

7.6.16

horoscopes

Cancer 6/21-7/22

July is here, and that means it is the last full month of summer break. No more waking up late or playing videogames all day. Have fun paying for textbooks soon.

Leo 7/23-8/22

The fact that summer is almost over doesn't deter you, Leo. You own it and make the most of these last sunny summer days. Nothing can rain on your parade. But bring an umbrella just in case.

Virgo 8/23-9/22

In true perfectionist fashion, Virgo is hyperventilating about money. With rent, utilities, Wi-Fi and school, Virgo really needs a cuddly friend this week.

Libra 9/23-10/22

It's time to put on your social cap, Libra. Yes, we know you don't like people, but with students beginning to trickle back into the 'Scow, you should probably pull out the old "Social Interaction for Dummies" and start practicing.

Scorpio 10/23-11/21

With Virgo freaking about their financial situation, Scorpio has enough universal energy

to sit back and relax. Maybe play the Powerball.

Sagittarius 11/22-12/21

Don't drop that archery class that you are signed up for. What is a centaur without their bow and arrow?

Capricorn 12/22-1/19

Be there for Virgo this month. They are flipping out about their financials. They really need a cuddly friend, and that happens to be you, Capricorn. This is your only divine directive.

Aquarius 1/20-2/18

While the beach and the pool are lovely places to be in the summer heat, maybe you should take a break, Aquarius. If you keep it up, your hands and feet may just be permanently pruny.

Pisces 2/19-3/20

Pisces, you have spent enough time on the internet to last through the new school year. Everyone else

actually got a tan, maybe you should venture outside for at least a little while this month.

Aries 3/21-4/19

Your misdirected rage is causing your summer to heat up, and not in the natural way the Earth does when it is closer to the sun. Take a chill pill or five, and cool off with a quick trip to the pool.

Taurus 4/20-5/20

Well, cows are certainly very popular on The Drawfee Channel on YouTube. Taurus, if you decide you want to attempt to draw and be famous on the internet, now is your chance. Just perfect the cartoon cow, and that is all that is needed.

_ Gemini 5/21-6/20

Raw

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Don't try to talk your way out of student loan debt. No seriously, Gemini. Don't do it. The bureaucracy is immense and unfathomable. You will lose your voice talking to all those people.

Mavie Reel

Miracle in Cell No. 7 (2013)

In 1997, a mentally disabled father Jiulong Lee insists on buying a backpack of Sailor Moon for his young daughter, Yisheng. However, Jiulong is framed for a rape and murder case at the store. He cannot argue for himself and the policeman sends him to jail, cell No. 7. With the help of other prisoners in cell No. 7, Yisheng finally meets her father in prison.

Extremely Loud and Incredibly Close (2011)

This is a story between the love of a father and a son after 9/11. Sometimes you will find yourself too weak to even say goodbye to the person you love the most.

Riding Alone for Thousands of

In the name of fathers

Miles (2005)

Dealing with the problems between fathers and sons is a puzzle for people in all cultures and places. In this film, Chinese director Yimou Zhang depicts a story of two pairs of fathers and sons. This is not only a trip about walking together, but also a trip about forgiving.

Big Fish (2003)

Will used to enjoy his father Edward's story of a fantasy journey. However, Will does not believe the story anymore when he grows up. He even stops visiting his father for many years. Until one day, he hears the message that his father will die soon. He decides to meet his father for the last time. This time, he finally figures out the secret truth behind his father's storytelling.

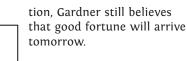
I am Sam (2001)

Sam is a disabled man who only has a six-year-old child's intelligence. One day, a woman comes and stays at his place. Finally, the woman

leaves a girl infant to Sam. Sam names his daughter Lucy. With time gone by, Lucy finds out that her father cannot understand certain things which becomes more difficult for her. She doesn't care about her father's limitations and continues living with him until a local educator separates them because of Sam's special condition.

The Pursuit of Happiness (2006)

After Chris Gardner's wife left him and their son, Gardner has to raise his son alone. Even in this tough situa-



Life Is Beautiful (1997)

A Jewish man, Guido, marries a teacher, Dora, and soon they have a child. During WWII, Guido is sent to a Nazi concentration camp with his family. Even during such a horrible situation, Guido still uses his humor to encourage his family. His spirit inspires people and everyone there likes him. Before the end of WWII, the Nazi soldiers must clear the camp for the last time. Can Guido's family live until the end?

