newsroom (208) 885-7715
Production Room (208) 885-7784



Idaho Press Club Website General Excellence - Student, 1st place
SPI Mark of Excellence 2011: 3rd place website

Non-profit Identification Statement: The Argonaut, ISSN 0896-1409, is published twice weekly during the academic school year and is located at 301 Student Union, Moscow, ID 83844-4271.

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

Giving their two cents

Student leaders write letter to SBOE, endorse Payne, Applegate, Nichols for UI presidency

Amber Emery
Argonaut

Few students showed up at the presidential open forums the past four weeks, let alone met or spoke with any of the finalists.

But, a small group of student leaders attended each of the open forums and personally talked to the contenders about student affairs.

Those students were ASUI President Max Cowan, GPSA President Kate Cobb, ASUI Sen. Nathan Fisher and ASUI Elections Coordinator Tanner Beymer.

The four students wanted to ensure the State Board of Education heard their voices in the decision-making process.

Cowan, Cobb, Fisher and Beymer decided to write a letter to the SBOE outlining each finalist's weaknesses and strengths, as well as endorse three of the candidates — Jack Payne, James Applegate and Laurie Stenberg Nichols.

"Honestly, I feel like I should have been included more in the process," Cobb said. "The SBOE, as far as I know, only had one student on the search committee, former ASUI President Hannah Davis. I feel like if they wanted a better representation of the students, they should have had at least one undergrad, one grad and one law student on the search committee."

Cowan said although the candidates have been assessed in many ways during the search process, more student feedback should be put into the decision.

"We want to make sure there is some student voice in the decision about who should be the next president at the University of Idaho," Cowan said. "What we thought would be beneficial is if we put together our individual thoughts in a meaningful way."

Fisher said he felt it was his duty to represent the student body and his

opinion is reflective of what he thinks most students would think about the candidates.

"I'm hoping that our letter reflects our perceptions of the candidates," Fisher said. "I think we should have a considerable say in who is chosen as president because it's going to directly affect us certainly, but it will affect faculty too and we need to understand that, but I don't want our voice and input to be ignored in the situation."

Donald Birx

Donald Birx was the first of the five finalists to visit campus and was not endorsed by Cowan, Cobb, Fisher and Beymer in the letter intended to impact SBOE's decision.

Cowan recognized Birx came across as intelligent and organized, but he thought Birx showed less enthusiasm than some of the other candidates.

"There was nothing that I saw from what Birx shared that made me terribly excited," Cowan said. "From the materials I was able to review of him, I thought he lacked the inspirational quality that I would like to see from a university president."

Fisher said Birx didn't impress him because he didn't address any particular issues at UI, indicating that perhaps he didn't do his research.

"He gave very general answers. It almost kind of came off like politicians' answers," Fisher said. "He didn't really delve into specifics nor did he really articulate exactly what it was that I think he was going to focus on as a university president."

Cobb said she did not think Birx had the communication skills the next UI president would need in order to improve UI's

image in the state of Idaho. "I couldn't see him standing up in front of the SBOE or the legislature like a president of UI would have to," Cobb said.

Jack Payne

The second candidate, Jack Payne, made it into the students' top three candidates.

Beymer said he liked Payne because of his list of successful ventures at other higher education institutions that would directly benefit UI.

"He was able to keep his university at close to their operating cost before there were cuts from the state," Beymer said. "I think that's another thing someone who's coming to the University of Idaho needs to have, is you know, a go-getter attitude. Payne definitely had that."

Not only do the students think Payne had enough experience in professional work, but Fisher said Payne was a noticeably good communicator with students.

"What I really liked about him is he seemed more genuine — particularly with students," Fisher said. "He was very interested to meet (students), he was ready to shake hands — really just participate in a discussion with us."

Another strength the students acknowledged of Payne was his experience in agriculture.

Cobb said while they endorsed Payne in the letter, she felt like he may not be the perfect president for UI because of his broad scope.

"I feel like he had really great ideas at what he wanted to do," Cobb said. "But for me, they seemed too big for a university like UI. The ideas seemed like they fit more at where he currently is, at University of Florida, which is a much, much bigger university."

James Applegate

James Applegate visited campus Oct. 22 and brought communication skills he attained in his previous jobs at the National Communication Association and the Lumina Foundation with him.

Beymer said after seeing Applegate's communication skills, he knows Applegate would do the university well in speaking with the state legislature or SBOE.

"For me personally, I have done a lot of work in the legislature and I have seen the way university presidents interact with the education committees in both the house and the senate," Beymer said. "To me, communication and people skills is my number one priority and Applegate met my expectations."

Cowan said it was apparent Applegate did his homework before coming to Moscow.

"Applegate had some very well-reasoned responses. I thought his answers to questions were specific and insightful," Cowan said. "He came across as very academic, which I think is a positive within the university community. We do want someone who is academic and collegiate, and Applegate is both of those."

Fisher said Applegate was a strong critical thinker and it was noticeable to those who asked him questions. But, Fisher said he was a little worried how long it took Applegate to relay answers back.

"I asked him a question particularly about Greek life," Fisher said. "I was a little nervous at first, he kind of went off on a tangent and then incorporated so many different aspects into his answer to come back into one concrete answer that you could really see

the thought process he goes through when asked a question."

Chuck Staben

Chuck Staben was the fourth finalist to visit campus, but did not impress the student leaders.

Cobb said while most in the audience seemed to enjoy Staben, she thought he would make an excellent provost — which is his current position at the University of South Dakota.

"He was very approachable," Cobb said. "I wasn't afraid to ask him questions. But he seemed too candid for me in the given situation. Staben — again like Dr. Birx — I couldn't see him going in front of the SBOE."

Beymer said his impression of Staben was that he was someone who had a lot of experience and was very personable, but perhaps cracked one too many jokes during his open form.

"He just didn't take things as seriously as we would have hoped," Beymer said. "There is a place for that, but if that's the majority of your presentation, you need to rethink your priorities."

Knowing how important a charismatic personality is for a university president, Cowan said he felt indifferent about Staben's open forum.

"I thought he would be a good choice. There was nothing wrong, but I left his open forum wishing I had a stronger feeling of excitement," Cowan said.

Laurie Stenberg Nichols

Laurie Stenberg Nichols was the final candidate to visit campus and the final can-

didate to be endorsed by the student leaders because they said she had a very likable and clever personality.

Cobb said because Nichols would be coming from a similarly sized land-grant university, it would be an easy transition for her to come to UI.

"I liked the fact that in her current position, she is already thinking of us as a peer institute to where she is now," Cobb said. "She already knows a lot of our stats and she already knows who we compare to and what we could be capable of."

Fisher said he liked that Nichols is both a former UI faculty member and a former interim president at Northern State University in South Dakota.

"I think that's a big benefit to her candidacy," Fisher said.

Nichols was Cowan's personal favorite and he said her straightforwardness was a strength of hers that may have been lacking in some of the other candidates.

"I liked how directly she answered the questions that we had," Cowan said. "She was conversational, she was genial and it was that candor and honesty I especially appreciated."

Beymer said Nichols was his personal favorite, because it was clear the reason she was in higher education was for the students.

"She had the Idaho factor, she was down to earth and you can tell she had a passion for students," Beymer said. "I think the others had that somewhat but if I had to point their passions, I would put it more towards higher education, but her passion was the students."

Amber Emery can be reached at arg-news@uidaho.edu



Jack Payne



James Applegate



Chuck Staben



Donald Birx



Laurie Stenberg Nichols



Can't get enough Argonaut photos?

Look at online exclusive photos and more on our Facebook page at facebook.com/uiargonaut

Follow @uiargonaut on Twitter



Classifieds

LEARN TO FLY — PILOT GROUND SCHOOL, UI OR WSU TWO (2) CREDITS THRU AERO391, BEGINS 1/12/14 — MIDTERM, M & W 6:30 - 9:20 PM \$125 + BOOKS AT \$299.95 + TX.

INTER-STATE AVIATION TO REGISTER 509-332-6596

ALREADY A PILOT? INSTRUMENT/COMMERCIAL GROUND SCHOOL, UI OR WSU TWO (2) CREDITS THRU AERO 392, BEGINS 1/12/14 - MIDTERM, M & W 6:30 - 9:20 PM \$125 + BOOKS AT \$299.95 + TX,

INTER-STATE AVIATION 509-332-6596

FREE Intensive Hand Cream

with a new patient office visit.

Redeemable at the first appointment. Offer valid while supplies last.
Coupon must be present to receive hand cream.

<p style="font-weight: bold; font-size: 16px;">COSMETIC</p> <ul style="list-style-type: none"> microdermabrasion laser hair removal botox juvederm® photofacial chemical peels facials facial fillers laser skin treatment medical weight loss 	<p style="font-weight: bold; font-size: 16px;">MEDICAL</p> <ul style="list-style-type: none"> eczema rosacea psoriasis acne allergies skin cancer screenings 	<p style="font-weight: bold; font-size: 16px;">SURGICAL</p> <ul style="list-style-type: none"> MOHS micrographic surgery lesion removal BLU-U treatments CO₂RE® Fractional Resurfacing Laser
--	---	---



NORTH IDAHO DERMATOLOGY

State-of-the-Art Medicine • Timeless Skin Care

619 S. Washington Street, Suite 302, Moscow, Idaho 83843
208-665-7546 visit www.niderm.com

Also in Coeur d'Alene, Ponderay and Liberty Lake

Seating arrangements

City looks to revitalize downtown with new benches

Andrew Jenson
Argonaut

Everyone needs a place to rest, but that can be problematic when those rest places are deteriorating.

