

THE ARGONAUT

THE VANDAL VOICE SINCE 1898

uiargonaut.com

Tuesday, November 17, 2015

COMMUNITY



Irish Martos | Argonaut

Jessica Darney volunteers for Make a Difference Day, sorting clothes by age for Homes of Hope on Saturday in Lewiston.

SAFETY

Safe driving for break

Winter weather conditions can impede a safe trip home

Jessica Gee
Argonaut

As students leave Moscow for the holidays, reaching their destination can prove to be difficult during cold weather conditions. With fall break coming up, Moscow Police Lt. David Lehmitz said students driving home to celebrate Thanksgiving should take precautions for a safer journey.



Lehmitz said some drivers make the common mistake of not allowing enough time to get from point A to point B.

"So they're in a rush and don't take into consideration the conditions," Lehmitz said.

When it rains overnight, Lehmitz said drivers should especially be cautious of slick road conditions.

In Moscow, Lehmitz said to be attentive to hills, such as Perimeter Drive, Nez Perce Drive and 6th Street.

"We've actually had to close some of those roads until we were able to get some gravel down because they were too icy," Lehmitz said.

Lehmitz also said bridges freeze quickly and students should be careful when driving over them. He said there is a bridge on Blaine and White Street where drivers often slide because of icy conditions.

Students should also be sure to check weather conditions before traveling, Lehmitz said.

SEE SAFE, PAGE 5

Sense of service

Make a Difference Day draws record number of volunteers

Hannah Shirley
Argonaut

For Heather Colwell, service makes sense. "There are so many problems going on around us," Colwell said. "If you're in the privileged position to help those who are less fortunate than you, you should."

That's why Colwell got involved with the University of Idaho Center for Volunteerism and Social Action, which coordinates the annual Make a Difference Day. This year, UI

students went to 23 locations in the Moscow-Pullman area to volunteer, including the Hope Center, the Moscow Community Garden and Backyard Harvest.

Saturday was Colwell's first time being a Make a Difference Day site leader.

While UI students volunteered across the Moscow and Pullman area, Colwell and about a dozen men made their way to the Idaho Commons food court to assemble dried soup packets with Homestead Ministries.

Homestead is a non-profit that purchases beans, lentils and peas that are not up to market grade and would otherwise be thrown away. With the help of volunteers, the beans

and spices are assembled into soup packets and are then distributed to food banks and pantries across the Palouse, said Moscow Attorney Ellis Eifert.

Eifert has worked with the organization since they began a year and a half ago. He said Make a Difference Day was one of the smaller events he has been to, but everything makes a difference.

"We depend on people like this," Eifert said. "The six to seven of us can't do it on our own — we need volunteers."

SEE SERVICE, PAGE 5

ADMINISTRATION

Staben defeated

UI president has friendly racquetball competition with students

Hannah Shirley
Argonaut

When University of Idaho President Chuck Staben came to campus last year, he made a deal with students: Beat me at racquetball, I'll buy you lunch.

Many have stepped up to the challenge, but all have failed. That is, until Tuesday Nov. 3, when former UI tennis player Cristobal Ramos Salazar defeated Staben in two games.

Staben picked up racquetball in college 41 years ago. Salazar has spent the last four years playing for the UI men's tennis team. The first game was close, with Salazar beating Staben 15-14. By the second game, Staben said he was tiring, and ultimately fell 15-4.

"As it turns out," Staben said. "I'm 57 and he's 22."

Staben said Salazar came to his office to challenge him, and they met at the Kibbie Dome early in the morning of Nov. 3 to play on the courts.

SEE CHALLENGING, PAGE 5

LGBTQA OFFICE

Promoting awareness

Faculty and students invited to seminar on transgender awareness at UI

Taylor Nadauld
Argonaut

A small group of University of Idaho faculty have reserved their spot at the "Transgender 101 Staff Training" this week, a program that focuses on basic transgender awareness information.

The event, offered by the LGBTQA Office and the Office of Human Rights, Access and Inclusion, includes how to be an ally and help cultivate a safe space for the transgender community.

Transgender training seminars have been held twice a year since fall semester 2012 at UI. The next training will be held from 9-11 a.m. Tuesday in the Horizon Room in the Idaho Commons. Students and faculty can RSVP by contacting the LGBTQA Office.

Julia Keleher, director of the LGBTQA Office, said the training is important to her as she considers herself a member of the LGBTQA community. That is why she continues to lead the training years after the original coordinators left the university.

"I think a lot of times the (LGBTQA)

“

It's a big issue because, you know, a lot of times it's a safety issue, even in Moscow and UI.

Julia Keleher, LGBTQA Office director

community sometimes doesn't have a lot of voice on campus," Keleher said. "For me, it's important to advocate for all of my students."

The event is targeted toward faculty as a professional development opportunity, but students are also welcome to attend, Keleher said.

Keleher said Moscow's transgender community is relatively small, but in any community, it is difficult to determine the exact size of the transgender community. And no matter the size, she said the issue of transgender awareness is still relevant and important.

"It's a big issue because, you know, a lot of times it's a safety issue, even in Moscow and UI," Keleher said.

Keleher said the one of the best ways faculty can serve their students is to be ed-



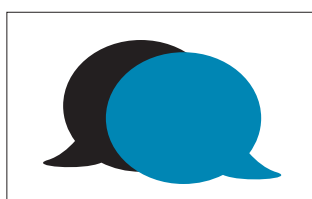
Keleher

IN THIS ISSUE



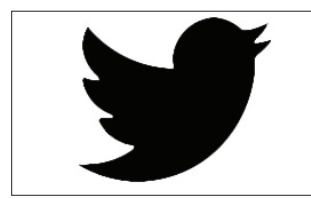
Idaho women's hoops dominates UC Santa Barbara in regular season opener.

SPORTS, 6



Students should prepare for Thanksgiving travels. Read Our View.

OPINION, 8



Follow us on Twitter at @uiargonaut

@UIARGONAUT

Department of Student Involvement

GET INVOLVED!

Commons 302
www.uidaho.edu/getinvolved

Distractions

UNIVERSITY OF IDAHO

DAYTIME DISTRACTIONS

Be sure to vote for ASUI!
Wednesday, Nov. 18th @ 12 pm - 1pm
Idaho Commons Food Court

FREE FOOD & OPEN TO ALL

LUNCHES WITH LEADERS

Quality Series

LUNCHES WITH LEADERS

Come have lunch with a keynote speaker, free lunch & open to all!
Wednesday, Nov. 18th @ 12:30 pm
Idaho Commons Clearwater Room

LEGISLATIVE BREAKFAST

Travel to the state capitol and meet with legislators! Log on to orgsync for an application today!

VE COMEDY NIGHT

Don't miss Comedians Matt Peters & Ester Steinberg Wed., Nov. 18th @ 8pm
Bruce Pitman Center Int. Ballroom

VANDALS SYNC

Log on now to connect with all sorts of opportunities at the U of I
http://vandalsync.orgsync.com

CRUMBS

A Crumbs recipe



Hot Cocoa

It is that time of year again, when your lips freeze shut and you can't feel your nose. With this bitter cold weather, treating yourself to some homemade hot chocolate can make a world of difference.

Ingredients

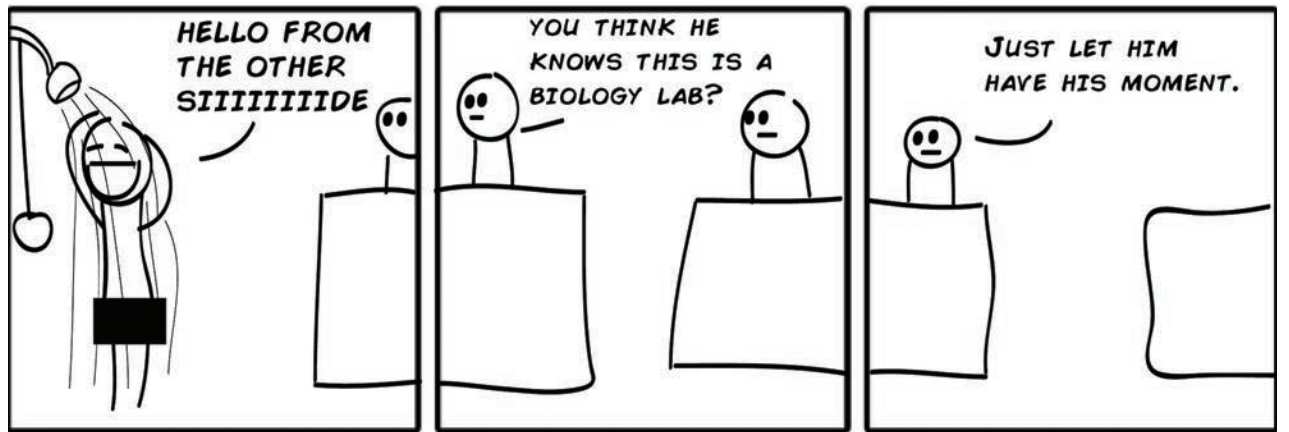
- 1 1/2 cups of mini marshmallows
- 4 cups milk
- 1 teaspoon vanilla extract
- 1/4-cup cocoa powder
- 1 peppermint candy per cup
- 1/2-cup sugar

