

THE ARGONAUT

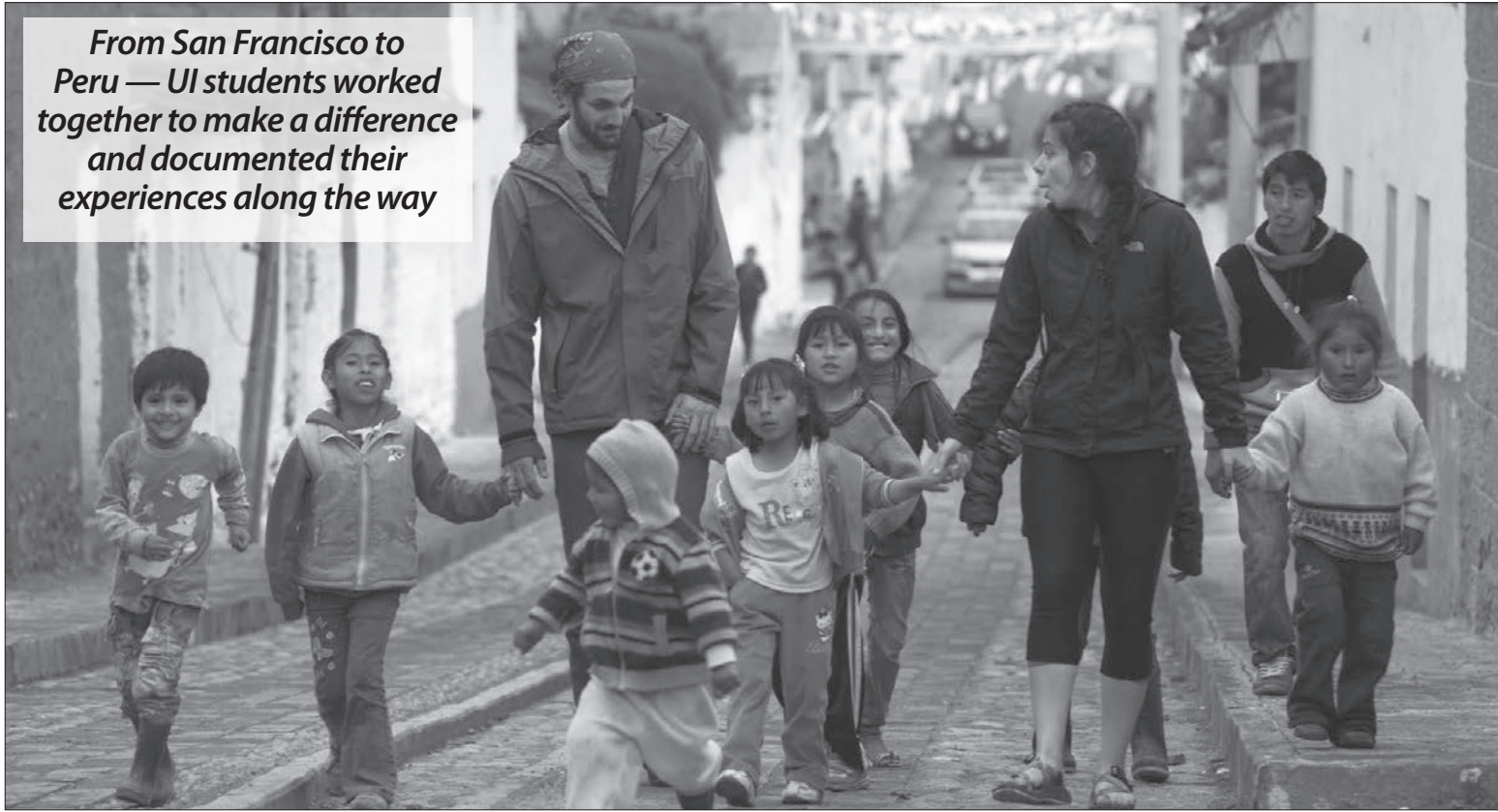
THE VANDAL VOICE SINCE 1898

uiargonaut.com

Wednesday, January 22, 2014

Around the world for 14 days

From San Francisco to Peru — UI students worked together to make a difference and documented their experiences along the way



George Wood Jr. | Argonaut

University of Idaho Alternative Service Break Volunteers Steven Elsbury and Susana Ruiz-Gallegos walk back from a day of playground games in Cai Cay, Peru. Volunteers worked on multiple projects and entertained children at a daycare center in Cai Cay.

Amber Emery
Argonaut

When a group of Vandals hop on a plane and leave Moscow to participate in the Alternative Service Break program, things change.

Grades and classes leave the brain, stereotypes disappear and personal conflicts become less important.

Four groups of UI students volunteered two weeks of their winter break to complete service work in Peru, Pittsburgh, Romania and San Francisco.

Students dealt with social issues such as poverty, food insecurity, depleted housing, the environment and education.

ASB Student Coordinator Andrew Blake said while partaking in service projects requires great sacrifice, it's also incredibly rewarding.

Applications for spring ASB — where students travel and serve in domestic locations for a week — can be found at uidaho.edu/volunteer and are due Friday.

Students were asked to document their service trips by keeping journals of their daily activities. Get a glimpse of what it's like to participate in ASB through the following original journal entries submitted by students while they were on their service trips in Romania, San Francisco and Peru earlier this month.

Entries from ASB student journals

Cody Riedner — San Francisco

Looking back on all of this: Glide, Open Hand, Fran Squad and the multitude of people and personalities associated with each of these groups, I find myself getting quite overwhelmed. I am feeling so lucky to be surrounded by such passionate, empathetic and thoughtful people and organizations, and now have the ability to take the lessons learned in

this fantastic city back to our own fantastic town. It's clear to me now more than ever that service does not require an exotic location or even a change in scenery. It simply requires an understanding, filled with love and empathy and passion, for people, regardless of any identifying factors. I hope to bring this philosophy home to Moscow, because I know that there is no limit to the amount of compassion and love in a community. It simply requires action.

Steven Elsbury — Peru

I believe that the real worth of this trip is that we are contributing in some way, however small, to a project that provides an escape for children in tough situations. We are contributing to an organization that could provide that life-saving motivation to someone low. That right there makes it (the trip) worthwhile to me because we could indirectly help to save a life in the same way

that some of our have been.

In my mind the real glory goes to Ernesto, Dina, Manfred and Sophia because of how much of a long-term difference they make. But what we are doing is still helpful and necessary to enable the real heroes. As our United Planet hosts say, 'Individually we are one drop. Together we are the ocean.'

SEE WORLD, PAGE 5

Meeting for megaloads

Oversized loads to travel through Moscow, citizen concerns addressed

Ryan Tarinelli
Argonaut

The controversy surrounding the transportation of oversized oil refinery equipment has been renewed on a new series of planned loads to travel through Moscow.

Infrastructure logistics and public safety were the main concerns addressed last week at an informational meeting on the loads, which could begin traveling late January.

Citizens were allowed to submit their concerns about the loads to city hall before the meeting. However, there was no public forum.

The meeting included representatives from multiple City of Moscow departments — the Idaho Transportation Department, the Latah County Commission, Idaho State Patrol and the hauling company, Mammoet.

The loads will be the biggest to come through Moscow yet, said Moscow Mayor Bill Lambert. The loads will weigh 1.6 million pounds and stretch to 441 feet long.

If approved, the loads will travel North on U.S. Route 95 from Lewiston, before approaching Moscow where they will travel

SEE MEGALOADS, PAGE 5

Stay safe from stalking

UI CTC, Dean of Students Office offer information, services for stalking victims

Erin Bamer
Argonaut

Sara Spritzer was a sophomore at the University of Idaho when she went to a party and met a guy. She spent the majority of the night talking to him, and everything seemed normal. But within a few days, he started a habit of texting Spritzer non-stop. They shared a class together, but throughout that week, he walked her to every class she had and her workplace.

"I didn't really think anything of it at first," Spritzer said. "I just thought he was trying to be nice, walking me to class."

Then things escalated. A handful of times he showed up at her house unannounced. When Spritzer told him that she didn't want to communicate with him anymore, he followed her to where she was studying in the Idaho Commons.

"We started talking," Spritzer said. "And he got really angry. He slammed his fists down against the table, and there were people staring at us in the Commons. I was really uncomfortable, and I felt really unsafe."

Fortunately, Spritzer worked at the Women's Center, and she knew

that would be a safe place to go. At work, she talked to Virginia Solan, UI violence prevention programs coordinator, who helped her get in contact with the associate dean of

“

We started talking and he got really angry. He slammed his fists down against the table, and there were people staring at us in the Commons. I was really uncomfortable, and I felt really unsafe.

Sara Spritzer, ASUI director of safety and violence prevention

students. Spritzer said she hasn't had any trouble since.

January is the 10th anniversary of the first National Stalking Awareness Month, and is an issue Solan often deals in her role at UI. Stalking is defined as a course of

conduct directed at a specific person that would cause a reasonable person to feel fear, and a student can face expulsion for the crime under the UI Student Code of Conduct. Stalking is also a crime punishable by up to five years in prison or a fine of \$10,000 under Idaho state law.

Solan said what is seen by one person as stalking, can be seen as a perfectly okay action to another. She said because stalking can be a vague issue, a lot of people are hesitant to report it.

"It can be really hard for people to feel valid reporting stalking," said Bekah Miller-MacPhee, advocate for survivors and community educator for Alternatives to Violence of the Palouse. "It can be really hard to detect. A lot of the stalking that I talk to people about, people don't identify as stalking. It might be that someone is in a new relationship, and they're not really sure why they're texting them all the time, and it is starting to get a little weird, but they like

SEE STALKING, PAGE 5

Finding funding for UI

Chloe Rambo
Argonaut

BOISE — University of Idaho Interim President Don Burnett released Gov. C.L. "Butch" Otter's recommendation for UI's budget numbers in Burnett's "Friday Letter" last week.

Burnett pitched university budget needs to the Joint Finance-Appropriations Committee Tuesday in the first of four presentations from UI representatives and faculty to JFAC that day.

"With respect to post-secondary education, the governor has emphasized the synergy between education and economic development, recommending investments in higher education and professional-technical programs," Burnett said.

In efforts to support the State Board of Education's "Complete College Idaho" initiative, Otter recommended allocating approximately



Chloe Rambo | Argonaut

University of Idaho Interim President Don Burnett presents a budget pitch to the Joint Finance-Appropriations Committee at the Capitol Tuesday. Burnett said UI's needs are fairly concise — a solid CEC for employees, funding to replace 18 scientific instruments and increased funding for construction and building maintenance.

\$1.05 million to increase instructional capacity for popular programs.