Since May 30, the City of Moscow has been looking for donors — individuals, businesses or organizations — to sponsor new benches between 6th Street and 1st Street as part of its Downtown Bench Program.

The donation fee for a bench is \$1,600, which includes purchase, delivery, installation and a memorial plaque.

Parks and Facilities Manager Tom Grundin heads the program, and said there were three reasons for new benches.

"To make downtown look better, to have safer benches and to have community buy into the program," Grundin said.

Grundin said the process for sponsoring a bench

is simple.

"It'll be real easy — everybody knows to find me," Grundin said. "And then we have an application for thwm that you'd fill out, stating, you know, who, what, why, when and where."

Grundin said once the bench details are approved, the benches take about 6 to 8 weeks to arrive.

"There's no back on it, 'cause people have to be able to sit facing either way and the sidewalks are so narrow that when you put a back on a bench, it takes up more room and then it's harder to shovel snow around them too," Grundin said. "So, we just went with a backless bench, it's got arms at the end for people to stand up."

The benches will be designed after an 1890 model in order to complement downtown's historic feel.

Grundin said the new

More info

For more information or to donate, email tgrundin@ci.moscow.id.us or call (208)883-7098.

benches will be made by a California company named Canterbury International.

"The same company was used to put in all the existing benches down there and the clock that's downtown, that's made by Canterbury too," Grundin said.

However, Grundin said, he has only had two inquiries about installing new benches since the program was announced.

"So I've had two inquiries and nothing's developed out of that yet," Grundin said. "So, we're very cognizant that we have



Katy Kithcart | Argonaut

Locals visit the Moscow Farmers Market, sitting on the benches the city hopes to restore. Moscow Parks and Recreation is initiating a program to replace outdated benches with ones that will complement Moscow's history.

to develop a better marketing program."

Due to this, Grundin said there is no deadline for donors to call and sponsor a bench.

"It's going to take a few

years to replace them all,"

Grundin said. "I would anticipate if we could do three, four, five, six a year, that would be awesome, because at some point the ones that are out there are going to fall apart."

Grundin said he was excited to make downtown look better.

Andrew Jenson can be reached at arg-news@uidaho.edu

Graduation goes green

Hannah Shirley
Argonaut

As the 21st century thrives on, the University of Idaho is keeping up to date with paperless graduation requests.

The process is now entirely online — no longer will students have to walk across campus from their major's office to their minor's and back for a signature.

Nancy Krogh, university registrar, oversaw the implementation of the process.

"The previous program we were using was outdated and because of some upgrades to our system was in danger of breaking, and so we needed to do something," Krogh said. "This was an opportunity to spend the

time that was necessary to build a new application that made it paperless. Because we hear all the time that from students and faculty and staff that we want to go paperless when we can and it takes some time to build those systems, and was an opportunity to add one more paperless process to the queue and get it done."

According to Krogh, the new system will make the application process smoother for everyone. When a student applies to graduate online, the information will be routed automatically to advisers.

"Part of it's technology, part of it's building and having people do the code, and set up the system, but most of it is talking to

Graduation request process now entirely online

people across campus and making sure the new way of doing things works for everybody," Krogh said.

Head of Fish and Wildlife Sciences and academic adviser Kerry Reese is unsurprised by the recent development.

"Everything's going electronic," Reese said. "Graduate students can submit their theses and dissertations now electronically, so it cuts down on the hard paper copies. Committees for graduate students — it's all electronic. Admissions and applications can all be electronically handled ... it seems like it's just a natural evolution."

Reese noted the new program, having been implemented this semester, is too

new to really know how smoothly it runs. However, he believes as long as the program is treated as a process, and any potential kinks are worked out as they arise, it should be a positive, if minimal, change.

"I am trusting that students are mature adults, and they are going to do the paperwork they need to do, particularly when they're seniors. Seniors have to take on some responsibility, themselves, to make sure that they're doing things with timeliness and correctly so they can graduate without any problems."

Hannah Shirley can be reached at arg-news@uidaho.edu

New director for Native American Student Center

Iris Alatorre
Argonaut

The University of Idaho recently welcomed back alumna, Sydel Samuels, but this time as director of the Native American Student Center.

"Working with Native students was always one of the things I always enjoyed doing," Samuels said.

Samuels has spent the past several years working in positions that focused around Native American issues, in particular the Nez Perce Tribe in Lapwai, Idaho.

Before coming into her new position at the NASC, Samuels was working at the Women's Outreach Program through the Nez Perce Tribe's Social Service Department, helping women who were victims of abuse, stalking and domestic violence. Prior to

dren's Home. Samuels herself identifies as a member of the Nez Perce Tribe.

"I'm very personable, easy to work with but I'm also very experienced work wise," Samuels said.

Samuels began her undergraduate studies at the Portland State University in Oregon then transferred to UI after two years. She received her undergraduate degree in family consumer science.

Samuels later came back to UI in 2010 to receive her masters in public administration.

Samuels said that her new position as director of the NASC will require her to focus on recruitment and retention of Native American students on campus.

"The priority of course is working with the students that are on campus and meeting

their needs — being able to offer a home away from home," Samuels said.

Samuels said she is excited about the activities that the NASC will be doing in the future.

"I really love the campus environment. I love the energy and thinking of the things we can do. I'm excited about everything that we're going to be able to do," Samuels said.

Samuels said that she is also looking forward to being able to work with other departments on campus on a regular basis.

Samuels said when she lived in Oregon, a teacher once asked her what she wanted to do with her life.

"One of my teachers in Oregon asked me what I wanted to do and I said I wanted to be the director of a Native focused program," Samuels said. "When I became a coordinator in a prior position this teacher told me, 'Well you did it. You became what you wanted to be.'"

Samuels said seeing students succeed is what inspires her to do her best in the position she has.

More info

The Native American Student Center is located next to the Mines building at the corner of Line and 7th streets.

"Seeing students succeed, seeing students that enjoy being here will be a measure of my success," Samuels said.

She said in the future she hopes to be able to increase the Native American student population on the UI campus but also be able to advocate for Native American students already on campus and show that they have a voice and a presence.

"I want to help break down barriers and stereotypes with things that come along with just being diverse in general," Samuels said.

Iris Alatorre can be reached at arg-news@uidaho.edu

VOTE TODAY

to re-elect our mayor

Mayor Nancy Chaney cares about University of Idaho students

Polls open until 8 p.m. at the Latah County fairgrounds, Blaine St. and Harold Ave. (near Safeway). You may register on Election Day by bringing your photo ID and proof of residency in Moscow.

Re-elect Mayor Chaney
www.chaneyformoscow.com

Paid for by Chaney for Moscow, PO Box 8115, Moscow, ID 83843. Kenton Bird, Treasurer

MAS hosts El Color De Nuestra Tierra

Iris Alatorre
Argonaut

A University of Idaho student organization, Movimiento Activist Social, will host its annual event El Color De Nuestra Tierra Saturday to showcase cultures in Latin America and to help lower stereotypes about Hispanics.

The event also known as The Color of Our Land will be held from 5-8 p.m. in the Student Union Building Ballroom. The event is free of charge to the public.

"We want to break the stereotypes that we commonly have, that when you think of someone that

speaks Spanish, you automatically think that person is from Mexico," said Hugo Araujo, MAS member. "We want to let them know that there are many more countries than just Mexico south of the border and they're rich in culture and they all have something to share and something to say for themselves."

From 5-6 p.m., the event will feature different types of Latin American foods and cultural workshops. The workshops will range from different activities to informational tables. From 6-8 p.m., the showcase will feature a variety of performances from

different countries.

"We are celebrating the diversity of Latin America but also the diversity within each country of Latin America," said Viviana Gonzalez, MAS member.

Araujo said they chose the name El Color De Nuestra Tierra to define and express the different colors and textures of each country in Latin America.

"What I like most of El Color is definitely the information and the awareness to issues that I was not aware of," Gonzalez said. "I think El Color does a great job of bringing awareness in the most unbiased

and most neutral way."

Gonzalez said she hopes the people who attend the event walk out with a greater curiosity for the issues that are presented, as well as, a different perspective on Latin America.

"It's not just a celebration of showing off dances and poetry and song but it's very informative on current events and different issues. It's something that you don't see a lot in other cultural events," Araujo said.

Iris Alatorre can be reached at arg-news@uidaho.edu

Vandal Nation

Students selling students

NRHH hosts fundraiser date auction

Jake Smith
Argonaut

National Residence Hall Honorary will host a date auction from 6-8 p.m., Friday in the LLC classrooms. Volunteers will be auctioned off to the highest bidder and whisked away on a mock date. Opening bids start at \$10.