Jinrong Lei can be reached at arg-arts@uidaho.edu







R Daily (11:20) (1:50) (4:30) 7:20 9:50 **The Purge: Election Year** R Daily (1:15) (3:45) 6:50 9:35 Fri-Sun (10:45) **Central Intelligence** PG-13 Daily (2:00) (4:50) 7:30 10:00

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Informed, and unimpressed

Tackling the "lesser of two evils" perspective in the upcoming election

I've been looking forward to November 2016 for a long time — it will be the first time I can vote in a presidential election. But more important than the simple act of voting, it was supposed to be the first time

I could throw my support behind a candidate I believed represented my views most accurately and in a trustworthy, presidential manner.

Now, four months **Ly** until I am supposed to cast my ballot, I'm not so sure I am looking forward to Election Day like I was as a bright-eyed 18-year-old.

Despite Bernie Sanders' pledge to remain on the campaign trail, for the purposes of this column I will discuss the assumed Democratic and Republican Party nominees — Hillary Clinton and Donald Trump, respectively.

The word "ashamed" is a strong one, but I am tempted to use it. Even from the beginning, I couldn't imagine anyone with Clinton's secretive track record or Trump's mouth representing my great country. And now that this is a reality, I can't help but feel a little defeated a little ashamed.

I have a hard time finding a candidate I can fully back in the first place. Being a female with extremely liberal social beliefs and highly conservative financial leanings, I find it hard to identify with either dominating party — and that may be a large part of the problem.

In a country where a Democrat vs. Republican mindset rules, the presidential election starts to feel more like "us vs. them" than a genuine effort to choose a leader who is right for the U.S. in its current state.

What's even worse is that this presidential race is even less "us vs. them" and more "I won't vote for so-and-so because..." It seems to be easier for voters to explain why they refuse to vote for one candidate than to explain why they are voting for

Lyndsie Kiebert

the other. This thought process is damaging, and requires a paradigm shift. It reflects a need to select the lesser of two evils, but there must be a

Giebert aut better option, right? We can blame current leadership, we can blame the media, but in the end all we can do is cast a vote.

I plan to vote in November. However, I doubt it will be for either nominee from the dominating binary parties. I will continue to do research into third-party candidates, and hope to find someone who better reflects my own views and doesn't have deleted emails on their record or the inability to speak with sensitivity and common sense.

I urge others to look beyond the hate-slinging spotlight of the presidential race. While I'm certain the upcoming debates will have plenty of entertainment value, I have no interest in seeing either of the participants in the White House. Though discouraged, I refuse to dismiss the first election in which I can vote as frivolous. It is not meant to be about "us vs. them" or "I hate them and here are the reasons."

Over the next four months, it needs to be about what is realistic, and what is best.

Lyndsie Kiebert can be reached at arg-opinion@uidaho.edu or on Twitter @lyndsie_kiebert

Flags, rifles, hot dogs and politics

Come November, utilize the right to vote

Two centuries and 40 years ago, our founding fathers separated themselves from the British and the journey of America as we know it began to take form.

American's wild, often

fantastical imaginations, conjure images of colonial militia fighting against the British, flags and rifles in hand, unified under one cause. Images can be found of our founding fathers deliberating in the court hall collectively deciding how our newly independent country will function and thrive without the arm of the British.

It can be discouraging to look at the current state of America and long for a time of fresh revolution where everyone can agree on at least one thing. However, this wasn't the case in the early years of American politics.

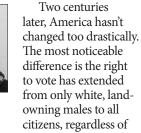
Colonial soldiers fought for our freedom, and countless veterans have continued to do so since America's birth, for that Americans are thankful. Our founding fathers deliberated over our constitution and laws to create a fair government system that represented the people and not a monarchy, but not in the grand cooperative or inclusive nature Americans are so accustomed to envisioning.

Early American politicians were at odds with each other over numerous issues. Most prominent of which was the expansion and extent of the federal government to empowered state government, a topic still debated on today. There were federalists and republicans both of which strongly disagreed with each other on the organization of the U.S. government.

3

The 2000s thus far have promised to bring us some of the same base policy and organizational arguments we have been fighting over for





background or lifestyle. The right to vote is the most fundamentally unique and sacred privilege established for us by our founding fathers.

Amidst the presidential election Americans find themselves in the familiar place of disagreeing with each other on just about everything. One thing the majority can agree on is that the right to vote is sacred. A right that cannot and will not be denied. A right available to us because of the actions of our founding fathers and colonial militias in the 1700s. For one day we can all celebrate the accomplishments of those that came before us. With burgers, hot dogs and beers in hand, Americans celebrate and salute the men and women who have fought for our freedom, independence and ability to voteover the past 240 years.

