


**THE**

# **ARG**

**Winter Survival Guide 2014**

Cover art by Philip Vukelich | Argonaut



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# Walking in a winter wonderland

*Students share advice on what to wear for winter season*

**Emily Mosset**  
Argonaut

Winter — or at least the cold — has officially arrived to Moscow.

Even though there haven't been any snow days, it is definitely time to break out the winter gear and bundle up for the cold days to come.

Whether it's grabbing a heavy jacket or packing on layers, winter is the time to be sensible when getting dressed.

For some, dressing for frigid temperatures can be uncomfortable, but dressing insensibly can be dangerous. The end result of not wearing warm shoes or gloves can be anywhere from a case of the shivers to a trip to the emergency room.

Fingers, toes, ear lobes and the tip of the nose are the areas most susceptible to frostbite.

To help out new arrivals to this frosty town, University of Idaho students gave their advice on how to beat the cold this winter.

"Definitely Carhartt stuff," said Jack Ray, freshman sociology major. He also said people should watch out for ice, since he seems to find himself slipping on it all the time.

Scarves are a necessity, according to Sandpoint native, sophomore Hunter Price.

"It's like someone is constantly hugging your neck," Price said.

He said hats are a good idea, since a lot of heat leaves your head and suggested having on a thick fleece layer to insulate your torso with a windbreaker-style jacket. Price said he finds humor in watching people brave the icy winter

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It's like someone is constantly hugging your neck.

**Hunter Price**

conditions who are not used to a snowy climate like Moscow.

"It looks like a baby walking for the first time," Price said. "They're just overly cautious compared to those who've lived in Northern Idaho all their lives and can just easily trek through it."

Junior Olyvia Weston said she always has a beanie on.

"I'm from Idaho falls, so it's pretty snowy," Weston said. "Definitely come

prepared, because snow has its own way of doing whatever it wants, and (it's better to) be over-prepared than unprepared."

Fashion design majors, freshmen Breann Urlaub and Ricardo Reyes, have definitely come prepared for the winter weather with their extensive winter wardrobes.

"Big scarves, because they're really warm and they also make a statement," Urlaub said.

Urlaub said she also likes parkas and knee-high boots for walking around in the cold, since they are fashion forward and keep legs warm.

Layers are essential, according to Reyes.

"I have this sweater with a long-sleeved shirt and another shirt underneath that, and I also have leggings on under my jeans and two pairs of socks," Reyes said.

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# Be ready for winter

*Strategies for winter comfort and productivity*

Moscow in the winter can be a cold, dark place. No one wants to leave their warm, cozy living room to brave the frigid streets.

Unfortunately, we cannot fall into a Netflix and mocha induced hibernation and doze away these winter months. Instead, we must learn to cope and keep up with our responsibilities. Here are a few easily applied tactics to improve your winter productivity and comfort.



Cy Whiting

Everyone from your mother to strangers on the Internet suggest layering clothing. Heed their advice, but don't just layer for the sake of layering. Remember the old adage, "Cotton kills." Don't wear cotton close to your skin or anywhere else it might get damp. As soon as cotton gets wet, it loses all its insulating ability and all your layers are in vain.

Another over-looked aspect of layering is leg insulation. Don't whine about how your coat doesn't work when you're wearing yoga pants or paper-thin skinny jeans. It may not be your hottest clothing item, but consider some long underwear. If you are biking or walking between classes, your legs will thank you for the added insulation.

An alternative to long underwear is flannel-lined pants. Some may scoff and say these are for lumberjacks, but try embracing your inner Idahoan for once. It's hard to describe the impact a pair of flannel-lined pants will have on your icy commute across town or between classes.

Moscow is not one of those frigid places where snow falls and sticks instantly, staying cold and dry all winter. Instead, most snow melts quickly, leaving slushy streets. Don't settle for wet

socks and soaked underwear. An ounce of waterproofing prevention can save you from a life of damp clothing.

Waterproof boots and shoes with Sno-seal or a similar product will keep your feet dry and happy. It looks and smells like beeswax and a single application to canvas or leather will keep your casual shoes waterproof for an entire season. Who doesn't want dry feet without having to dress like they're headed out on an arctic expedition?

If you want to be really prepared, buy some fabric water-proofer. It comes in a big can to spray on pants or coats. With a product like this, you can effectively make your favorite pair of jeans into a pair of snow pants, impervious to slush and rain without sacrificing any style.

Of course, your outfit is only half your recipe for winter survival. A good outfit without the right attitude and strategy is worthless.

Plan your routes carefully. There are often buildings you can duck into on your way to your destination. Take every opportunity to warm up along your journey. A hot beverage can make the icy winds feel a little more tropical.