"My budget calls for investing in high-demand programs at each of our four-year institutions," Otter said. "By adding instructors in targeted areas of study, we can help break up

the logjam in our universities' upper-division classes, so students can keep progressing toward their degrees."

Burnett said Otter also recommends giving \$400,000 to UI to support expanding

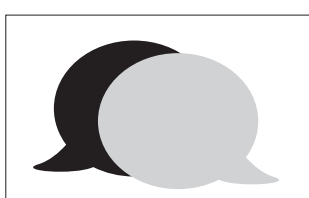
SEE FUNDING, PAGE 5

IN THIS ISSUE



Mike Scott pours in career high as Vandals top Cal State-Bakersfield

SPORTS, 6



Class, comp coming to a close, let it be a lesson to future administrators

OPINION, 9



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CRUMBS

Muffin mix cookies

Hannah Shirley
Argonaut

Everyone loves cookies — but if you're anything like me, you don't love the time and effort that goes into making them from scratch. This cookie recipe is made for the lazy college chefs. Using muffin mix cuts back on the work, and it still gives you a delicious end product.

Ingredients

- ½ cup butter
- 4 oz. cream cheese (half pack)
- ½ teaspoon baking soda
- ½ cup brown sugar
- 2 eggs
- 1 package muffin mix (I used Krusteaz orange cranberry)

Directions

Preheat the oven to 350 degrees.



Hannah Shirley | Crumbs

In a large bowl, cream butter and cream cheese with a beater until smooth.

Add baking soda, sugar and eggs, then blend.

Add muffin mix. I also added 1 cup white chocolate

chips because it goes well with this orange cranberry mix. Then mix thoroughly.

Place dough in balls on a pan lined with parchment paper.

Bake 12-15 minutes. It

depends on whether you like your cookies soft or crispy. Allow to cool before serving.

Hannah Shirley can be reached at crumbs@uidaho.edu

High Five



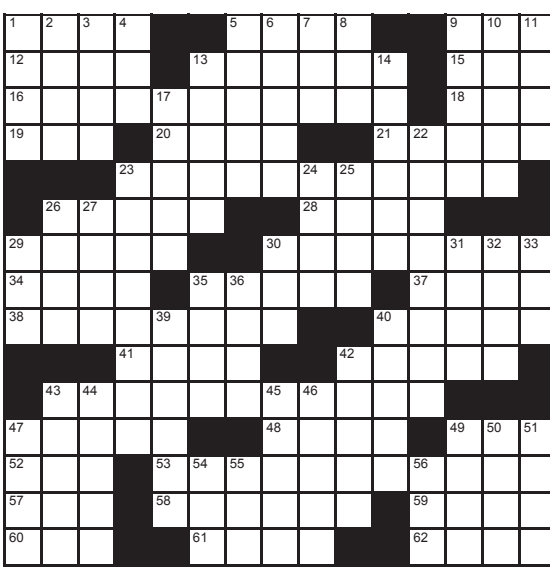
Shane Wellner | Argonaut

FOR MORE COMICS SEE COMIC CORNER, PAGE 10

CROSSWORD

Across

- 1 Riot spray
- 5 Lawn starter
- 9 Forum greeting
- 12 Pedestal topper
- 13 Traps
- 15 Obtain
- 16 Sunshine State city
- 18 Boiling blood
- 19 Before, once
- 20 Apple throwaway
- 21 Santa Anas, e.g.
- 23 Chickenfeed
- 26 Place for a pin
- 28 Warning device
- 29 Luxury car, familiarly
- 30 Grandfather clock part
- 34 Jai
- 35 Painting holder
- 37 The life of Riley
- 38 Wicked king and son of Zeus

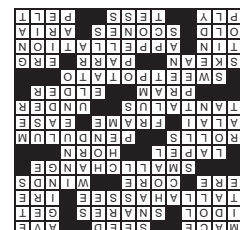
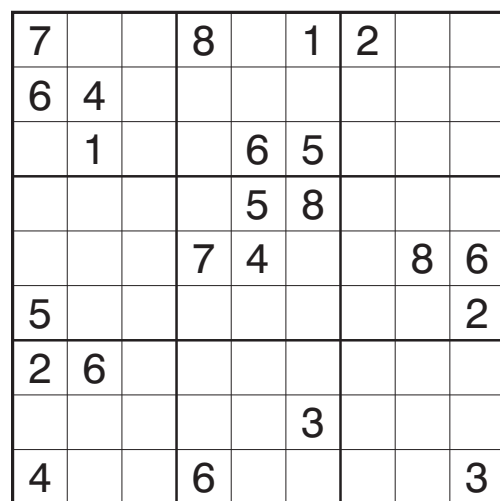


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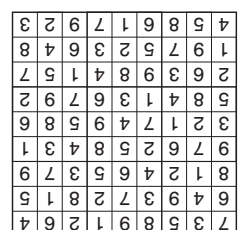
Down

- 1 Acarid
- 2 Shevat follower
- 3 slaw
- 4 Building annex
- 5 Tangle
- 6 Artist's stand
- 7 Hesitant sounds
- 8 Sandra of "Gidget"
- 9 Winery process
- 10 Cape Islands
- 11 Quebec seasons
- 13 Sand bar
- 14 "Folly" politician
- 17 Summits
- 22 Insinuation
- 23 Kind of soup
- 24 Sci. course
- 25 Fine-tune
- 26 Singer Falana
- 27 Astronaut Shepard
- 29 Rodent
- 30 Mas' mates
- 31 Stow, as cargo
- 32 Consumer
- 33 Mal de
- 35 Fizzless
- 36 Beef cut
- 39 Gladiatorial sites
- 40 Extreme
- 42 Noblemen
- 43 Proficiency
- 44 "Peter Pan" character,
- 45 Unlocks
- 46 Accounts
- 47 Train station
- 49 Emerald Isle
- 50 Provoke
- 51 Picnic pest
- 54 Loan figure, briefly
- 55 "Ulalume" poet
- 56 Pub fixture

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Corrections

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Reworking 'do the crime, pay the time'

Idaho invests in 5-year plan to improve state prisons

Chloe Rambo
Argonaut

BOISE — According to the state Justice Reinvestment report, Idaho's crime rate is among the lowest in the nation, but recidivism — the repeating or relapsing of individuals' criminal behavior within three years — is on the rise.

Marc Pelka, program director of the Council of State Government Justice Center, presented the newly-released report on Idaho's projected criminal reinvestment policies to the legislature's joint Justice Reinvestment Interim Committee Thursday.

Pelka said Idaho's current recidivism rate is 53 percent and is reaching a nearly unmanageable level compared to the national average of 40 percent.

Sen. Patti Lodge, (R-Houston) and Rep. Rich Wills, (R-Glenns Ferry) co-chair the reinvestment committee. Wills said the first year will bring with it a focus on probation and parole issues. He said starting at the final stages of the incarceration system would provide the best strategy for success.

"We need to start at the end and go back, I don't want to lose that forward motion, there are so many things out there — we really have to address (them) well," Wills said. "We're archaic at looking at felonies — many of these could be considered misdemeanors and would offer less pressure on Idaho jails."

The report said Idaho is the third highest state for the number adults on active probation, and that number is expected to

grow if no changes are made to current policy.

"The population is expected to grow by 16 percent if no changes are made," Pelka said, following a six-year projection.

That prediction comes with a \$290 million cost for taxpayers, as well as no change in the rising percent of the prison population recidivism.

The CSG Justice Center and Justice Reinvestment Interim Committee drafted 13 policies targeting all three major challenges. The policies would decrease the prison population by 1 percent and avoid \$288 million in costs.

During a five-year span, the report recommended reinvesting \$33 million in treatment, supervision and training geared toward improvement.

As for the simplified main goals of new legislation, Pelka said the suggestions will help the state reduce the consistently returning incarcerated population, increase public safety and lower costs for Idaho taxpayers.

"The recent trends present a challenge to this state," Pelka said.

Pelka summarized Idaho's top three challenges the state must overcome in order to gain control over the increasing prison population. First, Pelka said, the state is experiencing a "revolving door" when it comes to moving incarcerated individuals through the system. Pelka said responses to supervision violations are slow, while the current investment in substance use treatment isn't enough for the thousands of people on probation



Chloe Rambo | Argonaut

The 2,080-bed Idaho Correctional Center is one of Idaho's 10 correctional institutions. The five year plan developed by the CSG Justice Center and the Justice Investment Interim Committee is expected to lower the prison population by 1 percent, reduce recidivism by 15 percent and save taxpayers \$288 million while reinvesting \$33 million in treatment, supervision and victim restitutions.

and parole.

The second challenge Pelka described is the state's inefficient use of prison space. The majority of the 2,080 beds in the Idaho Correctional Center, located minutes outside of Boise, are occupied by individuals who have either been stripped of their community supervision, been sentenced to a "rider" program or are convicted of a nonviolent crime and are eligible for parole, but have not yet been released.

"The cost to your system is significant," Pelka said of the wasteful use of space. "Outcomes can be improved on the community side — less crime, less violations and

less cost of new people coming into the system of returning to the system."

The report said most people stay in prison well beyond their fixed term, regardless of the type of offense they committed and their assessed risk level.

The third challenge is insufficient oversight. Without the ability to track outcomes and measure quality of prison programming, Pelka said policymakers are unsure whether their investments are yielding intended outcomes.

The interim committee, along with the CSG Justice Center, created a policy framework to thwart these challenges. The policy

includes faster response to supervision violations, providing judges with recidivism outcome data for various sentencing options, as well as the establishment of an oversight committee to measure and assess policy impacts.

"What's important is how you combine that all together into a total package, to improve how the systems in this state work," Pelka said.

Sen. Lodge and Rep. Wills are currently drafting legislation to bring the 13 report-based policies to law.

Chloe Rambo can be reached at arg-news@uidaho.edu or on Twitter @CRchloerambo

Brittany Bowles appointed Greek Adviser

Aaron Bharucha
Argonaut

Brittany Bowles, 24, was active in the Greek system as a student at California State University-Northridge. When she started her job as the University of Idaho Greek adviser Jan. 6, the transition seemed natural.

"I was active all four years," she said. "I held five positions in my chapter and two on Panhellenic."

Although Bowles was active in her Greek System and in her sorority — Delta Delta Delta — she said the Greek system at UI is very unique, and she's still taking time to learn the rules and bylaws of both IFC and Panhellenic.

"A lot of my spare time is spent on the websites reading the information and getting up to speed on how everything is done here at Idaho," Bowles said. "That's a number one priority for me so I don't end up in a situation where I don't know exactly what steps to take."

Because the Greek students make up a significant portion of the UI student population, Bowles said she feels the need to do an even better job.

"Having the pressure makes us want to do better and exceed their standards of me," she said.

Bowles said she wants to use her first year to survey students to find out what they like and

dislike about of the UI Greek system.