"Our main goal with this is to do a big recognition project

to give back to residence hall students," said Ellen Kaasik, programming chair of NRHH.

Once the mock date has been bought, couples will be brought to the next room where they may take photos and eat brownies. The room will be well-lit with NRHH members and housing staff in attendance. Dates may end — and both parties may leave — at any time, for any reason.

"We definitely don't want it to seem serious or creepy at all," Lundebey said.

There will be 20 positions for both male and female students. Participation in the event is on a volunteer basis.

To sign up for the event, volunteers must follow an event posted on the NRHH Facebook page. Students are asked to write a short, comedic biography with light-hearted content, featuring humor and personal topics. Students will then submit the biography to NRHH to be presented at the auction.

There will be an auctioneer brought in for the event

to auction off the student volunteers. NRHH will alternate between male and female presentations. Once the student is brought up to a stage, the auctioneer will read the student's bio and other provided information.

In the date room, there will be brownies with different frosting and sprinkles for the dates. Vegetable trays and chips will be served for the remaining attendants in the room. NRHH is a student organization and therefore may provide its own food without catering from any

third party.

The Intermountain Affiliate of College University Residence Halls is hosting a conference in Provo, Utah that NRHH President Claire Lundebey plans to attend. The money raised from the date auction will be used to fund Lundebey's flight to the conference, future programs and recognition projects.

Based on a maximum of 40 people being auctioned off, each of which bringing approximately two to four guests, Lundebey projects 80-160 attendants at

the event.

Brett Kohring, who was auctioned off in 2011, said the highest bidder went for approximately \$70.

"There was a lot of really big name tickets right in the beginning, and then people ran out of money," Kohring said. "I was the last one to go, and I got auctioned off for, like, five dollars. Our Facebook page has really exploded with interest from different people in different groups."

*Jake Smith
can be reached at
arg-news@uidaho.edu*

Police Log

Friday Nov. 1

4:00 p.m. West Pullman Road, WalMart

Caller complained of a person sleeping on the stairway.

10:24 a.m. West A Street

Caller complained of a school bus violation

12:46 p.m. 500 block Spotswood Street

Caller complained of an overgrown lawn

10:26 p.m. South Main Street, The Bagel Shop

Caller requested a welfare check

11:32 p.m. Harold Ave., Moscow Armory

Caller complained of a fire being lit in a dumpster.

Saturday Nov. 2

12:19 a.m. Paradise Creek Street, Theophilus Tower

Caller complained of an unconscious person

1:24 a.m. Deakin Ave., Student Union Building

Caller complained of a

vehicle facing the wrong direction

Sunday Nov. 3

12:05 a.m. 1100 block West A Street

Report of a recovered stolen bicycle

1:27 a.m. South Main Street, Garden Lounge

Caller complained of an unconscious person

1:59 a.m. North Main Street, CJs

Caller complained of possible drug use

3:43 p.m. 500 block Empire Lane

Caller complained of a neglected animal.

9:02 p.m. West A Street & Baker Street

Caller complained of somebody throwing snowballs.

Monday Nov. 4

7:02 a.m. South Main Street & South Jackson Street

Man-hole cover missing from the street.

Spoken word for feminism

Amber Evans Pinel
Argonaut

Students and community members will participate in slam poetry for social justice during F-Word Live at 7 p.m. on Nov. 12 at Borah Theater in the Student Union Building.

The poetry performance about equality and human experience is free for students and \$5 for community members, faculty and staff.

"It's a poetry slam ... it's spoken word slam poetry which is very different from just reading a poem. It's very emotive, a lot of activist-type topics in poetry slam," said Colleen Kulesza, interim program coordinator for the Women's Center. "So, the suggested topic is feminism which is where the name F-Word comes from, the other f-word meaning feminism."

Poets will perform their interpretation of the word feminism, however they envision it, Kulesza said. She said some of the poems

will be directly related to feminism and some will be more tangential.

"So we had people submit work to be accepted as performers. We've got about a dozen performers and they get about five minutes on stage to do their poem and we're not going to do any judging — its just kind of an opportunity," Kulesza said.

"It was a way to directly engage our students in a medium that is currently very popular and very appealing, I think, to a large majority of college students," said Lysa Salsbury, director of the Women's Center. Some of the performers have done slam poetry before, however for many of them, F-Word Live will be their first spoken word performance, Kulesza said.

"I'm hoping that a lot of people who are unfamiliar with slam poetry go because once you see it, it's addicting. I've been watching it and now

that I've been getting involved in it, I want to try it. But not this year," Kulesza said.

Slam poetry can be about anything, but Kulesza said many slam poets focus on feminism. She said it is about violence, body image, childhood, sexuality and love.

Salsbury said she thinks there is a good mix of students and community members participating in the event.

"It's just to give a voice to folks," Salsbury said. "So often feminists are miss characterized or they're silenced, women are silenced. And we have a lot of men performing, as well, but they identify as feminist. It's just a way to get the voice out, and another creative outlet that we want to provide people. Some people aren't familiar with the art form, and it's a really empowering art form. So it's a good way for women to get involved and feminists to get involved in speaking up in a creative

way. Rather than protesting or writing in a blog, they get to perform on stage and be vocal."

F-Word Live was originally produced by a student feminist group called FLAME in 2006. The event was called Take Back the Mic and it raised awareness of the patriarchal culture in music, Salsbury said.

Several years later, the Feminist Alliance took over the event and called it The Slam for Social Justice. Last year, the Women's Center held the event and renamed it F-Word Live for their 40th anniversary event and it was very successful, Salsbury said.

"So we decided to make it a permanent annual event," Salsbury said. "So that's why we're holding it again this year. I'm hoping it will become one of our signature events, you know, like 'Take Back the Night' or 'The Vagina Monologues.'"

*Amber Evans Pinel
can be reached at
arg-news@uidaho.edu*

Invited to return to residence life

Jake Smith
Argonaut

University of Idaho Housing recently adjusted the dates that students may reserve a room in one of UI's residence halls, for the next academic year.

Live Here Another Year is the student retention program developed by the department. Freshman to senior students planning to live in UI's residence halls for the 2014-15 school year may reserve a room Nov. 1 through May 16.

From Nov. 1-5 students, through an application, may reserve their current room for the upcoming year.

Returning students cannot reserve rooms in the exclusively freshmen halls — Theophilus Tower, Upham hall in the Living Learning Communities and Willey, first and second floor, in Wallace.

"The majority of our students are returning to the Living Learning Communities — as well McConnell, we get about 80 percent of that building that returns," Cara Lehman, marketing coordinator for University Housing, said. "Targhee has a few spots that we see every year that people return to, and the same with Wallace."

There will be two days of processing before Nov. 8 when applications open up for all remaining rooms in the residence

hall system. This is the second phase of Live Here Another Year.

Those students living off campus that will return to a residence hall for the 2014-2015 school year, as well as incoming freshmen, have access to the application process starting Nov. 15. New students have the option to select their rooms and roommates this year, as well.

Lehman said returning roommates wishing to room together for the upcoming year are encouraged to renew together, being that returning students have full selection of all dorms. She said whether two students move from Theophilus Tower to Wallace, or five students move into a suite in the LLCs, roommates have full advantage of the system.

Should a student reserve a room and decide to live in another before the upcoming school year, they have the ability to cancel their current reservation and select a new, available space. There is no fee associated with this. If, however, the student switches rooms once classes begin in the 2014-2015 school year, there is a \$25 fee.

Students may complete the application process online at www.iwanhousing.uidaho.edu. The application will be the same as prior years. Students sign in with their net ID and password, and choose the

2014-2015 school year. The website saves information such as contact information and mailing addresses from previous years. Students need only edit specific, new information.

Those living off campus that wish to live in a residence hall in the upcoming year will complete the application process under the format of a new student.

The \$250 deposit from the prior year will carry over to the next when the application process is finished. According to Kelsi Nagle, recruitment coordinator for University Housing, the deposit will not show up at all during the application process.

According to Nagle, students expressed concern in the previous years that university housing opened applications too late in the year, and by that time students had already pursued living off campus. Many students, Nagle said, felt locked into contracts and leases.

"What we're providing (students) is the opportunity to: one, have a longer period of time to look at the rooms and choices available," Nagle said. "And also, that (students) are not getting into contracts with off-campus markets without realizing what they're getting themselves into."

Nagle said Live Here Another Year is provided in part for students who aren't

University Housing starts Live Here Another Year Campaign

ready to live off campus and pay for the amenities that come with off-campus life.

This is the second year the resident scholar program is in effect. Students who have lived on campus for four years and graduated in four years receive a rebate of \$1,500 upon graduation, given they filled out an application for the rebate. According to Lehman, this is one of the incentives of living on campus for four years. Four graduating students received the rebate last spring.

"Last year, we saw a fairly high retention rate, but not as high as we would like it to be," Nagle said.

According to Lehman and Nagle, approximately 500 students, or 30 percent of the UI housing population, reserved rooms and returned to the residence halls last year. Nagle hopes for 50 percent or higher for the next year.