Directions

1. In a saucepan, mix together all ingredients except for the peppermints
2. Cook on medium low heat and stir occasionally until marshmallows are completely melted
3. Pour hot chocolate into mug and drop a peppermint in it
4. Give it a little time to allow for the peppermint to dissolve
5. Serve hot and add more marshmallows or other toppings as desired

Jordan Hollingshead
can be reached at
crumbs@uidaho.edu

Completely Unrelated



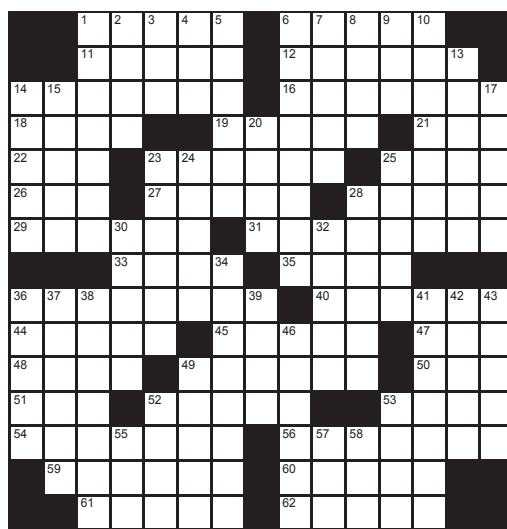
Karter Krasselt | Argonaut

FOR MORE COMICS, SEE COMIC CORNER, PAGE 9

CROSSWORD

Across

- 1 Arctic dwellers
- 6 Position
- 11 Analyze
- 12 Ermine
- 14 Garden annoyance
- 16 Primitive
- 18 Crockett or Jones
- 19 Climbing plant
- 21 ___ Schwarz
- 22 Sundial number
- 23 Nebraska river
- 25 Bridle part
- 26 Lab eggs
- 27 Therefore
- 28 Washer cycle
- 29 Madam, in Spain
- 31 Irritates
- 33 "Goldberg Variations" composer
- 35 Fabricated
- 36 Carnival attraction
- 40 Despair
- 44 Biscotto flavoring
- 45 Former Portuguese province
- 47 Bring into play
- 48 Enormous
- 49 Contort
- 50 Place to relax
- 51 Boiling blood
- 52 Quashes
- 53 ___ out (just manages)
- 54 Indicated
- 56 Agony



Copyright ©2015 PuzzleJunction.com

- 59 Buddhist shrines
- 60 Expect
- 61 Mixes up
- 62 Lets out
- 8 Individually
- 9 Shade of blonde
- 10 Causes hearing loss
- 13 Be a go-between
- 14 "I'm outta here!"
- 15 Unsophisticated
- 17 Ice cream favorites
- 20 Impress clearly
- 23 Expression
- 24 Percolate
- 25 Originates
- 28 Metallic element
- 30 Way too weighty
- 32 Speeder's bane
- 34 Out on the street
- 36 Indian honorific
- 37 Hardens
- 38 Short magazines
- 39 Drift
- 41 Muzzle loaders
- 42 Poplar variety
- 43 Brewer's need
- 46 The other lead
- 49 Senegal's capital
- 52 Pueblo dweller
- 53 Give off
- 55 Wall Street order
- 57 Be behind
- 58 Skedaddled

Corrections

In the Nov.13 edition of The Argonaut, the article titled "Reinstating WUE not on the table" should have said UI doesn't offer 150 percent WUE scholarships. It does offer limited scholarships through WUE for specific categories of students.

UI Student Media Board

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public. Questions? Call Student Media at 885-7825, or visit the Student Media office at the Bruce Pitman Center on the third floor.

Editorial Policy

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

Editorials are signed by the initials of the author. Editorials may not necessarily reflect the views of the university or its identities or the other members of the Editorial Board. Members of the Argonaut Editorial Board are Katelyn Hilsenbeck, editor-in-chief, Claire Whitley, managing editor, Erin Bamer, opinion editor and Corrin Bond, Rawr editor.

Letters Policy

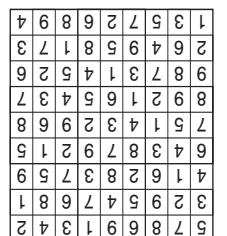
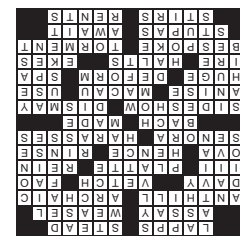
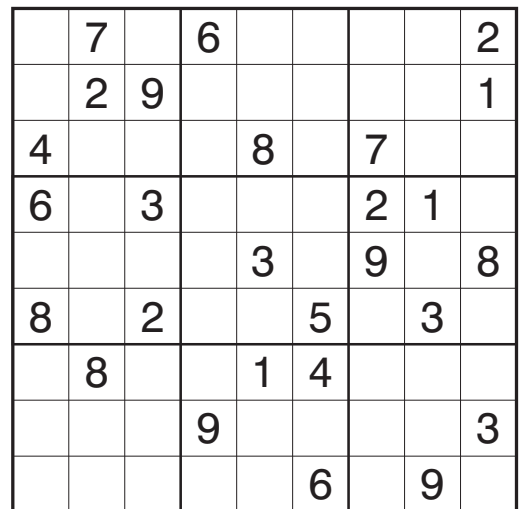
The Argonaut welcomes letters to the editor about current issues. However, the Argonaut adheres to a strict letter policy: Letters should be less than 300 words typed. Letters should focus on issues, not on personalities. The Argonaut reserves the right to edit letters for grammar, length, libel and clarity. Letters must be signed, include major and provide a current phone number. If your letter is in response to a particular article, please list the title and date of the article. Send all letters to: 301 Bruce Pitman Center, Moscow, ID, 83844-4271 or arg-opinion@uidaho.edu

The Argonaut © 2015

All rights reserved. No part of this publication may be reproduced in any form, by any electronic or mechanical means (including photocopying, recording, or information storage or retrieval) without permission in writing from the Argonaut. Recipients of today's newspaper are granted the right to make two (2) photocopies of any article originated by the Argonaut for personal, non-commercial use. Copying for other than personal use or internal reference, or of articles or columns not owned by the Argonaut (including comic strips, Associated Press and other wire service reports) without written permission of the Argonaut or the copyright owner is expressly forbidden. Address all inquiries concerning copyright and production to: Rights and Permissions, University of Idaho Argonaut, 301 Bruce Pitman Center, Moscow, ID 83844-4271. The Argonaut is published by the students of the Uni-

versity of Idaho. The opinions expressed herein are the writers', and do not necessarily represent those of the students of the University of Idaho, the faculty, the university or its Board of Regents. All advertising is subject to acceptance by The Argonaut, which reserves the right to reject ad copy. The Argonaut does not assume financial responsibility for typographical errors in advertising unless an error materially affects the ad's meaning as determined by the Student Media Board. The Argonaut's liability shall not exceed the cost of the advertisement in which the error occurred, and a refund or credit will be given for the first incorrect insertion only. Makegoods must be called in to the student Advertising Manager within seven working days. The Argonaut assumes no responsibility for damages caused by responding to fraudulent advertisements.

SUDOKU



THE FINE PRINT

Argonaut Directory

Katelyn Hilsenbeck
Editor-in-Chief
argonaut@uidaho.edu

Claire Whitley
Managing Editor
arg-managing@uidaho.edu

Ryan Tarinelli
News Editor
arg-news@uidaho.edu

Corrin Bond
Rawr Editor
arg-arts@uidaho.edu

Garrett Cabeza
Sports Editor
arg-sports@uidaho.edu

Jack Grissom
VandalNation Manager
vandalnation@uidaho.edu

Jack Olson
Broadcast Editor
arg-radio@uidaho.edu

Jake Smith
Web Manager
arg-online@uidaho.edu

Tea Nelson
Production Manager
arg-production@uidaho.edu

Phillip Barnes
Advertising Manager
arg-advertising@uidaho.edu

Erin Bamer
Opinion Editor
arg-opinion@uidaho.edu

Hannah Shirley
Copy Editor
arg-copy@uidaho.edu

Lyndsie Kiebert
Copy Editor
arg-copy@uidaho.edu

Jessica Bovee
Video Editor
arg-video@uidaho.edu

Jordan Hollingshead
Crumbs Editor
arg-video@uidaho.edu

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



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

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

THE ELEVATOR PITCH



Irish Martos | Argonaut

Teams talk during the Idaho Pitch competition Thursday in the J.A. Albertson Building, where they score points when they receive business cards from judges.

CAMPUS LIFE

Ride a scooter, save money

Scooters provide low-cost transportation for UI student

Megan Gospe
Argonaut

For Keven Mack, riding a push scooter comes down to the low cost.