"At prior universities, I've seen new leadership come in and try to change everything, and it's never really that receptive by the students," Bowles said. "There's no need to reinvent the wheel — just take the wheel, throw a little Idaho Vandal spirit on it and then make it ours."

While Bowles does have more experience with Panhellenic than IFC, she said she is going to be sure and give both organizations an equal amount of attention.

"I need to make sure that they're both supported and not managed, but advised," Bowles said. "I think that's one of the most impor-

tant things — not doing it for them, but teaching them how to do it if they don't know."

Bowles said her experience with Greek life at Cal-State Northridge was gratifying and she hopes to give the Greek students here that same experience.

"I'm very passionate about the Greek system, I think they can provide so many additional activities and experiences and professional networking skills," she said. "I want to help the students in any way I can, so they can have the same experience I had as an undergrad."

Aaron Bharucha can be reached at arg-news@uidaho.edu

UI goes green

Hannah Shirley
Argonaut

Greenhouse gas emissions on the University of Idaho campus have decreased 12.5 percent since 2005, a recent inventory conducted by the university showed.

The inventory is conducted annually at most universities in accordance with the requirements set by the American College and University Presidents' Climate Commitment. It essentially measures the university's carbon footprint.

Spencer Batt, a research assistant at the UI Sustainability Center, spearheaded the UI greenhouse gas inventory this year.

"Think of me as a greenhouse gas accountant, adding up cumulative emissions for the calendar year," Batt said.

The university has been conducting the inventory since 2005, when it made a commitment to curbing its greenhouse gas emissions by signing the Talloires Declaration. Greenhouse gas emissions peaked at UI in 2008, but have been on a steady decline since then. According to Batt, seven years is a very short time for a study period — but progress is progress nonetheless.

"It's our attempt to make a difference," Batt said. "We are an institution of higher education, and we feel that climate change is no longer controversial. From 101 classes to upper level classes, here at the University of Idaho, we collectively believe that climate change is happening."

A 12.5 percent decrease is a reduction of 4,718 metric tons of carbon dioxide production, according to the sustainability center. With the data collected in the inventory, the university will move forward

to create an emissions reduction action plan in the spring.

"The Climate Action Plan is our effort to move forward and provide an example," Batt said. "We are stewards of education — we want to perpetuate healthy environmental habits."

According to Brian Johnson, UI assistant vice president for facilities, the action plan categorizes emissions into three categories: direct emissions, such as the kind from vehicles and refrigeration systems; indirect emissions, such as the kind produced from generating electricity; and miscellaneous emissions such as university-funded air travel and waste disposal generated from livestock production.

Cutbacks on indirect emissions were the greatest contributor to the university's greenhouse gas reduction, Johnson said. The reduction was done by upgrading lighting and retrofitting outdated technology in older buildings.

"Everyone wants to reduce their energy bill," Johnson said. "If your resources are tight, it gets hard to make significant gains — you can make limited gains, though, through education of campus users. Turn off your lights, turn off your computer ... but you'll have limited progress you can make with that."

Johnson and Batt agree that reduced greenhouse gas emissions mean lower energy bills, lower waste and ultimately, lower costs.

"It's common sense to be sustainable," Batt said. "It has nothing to do with any political agenda — it's just doing your best with what you have around you."

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

ASUI seeks student values declaration

Amber Emery
Argonaut

Editors note: An incomplete version of the following story ran in Friday's edition of The Argonaut.

Within the University of Idaho's student affairs policies and the Student Code of Conduct there is a Statement of Student Rights, but ASUI President Max Cowan thinks there's something missing — a Statement of Student Values.

"We've been discussing issues related to the Statement of Student Rights and the Student Code of Conduct and I think that conversation has been a very negative one," Cowan said. "It sets the bar pretty low because it's saying what you can't do and I think it's important as a university with our aims being to grow as students, become better citizens and better members of our communities, we need to aim higher than just not doing what is wrong and we really should be looking for what is right."

Cowan said he thinks the best way to put a positive spin on the university policy changes is including a section that outlines values that are commonly held by

UI students.

"The purpose of a Statement of Student Values is to find a way to come together to define what's important to us, what we expect from each other and to put together a concise way to share that with one another," Cowan said.

The new ASUI project is in full swing after Cowan made the first attempt to reach out for student input last month.

"We held a leadership summit and we had over 40 student leaders in attendance," Cowan said. "We had representatives from all different clubs and intramurals and we basically sat down to discuss issues of what's important to us."

ASUI Vice President Taylor Williams attended the summit and said student leaders generated a pool of 88 values ranging from personal values to professional and academic ones.

"When talking about values, it takes a lot of personal reflection, which was really good for me," Williams said. "Some of the values that I think are the most important to me as a student are academics, op-

portunities — or having the ability to access opportunities — and relationships or community connections."

Williams said many of the student leaders in attendance listed similar values, among many others, that will better represent UI students if solidified into an official Statement of Student Values recognized by the university and included in policies.

"Creating a Student Statement of Values is a clear way to represent how we as students believe we should act as well as what we value," Williams said. "Hopefully by having this statement, we would all be on the same page of what it means to be a Vandal. It would also help when working with administrators or faculty and staff and allow students to have a clear stance on things based solely upon our values."

Cowan said the project is on hold while ranking ASUI members sort through the pool of values to combine duplicates and come up with the official language.

"For example, a commonly held value by a lot of the students is education. But, there were also a lot of students who listed learning as a fundamental value.

These kind of discrepancies are things we need to work through," Cowan said.

Cowan is partnering with ASUI Director of Health and Wellness John Nuhn to make a concrete list of values to present to Faculty Senate later in the semester.

"(Cowan) and (Nuhn) will be compiling information from the summit," Williams said. "And then will be trying to create a statement based upon the most listed and 'popular' values. They also mentioned hosting another leadership summit in the future."

Cowan said there is a great possibility of another summit open to all students, because student input is what the project is centered on.

"You can't make a Statement of Student Values without listening to what students have to say," Cowan said. "Students from Greek houses, dorms and off-campus — it's important to me that all students are included. I want to include students in the process of changing UI policies and this is their chance to do it."

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

CTC earns suicide prevention grant

UI Counseling and Testing Center makes changes, increases efforts to stop student suicide

Danielle Wiley
Argonaut

In an effort to support suicide prevention efforts, the Counseling and Testing Center has earned a \$303,000 grant to support suicide prevention efforts.

The Garrett Lee Smith grant is intended to help educate the public on suicide prevention and bystander intervention. The CTC was awarded the grant by the Substance Abuse and Mental Health Services Administration.

The money is meant to last until 2016 and is to be used toward the center's efforts to address mental illness, depression and suicide on campus.

Sharon Fritz, licensed psychologist at the CTC, said according to the latest National College Health Assessment survey 8 percent of UI students seriously considered suicide within the past year and 1 percent attempted to commit suicide in the past year. That means out of the 12,493 students enrolled in UI, 999 students considered suicide and 124

students tried to commit suicide. Fritz said the survey showed 33 percent of UI students have felt so depressed at times that it was hard to function.

The first step the CTC took in improving its services with the grant was to hire a program coordinator.

Emily Tuschhoff was hired to coordinate the new suicide prevention program. She will manage the campaign and recruit students to be part of the awareness program. Tuschhoff is a Washington State University graduate with a master's degree in community health.

Fritz said in the past the CTC held awareness programs in Greek houses, had tables in the commons, provided online resources, held classes and did national screening for depression and substance abuse on campus. Fritz said the goal of the grant is to consolidate the programs and make them more accessible to students.

"One of the goals of the grant is to create some infrastructure so we can have a crisis plan on campus, we can have clear protocols of what to do and to help students," Fritz said. "So by the time the grant money ends we have established protocols and outreach."

The grant was awarded to UI in a nationwide competition with other universities and colleges. UI had to demonstrate a need for the grant and a future plan to confront mental illness on campus.

Fritz and Tuschhoff agreed there are steps students can take if they believe a friend, classmate or coworker is in danger of committing suicide.

"What we're trying to encourage our community to do is to ask the question, you can ask it in a gentle way but it is important to ask," Fritz said.

Fritz said there are some signs students should look out for when it comes to friends and even their own feelings.

"Certainly if they are talking about it ... if there are feelings of hopelessness, depression, feelings of isolation, worthlessness ... there is a connection with alcohol and drug use between suicides and suicidal thoughts so if someone's behavior has changed drastically with their use of alcohol and drugs that's a sign that maybe they are trying to cope with something else."

Fritz and Tuschhoff said they encourage students to approach a friend who might be struggling and express concern. If a

student feels like they are unable to confront a friend, they are encouraged to contact the CTC or the Dean of Students office. There is also an online form called the SBAT form, located on the Division of Student Affairs web page that allows students to seek help. The SBAT form is confidential and sent directly to the Dean of Students.

"I would really encourage that if anyone is talking about it or demonstrating signs to take that person seriously and talk to that person," Fritz said.

Another resource students have is access to free and confidential counseling on campus, and Fritz said the CTC is held to strict confidentiality standards.

Students who believe they suffer from depression, anxiety or other mental illnesses are offered counseling and medication through a psychiatrist at the Student Health Center. The office also offers bio-feedback — a way to focus on dealing with stress and anxiety.

"Often times with being a student you are constantly stressed, constantly anxious ... so learning ways to manage that stress and pressure can be helpful," Fritz said.

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UI students visit legislators

Amber Emery
Argonaut

ASUI began the spring semester by sending a bus full of undergraduate students to the Idaho Capitol building. The students represented the University of Idaho student body to state legislators in honor of Higher Education Week.

The annual event, known as the legislative breakfast, gives each college an opportunity to showcase its research and accomplishments to members of the state legislature. To be more inclusive of students, ASUI launched its legislative ambassadors program three years ago.

"The event gives ambassadors the opportunity to chat with their senator and two representatives in an informal and informational setting, while asking for select initiatives," said Jim Martinez, ASUI director of policy. "The university promotes the event because deans can explain the

research and opportunities that they offer students, while our ambassadors are able to give personal insight into the important role that higher education at the University of Idaho plays in their future ambitions."

Martinez said there are 38 legislative ambassadors this year — 35 students assigned to each district and three students to lead the event — including ASUI President Max Cowan and Vice President Taylor Williams. Each student ambassador went through a demanding training process and was assigned to one senator and two representatives to meet today in Boise.

"Since the application process, ambassadors have attended monthly meetings to familiarize themselves with the program details such as how and what to say to legislators, how to draft a personal letter to legislators, what professional dress to wear at the event, etc.," Martinez said. "We will continue to meet each month in the spring

semester to keep in contact with the legislators and hopefully produce tangible results from this trip to the Capitol."