Speaking of icy winds, take the time to learn the wind patterns and exploit them. Walk behind buildings and trees to avoid the chilly blast.

Even the most prepared and well-planned winter traveler can come into harm if they have the wrong attitude. Treat every journey like an arctic adventure. Be prepared for the worst, but embrace the challenge.

Not everyone gets this kind of extensive winter travel training as a free addition to their college education. Pity the poor souls who graduate in warmer climates only to get a job in a location with conditions like these. Learn to enjoy this kind of adversity and challenge. Once you've prepared for the worst, the rest is a cakewalk.

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## ICY WONDERLAND



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If you're going to ski the slopes, learn how to

# TALK THE TALK

Writing and photography by Cy Whitling, Argonaut



The first flurries of snow are falling and ski season is not far away. As you gear up for your first — or even your 50th — day on the slopes it is important to brush up on skiing and snowboarding lingo. After all, what's the good of walking the walk if you can't talk the talk?

With these words and phrases mastered it doesn't matter if you can't figure out which end of the board is the front, at least you will sound like a pro.

## Shred

Shredding is what you are doing at the mountain, don't ever tell your friends you were simply skiing or boarding. Just let them know, "Dude, I was totally shredding that run!"

## Gaper

Someone who is new to the sport, a greenhorn or other clueless rider. Usually recognized by the "gaper gap" exposing their forehead between their helmet and goggles. The best way to avoid looking like a gaper is to call everyone else one.

## Gnarly (not to be confused with G.N.A.R.)

This is simply a non-gaper way of saying "rad," "neat," "challenging" or "exciting." For example, "Bro, this Cup-Noodles is so gnarly."

Pro-tip: Do not ever call your girlfriend's outfit gnarly, even if you think it is rad and exciting, she might not appreciate it.



## G.N.A.R.

An acronym for Gaffney's Numerical Assessment of Radness. G.N.A.R. is a game pioneered by the Gaffeny brothers and the late, great Shane McConkey. Point vales are assigned to each run at the resort and bonuses are given for calling your mother mid run, calling out a pro and performing a BN — or Bare Naked run. Many resorts frown on G.N.A.R for obvious reasons.

## Groomer

A groomed run. Contrary to popular opinion these do not occur naturally, a machine actually compacts the grooves or "corduroy" into the slope. Groomed runs are usually easier than un-groomed runs but they do not contain "pow."

## Pow

This is freshly fallen powder snow that is soft and enjoyable to ski in. This word gets overused a lot. If you just came down a groomed run do not talk about how great the pow was. Do not ever complain about how hard the pow is, if it is hard it is not pow.



## Whirlybird

A universal name for any trick a skier performs. It could actually be a cork, rodeo, flip, McTwist or any other trick but if you don't know what it actually was just play it safe and call it a whirlybird.

## Afterbang

Afterbang is the overall relaxed and controlled attitude and body position after landing a steezy trick. As you compete the maneuver allow your body to sag and shrug with all of your limbs, simultaneously displaying an attitude that indicates that whatever you did was not difficult. Afterbanging is appropriate in almost any situation. If you slip on the stairs and miraculously recover your balance, afterbang as you walk away. Take a test super confidently? Afterbang as you hand it in. As one great skier said, "Afterbang is not just a movement, it's a lifestyle."

## Mogul

A lump formed by many skiers turning down an un-groomed slope. Moguls do occur naturally. If your friend asks you where the moguls are stored in the summer you may be justified in pushing them off the lift.

## Steezy

This is an adjective used to describe anything that is stylish or cool looking. A well-landed trick is steezy, a super cool coat is steezy, a car can be steezy. The list of things that cannot be steezy includes swing-dancing, Joe Biden, cross fit and lattes.



# Shredding in the streets

*Local riders compete in first ever Washington Trust Rail Jam*

**Cy Whitling**  
Argonaut

Ski season came early to the Northwest with the first ever Washington Trust Rail Jam held at the Spokane Convention Center Nov. 9 as part of the annual Snowlander Expo and Powderkeg Inlander Brew Festival.

Invited riders and boarders made their way through the streets of Spokane the morning of the event, their baggy clothing and shouldered skis and snowboards a stark contrast with the more normally clad citizens they shared the sidewalk with.

At the center, organizers set up a course complete with a drop-in and three rails. Snow was carted from a local ice rink throughout the day and organizers groomed and salted the course periodically.

The event kicked off at 10 a.m. with a free-for-all practice session. As the competitors adjusted to the course after a long snowless summer, there were as many wipeouts as there were stomped tricks. Eventually old reflexes were renewed, last season's tricks were mastered again.