"I don't need a car and don't need to worry about expenses for a car," Mack said. "And as a student that is really important."

Besides the low maintenance, Mack said Moscow is a small town and he does not need a car

to get around.

"I am able to get from downtown to uptown in 15 minutes if I go the right way," Mack said. "And also I like to stay active, and I like to be fit and the scooter definitely helps with that too."

Mack, a double major at the University of Idaho, said although he works two jobs, he is not able to afford a car. While Mack said using a scooter is the best option for him right now, he's working

toward buying a car for when the weather gets bad.

Mack said Moscow's rapidly changing weather can make riding his scooter more difficult. One second it can be nice outside, he said, and the next it can be pouring down rain. Since it's not as reliable as a car, Mack said using a scooter can make people late for appointments or work.

"I get a lot of ride offers from people I know when the weather's bad since they know the fastest

way I am able to travel is by scooter," Mack said.

Mack, who has been riding a scooter since he was 8 years old, said he wants people to overcome their preconceived notions and stereotypes about scooters. He said people often think scooters are only meant for kids, and adults who do have scooters are not grown up.

"I have managed to live and grow up just fine," Mack said. "So I think just they have that image of kids on scooters."

While riding, Mack said he has

to keep a close eye on motorists, since they are not always aware of their surroundings.

He said a scooter is an affordable transportation option that does not require a lot of skill to use.

"If you are definitely hard on cash, a scooter is a good way to go because you don't need a good fancy one," Mack said. "You just need one that is just going to be sturdy and take the bumps sometimes."

*Megan Gospe
can be reached at
arg-news@uidaho.edu*

ARG

For more news content, visit uiargonaut.com

CAMPUS

Stuffing students

Free Thanksgiving dinner for students, community

Diamond Koloski
Argonaut

It might just be a free meal, but to President Chuck Staben, it's a time for community.

Bob's Place will host the second annual University Thanksgiving Dinner from 11 a.m. to 2 p.m. Nov. 25 inside Bob's Place.

The event is free and open to students, families of all sizes and anyone in the community.

Staben and his wife, Mary Beth Staben, brought this event to life for the first time last year.

"My wife and I felt that a Thanksgiving dinner was an important event for campus," Staben said. "Especially for our international students who often haven't had traditional American food."

Staben said the meal is an opportunity to experience a community and participate in a fun American tradition.

Last year, about 250 people attended the event. Many UI departments sponsor the dinner, including Vandal Dining, Housing and Residence Life, the Department of Student Affairs, the Dean of Students Office, the International Programs Office and the Office of the President.

Eliska Reimannova, an international student from Belgium, attended the dinner last year and plans to attend this year with her co-workers from the International Programs Office.

"This event is a wonderful opportunity for international students to try traditional food served for the American Thanksgiving holiday," Reimannova said. "If they have nothing else planned for Thanksgiving, it's definitely a great event to attend to experi-

ence this special holiday."

Reimannova said she chose UI because she loves the small-town feel of Moscow and the friendly community. She said university events get all students involved and allows them to make incredible memories.

Staben said the event is especially important for students who live far away from home or who may not have experienced the traditional American Thanksgiving dinner before.

Last year, Mary Beth was able to attend the event, but Chuck could not.

Staben said his wife observed that a fair number of students didn't know what cranberry dressing is, and that it was a new cultural experience for them.

Reimannova said last year's dishes included turkey, mashed potatoes, gravy, green beans, pumpkin pie and a strawberry cheesecake.

This year, Staben will be attending the event and said he is eager to spend the time with students and the community.

"I am kind of one of those people that likes to sit around the table, talk with them, eat dinner with them and those sorts of things. I think a lot of people like to do that," Staben said. "The dining table is a human experience."

Reimannova said she appreciates this event and believes that other international students do as well.

"I love that all special holidays in America, especially Thanksgiving as it's so unique to any other culture," Reimannova said.

*Diamond Koloski
can be reached at
arg-news@uidaho.edu
or on Twitter @diamond_uidaho*

ARG

For more news content, visit uiargonaut.com



LESSONS FROM

Taylor Wilderness Research Station

Student presentations

Semester In The Wild

Nov. 19 | 1:30 p.m.

Borah Theater
Bruce M. Pitman Center

University of Idaho
College of Natural Resources

VandalStore
The official store of the University of Idaho
www.VandalStore.com

ASUI

Students race to represent

ASUI works to increase fall election turnout

Nishant Mohan
Argonaut

University of Idaho students took to the polls Monday to decide on seven ASUI Senate seats.

Elections opened Monday and will stay open until 5 p.m. Wednesday. Students will receive one email with a link to the ballot each day they do not vote during the 3-day voting period.

ASUI President Max Cowan said voting for student government is one of the simplest ways to get involved in your school.

And this year, he said the voting process for ASUI has become even simpler.

This year's election ballot only lists ASUI Senate candidates, instead of including other polling questions on policy issues and spending as in years past.

"Fewer pages means students are more likely to finish the ballot," Cowan said.

Cowan said senators had no important questions left unanswered. He said ASUI had already received feedback about tobacco policy and Finals Fest, as well as answered other questions through a series of single-question polls via email.

"With the polls on things like medical amnesty and marking transcripts, we are engaging students consistently throughout the year," Cowan said, mentioning he hopes this will increase voter turnout at elections and increase engagement throughout the year.

Austin Karstetter, ASUI Communications Board chair, said nearly 700 students voted last fall. This fall, nearly 400 votes were cast in the first few hours of voting Monday. Karstetter has been running this semester's senate elections with Election Coordinator Bailey Brown.

In the past, Cowan said they have received some negative feedback from students who did not expect to answer polling questions and thought the questions were misleading.

"This is a more efficient process that I think the average student appreciates," Cowan said.

Karstetter said using emails to promote ASUI elections began last year and has likely been the cause of increases in voter turnout.

In past years, students have had to log on to VandalWeb and fill out a form before voting.

"The email brings the ballot right to the student," Cowan said.

Karstetter said the email means ASUI no longer needs to promote elections, which saves a considerable amount of time. Now, he said every undergraduate student gets an email informing them they can vote in the election.

This election is different in other ways as well.

Karstetter said that because of a communication error, three candidates did not send their photos and bios to ASUI, so the ballot was sent out without them.

ASUI sent the ballot email at 8 a.m. Monday, and by the time the correction was made at 11:22 a.m., 303 students had



Alex Brizee | Argonaut

Senate Parliamentarian Tanner Beymer (left) attends an ASUI senate meeting Nov. 11 in the Idaho Commons.

already voted and 84 were logged on and may or may not have seen the updates, Karstetter said.

Karstetter said he and Cowan talked to the three candidates, and so far none of them have said they plan to contest the results.

Cowan said they plan to move forward with the election, including the first 300 votes as normal.

He said they looked at the results and found no correlation between presence of photo and bio and votes received and that these first votes are likely from some of the most informed students.

"We are willing to say that these people who voted within the first hour of voting have been paying enough attention that the photos and bios wouldn't matter," Cowan said.

In the event one of the affected candidates decides to contest the results, Karstetter said they can do so any time before the results are announced and for a short while afterward.

Cowan said he is not sure exactly how

yet, but that he has already talked to ITS and thinks there is a process they could go through to throw out the first votes.

Karstetter said this could result in the first votes being thrown out or sent back to be filled out again, or the entire election could need to be redone.

"There are more candidates than we typically see," Karstetter said. "It has usually been hard to find such a large and diverse group of candidates."

Karstetter said off-campus students are usually under-represented and there are generally more Greek students than non-Greek.

There are 16 candidates on the ballot this year — double the number from last fall — and Karstetter said there is a good mix of students from each type of living group, including off-campus students. Since only seven senators are elected each fall, and eight in the spring, Karstetter said there was competition in the election last fall. He said competition is important to

ensure quality representation.

Students used to seeing candidates with tables in the Idaho Commons may notice that they are absent this year. Karstetter said this is because the number of people in the commons at any given time varies greatly throughout the day, and it was impossible to make scheduling fair.

Karstetter said efforts to increase turnout and competition for senate elections are critical.

He said ASUI, and specifically the senate, does a lot for student experience

"This is important," said ASUI Lobbyist Nate Fisher. "Senators are a student's most direct link to ASUI and ASUI is a student's voice with the administration."

While Fisher said ASUI is not always visible, it does have an impact on the student experience at UI.

Nishant Mohan can be reached at arg-news@uidaho.edu or on Twitter @NishantRMohan

ARG

For more news content, visit uiargonaut.com



CLASSIFIEDS

Excellence Series, Fundraising workshop

Are you interested in how to raise funds for your club? All students, faculty, and staff are invited to learn all about fundraising on Wednesday, November 18th, 7-8 p.m., in room 62 of Iddings Agricultural Sciences Building. Guest Speakers Kim O'Neill and Mai Nguyen will be covering why fundraising is important, how to create and implement a business plan, and different fundraising ideas that your club can organize. Please RSVP Kayla Yearout at kyearout@uidaho.edu. Thank you and hope to see you there!