"We're hoping to get 600 or more students, because that truly will give us a good benchmark in seeing how our off campus versus on campus students are doing," Nagle said.

This year, costs on double rooms did not increase. LLC single rooms decreased in cost by approximately \$100.

*Jake Smith
can be reached at
arg-news@uidaho.edu*

Student Media Advertising

SMA

**Advertise your business, group or event
in The Argonaut**

arg-advertising@uidaho.edu | (208) 885-5780

FALL SPECIALS



TULE APARTMENTS

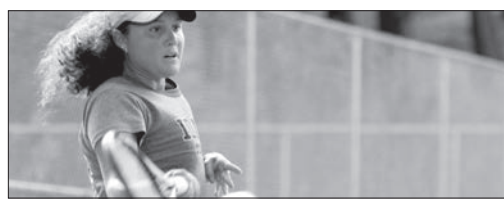
Reduced rates & Shorter lease terms

Available Now-January!

Call Jannell for a showing today
(208) 661-7057

Washer/Dryer Included	2 Bedroom Apartment at 1 Bedroom Rate
NO PETS!	Quiet, Clean, Affordable & Well Maintained Housing

SPORTS



Read about weekend Vandal women's tennis, men's golf, and swimming and diving

UIARGONAUT.COM

New dad finishes second

Cody Helbling finishes second in WAC meet two days after wife gives birth

Theo Lawson
Argonaut

When Cody Helbling stepped up to the starting line at Saturday's WAC championship meet, he did so carrying a burden he didn't have to account for during the five meets preceding the conference championships.

It was not that of an upperclassman trying to lead an otherwise young Vandal squad, nor that of someone trying to return to form after taking a year off from competing.

Helbling's burden was far more emotional, as his wife had given birth to their first child less than two days before the meet, traditionally the most important of the season.

Following a whirlwind of emotions, Helbling found himself near the front of the pack on the 8-kilometer course, with only teammate Nicholas Boersma ahead of him.

SEE HELBLING, PAGE 8

Photo by Philip Vukelich | Argonaut
The Vandal men's cross country team, from left to right: Santos Vargas, Morgan Choate, Mickey Day, Nicholas Boersma, Nathan Stark, Cody Helbling and Tim Delcourt



One, two, three

Stephan Wiebe
Argonaut

The wind was blowing and the rain was falling hard, but all the WAC runners were behind him when Idaho freshman Nicholas Boersma crossed the finish line. It was the first time a Vandal runner had won a conference championship since Vic Dyrigall won the Pacific Coast Conference title in 1941.

STORY CONTINUED ON RIGHT

CONTINUED FROM CENTER

Men's cross country finishes second at WAC Championships

Nicholas Boersma finished the men's 8-kilometer course in 25 minutes, 26.70 seconds to win the 2013 WAC Championship.

"That was a crazy race," Boersma said. "This win is for all of us to be honest. It was a great day for us and everyone ran well. To come out with the win was a great way to top it off."

Junior Cody Helbling finished second and sophomore Santos Vargas finished third in a photo finish to claim the top three spots for Idaho. But despite going 1-2-3, the Vandals fell to Utah Valley. The Wolverines finished with 38 points to Idaho's 43 with more depth overall. Utah Valley had four runners in the top 10 and all seven in the top 14 to seal the victory.

Idaho's second-place finish is a great accomplishment considering the Vandals only returned one runner from their 2012 top five in Vargas. Idaho coach Wayne Phipps reloaded his squad with a talented BYU transfer in Helbling and a group of talented freshmen. Helbling earned the WAC Cross Country Athlete of the Year after being Idaho's top runner all regular season while Boersma claimed the WAC Freshman of the Year with his victory.

SEE ONE, PAGE 8

Athletes of the Week

Nicholas Boersma, Cody Helbling and Santos Vargas — cross country



Nicholas Boersma



Cody Helbling



Santos Vargas

The Idaho men's cross country team was successful at the WAC championships in Seattle, running their best WAC race since 2007. The team finished second with 43 points. They only trailed the winner Utah Valley by five points. More significantly, the team wrapped up the top three spots in the race. Boersma, a freshman from Wenatchee, Wash., won the men's 8-kilometer race with a time of 25:26.70. The second and third place finishers were junior Cody Helbling, who finished with a time of 25:32.30, and sophomore Santos Vargas, who finished with a time of 25:37.90.

"I couldn't be more proud of the guys," Idaho coach Wayne Phipps said. "We did not quite pull off the victory but we were very close. Those guys ran very aggressively and to go 1-2-3 it was quite the accomplishment by those guys."

The men also travel down to Sacramento, Calif., on Nov. 15 for the NCAA West Championship Meet.

Hannah Kiser — cross country

The Idaho women's cross country team capped a successful WAC season over the weekend.

The team clinched their fourth-straight WAC Championship, led by Hannah Kiser. Kiser, a senior from Wenatchee, Wash., finished her WAC career with a first-place finish in the tournament. It was her second individual WAC title in two years. She was also named the WAC Cross Country Athlete of the Year for the second year in a row and was named to the All-WAC first team. Kiser finished the women's 5-kilometer race in 18:44.50. The season isn't over for the Vandals as the next challenge for the team is on Friday, Nov. 15 at the NCAA West Championship Meet in Sacramento, Calif.



Hannah Kiser

James Baker — football



James Baker

The Vandals played their second-to-last home game this season against the Texas State Bobcats on Saturday in the Kibbie Dome. While the team couldn't limit the Bobcats from scoring points, the young team found some success on offense. The offensive standout for the Vandals was running back James Baker. Baker, a senior from Deerfield Beach, Fla., totaled 114 yards on 24 carries and had one touchdown. Baker also had a one-handed 9-yard reception on the fourth down conversion in the fourth quarter. The Vandals conclude their home season next Saturday when they play host to Old Dominion.

SEE ATHLETES, PAGE 8



Philip Vukelich | Argonaut
Wide receiver Najee Lovett attempts to spin out of a tackle during the Dads' Weekend game on Saturday against Texas State. Lovett, a senior, will play his last home game Saturday against Old Dominion.

Texas State beats Idaho with pass

Stephan Wiebe
Argonaut

Texas State came into the Kibbie Dome with a chance to become bowl eligible during only its second full season in the FBS. Idaho's goal was to start a home winning streak and garner a win in front of a large home audience during Dads' Weekend. But it was the Bobcats whose goal came through as they beat the Vandals 37-21 Saturday at the Kibbie Dome.

"I thought we really worked hard all week, I thought we had good preparation," Idaho coach Paul Petrino said. "I fully expected us to play really well and I thought at times we did play well. We're just not quite there yet. It's still a process."

Texas State (6-3) beat Idaho (1-8) primarily with its passing attack — a surprising feat considering the Bobcats are normally a run-oriented team. Texas

State came into the game averaging 192.3 yards per game on the ground with only 139.8 yards per game through the air. Its passing game was one of the worst in the nation at No. 116 in the FBS. But as Idaho focused on stopping the run, Texas State hurt the Vandals through the air.

"We committed to saying they're not going to beat us with the run," Petrino said. "We didn't want to let them run the ball right down our throats. We wanted to make them beat us throwing — and they did."

Texas State freshman quarterback Tyler Jones finished the game 19-23 for 228 yards passing and two touchdowns. His first incompletion of the game came on a dropped touchdown pass to wide receiver Isaiah Battle late in the second quarter.

Texas State scored the first touchdown of the game after

a backward pass was recovered by the Bobcats on Idaho's first drive, but the Vandals stuck with them early. Idaho's first touchdown came midway through the first quarter when quarterback Taylor Davis' pass to Najee Lovett was tipped and came down in the hands of Deon Watson in the end zone.

The Bobcats broke away again with a touchdown and a field goal in the second quarter before Idaho brought it back within three points on a 7-yard James Baker run. Three Vandal running backs played a role in the scoring drive as well. Freshman Richard Montgomery showed his speed with two rushes for 21 yards and sophomore Kris Olugbode had a pivotal 23-yard reception to get inside the 10-yard line before Baker's touchdown run.

SEE TEXAS, PAGE 8



Philip Vukelich | Argonaut

Stephen Madison, forward, shoots a free throw at practice on Wednesday. Madison is one of the few returning players to the men's basketball team this year. Ten new players were added to the roster this year and the young team will be competing for the first time in an exhibition game against Walla Walla Tuesday in Memorial Gym.

A grand unveiling

Young Vandals basketball team starts season with exhibition game

Korbin McDonald
Argonaut

After a long offseason, the Idaho men's basketball team finally gets to play somebody in a jersey than their own. They open play Tuesday against Walla Walla in Memorial Gym for the first and only exhibition game of the season.

The Vandals only return four players from their 2012-13 team, adding 10 new faces to the squad, so this game is important when it comes to establishing group chemistry before the regular season.

"They're huge," Idaho coach Don Verlin said. "You get a chance to put on the uniform, go through your game routine, and get a chance to play somebody different. Everybody responds differently in front of the crowd, or when its game time. So I hope as I settle in on a rotation, we can get some continuity and get things rolling."