Come November celebrate this freedom once more by voting in the presidential election.

> Kevin Douglas Neighbors can be reached at arg-opinion@uidaho.edu



Neighbors Argonaut

OPINION **Summer Health**

content, visit

Now that summer is upon us, it is important not to let our healthy habits For more opinion go out the window when planning trips, working uiargonaut.com summer jobs or enjoying the outdoors. Often times we can feel in a rush to enjoy our time off from school and we may forget to stick to a routine of taking care of ourselves. There are many different aspects of maintaining our health that arise specifically in the summer time, along with the habits we may already have or are working towards.

Some of the most important aspects of our health are diet and exercise, no matter what time of year it is. During the summer, it is so easy to get careless with what we are eating and not keep up on some sort of exercise plan.

The American Heart Association recommends 150 minutes of moderate intensity per week, in order to maintain good cardiovascular health and prevent the formation of diseases like Type 2 diabetes, metabolic disease and hypertension. This amount of exercise combined with a healthy diet containing fruits, vegetables and low in excess sugar and fat. This is a simple way to stay healthy and feeling good throughout the summer.

The easiest way to tackle this is to make yourself a plan. Review your schedule and make time each day for exercise, whether it be an hour at the gym before relaxing with friends or a walk around the block on your busier days.

Being unprepared and low on time are the biggest contributors to bad eating habits. Stock up on fruits and vegetables that are easy to eat on your way out the door and plan healthy meals

ahead of time. Take a salad to work with you and cook lean meats in bulk to have for dinner throughout the week.

Along with diet and exercise, which are imperative for health year-round, other health issues come up in the summer months to

we should also be prepared for. One of the most important issues during hot months is skin care. Sunburns are all too common and can cause irreversible damage to the skin.

According to the Skin Cancer Foundation, one in five Americans develop

skin cancer in their lifetime. Protect yourself by always using at least a 15 SPF anytime you are outdoors. Also be sure to examine your skin after a few days outdoors to check for any significant changes.

Another dangerous risk of summer time is dehydration. Being active outdoors is great, but can be harmful if you're

not careful. Remember to be drinking water constantly throughout the day to be more prepared for when you are outside or sweating. Don't just wait until you're thirsty. Signs of dehydration can include increased thirst, decreased sweating, dizziness and fainting. Make it a habit to carry water with you at all times and be aware of how you are feeling out in the heat.

There are so many easy things you can do to take care of yourself this summer. The more effort you put into your health, the more enjoyable all your summer activities can be. Check out the Vandal health website for more important health information and resources - www.uidaho.edu/VandalHealth.

> Alison Rogers works at the Student Health Center

University of Idaho STUDENT

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Building opportunities Local non-profit creates affordable housing opportunities

Jack Olson Argonaut

Home ownership benefits both the individual and the community. Not only does it stabilize housing expenses, but according to Nils Peterson, director of the Moscow Affordable Housing Trust, it stabilizes communities too.

"Where renters dominate, the character and care of the area is different than if owners dominate," Peterson said. "Owners have an investment. They participate in civic activities, government, all those things that build community."

The Moscow Affordable Housing Trust is a state and city funded organization that seeks to provide affordable home ownership opportunities to individuals and families with lower-thanaverage household income.

The trust purchases and rehabilitates, or simply builds from the ground up, a home and sells it to a qualified buyer. The trust works with people who have a household income of 50 to 80 percent of the Area Median Income. Because of this, Peterson said they must sell a home for between \$155,000 and \$165,000.

The process looks like this — first, the Idaho Housing and Finance Association provides seed money and a line of credit to the city of Moscow with a general idea of how much affordable housing can be created with that capital. The city, through the Fair and Affordable Housing Commission, provides that capital to the trust, which, with the direction of Pe-

terson, creates a plan of what can be bought, rehabilitated or built.

The trust then works with realtors, bankers and contractors to finish and sell the house to the qualified buyer.

Finally, the money the buyer pays for the house goes back to Idaho Housing to be used again.

To find and educate interested buyers, Peterson holds a seminar called "Finally Home." The seminar gives interested buyers the chance to connect with realtors, bankers and financial professionals from the community to help better prepare them for buying a home.

Peterson said the course greatly reduces the chance of foreclosure, which he said was something to be intent on avoiding.