VandalStore
The official store of the University of Idaho
www.VandalStore.com

VOLUNTEER TIME



Irish Martos | Argonaut

Volunteers for Make a Difference Day gather to meet with their group Saturday in the International Ballroom in the Bruce Pitman Center.

SAFE
FROM PAGE 1

“Now there’s cameras on almost every pass,” Lehmitz said. “You can find out what the road conditions are just by clicking on the cameras from Idaho Department of Transportation or Washington Department of Transportation.”

Lehmitz said students should try to plan their departure time after snowplows get a chance to clear the roads.

He said having the correct tires for a car is also helpful when driving in the snow.

Though poor weather conditions are usually the cause of holiday driving distress, Lehmitz said students should be prepared for the possibility of car troubles.

Having blankets and food — such as protein bars — in the car can be helpful during an emergency situation, Lehmitz said. Maintaining a full gas tank will also allow the driver to use their car heater for a longer period of time if they find themselves stranded on the side of the road.

“Don’t think you can make it from here to Boise on one tank of gas,” Lehmitz said. “Keep your fuel level high just in case you happen to

slide off the road and nobody can get you at least you have heat.”

After the first heavy snowstorm of the year, Lehmitz said there is usually a rise in car accidents.

“We had a crash just Thursday morning right after Veterans Day by the Kibbie Dome,” Lehmitz said. “The person was going too fast around a corner and his car spun out of control and took out a pole.”

Lehmitz said after the first couple of snowstorms, there are usually about eight to a dozen accidents in Moscow.

Lehmitz said if there is an accident involving an injury, students should definitely call 911.

“Even if your car breaks down and you’re not familiar with the area, it’s OK to call 911,” Lehmitz said.

When receiving help from a 911 operator, Lehmitz said drivers should keep track of their whereabouts.

“Know your surroundings and check mile markers,” Lehmitz said. “A big thing is to know your location so we can get help to you.”

Jessica Gee can be reached arg-news@uidaho.edu or on Twitter @jaycgeek



SERVICE
FROM PAGE 1

Though there were only about a dozen men volunteering after two and a half hours of work, they had packaged about 600 pounds of product, or about 3,000 meals, Eifert said.

Cole Kubosumi volunteers at Make a Difference Day with his fraternity every year. He said everyone has their own reason for volunteering, but for him, he just wants to give back to the university that has given so much to him.

“I get to volunteer with a bunch of great guys. It’s fun to get the assembly line going,” Kubosumi said. “This year was a lot of fun.”

At the end of the morning, as the group finished cleaning up, Colwell gathered the men to go over reflection questions.

Eifert’s announcement of how many meals they made was met with whoops and applause.

“So will you guys volunteer more in the future?” Colwell asked.

The question was met with a resounding affirmative.

Before the men were dismissed, Eifert extended a final thank you.

“This is going to have a huge impact for a lot of people around here,” he said.

Hannah Shirley can be reached at arg-news@uidaho.edu or on Twitter @itshannah7

CHALLENGING
FROM PAGE 1

He said he hasn’t reconnected with him since then, but said he plans to buy Salazar and a few of his friends lunch, as promised.

Staben said the challenge still stands, and any student, faculty or staff member is welcome to meet him on the court.

“I’m always surprised more people don’t play racquetball,” Staben said. “It’s a very fast, competitive fighting sport.”

Racquetball isn’t the only sport Staben has practiced on campus. On Wednesday, Staben became the first UI president to compete at an intramural swim meet, where he placed

second individually and third out of three in breaststroke. Staben said it was his first time swimming competitively since high school.

Staben said it was a fun, informal meet, and said good-humoredly he isn’t sure whether or not he will compete again.

“I don’t know,” he said. “I was a little tired afterward. I might do it again.”

For Staben, the friendly competition is about more than fitness.

“I enjoy that sort of fellowship of competition,” he said. “I think it’s a way to really reach out to people and participate in their activities.”

Hannah Shirley can be reached at arg-news@uidaho.edu or on Twitter @itshannah7

VandalStore
The official store of the University of Idaho
www.VandalStore.com

Argonaut Religion Directory

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

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

St. Mark’s Episcopal Church
All are welcome. No exceptions
Sundays
9:30 am Holy Eucharist
5:00 pm Taizé - Candlelight and quiet (Is’t Sundays)
5:00 pm Welcome Table - Alternative Worship (2nd Sundays)
<http://stmarkschurchmoscow.org>
“Red Door” across from Latah County Library
111 S. Jefferson St. Moscow, ID 83843

Moscow Bible Church
Meeting at Short’s Chapel
1125 E. 6th St., Moscow
Sunday Worship Service — 10 a.m.
Christ Centered
Biblical, Conservative, Loving
www.moscowbible.com
Pastor Josh Shetler. 208-874-3701

CROSSING “Fueling passion for Christ that will transform the world”
Service Times
Sunday 9:00 am - Prayer Time
9:30 am - Celebration
6:00 pm - Bible Study
Thursday 6:30 - 8:30 pm - CROSS - Eyed at the Commons Aurora room
Friday 6:30 pm - Every 2nd and 4th
Friday U - Night worship and fellowship at The CROSSing
715 Transit Way
(208) 882-2627
www.thecrossingmoscow.com
Find us on Facebook!

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

Evangelical Free Church of the Palouse
9am — Sunday Classes
10:15am — Sunday Worship
Tuesdays:
5pm — Marriage Architect Class
6pm — College Ministry
4812 Airport Road, Pullman
509-872-3390
www.efreepalouse.org
church@efreepalouse.org

First Presbyterian Church
A welcoming family of faith
Sunday Worship 10:30 am
Sunday College Group 4:00 pm
at Campus Christian Center
Wednesday Taizé Service 5:30 pm
405 S. Van Buren fpcmoscow.org
Moscow, Idaho 208-882-4122
Pastor Norman Fowler

Moscow First United Methodist Church
Worshipping, Supporting, Renewing
9:00 AM: Sunday School Classes for all ages,
10:30 AM: Worship starts
The people of the United Methodist Church: open hearts, open minds, open doors.
Pastor: Susan E. Ostrom
Campus Pastor: John Morse
822 East Third (Corner 3rd and Adams)
Moscow ID, 83843
<http://www.moscowfirstumc.com/>

emmanuel BAPTIST CHURCH
Sunday Morning
9:30 am - Fellowship (coffee & donuts)
10:00 am - Worship Service
Children (AWANA), Youth, International & University Programs
Small Groups
Relevant Bible Teaching
Great Worship Music
ebcpullman.org
1300 SE Sunnymead Way - Pullman

ST. AUGUSTINE’S CATHOLIC PARISH
628 S. Deakin - Across from the Pitman Center
www.vandalcatholics.com
Sunday Mass: 10:30 a.m. & 7 p.m.
Reconciliation: Wed. & Sun. 6-6:45 p.m.
Weekly Mass: Mon. - Thurs. 8:30 p.m.
Saturday Mass: 9 a.m.
Phone & Fax: 882-4613
Email: stauggies@gmail.com

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

SPORTS



Appalachian State
uses run game to beat
Vandals at home

PAGE 7

WOMEN'S BASKETBALL

Vandals win big in opener

Idaho women's basketball routs UC-Santa Barbara in regular season opener

Tess Fox
Argonaut

The Idaho women's basketball team's aggressive play paid off against UC-Santa Barbara as the Vandals beat the Gauchos 64-42 Sunday at the Memorial Gym.

"I thought we executed, did a good job tonight," Idaho coach Jon Newlee said. "We knew they were going to set a lot of ball screens and so the game plan was to really get through them and make sure the perimeter drivers didn't get to the rim."

The Vandals scored 19 points in the first quarter.

This is the first time senior post Ali Forde has joined the team for the season opener.

Forde was a two-sport athlete for Idaho, playing basketball and volleyball until this year. She stepped down from the volleyball team after deciding to focus on basketball.

"Ali was dominant on both ends tonight and it was great having her for the first game of the year," Newlee said.

UCSB freshman Kali Jones, a 6-foot-3-inch post, was shut down by Forde, scoring just one point for the Gauchos.

Forde said she is happy to focus on one sport for her senior year.

"It's nice to have been able to get out there for basketball preseason and do my work in the offseason and get better," Forde said. "It's helped a lot."

Forde finished with 14 rebounds during her 24 minutes of play.

"We're a great offensive team," Forde said. "I feel like we'll always be a great offensive team. This week we've been really practicing our defense. It's one thing we really need to focus on. Last season other teams did score a lot of points and we're working on shutting that down this year, and I think we did that today."

Sophomore post Geraldine McCorkell led the Vandals with four assists and Idaho freshman guard Taylor Pierce had 10 points with three assists, down slightly from the 11 points she scored against Lewis-Clark State College in Idaho's exhibition win Nov. 6.

"Our focus this week was stopping their guards and that's what we did," Pierce said. "To win a game by that much and not have the best shooting night for our guards was really impressive."