The Vandals will be taking on Walla Walla, who is a part of the National Association of Intercollegiate Athletics (NAIA), and has already started their season with an 0-4 record.

While the competition might not be the greatest, it gives Verlin an opportunity to make some tough decisions. One decision being on which freshman he will redshirt and which ones are going to be slated for playing time this season.

"I haven't decided on any redshirts yet, it's still too early," Verlin said. "I can play them in the exhibition game. Everybody will be available for that, so I will make some decisions after those games."

Some of the notable freshman that have stood out to Verlin over the off-season have been Sekou Wiggs, a freshman guard out of O'Dea High School (Seattle), Perrion Callandret, a freshman guard out of Bothel High School (Bothell, Wash.), and Ty Egbert, a redshirt freshman forward out of North Eugene High School (Eugene, Ore.). Egbert has been in the program but redshirted last year.

Another problem that awaits coach Verlin is who will be handling the point

guard duties for the team — a problem that wasn't so apparent last year, due to the lack of depth the Vandals had at the position.

"There's a bunch of guards up there, it'll be interesting to see how it plays out," Verlin said.

Two of the guys who are sure to be vying for the point guard duties are two transfers. Glenn Dean, a senior who transferred from Utah, and Mike Scott, a junior from Antelope Valley Community College are in the mix at point guard.

With 10 new players added to the roster, coach Verlin sees this game as an opportunity to fine-tune some things and get these new players ready for their daunting schedule ahead of them.

"I think we're a little bit behind at this time. I like our intensity, I like our spirit, but we are behind a little bit," Verlin said. "So this week is big, because now they start coming, and coming fast."

The Vandals will play Walla Walla on Tuesday, and start their season on Saturday when Western Illinois comes to Memorial Gym.

Korbin McDonald can be reached at arg-sports@uidaho.edu

Not out yet

Idaho drops two, qualifies for WAC tournament

Curtis Ginnetti
Argonaut

Despite losing a pair of matches against Seattle U, the Idaho soccer team still secured its place in the WAC Tournament Friday by virtue of a pair of Cal State-Bakersfield losses.

The Vandals scored first and early in their Sunday match against Seattle putting a point on the board after just 59 seconds.

"It was unfortunate that we lost but there were moments that showed we can compete against Seattle," junior Katie Baran said.

Idaho will need that confidence to compete against Seattle again as it will play the Redhawks for the third match in a row in the first round of the tournament.

Idaho soccer coach Pete Showler said that from what he saw in his team this weekend, they can and will compete well against Seattle this Friday in the WAC Tournament, which will be in Las Cruces, N.M. Last year, Idaho lost in the first round of the tournament against Texas State.

Seattle shut out the Vandals during the first game on Friday. The two-game series, which ended the regular season, was the most important for the Vandals this season. In order for Idaho to keep its fourth-place seed in the tournament, Idaho had to either do better than or match Cal State-Bakersfield in play. Both teams are behind fourth-place Grand Canyon but the Antelopes are ineligible for postseason play.

Bakersfield lost its first match against Missouri-Kansas City on

Friday then lost to last-place New Mexico State on Sunday allowing Idaho to keep their invite. The news about Bakersfield's loss came during the second half of Idaho's match to a cheering team as they were losing late in the match.

"We were elated (when we found out) then we made some changes, got everybody into the game. The seniors will now be going to the WAC Tournament for the fourth year in a row," Showler said.

Idaho's early goal came off the head of

Baran, her third goal of the season tying freshman Alyssa Pease for the top team scorer, with the assist coming from freshman Kavita Battan. Idaho held the lead

until the 25th minute when Seattle put their first point on the board.

"Alyssa Pease pressured the keeper, popped out wide. Kavita (Battan) was in and I was like 'I got to go, I got to go.' It was just a perfect ball and to be honest, it hit my head and my head band came over my eyes so I didn't know if it went in," Baran said.

Seattle got on the board in the 25th minute off an unassisted shot from Kiana Kraft. Seattle took the lead in the 54th minute and held the lead putting the game out of Idaho's reach with their third goal in the 78th minute.

But by that point Idaho knew it had the spot in the tournament and the mood of the match remained high during and after the team's regular-season finale.

Curtis Ginnetti can be reached at arg-sports@uidaho.edu

Reassuring victory

Idaho closes out Broncs at home

Aaron Wolfe
Argonaut

The chances of taking first place in the conference might be beyond the Vandals' reach but a win against Texas-Pan American on Saturday reassured a competitive race to the finish as the volleyball season winds down.

"It's going to come down to the conference tournament and I think anybody can win that sucker now," Idaho coach Debbie Buchanan said.

The Vandals took Saturday's match 3-1 against the Broncs. Coming back with a win on Dads' Weekend against UTPA after a tough loss on Halloween against the New Mexico State Aggies was almost essential to keep the fifth-place Vandals alive for postseason play.

The Vandals fell behind early against Texas-Pan American losing the first set 25-22. The Vandals hit well in the beginning of the game at .308 but the Broncs hit a little bit better with a .395 average.

The second and third sets were the Vandals' time to shine with a 25-18 set win followed by the best set for the Vandals of the match with a 25-9 victory to force the Broncs to try to make something happen in the fourth. They failed to do so.

"We just really needed this one to get a spot into the WAC Championship so we just really wanted to win," senior outside hitter Ashley

Christman said.

Christman led with not only aggressive hitting at the net but her powerful signature jump serve that nailed four aces on the night.

"You saw them making subs just to try to have the right kids back there to make that jump serve," Buchanan said.

Christman's confidence and energy was definitely there despite a serving style that is draining and difficult to control.

"It's just nice to have my coaches behind me and have the confidence to do it. It's just all about the confidence with that jump serve because you toss the ball so high and you really have to time it really well. My coaches told me don't even think about getting it over, just hit it as hard as you can," Christman said. "I've done it since I was little. It is a little bit more tiring than other serves because I'm jumping as high as I can every time but I don't know anything different so I wouldn't say it tires me out."

The Vandals closed it off in the fourth set eventually but it was close after a 15-6 lead turned into a 21-18 lead.

"That's the whole reason you get five (sets). I mean, I thought we came off a little slow, we can't take a team for granted ... it doesn't matter if you take on the top team or the bottom team you have to come out and you have to come ready to play," Buchanan said.



Tony Marcolina | Argonaut

Meredith Coba sets for Taylor Wilkinson during Saturday's match against Texas-Pan American at Memorial Gym. The Vandals finished with a 3-1 win against the Broncs.

A kill by Christman and a couple errors by the Broncs led to a 25-19 fourth-set victory for the Vandals to end the game.

"Every time we win we always feel better about ourselves and confidence is key especially with volleyball because it's all about momentum, so if you're a confident team you go out swinging every single time," Christman said.

Other highlights of the match included freshman Ali Forde, who came off the bench to hit .538 on the night with seven kills. The block-

ing team was an integral part of the Vandal offense as usual with Alyssa Schultz hitting .600 with 9 kills and Taylor Wilkinson hitting .333 with 7 kills. Jenna Ellis led the back row with 18 digs on the night.

The Vandals will play their final home match of the season in Memorial Gym Friday against Seattle U. The Vandals are hoping to have better luck at home against the Redhawks than they did on the road.

Aaron Wolfe can be reached at arg-sports@uidaho.edu

blot

Like us on facebook
fb.com/ui blot

La Casa Lopez
FAMILY MEXICAN RESTAURANT & CANTINA

LIFE IS TOO SHORT
FOR 1 MARGARITA
BUY 1 GET 1, ALL DAY
EVERY WEDNESDAY

\$6.95 LUNCH MENU
11 AM TO 3 PM, MONDAY THRU SUNDAY



Find us on Facebook

(208) 883-0536
415 S. Main St.
Moscow, ID 83843

Online menu at lacasalopez.com



The WAC champion, Idaho women's cross country team, stands with its championship and all-conference trophies Saturday in Seattle. The Vandals won their fourth straight WAC Championship with the victory.



Idaho Athletic Media Relations | Courtesy



Idaho Athletic Media Relations | Courtesy



Dean Hare | Courtesy

WIN

FROM PAGE 1

Idaho seniors Kiser, Holly Stanton Browning, Emily Paradis and Alycia Butterworth decided they wanted to win all four years after winning their first championship in 2010. That goal became a reality on Saturday.

"It really meant a lot to all four of those seniors," Phipps said. "Holly and Emily, they just really stepped up ... at the beginning of the year, Holly and Emily were maybe middle of the pack on our team but coming down to conference, those girls really know how to compete."

Out of each of Idaho's championship winning teams, this one might be the best. Stanton Browning finished second for the Vandals and third overall in 18:04.70. It was the fastest race of her career. Sophomore Halie Raudenbush, who has burst onto the scene this season for the Vandals, finished fifth and Paradis finished sixth. Sophomore Abby Larson finished 10th to make it five Vandals in the top 10.