The legislative ambassadors' job is to convince their respective legislators to support three lawmaking initiatives: a 5 percent fully funded change in employee compensation (CEC) for university employees, funding for the Complete College Idaho initiative, and allocation to the Permanent Building Fund.

The Complete College Idaho initiative — enacted by the Idaho State Board of Education — is a goal to get more Idaho students to complete college. The Permanent Building Fund is a financial resource for universities and colleges in the state.

"As undergraduates, we recognize the importance of retaining excellent faculty and staff, improving the condition of buildings and classrooms and getting more Idahoans to complete college," Martinez said. "However, we won't know if our efforts are well spent until the budget for Idaho is approved later in the legislative session."

ASUI Sen. Allen Jennings is one of the legislative ambassadors this year and said he's excited to attend the event, but a little nervous to speak to the legislators.

"I'm meeting with Sen. Sheryll Nuxoll, Rep. Paul Shepherd and Rep. Shannon McMillan ..." Jennings said. "I'm actually not that nervous about the event as a whole and I'm most nervous about what I'm going to say to the legislators that

Thirty-eight students visit Boise to speak with state legislators about how they can support UI this year

I have meetings with mainly because I know Sen. Nuxoll and Rep Shepherd on a personal level."

Jennings said he feels honored to serve as a legislative ambassador and knows his fellow ambassadors feel the same sense of enrichment from the experience.

"I believe this event is important because not only are we advocating for the University of Idaho, but we are advocating for higher education as a whole," Jennings said. "We are students who have volunteered their time to hopefully make a difference for higher education in the state of Idaho."

Martinez said he anticipates success for UI in the legislative session because there was more effort put into the legislative breakfast event and Gov. Otter set a goal earlier this month to improve education in the state.

"I think that starting the legislative ambassador program earlier this year will be beneficial at the event, because we have covered topics over a longer period and have contacted legislators earlier," Martinez said. "Not to mention, the ambassadors will maintain a connection with their senator and representatives when they return to Moscow to finish the semester. This year also looks promising for higher education with the governor's recent commitment to supporting K-career education."

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Panhellenic welcomes new President

Sarah Jacobsen prepares for year as Panhellenic Council President

Aaron Bharucha
Argonaut

Sarah Jacobsen is no stranger to involvement in extracurricular activities.

Jacobsen, a member of Kappa Kappa Gamma, was involved in several organizations during her time at Lakeland High School — including varsity cheerleading, Drama class president and student council. Now she will bring that involvement from high school to her college career as the newly elected Panhellenic Council president.

"Everything that was available to me, I tried to be involved with," Jacobsen said. "I was constantly busy and that's half the reason I loved high school so much."

But, Jacobsen said, the transition from small-town life to a university was difficult. "I was terrified," she said. "But eventually I realized that Greek life was a place where I really fit — I loved it and it was something I was really passionate about."

Jacobsen said her family includes many Greek alumni so the step was only fitting. Her mom was a member of Alpha Phi, her dad was in Farmhouse, her grandpa a Sigma Alpha Epsilon member and her sister was a Kappa Kappa Gamma.

As well as being this year's PHC President, Jacobsen was PHC's Vice President of Public Relations in 2013, and she was the Kappa Kappa Gamma Chapter Delegate her freshman year.

"I remember going in my first day and thinking that this was something I really wanted to get involved with," she said. "The council was made up of all these wonderful women from all of these different chapters — and they all got along so well. I loved that."

As the new Greek Adviser, Brittany

Bowles, makes the transition to the university Jacobsen said she hopes to help make a smooth transition for Bowles.

"I think getting her integrated with our Greek life is going to be a huge thing because it is so different from other universities," Jacobsen said.

During her presidency, Jacobsen also hopes to add another position to PHC to increase chapter involvement.

"Currently we have seven positions, but we have 10 chapters total," Jacobsen said. "I think every single chapter on campus has something that they can bring to the table that would make our council even stronger."

While Jacobsen has several changes and improvements she'd like to make this next year, she liked the way things went last year when Brooklynn Watts was president.

"(Watts) was very active in keeping Panhellenic in the loop about what's going on," Jacobsen said. "I think (she) just made some very positive strides on where we want to be. She was a very progressive leader — she was also very level-headed, and that's one thing I really admire about (Watts)."

This year, Jacobsen also hopes to improve the image of Greek life and decrease the tension between Greek and non-Greek students.

"We need to break down those barriers and realize that we're all Vandals and we're all college students," she said. "We're a university and we need to band together."

Jacobsen said she and her entire family are filled with Vandal pride.

"When people say they want a college experience, U of I is the best place to go for that," she said. "You get a wonderful college experience and it's something you'll remember forever."

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WORLD

FROM PAGE 1

Tyler Tennison – Romania

Over winter break I traveled with 13 other students and two advisers to the Eastern European country of Romania. We worked at an organization called Pro Vita, which was started in 1991 by the Orthodox Church to help the displaced children and others after the end of Communism in the early 1990s.

Our task was to aid in the day-to-day lives of the people at Pro Vita and help finish up construction on a home for the teenage girls. In our time we were fully immersed into Romanian life including their language and other cultural aspects and this brought us close to the people of Pro Vita and each other.

My alternative service trip was the ultimate learning experience and it would have been entirely different without the amazing group I was with. Romania is a beautiful place filled with so much history, and I will be forever impacted by the people I met and the time I spent there.

Sierra Pagel – Romania

Leaving Pro-Vita is going to be difficult. Not seeing the kids, the people and my team is going to be something that won't come easy. Over these past two weeks, I have learned so much about Romania, the loving people who live here, and the people who are on this incredible trip with me.

Before coming here, I was somewhat nervous because I was literally traveling around the world with people I have only known for a short period of time. Fortunately, I lucked out and was placed with the most intelligent, hard-working, inspirational and loving people I have ever met. The team made the trip that much more incredible and a wonderful experience that I will never forget.

I know it sounds so cliché but it truly was an experience of a lifetime. I am struggling to put into words how much of an impact these people have had on my life in this short amount of time.

Since we had such a solid team, it was easy to bond with them, and get a lot of work done in the village. We were able to easily complete all of our tasks each day, and we were then able to spend time with the children of Pro-Vita. Even though one might see these kids as underprivileged and maybe not as up to par as the average American kid, I learned so much from them. They were so eager to get to know us and learn as much as they could from us. Many knew several languages, and could speak English quite well.

I will miss playing with the kids, and laughing with them because I would pronounce something wrong in Romanian. I will miss helping Vio cook in the kitchen where she would teach us all the true meaning of being a strong and powerful woman. I will miss waking up and hearing the laughter of my team while eating breakfast every morning. I will even miss the cat that was carrying around a whole family of fleas.

Living in Pro-Vita certainly would be no easy task. The water was freezing if you could get the shower to work, you had to watch out for the mangy dogs, and do daily chores to make sure everything was running smoothly. However, I wouldn't trade this experience for anything. I am so glad I applied for this trip, and I am so grateful to have been chosen to go on this life-changing trip.

Jessica Darney – Peru

Greetings from Peru! Feliz dia de Cai Cay! Today is the 157th anniversary of the little village of Cai Cay. We started the day off by celebrating the beautiful landscape around us by going on a hike. My teammates discovered a tarantula

and a human skull! We also saw dozens of cacti and learned that the locals put their initials in the soft tissue because when it scars, it is said to be permanent.

Back at Fe Yunca Puncu (the project we stayed at) we ate the usual egg and pan with oatmeal drink for breakfast then got to work! Today's tasks included painting the inside of the school, sanding the outside of the school to prepare for painting, cementing rocks into place outside the project, and my favorite: trash cleanup.

For the trash clean up we went in pairs around the block picking up everything from broken glass bottles to baby doll arms. I particularly liked this job because my partner and I could explore Cai Cay and really get to know the town. We went down to the river and cemetery—places the locals visit often. We saw many locals who asked what we were doing and smiled when we answered basura (trash).

Then we had to say our goodbyes to the niños of Fe Yunca Puncu. It was sad to see them go because over the last couple days we got to know them quite well. Each one got a shirt or shorts, sunglasses and a piece of candy. They deserve a great life and it was sad to know I probably wouldn't ever get to see them again.

In the evening, we went to the town's annual celebration of Cai Cay day. We watched some cultural music and dance, and even got pulled into the dancing! The dancers grabbed half of the team to come dance with them! We also met another group from the USA, which felt funny because we hadn't seen any other tourists until then.

Well, tomorrow we are leaving to Cuzco and Macchu Picchu! Wish me luck!

Annemarie Jayo – Peru

I think we've all begun to realize how humbling of an experience this truly is. I often ask myself if we are doing more for Cai Cay, or is Cai Cay doing more for us? I think everyone has become more grateful from this whole experience. Only the people who have the opportunity to be a part of something like this can really understand when I say it is life changing.

Alonso Arteaga – Peru

This trip taught me to never give up and to help others, that it is not just about me but the people. The children in this village are amazing and watching how they appreciate everything they have. It changed my life by wanting to do more and to do so it empowers me to further my education and hard work. To be able to come back and help because these children are important and they all have dreams. Dreams that will become a reality with the help of others along their journey.

Jessica Marboe – Peru

This trip has been amazing. The growth I have experienced over the last 14 days has been incredible. I have gained so many valuable life lessons over the trip. The people of Cai Cay were incredible. I can honestly call them my family. I love them and respect them for their positive and spirited attitudes even with all they are going through with financial issues, health issues, etc.

Susana Ruiz Gallegos – Peru

I learned so many things during this volunteering opportunity. The most significant was how much of an impact volunteering can have on a community. I saw that influence more on the children than the adults. We provided them with friendship and playmates, as well as teachers here in Los Molinos. Service has united us as a family and for that I am grateful.



Chloe Rambo | Argonaut

ASUI Lobbyist Ashley Morehouse (right) answers questions from a prospective UI student at the Meet the Vandals event in Boise Tuesday. Morehouse is based in Boise until the end of the legislative session to discuss the needs of UI students with state legislators.

MEGALoads

FROM PAGE 1

on Washington Street and continue onto North Main Street.

Chip Kachel, Mammoet project manager, said there will be three separate loads transporting a hydraulic fracker used to produce low sulfur diesel.

Infrastructure concerns

Doral Hoff, ITD operations engineer, said Mammoet's proposed loads would comply with all of the U.S. Route 95 weight regulations. He said the maximum pounds per inch width of tire for Mammoet's largest load is 640 pounds, which falls well below the 800-pound maximum weight.

Public Works Director Les MacDonald said the loads should not have an impact on city utility pipes under the roadway.

"Because of the load limitation on the tire, and the load limitation on the axle, the road really sees no difference," MacDonald said.

MacDonald said his department has completed video inspection of many sewer

pipes and other city utilities to document any change to the infrastructure. He said he does not anticipate any effect on the infrastructure, because the loads are below maximum weight regulations.