The Vandals will play California State-Northridge at 6 p.m. Friday at the Memorial Gym.

Tess Fox
can be reached at
arg-sports@uidaho.edu
or on Twitter @tesstakephotos



Idaho senior guard Christina Salvatore drives to the basket against UC-Santa Barbara Sunday at the Memorial Gym. Idaho beat the Gauchos 64-42 in the Vandals' regular season opener. Idaho plays California State-Northridge Friday at home.

Tess Fox | Argonaut

VOLLEYBALL

Bittersweet Saturday

Despite loss to Northern Colorado, Idaho volleyball secures No. 2 seed in Big Sky Tournament

Luis Torres
Argonaut

The Idaho volleyball team hoped to control its own destiny as it looked to secure first place in the Big Sky Conference North division against Northern Colorado Saturday in Greeley, Colorado. Yet their efforts weren't quite enough to pull off the win as the Bears defeated the Vandals 3-1 (22-25, 25-18, 23-25, 25-27) to wrap up the regular season.

"We knew being on the road was going to be a good challenge for us," Idaho coach Debbie Buchanan said. "Today we played fairly steady. We have to be mentally locked in as we head into the tournament. I think there are some things we could do better. We are going to have to finish when we are in the driver's seat."

Both teams have a 10-6 conference record but Idaho (13-15 overall) has a +1.25 scoring differential against Northern Colorado, giving Idaho the North division title and the No. 2 seed at the Big Sky Tournament, which starts Thursday in Flagstaff, Arizona.

The Vandals lost to North Dakota in five sets Sept. 26 as well as being swept on the road Thursday. Yet, Idaho will have a chance at redemption playing the seventh-seeded team again at 11 a.m. Thursday.

Buchanan, who has now finished conference play above .500 for 13 consecutive

seasons, said winning the division is huge for the program.

"Our goal over the final weeks was to win our division and we were able to do so," Buchanan said. "Bottom line is we are going to the tournament to compete."

Idaho senior outside hitter Katelyn Peterson earned her 19th career double-double Saturday. Peterson had 13 digs and led Idaho with 16 kills.

Idaho sophomore outside hitter Kaela Straw finished with a .462 hitting percentage and sophomore outside hitter Sarah Sharp led the team with seven blocks and added 11 kills.

Senior setter Meredith Coba earned 27 assists and senior defensive specialist Jenna Ellis had 20 digs.

The Bears have won six straight matches. Only Big Sky regular season champion Northern Arizona — the No. 1 seed and tournament host — has a longer winning streak with 14.

North Dakota beat Eastern Washington in five sets Saturday. It was the Eagles' fourth straight loss after leading the North division for most of the season.

Buchanan said Idaho's loss to Northern Colorado showed Idaho must improve on closing their matches going into the Big Sky Tournament.

"We just have to finish games," Buchanan said. "We were up in every single game. We had the potential to be right there. We just have to finish."

Luis Torres
can be reached at
arg-sports@uidaho.edu

MEN'S BASKETBALL

Vandals stymie Spartans

Idaho men's basketball opens regular season with 20-point win over San Jose State

Josh Grissom
Argonaut

The Idaho men's basketball team opened its season with a dominating 74-54 victory over San Jose State Saturday night in San Jose, California, to begin regular season play.

The Vandals (1-0) stifled the Spartans offense and shot 46 percent from the field en route to a 20-point victory.

"I really liked the mindset of our guys tonight," said Idaho coach Don Verlin. "I thought they were focused. I thought they played extremely hard."

Junior guard Perrion Callandret led the way for the Vandals, scoring 18 points and adding six assists. Redshirt freshman power forward Nate Sherwood also contributed 15 points in the victory for the Vandals.

Idaho held San Jose State to six points in the first 14 minutes of play as the team jumped out to a commanding 25-6 lead midway through the first half.

After inconsistent play from both Idaho and San Jose State late in the first half, the Vandals emerged with a 34-18 lead at halftime.

San Jose State (0-1) shot 18.9 percent from the field in the first half, making only 7 of 37 shots. The Spartans were

even worse from 3-point range, shooting just 2 of 19 from behind the arc.

The poor shooting performance by San Jose State allowed the Vandals to develop and maintain a 20-point lead, despite Idaho's slow offensive start.

San Jose State came out in the second half with more energy on offense, which translated into 36 second-half points for the Spartans.

Idaho responded with a 40-point outburst in the final 20 minutes of play to cement a victory.

Junior forward Ty Egbert provided a strong defensive presence for the Vandals late in the game with five blocks against the Spartans.

"I thought Ty Egbert maybe played his best game as a Vandal," Verlin said. "I couldn't be happier with the way Egbert played tonight."

Sophomore guard Victor Sanders provided a spark in the second half for the Vandals, adding nine points and reeling in five defensive rebounds.

Sanders finished the game with 13 points and 7 total rebounds.

"I have a lot of optimism for this team," Verlin said. "We have a lot of new faces, but we returned a lot of guys that are ready to play."

Idaho will travel to Bakersfield, California, to take on California State-Bakersfield at 7 p.m. Tuesday.

Josh Grissom
can be reached at
arg-sports@uidaho.edu
or on Twitter @GoshJrissom

FOOTBALL

Rushing attack too much

Appalachian State's Moore rushes for 244 yards, Mountaineers 401 rushing yards as team in win

Garrett Cabeza
Argonaut

Running the football well and controlling the clock is usually a formula for success.

That formula worked for the Appalachian State Mountaineers as they beat the Idaho Vandals 47-20 Saturday at the Kibbie Dome in Sun Belt Conference play.

Idaho (3-7 overall, 2-5 Sun Belt) will play at Auburn Saturday before finishing the regular season against Texas State Nov. 28 at the Kibbie Dome.

The Mountaineers (8-2, 5-1) rushed for 401 yards and held the ball for 36 minutes, 44 seconds. Redshirt freshman running back Jalin Moore rushed for the bulk of those yards. Moore carried the ball 27 times for 244 yards — a 9-yard per carry average.

"We just let them run it down our throats too much to be honest with you," Idaho coach Paul Petrino said.

Coming into the game Idaho was concerned about stopping junior running back Marcus Cox, Petrino said. He said Idaho knew about Moore but the Vandals were mostly preparing for Cox.

Cox had been Appalachian State's primary running back this season.

Idaho senior linebacker Broc Westlake, who led the Vandals with 12 tackles, said he has not watched the game film, but it seemed to him that while the Idaho defense cut off the play side well, he found cutback lanes on the back side to gain yards.

The Vandals stayed with the Mountaineers in the first half, trailing 21-13 at half-time but Appalachian State started fast in the second half.

"I think the first half was still a close game," Petrino said. "We fought, we came back, we had that great drive at the end of the half to kick a field goal and make it a one-possession game. I felt like we were right in it and then the third quarter we never had the ball."

Idaho had the ball for 3:33 in the third quarter.

On the Mountaineers' first offensive play of the third quarter, Moore rumbled 47 yards



Tess Fox | Argonaut

Idaho junior tight end Trent Cowan tumbles into the end zone for a touchdown Saturday at the Kibbie Dome.

to the Idaho 21. Three plays later, Appalachian State sophomore quarterback Taylor Lamb connected with wide receiver Malachi Jones for a 15-yard touchdown with 13:13 left in the quarter.

The Mountaineers scored 23 unanswered points in the second half to extend their lead to 44-13.

Idaho sophomore quarterback Matt Linehan found junior tight end Trent Cowan for a 10-yard touchdown to cut the Mountaineer lead to 44-20 with 6:28 left in the fourth quarter.

Linehan and Cowan led the Idaho offense.

Linehan completed 20 of 31 passes for 243 yards with two touchdowns and zero interceptions. But the Appalachian State defense sacked Linehan five times.

Cowan hauled in seven passes for 76 yards and one touchdown.

Idaho senior running back Elijah Penny, who entered the game averaging 170.3 yards rushing on 35.3 carries per game the last three games, rushed for 53 yards on 16 carries

against Appalachian State.

"We didn't stay in the game long enough and didn't control it enough to get him the ball more to be honest with you," Petrino said.

Penny had three receptions for 39 yards and a touchdown — a 15-yard touchdown reception in the first quarter to tie the game at 7.

Garrett Cabeza can be reached at arg-sports@uidaho.edu or on Twitter @CabezaGarrett

CROSS COUNTRY

Vandals end on high note

Idaho women's cross country team finishes 17th at NCAA Regional Championship

Mihaela Karst
Argonaut

The Idaho cross country teams competed at the NCAA Regional Championship Friday in Seattle.

The women's team placed 17th with Idaho senior Kinsey Gomez leading the way with a 17th place individual finish.

"She ran really well," Idaho assistant coach Travis Floeck said. "We're in the best region in the country and to be 17th is way higher than she's ever finished. It's heartbreaking for Kinsey. She came up just short of qualifying for nationals."

Gomez finished with a time of 21 minutes, 5.6 seconds. She was a few seconds behind the time needed to qualify for the NCAA Championship

Saturday in Louisville, Kentucky.