Freshmen Ally Ginther (13th) and Alex Siemens (22nd) provided depth for the Vandals on a day where every Vandal runner finished ahead of the first-place team runners from

Texas-Pan American, Grand Canyon and Cal State-Bakersfield.

Butterworth did not compete for Idaho despite being an essential part to each of the Vandals' last two championships — further exemplifying the depth of this year's team.

The Vandals victory also came with many accolades. Kiser was named the WAC Cross Country Athlete of the Year for the second year in a row and Phipps earned his sixth WAC Women's Coach of the Year honor. Kiser, Stanton Browning, Raudenbush and Paradis earned All-WAC first-team honors while Larson and Ginther earned second-team honors.

The Vandals' season isn't over yet, as they still have regional competition at the NCAA West Championship Meet. But for now, they can celebrate their conference title.

"We all came out with a positive attitude. The atmosphere at WAC is just so great. We were all really excited to come out here and defend our title," Kiser said. "We knew that we had a really strong team, so we came in with a lot of confidence and we ran with that confidence."

Stephan Wiebe
can be reached at
arg-sports@uidaho.edu

TOP

FROM PAGE 1

roster forced Phipps to leave Butterworth out of the seven-athlete lineup. Even with two sophomores and two freshmen, not a single Vandal would finish outside of the top 25. Texas-Pan American, Chicago State and Cal State-Bakersfield wouldn't place a single runner in the top 25.

It's just proof that Phipps will never refrain from rebuilding, even with one of the deepest rosters on the West Coast.

The Vandal men, who boasted the top three fin-

ishers at Saturday's meet, are a perfect example of that. A year after losing his top two runners, Phipps put on his best John Calipari impression, and reloaded. What he came up with gave the Vandals a second-place finish in Seattle. Two Idaho

rookies, freshman Nicholas Boersma and junior Cody Helbling, would take the top two spots while sophomore Santos Vargas slipped into third.

Nineteen years later, we can be sure that Wayne Phipps hasn't overstayed his welcome.

Nineteen years later, we can be sure that Wayne Phipps hasn't overstayed his welcome.

And while the Big Sky won't agree, he's welcome to stay for 19 more.

Theo Lawson
can be reached at
arg-sports@uidaho.edu

HELBLING

FROM PAGE 6

He held on to second place and was the middle piece of a 1-2-3, finish for Idaho, which finished second overall.

"I didn't quite know if I was going to make it here, but I felt pretty committed to the guys and coach," Helbling said after the race.

The junior finished in 25 minutes, 26 seconds, six seconds slower than Boersma, who claimed first and five seconds faster than sophomore Santos Vargas, who checked in at third.

"For Cody to do everything that he did in that 48-hour period of time ... it's the prime example of the type of guy Cody is," Idaho coach Wayne Phipps said. "It's unbelievable how well he performed in spite of all those distractions and emotions that were going on."

Helbling, who originally chose BYU over Idaho, spent two years

with the Cougars before opting out of a third year, one he would use to focus on academics.

When his wife Nicole graduated from the Provo school, the pair moved to Idaho to be closer to family. Shortly after, Helbling walked on to Phipps' cross country team.

His 2013 results aren't reflective of the time he spent away from the sport. Helbling was Idaho's top finisher in every regular season race, with the exception of the conference championships.

He was more than happy, however, to leave that role to Boersma for one race.

"I've been riding a wave of emotions and I'm just glad that Nick was able to bring it home and I couldn't be happier for the team," Helbling said.

Helbling will return to a deep Idaho squad next season, when the team will compete in the Big Sky Conference.

Theo Lawson
can be reached at
arg-sports@uidaho.edu

TEXAS

FROM PAGE 6

Texas State scored again in the second quarter before pulling away with two touchdowns in the second half to Idaho's one.

Baker saw the most success offensively on the day for the Vandals. In addition to his touchdown run, he netted 114 rushing yards on 24 attempts for 4.8 yards per carry. He was often seen running over defenders for extra yards and had a one-handed catch for a first down on a key fourth-down play in the fourth quarter.

"I think we came out and battled hard," Baker said. "I

think the o-line did a great job of blocking and making holes for me. For the most part, I just tried to run as hard as I can and get downhill and put points on the board."

Davis and the passing game struggled Saturday for Idaho. Dropped balls were a problem for the Vandals as they only garnered 176 yards through the air on the day although Davis had two touchdown passes.

"Taylor (Davis) I thought, for being the third string quarterback and not having a bunch of reps, I thought competed hard and did some good things for us," Petrino said on his quarterback's performance.

On the defensive side, linebacker Marc Millan led the team with 10 tackles and Millan and defensive tackle QuayShawne Buckley each recorded a sack for Idaho. Despite allowing 228 yards through the air, the Vandals shutdown the Bobcats running game holding them to 104 yards compared to their usual 192.3.

The Vandals round out their home schedule against Old Dominion next Saturday for Senior Day before closing out the season at No. 3 Florida State and New Mexico State.

Stephan Wiebe
can be reached at
arg-sports@uidaho.edu

ONE

FROM PAGE 6

"For our guys to go 1-2-3, get Freshman of the Year and Athlete of the Year and really be a couple of seconds away from winning the team title is just an incredible achievement by the team in general," Phipps said. "And to think that we did that relying on four freshman and two sophomores ... I don't think you can ask too much more of those guys."

Coming into college, Boersma had never won a cross country race. In fact, he was known more as 800-meter track runner. "Nick (Boersma) is an absolute super talent," Phipps said. "For a guy who is an 800-meter runner ... to commit that fully to the 8K distance, I think you're probably getting only a little glimpse of how a

good runner Nick Boersma actually is. I think he's going to be a guy who's going to have an incredible career at the University of Idaho."

The Vandals had their best WAC finish since 2007 despite fielding a mostly freshmen squad and having their top runner from the start of the season out with injury. Tim Delcourt was Idaho's top time trial runner to start the season but he missed most of the season with a shin injury.

In addition to Boersma, Helbling and Vargas, Idaho scored points from Nathan Stark (15th), and Mickey Day (22nd) to round out scoring.

"We fell short (of a WAC title) but not due to a lack of effort," Phipps said. "Those guys gave everything not just at that meet but everyday in practice."

Stephan Wiebe
can be reached at
arg-sports@uidaho.edu

ATHLETES

FROM PAGE 6

Ashley Christman — volleyball

The Vandal volleyball team dropped the first set before winning the next three against the Texas-Pan American Broncs in Memorial Gym over the weekend. Idaho came back to win in four sets largely due to Ashley Christman. Christman, a senior outside hitter from Christina Lake, B.C., led the team with a season-high

13 kills and a hitting percentage of .440. She also added four aces, which is one shy of her career-high, seven digs and four blocks in the match. It was an all-around impressive offensive and defensive performance from Christman.

"(Meredith) Coba's setting was on tonight, I mean it was perfect," Christman said of what aided her success. "I had Taylor (Wilkinson) holding the block, so I had almost no block every time, so it was really nice that we're a team working together to get that offense."

The Vandals return to the court on Friday against Seattle U in Memorial Gym.

Career Center Open House FREE LUNCH

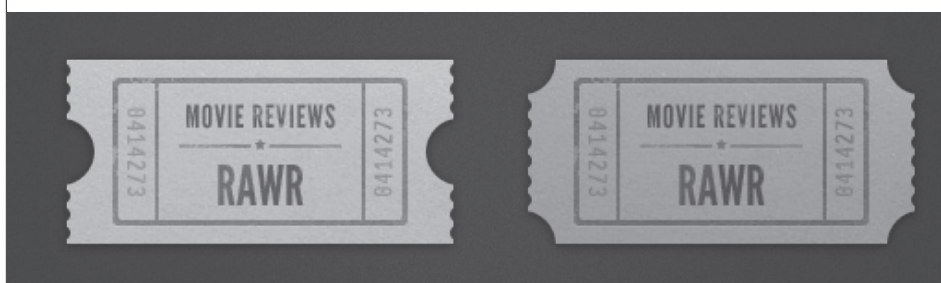
First 50 students will receive a
FREE reusable water bottle!

Come have a slice of
pizza with the staff
and learn more about
how they can help you
jumpstart your career.



November 6
11:00 am - 1:30 pm
Career Center
Commons, Room 334

Like the Career Center
on Facebook!