"It's messy," Peterson said. "Everybody loses money, and you're out of a house."

Moscow City Council member John Weber said he was selected by the trust to sit on its board as an elected official. Because of the legal limitations of the city's Fair and Affordable Housing Commission, Weber said the trust exists to do the things the commission cannot.

"If there's three people who all want to buy the house and we have pick one and say 'you get it,' we can't do that at the city," Weber said.

Peterson said the trust sold its first home in April. He said it was a rehabilitated house between Moscow and Troy. He said the trust can't rehabilitate any old house, though. Only homes built in 1978 or later are eligible because of lead paint risks in older homes, and because of the small range at which the

final house must sell, the initial house must fit in the budget.

The rehabilitation market in and around Moscow is small for the trust. Peterson said two-thirds of homes are disqualified because of their age.

Age is no issue with a new house, though, and Weber said the trust is beginning construction on a new space on Morton Street in Moscow. Weber said buying the lot is often the largest single expense in building a new home. He said if the trust can't get the price down, many opportunities are closed off.

Because there is no actual profit made for the city once the house is bought and all surplus money goes back to the state, Weber said it behooves the trust to build as much quality as possible into the house, rather than ending under-budget.

Peterson said for middle-income households, buying a home is the biggest investment they could make toward retirement. He said home ownership stabilizes housing expenses, meaning a landlord could never raise rent unexpectedly.

Once the house is paid off, Peterson said a person could live there paying nothing but taxes.

Peterson emphasized the role that debt can play in buying a home.

"The ideal buyer has zero other debt. That buyer doesn't need my help," Peterson said. "The real buyer's ability to borrow is limited by their debt-income ratio."

He said his buyers cannot have more debt than 41 percent of their annual income, and that having too much debt could prevent anyone from buying a home.

Peterson said student loan debt is especially problematic. He said it is a special form of debt from which an individual cannot declare bankruptcy and walk away. Peterson strongly recommended college students borrow as little as possible and be frugal during those years, or else they could be burdened with that debt for many more years. He also suggested college students learn about and begin building their credit score.

Unfortunately for students, Peterson said Moscow has lower wages and higher rent and housing prices than what would be expected for the area. He said it is because Moscow is a resort community, and college students are the resort goers.

"When people bring in money from beyond what's local, they bid up rent and housing prices," Peterson said. "There are low wages in Moscow because there's a (lot) of students taking low wage jobs."

> Jack Olson can be reached at arg-news@uidaho.edu

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RESEARCH

An atmosphere for life

Graduate Student Shannon Mackenzie studies life beyond Earth and the effect of atmospheres on distant moons

Kevin Douglas Neighbors Argonaut

Imagine a moon like the Earth's moon, but with an atmosphere. A moon that has an ocean not like the Earth's ocean, but an ocean that flows underneath a bed of ice, unbelievably thick, covering the surface of the entire moon. A moon with volcanoes that spew not molten magma, but ice particles.

These moons are a reality and they are currently in orbit. Their names are Titan, Enceladus and Europa. Faculty and graduate students of the University of Idaho study these cosmic wonders, hoping their observations will lead to the discovery of microorganisms in some of the furthest depths of the solar system.

"On Titan the game is the same, but the players are different," said Shannon Mackenzie, a UI graduate student studying physics.

Mackenzie didn't always want to be a physicist. She said she watched a lot of "Star Trek" when she was a child and that inspired her to explore the depths of the solar system, but what really landed her in the world of science was someone telling her she couldn't do it. She took that as a challenge and has found herself a nice chunk of success in the field.

Although she enjoyed fantasizing about space and the final frontier, Mackenzie has found the real science stuff is so much cooler than some of the stuff anyone can think up.

"It is a very exciting time," Mackenzie said. "We think there are a couple different targets in the solar system to find life."

Mackenzie is one of the researchers investigating these wonders of the solar system. Mackenzie's academic focus is on Saturn's moon Titan. She believes between Enceladus, Europa and Titan, Titan exhibits the most promise to shelter microorganisms.

In order for life to thrive, an environ-

ment must have liquid water, chemistry and energy, Mackenzie said. Titan has all three. Titan's atmosphere contains carbon and hydrogen. The only component missing is energy.

"Water isn't that uncom-

mon, there is a ton of water ice in the solar system," Mackenzie said. "What's uncommon is liquid water. Titan has a liquid ocean under its crust."