"She performed great," Floeck said. "I couldn't be prouder of her and I just feel for her because it was her big goal out there, and to not reach it is hard. But it's about the process and I'm really proud of what she did this season and how she led this team."

The Idaho women's team finished 21st at the NCAA Regional Championship last season, and Floeck said he's proud of the 17th place finish this season.

Three of the seven Idaho women runners were freshmen — Krista Story, Andrea Condie and McCall Skay. Floeck said they all did really well in their first NCAA Regional Championship appearance.

"Krista came on big time in the end of the season from being our fifth girl at conference and being our third finish today," Floeck said. "She ran close to her P.R. (personal record) in some of

the worst conditions and she ran phenomenal."

Idaho junior Nathan Stark represented Idaho on the men's side. Stark finished in 127th place with a time of 33:52.3.

"He was hoping for a little more but I couldn't be happier with his season," Floeck said. "I'm really excited for what he can do in the track season in the steeple chase. He got in there and competed tough and gave it everything he had."

The Vandals will take a short break to regain their energy and then they begin training for the track and field season.

"I'm going to give them 10-14 days off and then get them working for the track season," Floeck said. "I have to give them some time off. They really deserve it."

Mihaela Karst can be reached at arg-sports@uidaho.edu

Ali Forde – women's basketball



Idaho senior post Ali Forde posted her 13th career double-double with 10 points and 14 rebounds in the Vandals' 64-42 win against UC-Santa Barbara Sunday at the Memorial Gym. Forde also contributed four blocks.

"We are a great offensive team," Forde said. "I feel like we are always going to be a great offensive team. This week (we) really had been practicing on our defense. It was one thing we really needed to focus on. Last season other teams were able to score on us. We are really working on shutting that down this year."

The Vandals (1-0) return to the Memorial Gym at 6 p.m. Friday to take on California State-Northridge.

Perrion Callandret – men's basketball



Idaho junior guard Perrion Callandret led Idaho with a career-high 18 points and six assists in the Vandals' 74-54 win against San Jose State Saturday in San Jose, California. Next, the Vandals (1-0) take on California State-Bakersfield at 7 p.m. Tuesday in Bakersfield, California.



Broc Westlake – football

Idaho senior linebacker Broc Westlake led the Vandal defense with 12 tackles (eight solo and four assisted) in the Vandals' 47-20 loss against Appalachian State Saturday at the Kibbie Dome. Idaho (3-7 overall, 2-5 Sun Belt Conference) travels to Auburn, Alabama, Saturday to take on the Auburn Tigers. The Vandals finish the regular season with Texas State Nov. 28 at the Kibbie Dome.



Katelyn Peterson – volleyball

Idaho senior Katelyn Peterson recorded her 19th career double-double with a match-high 16 kills along with 13 digs. The Vandals (13-15 overall, 10-6 Big Sky Conference) claimed the Big Sky North division title despite a 3-1 loss at Northern Colorado Saturday. Idaho and Northern Colorado both have 10-6 conference records but the Vandals own the tiebreaker. The Vandals are the No. 2 seed in the Big Sky Tournament, which starts Thursday in Flagstaff, Arizona, and the Bears are the No. 5 seed. Idaho plays seventh-seeded North Dakota at 9:30 a.m. Thursday in the first round of the Big Sky Tournament.

Vandal home games

Friday
Women's basketball
● Cal State-Northridge
● Memorial Gym
● 6 p.m.

Saturday
Men's basketball
● Linfield
● Memorial Gym
● 7 p.m.

Monday
Women's basketball
● Seattle University
● Memorial Gym
● 6 p.m.

Nov. 28
Football
● Texas State
● Kibbie Dome
● 2 p.m.

Men's Basketball
● Northern Illinois
● Memorial Gym
● 7 p.m.

HEAR THE ROAR.
FRIDAY.
INSIDE THE ARGONAUT.

RAWR

VandalStore
The official store of the University of Idaho
www.VandalStore.com

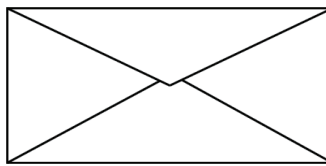
La Casa Lopez
FAMILY MEXICAN RESTAURANT & CANTINA

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

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

Find our daily specials on Facebook (208)883-0536
415 S. Main St. Moscow, ID 83843
Online menu at lacasalopez.com

OPINION



Send us a 300-word letter to the editor.

ARG-OPINION@UIDAHO.EDU

OUR VIEW

Get there when you get there

Students, faculty and staff need to remember to drive safe over break

With only three days left until Thanksgiving break, most students are starting to make mental plans for their trip home. Carpool lists are being created, bags are being packed, shopping lists are being written.

Preparing for winter travel is one of the things that can slip students' minds. It is important in states like Idaho to always be aware of the weather.

Take a moment to look at the seven-day forecast before leaving Moscow and also take time to look up the road conditions along the route home. Sometimes the weather forecast won't reflect when there is ice on the highways or in what areas there will be snow on the ground.

If the weather seems like it will be bad for driving, it is always possible, and usually the smarter choice, to delay the trip home for a

day. Be flexible.

Students should let someone at the other end of the trip know when they leave. This way, family and friends know when they are set to arrive and when to call for help if they don't make it there safely.

While driving during the winter, it is important to take the trip cautiously, and that might mean driving slower than many college students are used to. A few extra hours home aren't worth losing a life or getting injured.

Putting non-perishable food, water and blankets in the car is also a good idea in the event that the drive home results in a slide off the road or a flat tire. Chains are also a helpful item to have in the trunk in the case of extreme weather. Preparation during this time of year, and again at the end of semester, is important.

It may seem like overkill to have a survival kit in the car for a trip home, but every year students get in car accidents and sometimes students die in these accidents. The University of Idaho community is small

For more opinion content, visit uiargonaut.com

enough that one death makes a huge impact, regardless of whether it's faculty, staff, student or an administrator.

People who have traveled back and forth for years should be especially wary and prepared.

Upperclassmen, faculty and staff may think that the trip will be fine because it has been for the last three or four years they've done it, but that doesn't mean they shouldn't take precautionary steps this time around.

Carpooling is also a great option. For holiday breaks, UI provides a Holiday Break Bus to southern Idaho and Portland. There are plenty of opportunities for students to get home for breaks.

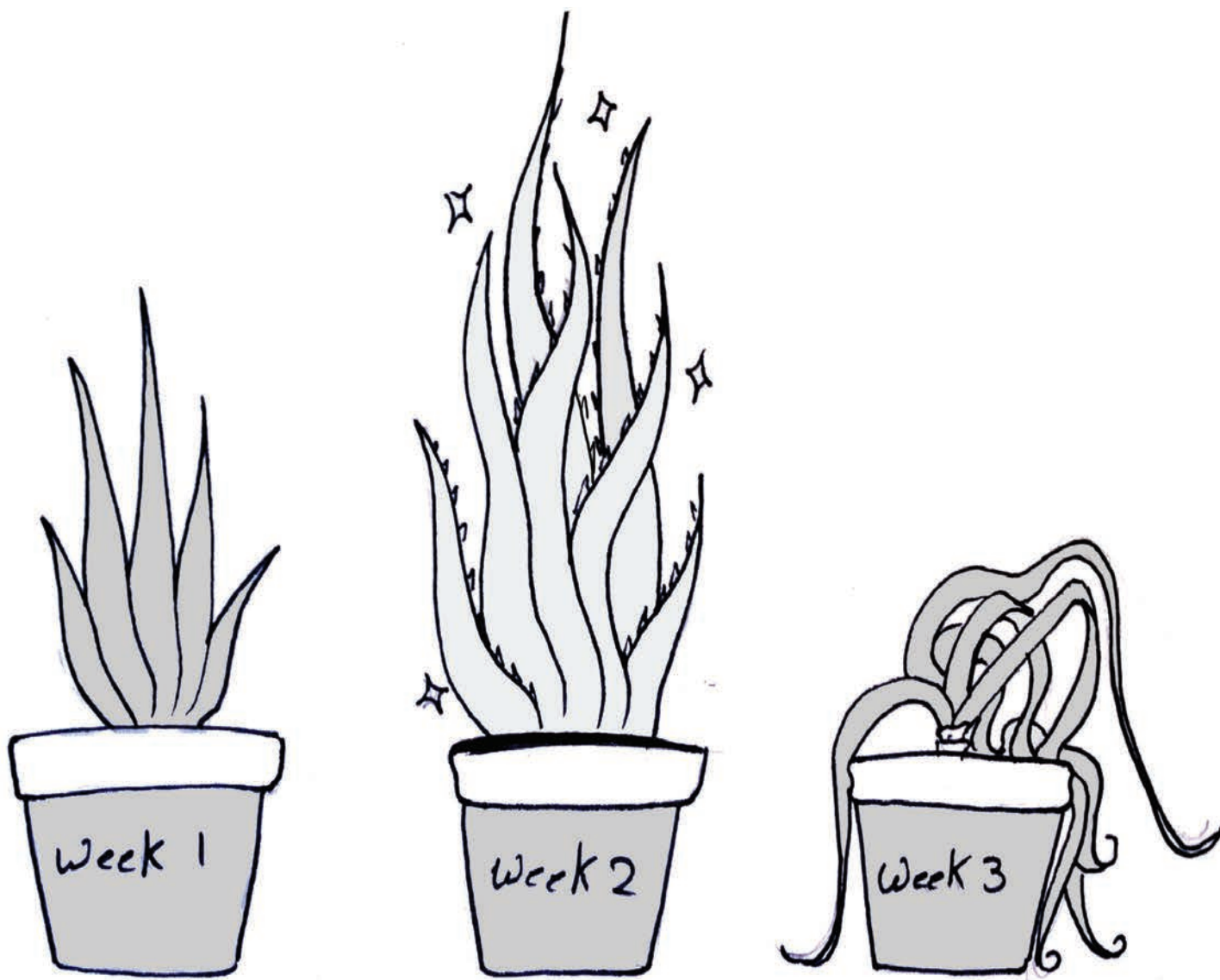
No matter how a student travels, they should take a few extra minutes to prepare for the journey home as well as the journey back to Moscow next weekend. A few extra minutes added to the estimated time of arrival could save a life.