OPINION



Get acquainted with more opinions and follow us on Twitter

@ARGOPINION

OUR VIEW

Code resolution best for all

ASUI requests voting changes for student code of conduct, best solution available

ASUI passed a resolution last week in favor of changing voting requirements needed to approve upcoming changes to the student code of conduct. The current voting requirement mandates that at least 35 percent of the student body vote on the changes to the code. In addition, out of the 35 percent of students who do vote, a two-thirds majority is needed to approve the changes. The new resolution would require two-thirds of the ASUI senate to approve the changes, rather than two-thirds of the student body. The resolution will now be sent to the State Board of Education for approval. ASUI is making the logical decision to sup-

port changing these unrealistic voting requirements. Just 21.2 percent of the student body voted in the ASUI senate and presidential elections last spring and it is likely the turnout for a student code of conduct vote would fall well short of the mandatory 35 percent. Even though changing the voting requirements seems appropriate at this point in the process, it is unfortunate we cannot get a little over one third of our students to vote on something that will impact them until they graduate from UI. It is disappointing ASUI has to act in this manner to pass a code that will affect the large majority of students. Even though this resolution might look like a power grab by the ASUI senate, it is

the best solution apart from a student body vote. ASUI senators not only represent the UI student body, but are also well-versed with the student code of conduct and can assess its flaws and shortcomings. However, simply because the decision to approve the code will be ASUI's responsibility does not mean that students should disengage altogether. Students can always express comments and concerns to ASUI officials and the Dean of Student's Office. Now the fate of the new voting recommendations sits in the hands of the State Board of Education. Hopefully for all of us, the SBOE will grant ASUI the approval it needs. —RT

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Get it together

Can we stop using homophobic slurs already? It's 2013, folks. Expanding your vocabulary is super easy. —Kaitlin

Come on Seattle

Can you guys stop making every game look like a playoff game? Can you just start blowing teams out? Thanks. —Ricky

Notebook

I have one notebook for all of my classes. It may sound cluttered but it actually keeps me organized with everything. —Rainy

Champs

Congratulations to coach Wayne Phipps and the WAC Champion women's cross country team. Most athletes' dreams are to win one championship but the Vandals have won four-straight! —Stephan

Death by paper

I can remember a point of time in my life when I didn't need two textbooks, a lab book and a notebook for a single class. —Aleya

Big wax

I've already missed too many concerts this year, so I'm NOT missing Big Wax and Dumbfoundead on Dec. 26 in Seattle. —Sean

Dad's weekend

I had a great weekend with my dad, well, except for going 0-4 against him at ping pong. —Andrew

Things I don't understand

1. Babysitting Division 1 athletes on full scholarship the night before a home game. 2. My English teacher who automatically looks at the only Asian kid in the class when he doesn't know how to pronounce Chinese words. —Kaitlyn

Frontline documentary

You should watch the Frontline documentary "League of Denial." I will never look at football the same way again. —Ryan

Spoiled

Working in a newsroom with 27-inch iMacs is pretty nice. Especially when I get to do a photoshoot where I can tether to the computer and see live results at full 27 inches. —Phil

By all means necessary

I've Facebook stalked hundreds of people to dig for facts for a story. I'd say I'm successful about 70 percent of the time. Translate that to a quarterback's completion percentage and I'd be starting for most BCS teams. —Theo



Shane Wellner Argonaut



Free parking necessary

UI needs to invest in more free parking close to campus

If you have to drive to University of Idaho every day — or at least when it begins to snow — you've probably already spent hundreds of dollars on a parking pass.



Amber Emery Argonaut

Whether the permit is green, purple, red, silver or gold, driving to school can be a pricey rate for students who already have trouble paying for tuition.

There is not a lack of free parking near campus, there is none. There should be free parking alternatives for students who need to drive to school, particularly during winter months.

One of the only free parking lots near campus was located on the corner of 6th and Jackson near the Alehouse. However, it has recently become a paid lot. In order to park there during the day, one must now purchase a \$95 parking permit.

I don't know if the university and city think all college students' parents help pay for living expenses, but it is definitely not the case. A large portion of students can't afford \$95 for a parking permit.

A common reply to the parking problem at UI is "don't drive to school, Moscow is small enough to walk." That's true, but when

you have an 8 a.m. class and live past East City Park — like I do — hitting the road before the sun comes up is not particularly easy in the middle of winter.

There can be a middle ground between paying hundreds of dollars for a parking permit and parking freely on campus. If there were a large free parking area just outside of campus, most students wouldn't mind the five-minute walk it would take to get to class.

Instead, students must ride our bikes to school happily from August until November. Then all of a sudden, the option is out of the question for a period of three to four months — when Moscow's roads become slick with ice. If a free parking lot sounds like a good idea, then what's left is to figure out where to put it.

There is an area east of

the Moscow Intermodal Transit Center's parking lot that is an open dirt field, and the Kibbie Dome parking lot is virtually empty during the week.



It's not that there is no place for free parking, it is that UI likes making more money from both students who pay too much for school, and faculty who don't get paid enough.

According to the UI Student Fee Schedule for the 2012-13 academic year, the average full-time student pays \$325.25 in facility fees and \$532.96 in various dedicated activity fees.

I doubt that most students utilize the \$858.21 that goes to those areas of the university, and would prefer if a portion of that money would go towards a free parking lot, in which everyone can use.

Amber Emery can be reached at arg-opinion@uidaho.edu

Pre-school funding essential to Idaho

Fall signals the beginning of a new school year — a time full of promise and opportunities. As I consider the next legislative session, I feel that same sense of optimism.



Hy Kloc House of Representatives

As a former teacher, I welcomed the opportunity to serve on the House Education Committee during the last session. When the session ended, I continued to explore some of the education options presented to the committee.

By summer, I had narrowed my focus and was meeting with stakeholders about the idea of introducing legislation in the next session. The result was a bill to develop a preschool pilot program in Idaho.

Preschool programs are not a new idea, but they are gaining new supporters in some unlikely places. Oklahoma, hardly a proponent of big government initiatives, has implemented one of the most extensive preschool programs in the nation. The program is offered in 99 percent of the state's public school districts.

If enrollment is any

measure of public support, participation by 74 percent of 4-year-olds

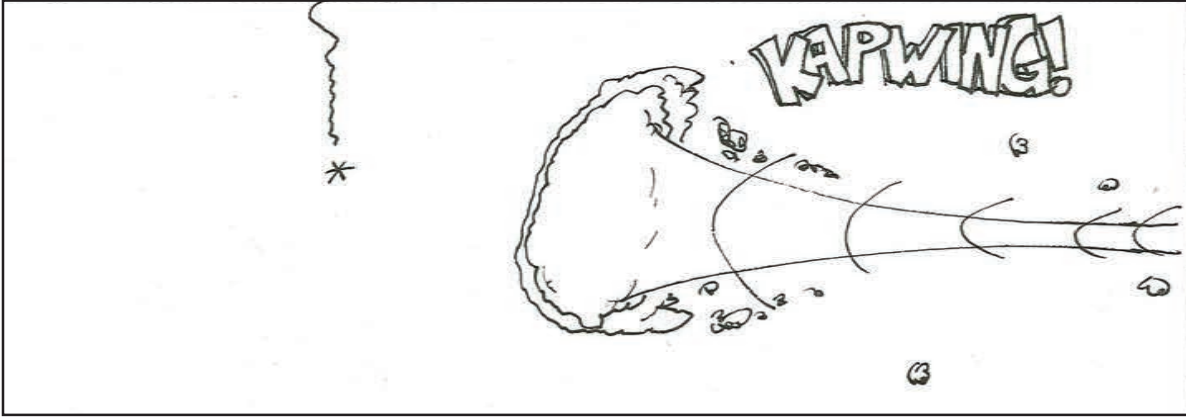
leaves little doubt where the majority of Oklahomans stand on preschool education.

The reason for that support is simple — it pays big dividends. National studies show that for every \$1 invested in quality preschool programs, there is a return from \$3.50 to \$17.00 in economic value.

That's impressive by any calculation. In a recent opinion piece in the New York Times entitled "Capitalists for Preschool," John E. Pepper Jr. and James M. Zimmerman presented their business case for quality preschool. Pepper, a former chairman and chief executive of Procter & Gamble, and Zimmerman, a former chairman and chief executive of Macy's, wrote, "our greatest deficit in this country — the one that most threatens our future

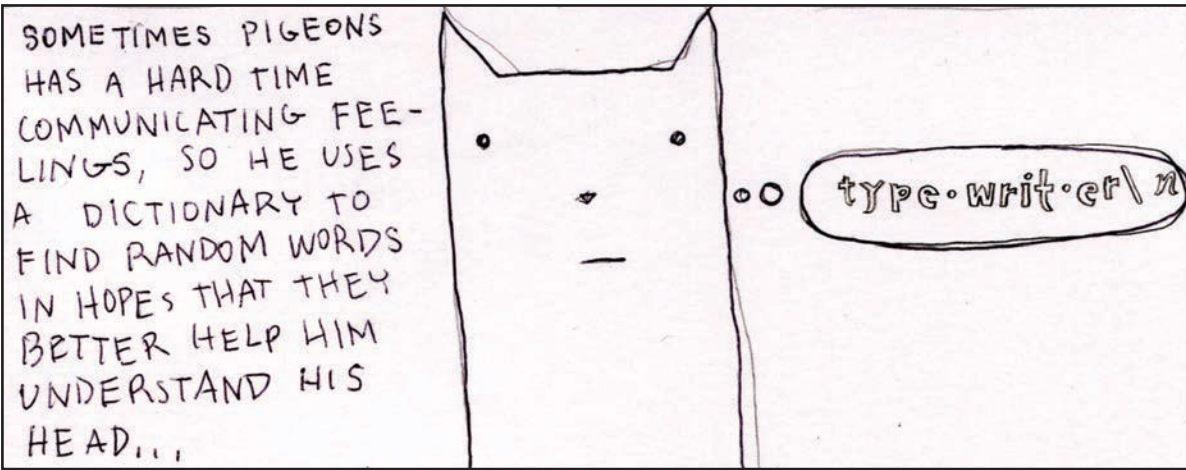
COMIC CORNER

Cloud Nine



Andrew Jensen | Argonaut

Pigeons



Jesse Keener | Argonaut

PRESCHOOL

FROM PAGE 9

a nation — is our education deficit, not our fiscal one.” They went on, “universally available pre-kindergarten is not only the right thing to do, but the smart thing to do.”