Titan is 10 times farther from the sun than Earth, therefore it only receives a small fraction of the sun's rays, which provide just enough energy to possibly support extremely basic plant life, Mackenzie said. However, the sun is not the only potential source of energy that can provide life. On Titan the gravitational friction between Saturn and its unique moon produce enough energy to generate life, Mackenzie said.

"If you can get these to work together you have all the things you need to make life: water, chemistry and energy," Mackenzie said. Mackenzie said Enceladus and Europa also contain liquid water. What sets Titan apart from Enceladus and Europa is its atmosphere.

"Titan is the only one with an atmosphere," Mackenzie said. "It is the only one with methane and ethane."

Because Titan has an atmosphere, precipitation is enabled by way of liquid methane.

Liquid methane rains down from the atmosphere creating methane lakes and rivers. It then evaporates and returns to the atmosphere where the cycle continues, Mackenzie said.

"My thesis is about Titan and how its surface interacts with its own atmosphere," Mackenzie said. "What's cool is that it's really not that complex because it's a lot like Earth."

Titan's atmosphere is only a little thicker than the Earths. The Earth's atmospheric pressure is measured at 1 bar and Titan's measures in at 1.5, Mackenzie said. Nick Eastman-Pratt | Argonaut

"If we find out how much chemistry to carbon there is, if the right temperatures are there, if the pressure is okay, then you know whether or not an environment is inhabitable by Earth life," Mackenzie said.

The evidence Mackenzie and her colleagues have found has been based on careful observations and well formulated, highly educated, theories, about the genesis of life.

"We do not fully understand the genesis of life, how things come to be," Mackenzie said. "But we are finding life in seemingly uninhabitable environments on Earth, so we think maybe its possible elsewhere."

By studying the possibilities of life on other planets Mackenzie and her peers hope to discover more about Earth. If they can understand if life can or cannot exist outside Earth, they can then reach a deeper understanding of life on Earth.

> Kevin Neighbors can be reached at arg-news@uidaho.edu



TRACK & FIELD

Two of the best, saved for last

Idaho track and field competitors Carroll and Gomez earned Second Team All-America in the NCAA championship

Luis Torres Argonaut

Postseason competition started with five Idaho track and field athletes competing at the NCAA Outdoor Track and Field Preliminaries in Lawrence, Kansas. Two Vandal athletes qualified for the NCAA Finals in Eugene, Oregon, June 8-11. When the final jumps had been marked and finish lines crossed, both competitors earned All-American Second Team honors, and then some.

Senior distance runner Kinsey Gomez earned a personal-best and 10th place in the 10,000-meter race with a time of 33:18.00.

Redshirt sophomore Arphaxad Carroll placed 16th in the long jump, after being ranked in 20th place.

Idaho track and field director Tim Cawley said he was pleased with both competitors performances in Eugene.

"Both competed fantastic at the NCAA Finals," Cawley said. "It could've gone much better but I was proud with both of them. To watch them represent Idaho in that level was pretty exciting."

Gomez's time also broke the schoolbest time she set at the Stanford Invitational earlier in the season.

Senior Dominique Scott of Arkansas won the 10,000-meter run with a time of 32:35.69.

Scott and seven other women finished the race in less than 33 minutes, the largest quantity of competitors to achieve this feat in NCAA history.

Gomez said she enjoyed competing against 23 other women in Eugene.

"It was amazing to race with such talented field of women," Gomez said. "It was a great cap off to my senior year and it left me hungry for more. I can't wait to continue to improve in this sport and see what I'm more capable of."

Distance coach Travis Floeck said Gomez's gutsy performance was the perfect way for her to end her time at Idaho.

"Anytime you can finish your college

June 8-11. Gomez and men's track and field teammate Arphaxad Carroll also achieved honors during the competition. career with a personal-best, I couldn't have asked for more," Floeck said. "I was very proud of Kinsey especially that it was the biggest stage she's ever competed in. To run her best under the most amount of pressure and it shows the kind of competitor she is to finish 10th."

In addition to the record, Gomez was named the female recipient of the NCAA Elite 90 Award.

The Elite 90 Award is given to one athlete of each gender with the highest cumulative grade-point average in each of the NCAA's 90 championships events. Gomez earned a perfect 4.0 GPA and graduated in May with a bachelor's in general studies.

"Kinsey embodied what a track student-athlete should be in Idaho," Cawley said. "She's a talented young lady that's done the right things and has her priorities in order. It was neat having her around and I know there's a chance that she may be a volunteer coach next season. So she may hang around a little bit longer and I'm excited for it."