Kachel confirmed at the meeting that Mammoet is a bonded and insured company, and that any accident to occur to road infrastructure would not be a cost to the city.

City Council member Wayne Krauss said he appreciated the thoroughness of the meeting but is doubtful about the future loads.

"When does it finally get to a point where these loads just don't make sense any longer? How much bigger can they get? I would have never imagined in my mind that we would have a city block wide, 1.6 million pound vehicle coming up to our town, this to me, doesn't make sense," Krauss said.

Public safety

The loads are not permitted to travel during the day, and will not travel on the weekend because of higher foot traffic in Moscow, said Phillip Bandy, a representative from Forsgren, an engineer-

ing consulting firm hired by Mammoet.

Hoff said ITD will announce the movement of the loads 24 hours before they depart, and that weather conditions will have a large impact on whether or not the loads will depart that night.

David Duke, Moscow police chief, said the loads should stay under 10 mph while in Moscow city limits, and come through Moscow between 11 p.m. and midnight to avoid hitting intoxicated individuals after bar break.

Hoff said the load should be able to move through Moscow in 30 minutes without any disruptions.

Duke said because loads in the past have gone onto the sidewalk on the Washington Street S curve, he has put in a request to close the sidewalks when the load passes by.

Kachel said he is confident they can move the load safely, without any infrastructure damage.

"This is what we do everyday, we move big things," Kachel said.

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STALKING

FROM PAGE 1

the person, so they don't know if it is okay to feel weird about it."

Behaviors categorized as common stalking actions include following, frequently arriving unexpected, sending unwanted gifts, threats of violence and monitoring phone calls and computer use.

"If I could only give one tip to students on stalking, it would be to never give someone your passwords, no matter how much you love them," Solan said.

Solan said students who feel they might be the victim

of stalking encouraged to visit the Dean of Student's office or the UI Counseling and Testing Center. Alternatives to Violence of the Palouse is also a 24-hour, confidential service, she said.

In Spritzer's case, she went to Solan who connected her with Associate Dean of Students Craig Chatriand.

"He explained everything very well," Spritzer said. "He explained what he could do, and he made sure it was what I was interested in doing. I felt very safe, and I haven't had a problem since he handled it. I'm very thankful and glad I went through with talking to the dean of students, because it is such a great resource for all

the students on campus."

As January is National Stalking Awareness Month, Solan said UI is making it a priority to put a spotlight on the issue to educate students.

"The more aware we are, the more we can plan for prevention," MillerMacPhee said. "If we aren't aware that this is an issue, and that it is happening to a lot of people, then when it does happen to someone, they may internalize it and feel isolated. We really need to be aware that it is happening, and that it can happen to anyone, but also that anybody can access help."

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FUNDING

FROM PAGE 1

second and third-year law courses in Boise. While some educational programs are expanding, Burnett said others may decrease in size, be combined with other programs, or be eradicated. He said the university is in the process of prioritizing UI's educational programs.

"We shouldn't ask you for increased support, unless we become effective stewards of the state's investment," Burnett said.

Otter also recommended an increase of \$1.5 million for the UI Agricultural Research and Extension Service.

"Idaho's agricultural earnings have doubled in value over the past 15 years," Burnett said.

He said Idaho's farm revenues have steadily increased over the past three years, bumping Idaho up to the top tier of agriculture states — following only California and almost equal to the outputs of Washington.

Burnett also said UI has the highest number of aging buildings on campus in the state. He said UI needs in-

creased funding for building maintenance and new construction. He also said 18 scientific instruments from campus labs need to be replaced.

"Science brings money to Idaho," Burnett said. "World class research brings money to Idaho."

JEAC also listened to presentations from UI's agricultural research and extension

services, health education programs and special programs.

Some of UI's stockholders, alumni, faculty and staff will gather Wednesday at the Grove Hotel in downtown Boise to celebrate the university's 125th anniversary.

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SPORTS



University of Idaho Ultimate Frisbee club hosted its third annual indoor tournament last month.

PAGE 7

Finally

Vandals win close home game, break out of slump

Korbin McDonald
Argonaut

Cal State-Bakersfield and Idaho went toe-to-toe Saturday night in a back-and-forth game. This was not the first time they matched up: in the offseason, they both tried to recruit Mike Scott, the talented point guard out of Los Angeles.

Scott went on to score a career-high 20 points for Idaho in a game against the team that once tried and failed to recruit him.

The Vandals went on to beat Bakersfield 64-61.

"I talked to the guys in the locker room saying 'We got to win this one,'" Scott said. "Bakersfield recruited me just as hard as Idaho did, so I felt like we really needed to win this game."

Scott led the team in scoring 20 points while Stephen Madison joined with 20 of his own. The two, with Connor Hill's 16 points, combined for 56 of the Vandals' 64 points.

With the exception of a game against New Mexico State, the Vandals have gone down to the wire in each of their six conference games, only winning one of them previously.

This game was a breakthrough for the young team.

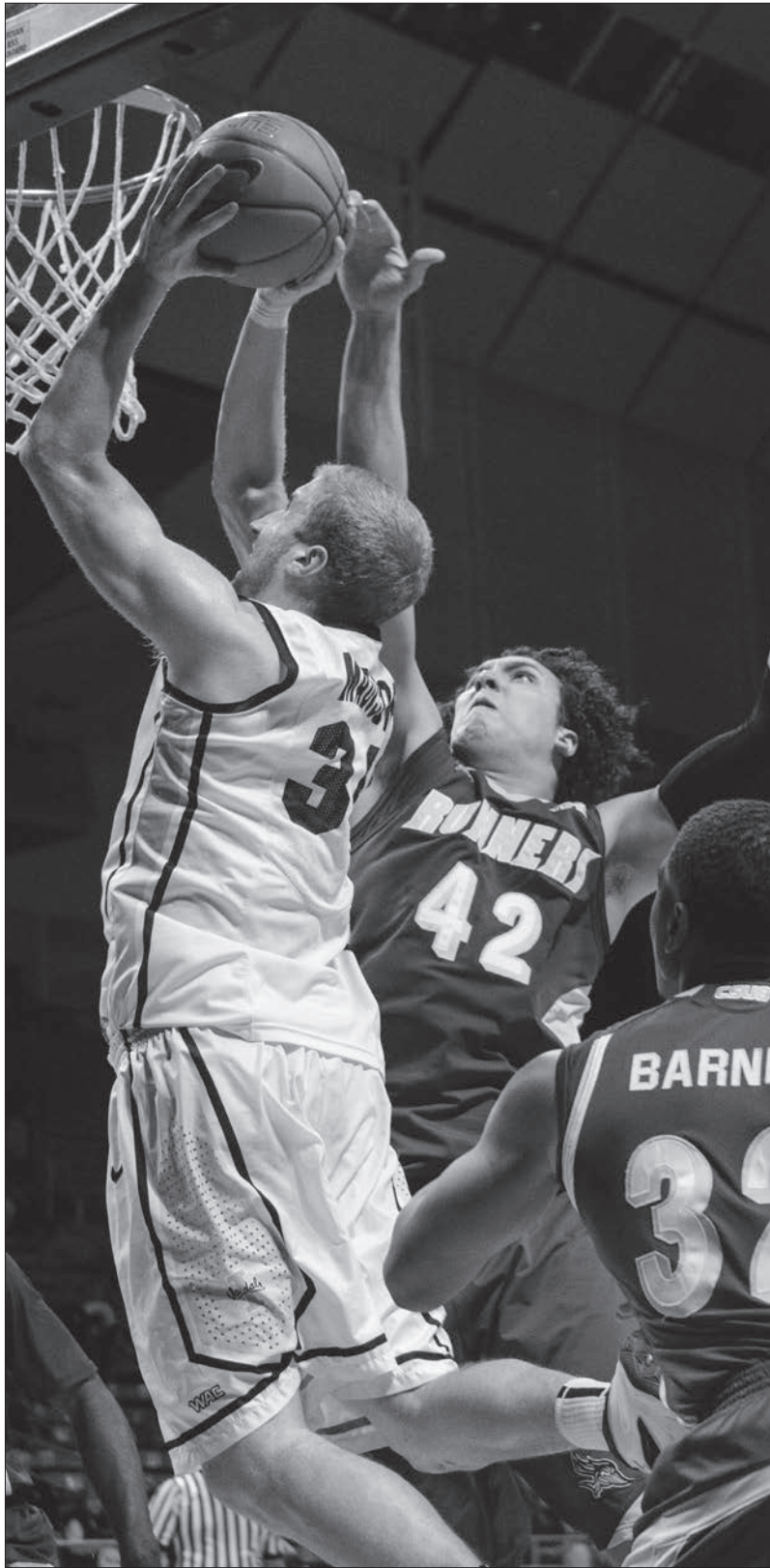
"It feels like every game we've had this year has been a nail biter going one way or another," Idaho coach Don Verlin said. "It feels nice to win a close one. Hopefully that will give our guys some confidence."

The WAC saw one of the better teams in the conference, New Mexico State, get swept in this week's slate of games.

"Anyone can win anywhere, home or away. Everywhere you go, it seems like it's a toss up," Hill said. "This game was huge. It felt like we could just not pull one off for the longest time. It was extremely nice to finally get one, especially at home, where we haven't got one yet."

With one minute left to go, the Vandals held a one-point lead, while Bakersfield had possession, but were unable to get a basket. After that defensive stand, numerous players were able to hit their free throws and seal the game for the win.

"Thank God they went in tonight," Verlin said of the free



Jessica Greene | Argonaut

Idaho senior Stephen Madison attempts a shot over Bakersfield center Aly Ahmed at Saturday's game. The Vandals won 64-61 over the CSUB Roadrunners in the Cowan Spectrum.

throws. "This team has had so many close games. It's not only affecting my heart, it's affecting my head."

Idaho has seen its fair share of injuries this season, so Verlin decided to give the team a day off Friday, in hopes it would give them rest.

"It was much needed. It was nice

to get that day off," Hill said. "We watched a lot of film and tried to get ourselves mentally prepared for the game, instead of practicing and beating ourselves up."

The strategy paid off as the

SEE FINALLY, PAGE 8

WAC Round-up

1. Utah Valley (10-7, WAC 4-0)



The Wolverines haven't lost since before Christmas and if coach Dick Hunsaker made his New Year's resolution to have an undefeated conference season, he's getting just that. Yet in a league that struggles to have any continuity, don't be surprised if the streak doesn't last. All of the losses have been by less than 10 points and at bottom-ranked Seattle U, UVU barely scraped out a 52-51 win.

2. Chicago State (8-10, 3-1)



Speaking of inconsistency, this same Cougar team that went 5-8 in the nonconference season has picked up three wins in its last five contests, with two of those coming on the road and one coming at home against league favorites New Mexico State. A West Coast road trip is on tap for Chicago State, who could pull ahead if the Cougars retain their road-warrior mentality at Bakersfield and UVU.