More important than the dollars and cents are the social benefits. Preschool programs level the playing field for children from disadvantaged backgrounds. Studies indicate that those who participate in quality preschool programs not only end up earning up to \$2,000 more per month than

their peers who didn’t, but they also are more likely to stay within the law, graduate from high school, own homes and have longer marriages. These are the very things that strengthen the social fabric of our communities.

The pilot I am proposing would run for three years—enough time to evaluate the program’s effectiveness. Funding would come from a public and private partnership, possibly involving foundations and business organizations committed to Idaho’s success. While all school districts and charter schools in the state would be eligible for consideration, the

state education department would conduct an approval process to select the schools for the actual pilot.

Preschool bills have been introduced in the Idaho legislature, in the past. Every one of them has failed. Learning something new is never easy. However, with the Governor’s education taskforce making recommendations that receive sufficient public and legislative support, I believe this time we can make the grade. A better education for our children will mean a brighter future for all Idahoans.

Hy Kloc can be reached at [hykloc.com](mailto:hkloc@hykloc.com)

OFF THE CUFF

FROM PAGE 9

Snow

This snow is beautiful. It makes my day when I wake up to a fresh coat of snow on the ground, even if it is only for a little while.

—Emily

Winter

If winter begins this week, I will in no way be upset about that.

—Tony

Put the fast in breakfast

Don’t let breakfast slow you down, but don’t forget about its multiple benefits

No time for breakfast in the morning? According to the 2008 IFIC Foundation Food & Health Survey, 92 percent of Americans perceive breakfast to be extremely or somewhat important, yet only 46 percent eat breakfast daily.

Since breakfast provides important nutrients and have been linked to healthier body weight, improved academic performance and overall physiological health, it may be the most important meal in your day.

There are many reasons why individuals skip breakfast. Common breakfast pitfalls include not having enough time, inconvenience, not feeling hungry, uncertainty about what to eat and oversleeping. Whatever your reason for skipping breakfast, the benefits of breakfast outweigh the reason.

Benefits of breakfast

Eating breakfast regularly is associated with a multitude of health benefits. Many Americans fall short of meeting the USDA Dietary Guidelines for Americans, but breakfast eaters have higher daily intakes of fiber, calcium, vitamin A, vitamin C, riboflavin, zinc and iron compared to breakfast skippers.

While many dieters skip breakfast in hopes of losing a few pounds, this strategy typically backfires.

By starting your day with a balanced meal, not only will you improve overall energy levels and focus, but your metabolism will

also benefit. In fact, regular breakfast eating is associated with a healthier body weight and has been linked to improved weight management. Additional benefits include improved attention, problem solving and memory recall. With all these known benefits, can you afford to skip breakfast?



Marissa Rudley RD, LD

More than just cereal

Making breakfast a routine takes dedication, time management and a little creativity.

If you find yourself short on time, consider packing a breakfast to-go. Quick and delicious options include a container of yogurt with a small bag of whole-grain cereal and a piece of fruit, a homemade trail mix of your favorite cereal with dried fruits and nuts and a container of low-fat milk, or even a whole wheat tortilla with a cheese stick and a bunch of grapes.

Remember, there is no rule that you have to eat breakfast immediately after waking up. If you aren’t hungry until a few hours after waking up, consider packing breakfast options for when hunger strikes. This could include a packet of oatmeal, fresh fruit, hard-boiled eggs, granola bars, dried fruit, Greek yogurt or a breakfast burrito.

By taking the time to fuel up with breakfast, you will be better prepared to face your day with a full stomach and sharp mind.

Marissa Rudley can be reached at mrudley@uidaho.edu

Argonaut Religion Directory

PULLMAN emmanuel
 Sunday Morning Schedule
 Worship Service - 9:15 am
 Coffee & Donuts - 10:30 am
 Worship Service - 11:00 am
 * Relevant Bible Teaching *
 * Great Worship Music *
 * University Ministry - U-Community *
 * AWANA with 175+ Kids *
 * International Student Ministries *
 * Real connections with Small Groups *
www.ebcpullman.org
 1300 SE Sunnymeade Way - Pullman

Living Faith Fellowship
 1035 S. Grand, Pullman, 334-1035
www.LivingFaithFellowship.com
 Worship Services
 Sundays — 10:30 a.m.
 Wednesdays — 7 p.m.
CCF Campus Christian Fellowship
 Fridays at 7:30 p.m.
 345 SW Kimball
 View our website for transportation schedule, or call for a ride to any of our services!

ST. AUGUSTINE'S CATHOLIC CENTER
 628 S. Deakin - Across from the SUB
www.vandalcatholics.com
 Sunday Mass: 10:30 a.m. & 7 p.m.
 Reconciliation: Wed. & Sun. 6-6:45 p.m.
 Weekly Mass: Tues. - Fri. 12:30 p.m.
 Wed. 5:30 p.m.
 Spanish Mass: Every 4th Sunday @ 12:30 p.m.
 Latin Mass: every Saturday 9:30 a.m.
 Phone & Fax: 882-4613
 Email: stauggies@gmail.com

Moscow Bible Church
 Meeting at Short's Chapel
 1125 E. 6th St., Moscow
 Sunday Worship Service — 10 a.m.
 Christ Centered
 Biblical, Conservative, Loving
www.moscowbible.com
 Pastor Matt Hallson. 208-892-0308

First Presbyterian Church
 A welcoming, caring family of faith
 Sunday
 Worship 10:30 am
 Christian Education 9:15 am
 Wednesday
 Taizé Worship 5:30 pm
 405 S. Van Buren
 Moscow, Idaho
 882-4122
fpcmoscow.org
 Facebook: Moscow FPC

BRIDGE BIBLE FELLOWSHIP
 Sunday Worship 10:00 a.m.
 Pastors:
 Mr. Kim Kirkland Senior Pastor
 Mr. Luke Taklo Assistant Pastor
 Mr. Nathan Anglen Assistant Pastor
 960 W. Palouse River Drive, Moscow
 882-0674
www.bridgebible.org

RESONATE CHURCH
 Exploring God is Better in Community
 Sunday Worship Gathering
 Sunday Evenings: 7:15pm
 SUB Ballroom
 For More Information:
 509-330-6741
experienceresonate.com
facebook.com/resonatechurch

St. Mark's Episcopal Church
 All are welcome. No exceptions
 Wednesdays
 @Campus Christian Center
 12:30 pm Simple Holy Communion
 1 pm Free Lunch!
 Sundays
 9:30 am Holy Eucharist
 5:30 pm Taizé—candles and quiet
 6:00 pm Free Community Supper
 Find us on Facebook
stmark@moscow.com
 111 S. Jefferson St.
 Moscow, ID 83843
 "Red Door" across from
 Latah County Library

Unitarian Universalist Church of the Palouse
 We are a welcoming congregation that celebrates the inherent worth & dignity of every person.
 Sunday Services: 10:00 am
 Coffee: After Service
 Nursery & Religious Education
 Minister: Rev. Elizabeth Stevens
 420 E. 2nd St., Moscow
 208-882-4328
 For more info: www.palouseuu.org

Moscow First United Methodist Church
 Worshipping, Supporting, Renewing
 9:00 AM: Sunday School classes for all ages, Sept. 9 - May 19
 10:30 AM: Worship
 (Children's activities available)
 The people of the United Methodist Church:
 open hearts, open minds, open doors.
 Pastor: Susan E. Ostrom
 Campus Pastor: John Morse
 322 East Third (corner 3rd and Adams)
 Moscow, ID 83843 208-882-3715

the Crossing "Fueling a passion for Christ that will transform our world"
 Service Times
 Sunday 9:00 a.m. - Prayer Time
 9:30 a.m. - Celebration
 5:30 p.m. - Bible Study
 Thursday 6:30-8:30 p.m. - CROSS-Eyed at the Commons Panorama
 Friday 6:30 p.m. - every 2nd and 4th Friday U-Night worships and fellowship at The CROSSing
 715 Travois Way
 (208) 882-2627
email:office@thecrossingmoscow.com
www.thecrossingmoscow.com
 Find us on Facebook!

immerse Collegiate Ministries
 Bible Study • Fellowship • Events
 Sunday Morning Shuttle Service:
 (Look for Trinity's maroon van)
 10:00am, at LLC bus stop
 (returning shortly after Worship)
 sponsored by
Trinity Baptist Church
 208-882-2015 www.trinitymoscow.org

If you would like your church to be included in the religion directory please contact Student Media Advertising at 885-5780.