Senior distance runner Kinsey Gomez (left) earned 10th place at the NCAA Outdoor Track and Field Finals in Eugene, Oregon,

Redshirt sophomore Arphaxad Carroll entered the meet and ranked 20th after the preliminary round in the long jump.

He ended his season with a 16th place finish and a leap of 7.40 meters June 8. Senior Jarrion Lawson of Arkansas won the event with a jump of 8.15 meters.

Carroll said competing in the NCAA finals was a learning curve and anticipates returning next year.

"It was a great experience to compete in Eugene around so much talent and I

couldn't have asked for more," Carroll said. "I was glad to be competing and hope to be back in finals next season and hopefully win."

Cawley said Carroll's performance in the finals is just the beginning of what he can bring to the table.

"Arphaxad competed really well and is not afraid to compete," Cawley said. "He comes into any situation relaxed and is just a tremendous competitor. While I'm excited for his performance, he's not even close to his max potential. He was injured for most of the year, so he has yet to reach his maximal effort and we're both excited for next season."

> Luis Torres can be reached at arg-sports@uidaho.edu or on Twitter @TheLTFiles





Tess Fox Argonaut

Former Vandal posts Renae Mokrzycki and Tayla Corrigan have returned to their native Australia to begin their professional careers.

Mokrzycki is playing with the Sandringham Sabres of the Southeastern Australia Basketball League. So far, she has averaged 6.3 points and 5 rebounds per game.

As a Vandal, Mokrzycki averaged 7.3 points per game and played in all 34 games for Idaho. She had a 5.14 field goal percentage.

Mokrzycki transferred to Idaho from North Idaho for the 2014-2015 season. She set career-highs with 20 points against Texas Tech and 15 rebounds against Abilene Christian last season.

"Renae had by far her best year for us," Idaho women's basketball coach Jon Newlee said in a press release. "No matter what she did, she was productive."

Both received General Studies degrees

in May.

Corrigan is playing for the South Adelaide Panthers in the Adelaide Premier League.

She has played three games since joining and scored a career-high 15 points in her first game.

"Tayla came in from junior college with the goal to go home and play professionally," Newlee said. "Her accomplishment of that goal shows how much depth we had on this year's championship team. She did not always get a ton of minutes, but she was a worker."

Corrigan played 23 games for Idaho and set a career-high of five rebounds against Idaho's first game against Portland State.

Corrigan and Mokrzycki are the second and third graduates from the class of 2016 to sign international contracts. Ali Forde signed with Bad Aibling of the German Bundesliga in June.

> Tess Fox can be reached at arg-sports@uidaho.edu



File photo by Tess Fox | Argonaut

Renae Mokrzycki shoots a basket against Eastern Washington during the Spring 2016 season. Mokrzycki recently signed on with Sandringham Sabres of the Southeastern Australia Basketball League.

Sports briefs

All the honor

More than 40 Vandal student athletes were honored with membership on the 2015-2016 Spring All-Academic teams. Eligibility is earned through participation in at least half of the team's competitions, a 3.2 cumulative grade point average at the end of the most recent term and completion of at least one academic term at the athlete's current Big Sky institution.

From the men's golf team, sophomore Ian Kim and senior Scott Rilev were named.

Sophomore Kendall Gray, junior Amy Hasenoehrl, freshman Sophie Hausmann, freshman Michelle Kim, senior Cassie McKinley and senior Kristin Strankman represented the women's golf team.

Freshman Mack Baxter, junior Christopher Black, freshman Kaizer Gillispie, sophomore Ed Hall, redshirt sophomore Dusan Jevtic, redshirt junior Ian Middleton, freshman Skylar Ovnicek, fresh-

man Drew Schultz, freshman Dwain Stucker, redshirt senior Matt Sullivan and freshman Levi Wintz represented the men's outdoor track and field team.

For the women's outdoor

track team, junior Emma Balazs, freshman Kaleala Bass, junior Kolcie Bates, sophomore Nicole Carter, freshman Andrea Condie, freshman Lauren Curlanis, junior Ally Ginther, senior Kinsey Gomez, freshman Erin Hagen, redshirt sophomore Meghan Palesch, junior Marquita Palmer, redshirt junior Katelyn Peterson, redshirt freshman Jenna Phipps, sophomore Alex Siemens, freshman McCall Skay, redshirt freshman Sierra Speiker and freshman Kara Story qualified.

Men's tennis was represented by sophomore Mark Kovacs, freshman Artem Vasheshnikov and freshman Lucas Coutinho. The women's tennis team also added three athletes, freshmen Celine Koets, Maria Tavares and Marianna Petrei.