3. New Mexico State (14-7, 3-2)



With the best overall record in the conference,

the Aggies have been underwhelming five games into conference play. Credit that to consecutive losses to Chicago State and Kansas City, following a 3-0 start in the WAC. Credit those losses partially to the absence of

7-foot-5 sophomore center Sim Bhullar, who hasn't appeared in a conference game yet after averaging more than nine points and seven rebounds per game in the non-league season.

4. Missouri-Kansas City (6-11, 3-2)



These Roos are somewhat of a mystery at the moment. UMKC pulled off victories at Idaho and Seattle U, then lost a pair at home. Yet now, the conference newcomers are coming off their biggest win thus far — a 68-66 decision against NMSU. The Kangaroos play six games of their next seven away from home. Essentially, a stretch that could make or break this team's season ahead of the conference tourney.

5. Grand Canyon (7-10, 3-2)



The third of the three 3-2 WAC teams comes in below .500 overall, a common trend for this watered down conference, which has just two teams above .500. With each game as unpredictable as the next, in a conference that has been all over the place, the

SEE ROUND-UP, PAGE 8

Athletes of the week

Mike Scott — men's basketball



Mike Scott

The men's basketball team desperately needed to get a win to move up in the WAC standings. With a few key players making some big plays down the stretch, the Vandals were able to prevail 64-61 over Cal-State Bakersfield in the Cowan Spectrum on Saturday night. One of the key players was junior point guard Mike Scott. Scott, who started in place of senior Glen Dean, scored a career-high 20 points while also getting five rebounds and six assists.

"Mike Scott played a heck of a game," Idaho coach Don Verlin said. "He stepped up and played remarkably well the last two games, logging 37 and 38 minutes. Tonight he was phenomenal. The only two shots he missed were 3-pointers. Mike was the key to us winning the basketball game."

The men's team returns to the court Thursday when it visits Grand Canyon.

Andrey Levkiv — track and field



Andrey Levkiv

The track and field team competed in its first meet of the season Saturday at the WSU Indoor Open. The Vandal men, in particular, had a big day with five first-place finishes and two career-best marks set. One of the bright spots was Vandal thrower Andrey Levkiv, who finished first in the shot put with a career-best heave of 55 feet, 5.75 inches. Idaho coach Wayne Phipps was impressed with the senior's performance.

SEE ATHLETES, PAGE 8

Big again

Sean Kramer
Argonaut

To find the last time Idaho dropped a conference game, you'd have to go back to March 9, 2013. The Vandal women lost by two to the regular season champion Seattle U.

Idaho hasn't dropped a Western Athletic Conference matchup since.

Following up the three wins in a row from last March's conference tournament that netted the Vandals an NCAA Tournament bid, Idaho extended that streak to nine games and 6-0 in 2014 with yet another blowout — this time a 96-69 triumph Saturday at Cal State-Bakersfield.

It's the sixth straight game Idaho has won by 11 points or more and the third game on the road against conference foes that Idaho has topped 90 points.

"It was an extremely physical battle," Idaho coach Jon Newlee said. "There was a lot of stuff going on out there. We handled it well and didn't lose our composure. We just kept battling and blocking out. I told the team in the locker room that I was proud of how they kept their composure and just focused on

Idaho has yet to find match in new-look WAC with another blowout win

playing basketball."

The 3-point clinic from Idaho put the game away early. Idaho hit a season-high 14 3-point shots going 14-of-25 from beyond the arc to put the game out of reach early. Stacey Barr hit four of those, leading Idaho with 23 points.

“

It was an extremely physical battle.

Jon Newlee, coach

Further declaring its dominance among its conference competitors, Idaho snapped Bakersfield's 10-game home winning streak. All while holding the conference's leading scorer, Tyonna Outland, to 13 points, seven points below her season average.

Again, the blowout allowed Newlee to extend his bench, playing four players off the bench for double-digit minutes, with freshman Brooke Reilly posting her second straight game of double-digit points with 12.

All nine players who played got on the

score sheet.

"We were so unselfish tonight," Newlee said. "The movement of the basketball was fantastic. If somebody was open they got the ball, they got their look and they knocked it down. That is what team basketball is all about."

For Idaho, now the question may not be how they're going to win the conference, but by how many games. Every other team in the conference has at least two WAC losses, including the next team on Idaho's slate — Grand Canyon.

The 'Lopes of Grand Canyon come into the Cowan Spectrum on Thursday with the second highest RPI in the conference at 132 compared to Idaho's ranking of 116, according to RealTimeRPI.com. Meaning, the Lopes might have the best chance of upending Idaho.

There is also defending regular-season champion Seattle, which swept the Vandals last season in the regular season. Although Seattle is standing at 4-2 in league play having lost to two teams Idaho beat by at least 17 points each.



File photo by Tony Marcolina | Argonaut

Forward Ali Forde attempts a layup in a game against Carroll College earlier this season. The Vandals will play Thursday against Grand Canyon at 6:00 p.m. at Cowan Spectrum.

Regardless, this is the best start to conference play for Idaho since 1981-82 in the Inland

Northwest League. Sean Kramer can be reached at arg-sports@uidaho.edu



File photo by Philip Vukelich | Argonaut

Matt Sullivan, sophomore pole vaulter, practices a vault during practice Jan. 16 in the Kibbie Dome. Sullivan, alongside seniors Barry Britt, Ugis Svazs, Mike Marshall and Jeremy Klas, will compete at the Stanford Invitational March 29-30 in Palo Alto, Calif.

Field athletes excel in season opener

Vandals find success despite fielding limited squad

Stephan Wiebe
Argonaut

While it was a new season for the Idaho track and field team, it started in familiar territory. The Vandals opened the 2014 indoor track and field season Friday and Saturday at the WSU Indoor Open for the sixth straight year and earned several victories in the process.

Idaho had five individual victories on the men's side, but the most impressive one might have come from thrower Andrey Levkiv. The senior won the shot put with a career-best mark of 55 feet, 5.75 inches.

"Andrey (Levkiv) returned from an injury and looked like he hadn't missed a day," Idaho coach Wayne Phipps said. "That was the highlight of the meet for me."

The Vandals swept the throwing events with fellow senior Kyle Rothwell winning the hammer throw in the opening event of the meet. The reigning WAC champion won with a heave of 54-07.5.

Idaho also had a solid showing in the jumping events taking two second place finishes and a first place finish. Junior Emmanuel Panchol, a newcomer from Ashford University, won the triple jump with a mark of 46-00.0.

I was very impressed with our jumpers today," Phipps said. "Panchol led the group and had a great first

meet as a Vandal."

The other two Idaho victories were taken by two Vandals who have been impressing for years. Senior Andrew Bloom took first in the 400-meter dash with a time of 50.11 seconds while junior Matt Sullivan won the pole vault with a height of 16-08.75.

Phipps chose to have several athletes train through the first meet of the season, so not many Vandals competed on the women's side. A few of the standouts on the women's side were senior Karlene Hurrell with a second place finish in the 60 (7.95) and 200 (25.53), junior Taylor Hewett with a fourth place finish in the 600 returning from injury with a time of 1:38.9 and freshman Adara Winder with a third-place finish in the shot put with a mark of 41-10.0.

"We didn't compete very many women," Phipps said. "But I thought all of our newcomers to the team did a great job in their first collegiate meet."

Idaho's next chance at competition will be at Friday in the Kibbie Dome with the Idaho Collegiate and Saturday with the Idaho Open. This will be the third straight season Idaho has hosted an early season meet.

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

Dip, duck, dive and disc

UI Ultimate Frisbee team hosted third annual indoor tournament

George Wood Jr.
Argonaut

There are no referees during indoor Ultimate Frisbee, so the speed of play is rarely interrupted during the 45-minute game clock. Ultimate players dash in intricate patterns on the gym floor, going around opposing defenders to catch tosses low, high and behind the back. Defenders watch the eyes of their mark, and react off of any slightest hint of a body twitch that may give away an opportunity for a disc swat, or interception.

The University of Idaho Ultimate Frisbee Club hosted its third annual Indoor Ultimate Frisbee Tournament on Jan. 18 and Jan. 19. The tournament hosted ultimate teams from all over the Pacific Northwest, and raised money for the club to be able to travel to tournaments in the spring.

UI Ultimate Frisbee Club captain Kyle Oldemeyer said there were nine teams participating in the tournament, including three UI teams, three teams from Washington State, one team from Gonzaga, an Eastern Washington team and

a club team from the Tri-Cities area. Visiting teams had to pay a tournament fee of \$100, Oldemeyer said.

"This is the most teams we've had in attendance in the past three years," Oldemeyer said.

“

This is the most teams we've had in attendance in the past three years.

Kyle Oldemeyer, Captain

"We're hoping to grow next year, maybe get another gym, and a few more teams."

The top UI team, known as Red Scare, placed third in the tournament, losing to a WSU alumni team that won the tournament. Eight-year UI Ultimate Frisbee club veteran Derek Davidson said the team this year has an extremely good chance of going to the Ultimate Frisbee regional competition. He said the team had a few injuries last year

that led to a heartbreaking loss, during the qualifying match for regionals.

"This is easily the best team we've ever had," Davidson said.

Oldemeyer coordinated the tournament, and he said the nine teams played eight games each. Whichever team had the most points at the end of the tournament, won. Other awards were also given out periodically, such as the "Best Frisbee Mom" award, given to a particularly dedicated fan from WSU.

There are no referees for these tournaments, so the game relies heavily on team sportsmanship to settle disputes over fouls and gameplay. Oldemeyer said this leads to players getting to know one another on a more personal level, much of the time becoming friends. First year UI student Margaret Fitzgerald said that the positive attitudes of the players are one of the reasons she has enjoyed being a part of the club.

"When you are all together like that in a big, smelly gym ... it's a good time," Fitzgerald said.

George Wood Jr. can be reached at arg-sports@uidaho.edu



Hannah Sandoval | Courtesy

Two players go up for the disc during the third annual Indoor Ultimate Frisbee Tournament. The event was hosted by the University of Idaho Ultimate Frisbee Club and featured club teams from across the Pacific Northwest. UI placed third in the tournament.

Vandals sink Aggies, prepare for Senior Day

Stephan Wiebe
Argonaut

National rankings bring expectations and the Idaho swimming and diving team met those expectations Saturday in Las Cruces, N.M.

The 22nd mid-major ranked Vandals logged their third WAC win in four tries with a 173-127 victory over New Mexico State.

"It was great to get back to what we do well and that's competing," Idaho coach Mark Sowa said.

"The Aggies are a really well coached good team and we knew we would have our hands full. I thought these Vandals handled that challenge great. It wasn't always pretty, but you don't get points for style."