— CW

NOVEMBER 17



Megan Hall
Argonaut



COLLEGE KIDS TRYING TO RAISE PLANTS

Thankfully it's Thanksgiving

For hungry college students, it's easy to forget the importance of Thanksgiving

It's almost time for students to celebrate the things they are thankful for by indulging in turkey, mashed potatoes, pumpkin pie, stuffing and all other foods that are sure to induce an enormous food coma.

But Thanksgiving is about more than just food. It's the one time of year when everyone is reminded of the great things in their lives and can share their appreciation of these things with good company.

Thanksgiving has always been a great holiday, but for the average college student, it is invaluable. It's an opportunity to refuel after wasting away on a

diet of mostly ramen and cheap coffee. Believe me, nobody looks forward to Thanksgiving more than a freshman who has been living off cafeteria food for the past three months.

Thanksgiving is also a chance to be reunited with family and, some would say more importantly, pets. Personally, I miss my dog more than anything else. You can talk to family over the phone,

but if you've ever tried to talk to a dog over the phone, you'll understand the conversation is pretty one-sided.

For many, next week will be a much-needed break.

Yet it's important to remember a lot of students come from far away to study at the University of Idaho and many of those students won't be able to travel home this Thanksgiving.

For many first-year students,

this will be the first Thanksgiving they spend away from home.

For these students, hearing about others' holiday plans probably isn't fun, but there are a few things caring friends can do about this.

"Friendsgiving," a kind of pseudo-Thanksgiving, is a rising trend among college students. The holiday is celebrated a collection of friends who are unable to see their families, and instead celebrate together as a makeshift family. Though a large portion of the campus population will be gone for the break, there will still be plenty of people in need of a little familial support.

Another solution for friends who plan to go home to their family is to include people who will miss out on their own family Thanksgiving. In the spirit of being thankful, a simple invitation could

For more opinion content, visit uiargonaut.com

mean a lot to someone. Any student who would otherwise be stuck on campus would love to receive an invitation to go home with a friend for Thanksgiving. Who

knows — that friend could be a phenomenal chef who can contribute skills needed to take a regular Thanksgiving dinner over the top.

It may be hard for some students to say goodbye to their families again to come back to UI after Thanksgiving break, but it's important to be thankful for the privilege of pursuing a higher education. This Thanksgiving is a chance for students enjoy the company they have, reflect on the greater things in life and, of course, stuff their faces full of potatoes and gravy.

Austin Maas
can be reached at
arg-opinion@uidaho.edu
or on Twitter @austindmaas

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Three weeks

And that's it. We are done for semester. No more homework, no more tests, nothing. Just food, family and ... snow. Well, now I have a legitimate excuse to stay inside all bundled up.

— Claire

Nov. 17

I don't know about you, but I'm feeling 22. Literally.

— Josh

Pray for Paris

My heart is heavy for all the people who were affected in the tragedy in Paris and all over the world.

— Tea

Warsan Shire

later that night/i held an atlas in my lap/ran my fingers across the whole world/and whispered/where does it hurt?/it answered/everywhere/everywhere/everywhere.

— Hannah

Grateful

Just grateful.

— Lyndsie

Losing my sanity

I'm trying to keep a clean space for a clearer mind.

— Jessica

Drive safely

A lot of you are driving home for Thanksgiving. Drive slowly if the roads are unsafe. You will get there when you get there.

— Garrett

Remember ...

Maya Angelou had it right, "Hate, it has caused a lot of problems in the world, but has not solved one yet."

— Corrin

If you're reading this

I'm over the hump. Smooth sailing for the rest of the week until I'm finally headed home.

— Erin

Infrastructure

Big fan of that. Society has some pretty cool things, but sometimes the basics have everything else beat.

— Jake

ISIS

Let's all realize this is infinitely more complicated than anyone could fathom. You can't just bomb the "rock and a hard place" situation out of people.

— Jack

Look at me

I'm Jordan. I've had a policy of waiting until the last minute to write my OTC and it's finally bit me in the butt. Erin writes my OTCs better than I do anyway.

— Jordan

Home

For the holidays. It's the best place to be.

— Katelyn

New favorite song

Do your ears hang low? Do they wobble to and fro? Can you tie them in a knot? Can you tie them in a bow?

— Ryan



Austin Maas
Argonaut

GREEK True Vandals

Why students should get involved on campus

SPΣΛK

Most of the time, students in college either naturally get involved or simply do not. At the University of Idaho, one of the best things about campus are the many opportunities to get involved. From the Student Alumni Relations Board (SARb) to participating in intramural sports, there are a plethora of options for student involvement at UI. Any student can find some way to be involved in something they are interested in. While some students see getting involved as a waste of their time, there is a lot more to the college experience than what happens inside the classroom, and that applies to both Greek and non-Greek students.

Courses give students valuable information they've sought by pursuing a higher education. By getting engaged, however, students get hands-on experience that can lead to jobs after graduation.

Undergraduates choose majors based on their interests, but by getting involved, students can explore and possibly find other passions. They are given the opportunity to meet people outside their field, plus they can gather useful material to add to their resume.

Many students choose not to get involved because of their concerns over the time commitments for various organizations, but getting involved doesn't always have to be a huge responsibility. Students can get involved with short-term activities like volunteering for Make a Difference Day, one day during

the year where university students volunteer for a myriad of projects.

If students are interested in making a long-term commitment on campus, looking at Greek life or running for an ASUI position in the future is definitely the way to go.

Regardless of how much time a student wants to commit to getting involved, finding the information on where to go is each student's responsibility. Some groups have a harder time than others being visible to potential members, but if a student is passionate enough about a certain subject, there are definite ways to find out about the opportunities available to them.

Like Beca and Fat Amy taught us in "Pitch Perfect," one of the best ways to get involved is actually showing up to club fairs

or attending public activities held by the organizations that pique students' interests. While we may not have the Barden Bellas at UI, usually a majority of organizations at the university plan ahead for weeks for events to recruit new members.

UI students have a choice — they can just go to their classes and finish their education as quickly as possible, or they can get involved and make this place somewhere unforgettable. That is what being a true Vandal means to me.

No matter if a student is a freshman or senior with one semester left, it is never too late to get involved.

Alexander Milles can be reached at argopinion@uidaho.edu



Alexander Milles Argonaut

For more opinion content, visit uiargonaut.com

Quitting and the holidays

Tips and resources for you or a loved one quit smoking

At Vandal Health Ed, we're celebrating the Collegiate Smokeout Nov. 19 by encouraging and supporting those who use tobacco to take a one-day stand against tobacco use.

While quitting tobacco can be a difficult endeavor, quitting for just one day can set you on the path to a healthier life. After less than 24 hours of quitting, your heart rate and blood pressure return to normal, your breath smells better and the carbon monoxide levels in your blood return to normal. Other long-term health benefits include a reduced risk for heart disease, stroke, respiratory symptoms, chronic obstructive pulmonary disease, erectile dysfunction in men and infertility in women of childbearing age.

In addition to taking a one-day stand, some may choose to cut down or work on staying away from tobacco products entirely through the holidays and beyond.

Quitting any time of the year can be tough, and the holiday season is no exception, especially with the stress of finals, travel and family.

It takes careful planning to manage stress and find a supportive environment, and Vandal Health Ed has some special tips and resources that can help you celebrate the holidays with friends and family and still stay healthy. These tips and resources are useful all year long, especially if you find yourself in a particularly stressful or overwhelming situation.

Let family and friends know that you are quitting or are in the process of quitting. They may be able to offer support through particularly stressful situations and strong triggers. If you have friends and family who also use tobacco, they may be encouraged to quit by your decision to go tobacco-free.