The judging panel consisted of local riders, well-known in the community, who were on a first name basis with just about everyone involved. The judges also handled microphone duties, which made for some entertaining announcing.

As skiers and snowboarders pushed to impress the judges and qualify for the finals, the tricks progressed with the same rapidity as the judges' good-natured heckling. After a little deliberation, the finals

lists were announced.

Although this was technically a competition, there were no egos or competitive tantrums. A communal atmosphere permeated the event as everyone shared in the excitement for the coming winter.

As the finals began, the event came alive. Friends, family and spectators lined the course and both skiers and riders brought their top tricks, each vying for the cash prizes and smaller awards given by the judges whenever a trick particularly impressed them.

Throughout the jam it was obvious this was an event put on by the ski community for the ski community. Outsiders were welcomed with open arms, but people that understood the event and ski culture handled judging and announcing. Inside jokes peppered the announcing as the judges heckled and praised each rider.

Although the announcing was hilarious and the overall feel of the event was casual, skiers and riders didn't shy away from throwing down their most impressive tricks.

At the end of the night, Tristan Tran took home the win for the skiers and Kix Kamp pulled down a win in the snowboard category. Dorothy Nutter earned special recognition as the only woman competing in the event.

As the event wound down and the wet and smelly competitors made their way back to their cars winter felt a little closer. The Washington Trust Rail Jam presented a unique opportunity to bring skiing and snowboarding to downtown Spokane and gave riders and spectators a taste of the upcoming winter.

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Nathan Faggard missed the memo and brought his big air tricks to Rail Jam in Spokane.

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crumbs

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# An unparalleled ski resort meal

*Don't let high priced resort food get you down*

From overpriced lift tickets to gear to travel costs, Skiing is an expensive sport. Don't even get me started on the resort food. If you want a simple burger and fries be prepared to get a second mortgage, auction off your first born child and sell your organs on the black market. A meal that could be \$8 anywhere else costs roughly the same as a nice used car at a ski resort.



Cy Whiting

Never fear, here's a review of an alternative food designed to sate your powder day hunger without unduly lightening your wallet.

Today I offer my not-really professional, semi-unbiased review of a resort wonder food that is the nectar of the ski gods, the Nissin Cup Noodles. The Cup Noodles has long been a staple of college students everywhere but I am here to analyze its efficiency as a replacement for overpriced resort food.

There are four main categories that I grade my skiing food on: Portability, palatability, price and overall performance.

## Price

A quick Amazon search reveals that Cup Noodles can be ordered in bulk, directly to your door for 55 cents each. If the average person consumes two Cup Noodles per meal, that comes to a grand total of \$1.10 per meal or \$3.30 per day. The long-term health problems associated with eating six Cup Noodles per day may however be more expensive.

It's hard to find a ready made meal for much cheaper than this. Cup Noodles get four greasy quarters out of four for price.

## Palatability

For many people palatability is the most important attribute of their food. They want it to taste good first and do other things later. Of course palatability is a personal attribute that varies according to the consumer. I would say Cup Noodles are reasonably palatable. The Chicken flavor is tasty and consistently impresses me.

One of my favorite things about buying Cup Noodles in bulk is the bonus cup. It seems like about every five cups something gets a little off in the recipe and a cup is graced with an exceptional amount of flavoring. This



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leads to a life altering experience for the consumer. Once you have experienced the flavor sensation of the bonus cup your life will never be the same, you will pursue that experience until the day you die.

Cup Noodles score four burnt tongues out of five for taste.

## Portability

Cup Noodles are incredibly portable. If you are going on a long road trip just buy a case and throw it in the back of your car. Your meals will be nicely contained and once you have eaten them all you will have a nice big box to put stuff in. The individual cups fit perfectly in a backpack or sweatshirt pocket. Just try not to crash on them, the sensation of boiling Cup Noodle juice streaming out of a cracked cup onto your frostbitten hands is unpleasant.

Cup Noodles score three broken cups out of five for portability.

## Practicality

Finally, the most important attribute of any food item, overall practicality. Cup Noodles are supremely practical. Any ski resort will have hot water or a microwave to cook your cup noodles. Many resorts offer complimentary saltines as well, the perfect complement to your meal.

If the snow is good and you don't want to take a long break for lunch just fill your cup with hot water at the lodge and eat on the lift. If you are feeling a little more gourmet or you are trying to impress someone on a ski date just drop some jerky or slices of hotdogs in the cup and Voila!

Cup Noodles deliver the nutrients required to ski all day and hot tub all night, they are practical for all your alpine adventures.

Cup Noodles earn six bent sporks out of six for practicality.

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