The win over New Mexico State adds to Idaho victories over WAC foes Northern Colorado, Grand Canyon and Seattle U. The one conference loss came at Northern Arizona.

Against NMSU, junior

Rachel Millet got right back into her dominating season leading Idaho with three individual victories. She won the 100-yard backstroke in 56.66 seconds, the 200 backstroke in 2:04.11 and the 200 individual medley in 2:07.42. Millet also swam the starting leg of the winning Vandal 200 medley relay.

Millet was honored as the WAC Swimmer of the Week for her performances.

"Rachel (Millet) loves to race and relishes com-

petition," Sowa said. "She is putting together a great season and we are excited to see where she can take this thing."

Another Idaho standout was fellow junior Erica Anderson. Anderson notched two individual victories for the Vandals with wins in the 50 free (24.75) and 200 breaststroke (2:24.86).

Senior Megan Venlos also won two individual events for the Vandals winning the 100 and 200 freestyle races

in addition to a leg in the winning 400 freestyle relay.

On the diving boards, senior Paige Hunt won the 3-meter springboard with a score of 299.92 scoring 30 points more than the next finisher. She also added a second place finish in the 1-meter dive with a score of 258.82 points to earn WAC Diver of the Week and sweep the awards for Idaho.

"It has been so fun to watch Paige (Hunt's) progression into a tremendous

diver and teammate over the last couple of years," Sowa said. "She has really upped her game recently and we feel like she still has her best diving ahead of her."

The Vandals take a break from WAC play in their next meet to take on Pac-12 competition. On Saturday, Oregon State comes to the UI Swim Center for Idaho's Senior Day.

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

FINALLY

FROM PAGE 6

Vandals, instead of tiring out as the game wore on, showed resiliency and finished strong.

The team should get more rest after they play Grand Canyon on Thursday. They will get eight days between then and Feb. 1, when they host Seattle U.

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

ATHLETES

FROM PAGE 6

"Andrey returned from an injury and looked like he hadn't missed a day," he said. "That was the highlight of the meet for me."

Next up for the Vandal track and field team is next week's home meets on Friday and Saturday. The team will host the Idaho Collegiate starting at 11 a.m. on Friday and then the Idaho Open starting at 8:30 a.m. on Saturday.

Stacey Barr and Ali Forde – women's basketball



Stacey Barr



Ali Forde

The women's basketball team has had a tremendous start to its 2014 WAC schedule. The Vandals were 5-0 going into the Icardo Center to face Cal State-Bakersfield on Saturday. They came out victorious 96-69 and two Vandals really stood out in the blowout win. Junior Stacey Barr continues to shine for Idaho as she finished 4-for-5 from 3-point range and led all scorers with a game-high 23 points. She has now scored in double digits in 24 of her last 26 games. Meanwhile, sophomore Ali Forde continues to be a dominate force in the post for the Vandals. She scored 16 points, all in the paint.

"I loved our aggression in transition," Idaho coach Jon Newlee said. "We got out and really ran and were able to spread the floor. I think Ali (Forde) really hurt them inside early and that opened up the outside for us."

The women return to the Cowan Spectrum at 6 p.m. on Thursday to take on Grand Canyon for the first time in school history.

Rachel Millet and Erica Anderson – swimming and diving



Rachel Millet



Erica Anderson

The Idaho swimming and diving team continue to have a successful season. The Vandals competed against the New Mexico State Aggies and won by a score of 173-127. Junior Rachel Millet led the Vandals and continued her dominating season with wins in the 100-yard backstroke, 200 backstroke, and 200 individual medley. Meanwhile, junior Erica Anderson also had a great day in the pool as she finished with wins in the 50 freestyle and the 200 breaststroke. "It was great to get back to what we do well and that's competing," Idaho

coach Mark Sowa said. "The Aggies are a really well coached good team and we knew we would have our hands full. I thought these Vandals handled that challenge great. It wasn't always pretty, but you don't get points for style."

The Vandals compete 11 a.m. on Saturday against Oregon State at the UI Swim Center.



Jessica Greene | Argonaut

Idaho senior Stephen Madison jumps for the rebound along with Bakersfield forward Erik Kinney, right, and Guard Brandon Barnes, left, at Saturday's game. The Vandals won 64-61 over the Cal State Bakersfield Roadrunners.

ROUND-UP

FROM PAGE 6

Antelopes will like their chances in upcoming home games against Idaho and Seattle U.

6. Texas-Pan American (6-14, 2-3)



of which are at home — the Vandals will put themselves in a favorable position before going on the road for five of their last seven games.

8. Bakersfield (8-10, 1-3)



A 10-game slump had all but solidified UTPA's status as conference bottom-dwellers — or so we thought. A couple of wins have the Broncos back into the thick of things early on, though a road test in Las Cruces, N.M. will be a must-win game if UTPA hopes to continue its ascent. League leaders Utah Valley will follow for the Broncos.

7. Idaho (8-12, 2-4)



With a loss in Moscow, Bakersfield slipped down to the eighth spot and with just one conference win — against ninth-place Seattle — the upcoming schedule doesn't appear to be a positive for the Roadrunners. However, the fact that Bakersfield's four conference losses have come by an average of 4.5 points does. CSUB hosts Chicago State and UMKC next.

9. Seattle U (9-9, 1-4)



A team that once contended former conference foes Utah State and Nevada is struggling six games into WAC play. Yet a home win against Bakersfield may be just what the Vandals needed to restart their engines. If Idaho can pull out three wins in its next four games — three

The Redhawks have the conference's leading scorer in Isiah Umipig, averaging north of 19 points per game. And at the moment, that's about all Seattle has going for it. With three consecutive losses, one of the league favorites will have to pick it up in a hurry, and ideally that would start on the road at Grand Canyon and Idaho.



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OPINION



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OUR VIEW

Consequences of class and comp

Classification and compensation process needed transparency

After months of confusion and concern, the fiasco of University of Idaho's classification and compensation study will finally end. The "recalibration process" — as it has been coined — aims to fix some of the problems brought forward after the initial August unveiling of class and comp.

An email sent out by Vice President of Finance and Administration Ron Smith outlined the changes of the grade level to 63 positions, 123 changes to classification group names and 167 positions awaiting further review in the spring.

An executive team composed of Interim President Don Burnett, Interim Provost Katherine Aiken, Smith, Vice

President for Research Jack McIver and Vice President for University Advancement Chris Murray made the final decisions on these changes.

What's curious about the recalibration process is that it did not learn from its less successful predecessor. Staff and faculty were rightfully concerned about the lack of transparency in a process that affected their positions in a number of ways.

Neither the email sent by Smith nor UT's Human Resources website offers any clear explanation of what has gone into this process or why the changes were decided on. There is also no clear way of comparing the original and updated classification lists to see what changes have been made in the first place, seeing as the original list is no longer available on the HR website.

It is unrealistic to expect employees to

follow the long, difficult class and comp process that has extended over 15 months. The campus has been given a lot of information on what is happening, with terms like benchmark positions and classification titles floating around. But there has been little forthcoming information as to why or how particular decisions are being made.

UI should have made class and comp an open and available process to its staff, since this affects them more than anyone. And without the people who file the paperwork, fix the technology, paint the walls and process payroll, this university wouldn't exist.

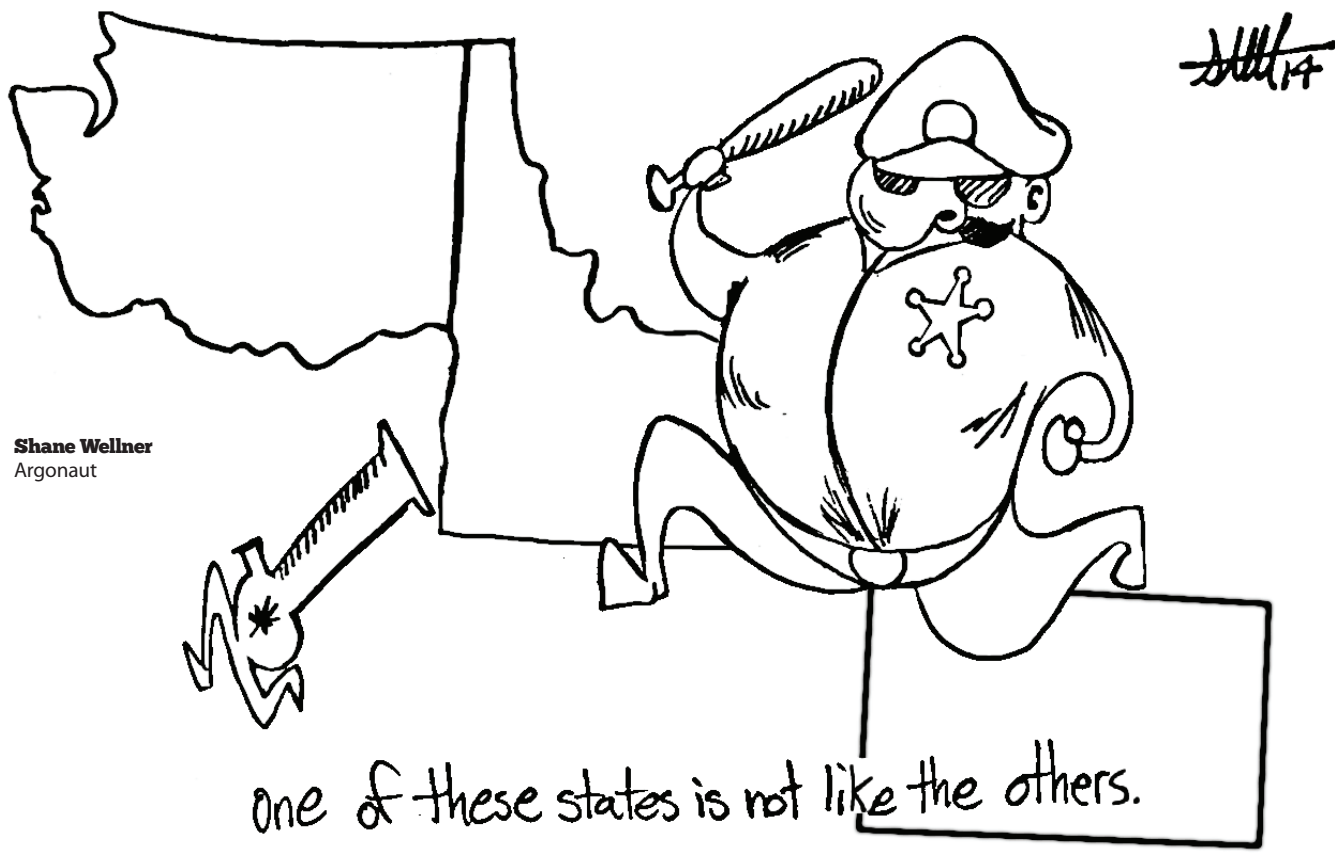
These final stages of the classification and compensation system will end an important chapter for the university. Hopefully, the administration has learned that university-wide decisions cannot be a closed-door process, since the results affect so many people.