At holiday gatherings with friends or family, get involved. Help the host by doing

meal-prep, food shopping, serving snacks or preparing something special on your own. Who knows, getting more involved in the meal prep may bring you closer to friends and family.

You may also want to avoid spicy and sugary foods, as these can lead to more cravings. Snacking on crunchy foods such as celery, apples and nuts can help satisfy cravings. If you need something to keep your hands busy, crack some nuts, peel an orange or hold onto a small object.

Lastly, cope with frustration and celebrate your success. Learning coping skills that work for you is critical to help you fight those tough cravings. Pick up your favorite book, check your Facebook page, text a friend or loved one or strike up a conversation. When you make it through a tough craving, celebrate. Take some time for yourself or buy yourself that special something you've been want-

ing. These small celebrations keep you motivated to continue a healthier lifestyle.

While these quit tips can help during tough times, they may not be enough. Reach out for additional support. Project

Filter offers cessation support and eight weeks of free nicotine replacement therapy for Idaho residents.

Public Health-Idaho North Central District and Gritman Medical Center offer free one-on-one cessation counseling with certified tobacco treatment specialists.

Additional information for these resources can be found at uidaho.edu/tobaccofree.

Give yourself, friends and family members the gift of health this holiday season by trying these tips or sharing them with those around you who are trying to quit.

Emily Tuschhoff can be reached at emilyt@uidaho.edu



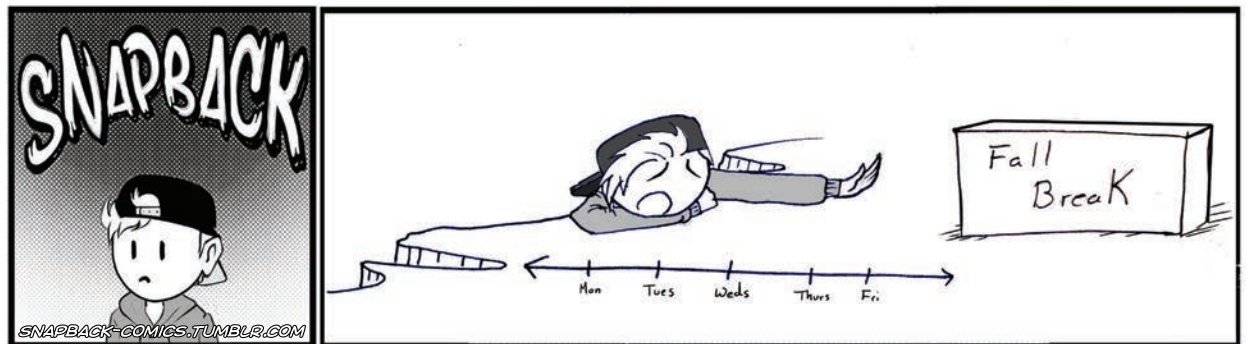
Emily Tuschhoff Vandal Health Ed

For more opinion content, visit uiargonaut.com

VandalStore
The official store of the University of Idaho
www.VandalStore.com

COMIC CORNER

Snapback



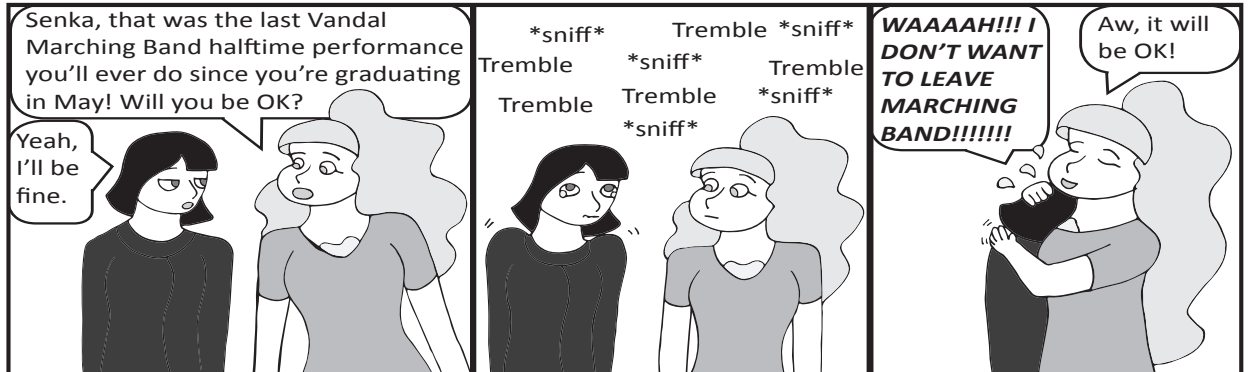
Megan Hall | Argonaut

Bad sense of humor



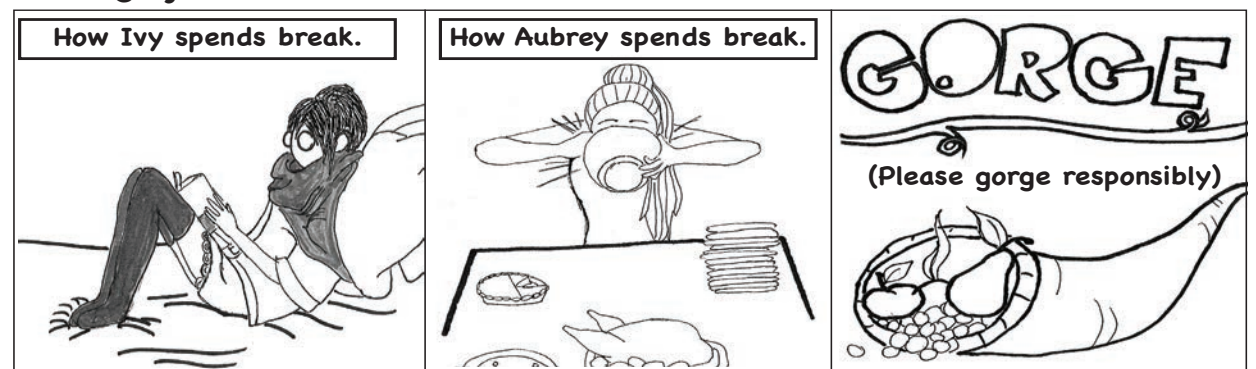
David Black | Argonaut

Senka Black



Samantha Brownell | Argonaut

#collegelyfe



Claire Whitley | Argonaut

CONGRATULATIONS TO OUR VANDAL SENIORS ON "SENIOR DAY", NOV. 28!!

Fantastic job in completing your University Degree!
Thank you for representing the University of Idaho!
Thank you for attending the University of Idaho!



GO VANDALS FOOTBALL!! BEAT AUBURN!!

SHOW AUBURN THE SUN BELT CONFERENCE MEANS BUSINESS!!!!

GO VANDALS! BEAT TEXAS STATE!!

STUDENTS: COME BACK EARLY FOR THE FOOTBALL GAME ON
SATURDAY, NOVEMBER 28, 2015 AT 2:00 P.M.!! BE SUPER LOUD AND
SUPER PROUD!!

2015 VANDAL SENIORS FALL SPORTS



NCAA Women's Soccer

Gonzales, Hayley J B.G.S. General Studies

NCAA Volleyball

Bierma, Tineke M B.S.F.C.S. Food/Nutr-Nutrition Opt

Coba, Meredith M B.S. Broadcasting & Digital Media

Peterson, Katelyn R B.S.E.S.H. Exercise Science & Health

NCAA Women's Swimming

Hendricks, Samantha B.S.E.S.H. Exercise Science & Health

Hodgin, Allison B.S. Ed. Elementary Education

Renzini, Emily M B.S.Rec. Recreation Emph

NCAA Football

Antoine, Glen J B.G.S. General Studies

Ayers, Kaylyn M B.S. Organizational Sciences

Ballard, Brett C B.S.E.S.H. Exercise Science & Health

Bradley, Quinton B.S. Psychology

Edwards, Christopher F B.G.S. General Studies

Edwards, Ryan A B.S. Organizational Sciences

Johnson, Jermaine M B.S. Organizational Sciences

Jordan, Jayshawn J B.S. Bus. Finance

Lemke, Eric B.S. Bus. Marketing-Gen Marketing

Manley, Jacob B B.S. Organizational Sciences

Martial, Max S B.S. Sociology-Gen Sociology Emph

Millan, Marc A B.S. Organizational Sciences

Penny, Elijhaa A B.G.S. General Studies

Sandberg, Dallas M B.S. Psychology

Sule, Doyin B.G.S. General Studies

Travillion, Jeffrey W B.S. Organizational Sciences

Trotter, Kendrick U B.S. Organizational Sciences

Westlake, Broc T B.S. Bus. Finance

White, Calvin J B.S. Bus. Finance

White, Kevin B.G.S. General Studies

Wiltz, Devin B.G.S. General Studies

Woods, Mason W B.S. Bus. Mgmt & HR-Management Emph

Vandals

John Schroeder and Margaret Lezamiz
Probate, Personal Injury and Family Law
U of I Law School 1981 and 1982
208-384-1627, Ext. 1