Almost 650 student-athletes across the Big Sky earned academic honors.

All that Utah Jazz

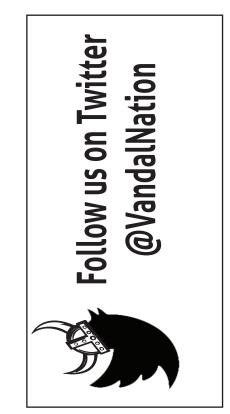
Former Weber State power forward Joel Bolomboy was selected by the Utah Jazz during the second round of the 2016 NBA Draft June 23.

Bolomboy is the 17th Wildcat to join an NBA team. The last was Damiak Lillard, who was drafted by the Portland Trailblazers in 2012.

Bolomboy is the Big Sky all-time rebound leader with 1,312 career rebounds. He is ranked fourth in blocks and fifth in field goal percentage.

The Wildcats won the Big Sky tournament championship last year and took a trip to the NCAA tournament. Bolomboy earned conference MVP and Defensive Player of the Year.

This is the second straight year a Big Sky player has been drafted. Last year, the Orlando Magic picked up Tyler Harvey of Eastern Washington.



CRUMBS



A Crumbs recipe

Chocolate peanut butter Reese's cake

Ingredients

- Cake ingredients: 3 cups sugar 2 2/3 cups all-purpose flour 1 1/3 cups coco powder 2 2/4 teaspoons baking
- powder 2 1/4 teaspoons baking
- soda ■ 1 1/2 teaspoons salt
- 3 éggs
- 1 1/2 cups milk
- 3/4 cup vegetable oil
- 1 tablespoon vanilla
- extract ■ 1 1/2 cups boiling
- water

Frosting ingredients: ■ 1 cup unsalted butter, softened ■ 8 ounces softened cream cheese 1 teaspoon vanilla extract ■ 1 1/4 cup peanut butter ■ 4 cups powdered sugar ■ 1/4 cup heavy cream ■ 1 bag of bite-sized Reese's ■ 8 full-size Reese's Peanut Butter Cups Ganache Ingredients: ■ 4 ounces semi-sweet chocolate ■ 4 ounces (1/4 cup) unsalted butter

Directions

Cake instructions: 1. Preheat oven to 350 degrees Fahrenheit 2. Prepare three 8-inch pans with cooking spray and parchment paper then set aside **3.** In a large mixing bowl, combine all cake ingredients except the boiling water 4. Beat until all ingredients are combined 5. Add boiling water, and mix until batter is smooth 6. Pour cake batter evenly in each three cake pans 7. Bake for approximately 30-35 minutes or until cake bounces back upon touch

8. Cool on wire rack for 15 minutes9. Remove cakes from pans and wait to frost until cakes are cool

Frosting instructions: 1. Place butter and cream cheese in a bowl and mix until smooth and creamy 2. Add peanut butter and vanilla, and continue to beat mixture 3. Add powdered sugar and heavy cream, and beat until smooth

Ganache Instructions 1. Heat stove to medium, and place a heavy-bottomed saucepan on stove burner Place butter in the saucepan, and allow heat to melt the butter completely
Remove the saucepan from the burner, and slowly pour chocolate chips into the pan
Stir chocolate chips and butter together until smooth ganache forms
Set aside pan and allow ganache to cool for 10 minutes

Assembly

 Once cake layers are cool, place bottom layer on a plate
Spread a cup of frosting over the cake
Add second cake layer, and repeat with another cup of frosting
Add the top cake layer and spread the rest of the frosting around the outside of the cake 5. Cut the 8 full-sized Reese's Peanut Butter Cups in half, and then place the candy around the bottom tier of the cake

6. Group the bite-sized Reese's Peanut Butter cups on the top tier of the cake, and then refrigerate the entire cake for 10 minutes to chill the frosting 7. Once the frosting is chilled, pour slightlycooled ganache over the top of the cake 8. Add more bite-sized Reese's Peanut Butter cups as needed, and refrigerate for another 10 minutes

Lindsey Heflin can be reached at crumbs@uidaho.edu 10

New note for Palouse Choral Society

New director Sarah Graham believes the Palouse choir has the ability to open minds and change hearts

Kevin Douglas Neighbors Argonaut

Clocking in, clocking out, board meetings, staff meetings, grumbled bosses and disgruntled employees often make a life worth living feel meaningless. It's not often one is granted the opportunity to do what they love and make money doing it.