In the future, processes like class and comp should be open, understandable and accessible to UI employees.

Throughout these last few months, while HR and other administrators have hemmed and hawed in response to the mass of concern from staff, Burnett is the only person who has shown leadership. It was he who extended deadlines, taken concerns into consideration and ultimately decided to go through the recalibration process in the first place.

Let us hope that future UI President Chuck Staben follows in the footsteps of Burnett rather than presidents who have come before him — the ones like M. Duane Nellis who have ruled silently, from the shadows and refused to take either responsibility or action.

-AE



Shane Wellner
Argonaut

Consider Balukoff

Democratic candidate hopes to end stagnation in education



Justin Ackerman
Argonaut

For decades, Republicans have dominated Idaho politics. That domination can be seen everywhere in the state, and the office of governor is no exception.

Since Phil Batt took over for Cecil Andrus in 1995, Idaho governors have all come from the Republican Party.

Many do not see a problem with these results, and forget that incredibly one-sided politics can lead to stagnation of results.

The domination of the Republican Party must be considered when hitting the voting booth in 2014.

Balukoff will be the Democratic Party's candidate for governor come election time.

It's time the best candidate gets elected to office, not just the one with the correct letter next to their name.

It's important to remember the difference between Democrats in Idaho and Democrats around the nation.

Idaho slants everything to the right, including the more liberal party.

A vote for Balukoff is hardly a vote for the "Democrat working to advance the Obama administration's big government priorities here in Idaho," that Butch Otter claims him to be.

Rhetoric like this rears its ugly head in Idaho far too often, leading to irrational partisanship, which is detrimental to Idahoans. The people of Idaho should be looking for ideas and improvement instead of fancy words and empty promises from politicians.

While I wholeheartedly doubt it is an intentional consequence of nefarious politicians,

SEE GOVERNOR, PAGE 10

Health of Obamacare

Health of the health care law, and how it is helping millions

Editor's note: This is the first installment in a series of columns exploring the topic of the Affordable Care Act.

The Affordable Care Act was a controversial topic even before its passage in 2010, but this controversy has become even more focused as the website rollout was subpar and the president won Politifact's "lie of the year" for his promise that Americans could keep their insurance plans.

But what does this controversy really mean? Is it a mere hiccup in the rollout of the new health care law, or definitive proof that Obamacare is a flawed law that will prove to be poor public policy?

While few could dispute the program's rocky rollout, the GOP have been circulating the claim that more people have lost their health insurance than have gained insurance.

GOP lawmakers claim that 4.7 million people received cancellation notices in the mail, a number that originated in a report by the Associated Press. However, based on information contained in a report by the minority staff of the Committee on Energy and Commerce, this claim is patently false.

Half of the 4.7 million should be able to simply renew their coverage, approximately 1.4 million should be eligible for tax credits with which to find new insurance plans and of the remaining 950,000, fewer than 10,000 will not be eligible for an affordable plan — according to the report.

This means that less than

0.2 percent of the 4.7 million will actually be without insurance due to the ACA.

Considering this report comes from a democratic lawmaker, some critics will dismiss these numbers. But Forbes contributor Rick Ungar contends that the ACA has already helped 9.4 million Americans get insurance they wouldn't have otherwise.

That's a big number.

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But Forbes contributor Rick Ungar contends that the ACA has already helped 9.4 million Americans get insurance they wouldn't have otherwise. That's a big number

Approximately 2.1 million people have signed up for plans using the exchanges.

Not even the harshest critics of Obamacare seem to doubt this number, and while they insist it is not on track for the 7 million people enrolled by March needed for Obamacare to succeed, it is a solid start considering the website's early difficulties.

According to the Washington Post's Ezra Klein, the 7 million mark isn't really a necessary goal, but rather an estimate that comes from

the Congressional Budget Office's May 2013 projection of how many would sign up for insurance — and this estimate didn't take into consideration two months of a nonfunctioning website.

Part of the Affordable Care Act was a Medicaid expansion, and Ungar reported that through the end of 2013, Medicaid enrollment was up by 4.3 million people who wouldn't have qualified previously.

This number would be even larger, but 24 states refused to expand Medicaid.

Who are the remaining 3 million? People like you and I who are under the age of 26 who, thanks to the ACA, get to remain on their parent's insurance plan.

Considering the poor job market for younger Americans, this provision is valuable, and the 3 million Americans who remain insured until 26 should not be discounted.

But the success of the ACA isn't about the raw numbers, but rather the age and health ratios of new enrollees, which is the data insurance companies use to set premiums.

At the moment, only 24 percent of the new enrollees are young people. This is unlikely to pose much of a problem, according to Klein.

These numbers suggest these troubles were a hiccup. We'll see in time whether or not it results in positive public policy.

Andrew Deskins can be reached at arg-opinion@uidaho.edu

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

FUN THINGS

SUPER BOWL.

-Sean

SUPER BOWL

FUN THINGS.

-Ricky

Mystery Solved

The vibrating board by the stairs on the second floor of the Student Rec Center finally has a sign on it explaining what it is and what it does. I am at peace finally knowing what a Zen Pro is and how it can help me with a workout.

-Aleya

Patience

Is something I'm not very good at. This waiting game is killing me.

-Kaitlyn

America's Funniest News Source

It's called the Onion because it makes you cry. First, from laughter, and again when you see someone cite it as fact.

-Andrew

Growing

Soon I won't be called as a kid anymore.

-Rainy

Crazy

Sometimes you feel like being and looking a little bit crazy. And you know what? This is college — perhaps the only time in your life when you'll be able to let go of convention and say ... dye your hair purple. Just do it.

-Kaitlin

False start

It's been a rough go to start the semester. Time to return to the starting blocks and restart.

-Stephan

007

Being a secret agent is hard work. My cover includes actually having to do homework for my classes.

-Emily

Unnatural Obsessions

The course website is Reddit. And we watch movies. Best class ever.

-Phil

Truth

Tears of joy are like the summer rain drops pierced by sunbeams.

-Theo

Typical orchestra rehearsal

We show up for 15 minutes, play about 20 measures and then were done. I'm not complaining.

-Ryan

COMIC CORNER

Cloud Nine



Andrew Jensen | Argonaut

Pigeons



Jesse Keener | Argonaut

Biggest winner and loser

Best and worst diets for 2014

Every year the diet industry attempts to lure dieters with quick fixes, flashy marketing and a steady stream of misinformation that can make eating healthy seem incredibly confusing.



Marissa Rudley
RD, LD,
Campus Dietitian

It can be difficult to sift through the truth and fiction of the most popular diets. Many extreme diets promise fast weight loss, improved energy and ability to cure chronic diseases.

From the popular Paleo Diet to the Acid Alkaline Diet, misinformation abounds. With all of the diet hype this past year, evidence-based rankings of the most popular diets is a breath of fresh air. The results are in for the best and worst diets, as analyzed by a panel of nationally recognized experts.

Diets were analyzed using a variety of ratings for short-term weight loss, long-term weight loss, diabetes, heart health, ease of compliance, nutrition completeness and health risk. Then the diets were rated on a scale of 1 to 5, with 5 being the best.

The good news is that the top ranked diets are sensible meal plans that do not ban any food group or macronutrients.

Instead, these top diets emphasize fruits, vegetables, whole grains, low-fat dairy, lean protein and healthy fats, while limiting foods high in saturated fat, sugar and salt.

The top two overall best diets included the Dietary Approaches to Stop Hypertension diet, which scored 4.1 and the Therapeutic Lifestyle Changes diet, which scored 4.

Both of these diets were created by government health agencies and offer free diet plan guides on their websites. In very last place, the Paleo Diet scored an abysmal 2 out of 5, earning low marks in every category — from weight loss to safety. Other cons include the restrictive diet rules, which ban all dairy, legumes, refined sugars and grains.

The hefty price tag for this meat-based diet is another major con, especially for budget-conscious college students. The Paleo Diet claims to promote weight loss and prevent the “diseases of civilization,” like diabetes and heart disease, by returning to the hunter-gatherer diet of our Paleolithic ancestors.

While this may sound logical in theory, ditching grains and dairy can put you at risk for missing a variety of important nutrients, such as folate, calcium and vitamin D.

Additionally, the

heavy emphasis on animal products could lead to a high intake of saturated fat, which increases the risk for cardiovascular disease.

Extreme diets promise big results with little effort or time, but the bottom line is that if a diet or product seems too good to be true, it probably is.

There isn't a single food or dietary product that will lead to rapid weight loss, even though diet companies will try to convince you otherwise. Any diet that recommends eliminating an entire food group or macronutrient, such as carbohydrates or grains, should be a red flag that this is not a balanced eating plan.

Ultimately, the best diet plan is one that you can follow. It should include foods that you enjoy, instead of telling you what not to eat.

Often, it seems we think of diet as an acronym for Do I Eat That? Instead, focus on ways to create a healthy lifestyle by nourishing your body by eating a balance of all types of foods, and nourishing your body with regular meals and snacks.

Resources on campus are available to students interested in making healthy lifestyle changes. Nutrition counseling is available to all students by appointment, and the Student Recreation Center is an excellent resource for wellness classes, outdoor programming and even personal training.

Marissa Rudley,
can be reached at
mrudley@uidaho.edu

TOP 10

GOVERNOR

FROM PAGE 9

Idaho's government has yet to show the results promised. Idaho governance has been largely single party for over a decade. So the lack of shown results in fields such as education and economic growth can no longer be blamed on obtrusive Democrats or political gridlock.

According to the Census Bureau, Idaho ranked 50th in spending per pupil during 2007. Seven years later, this number has stayed virtually the same, leaving Idaho ahead of only Utah in spending

per student.

It's true that spending does not always equal results, and throwing money at a fundamentally flawed system will not necessarily fix it. However, something needs to be done, as only 30 percent of Idaho students meet SAT college readiness benchmarks.

Compare those numbers to Massachusetts and you see the difference money can make. Massachusetts spends nearly twice as much per students, and nearly 80 percent of their students reach the exact same SAT college readiness benchmarks.

Only time will tell if Balukoff is the right pick for Idaho, but one party's policy has left Idahoans continually looking for answers.

With new information appearing continually, it's imperative to give Balukoff a look.

This election season Idahoans need to keep an open mind, it's time for something new and it's important to give each candidate a legitimate chance before casting your ballot.

Something needs to change in Idaho, and Balukoff may just be it.

Justin Ackerman
can be reached at
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