Sarah J. Graham, the new artistic director for the Palouse Choral society, has built herself a life where she can make an impact on the lives of community members, make a living and fill that place in her soul that only art can satisfy.

"Music is a way we can affect and have an effect on people emotionally and mentally," Graham said. "I think in the choral arts we can create programs that educate and open people up to new ideas and cultures."

The choral arts embody the traditions of societies across the globe. These traditions and the cultures that come with them can be shared through choir. When these different cultures are shared, an empathetic understanding is developed for the different type of people that inhabit our planet, Graham said.

Graham received her undergraduate education from Whitworth University in Spokane, Washington,

in music education. She continued her education and received a Masters from Michigan State University in English and classroom teaching. She also holds a doctorate in conducting, Graham said.

During her undergrad, Graham studied abroad and taught in Jamaica her senior year. She said her experience of different cultures during college inspires her to share the many different traditions and cultures she has been exposed to through choral arts. She continues to incorporate programming from cultures around the world in her choral endeavors, Graham educates herself and others in the hopes that she can open her mind and the mind of her community.

"When I taught high school, I got involved doing cultural programming," Graham said. "We did a December around the world concert where we focused on music of the world."

When she conducted this choral program she



gave the audience programs with maps on them containing numbers marked in the countries that corresponded to the songs, signifying what region of the world they originate from.

For the last 10 years Graham has taught at the college level, and cur-

rently teaches at the Lewis-Clark State College in Lewiston. She is also the choir director at Episcopal Nativity Church and has been for the past year.

Graham said she plans to take her goals of sharing different cultures with her audiences to the Choral Society of the Palouse and continue to do the work she loves to do.

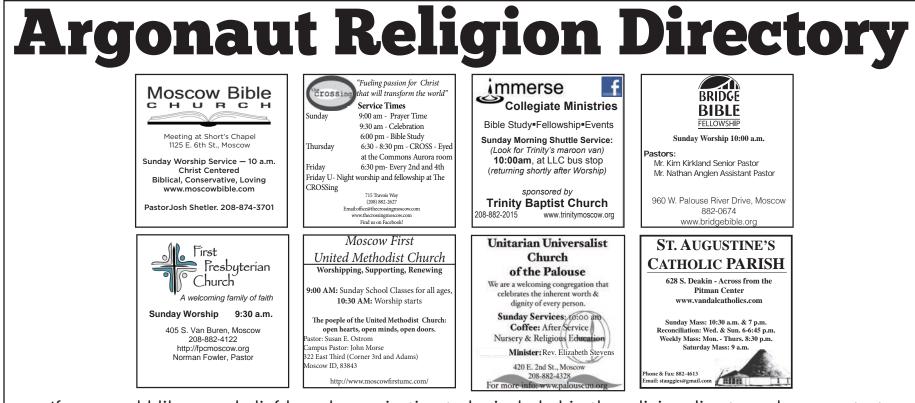
"The society will remain the same in their high standards and quality that they already exhibit," Graham said. "I will hope to add programming designed to create awareness for ideas and cultures and current events."

Graham is excited to bring life into the Palouse through music and the cultures of the world.

"I'm living my dream, doing what I love. I am exited to bring new music to the area," Graham said.

Kevin Neighbors can be reached at arg-arts@uidaho.edu





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File photo by Tess Fox | Argonaut

Roland Jenkins is brought to the ground by a Louisiana Monroe player during the Vandals 2015 season. The 2016 season opener will be against Montana State Sept. 1 at 6 p.m. in the Kibbie Dome.

Preseason lists released

Rehkow leads Idaho with a first team selection

Tess Fox Argonaut

Nine Idaho football players have been selected for the Athlon Sports' preseason all-Sun Belt football team. Senior kicker/ punter Austin Rehkow was named to the first-team list for both positions.

Rehkow is the all-time punting average leader at Idaho. In 2015, he led the Sun Belt Conference in field goals per game, punting average and ranked second in field goal percent.

Senior receiver Callen Hightower, senior tight end Buck Cowan and junior lineman Jordan Rose received secondteam rankings.

Cowan finished last year's season fourth in the nation with 48 receptions for 624 yards and

four touchdowns.

Hightower averaged 5.2 catches per game. He was ranked fourth in the league and 56th nationally.

Senior Steven center Matlock, redshirt-freshman linebacker Kaden Elliss and senior defensive back Jayshawn Jordan qualified for the third-team.

Matlock was recently named to the Rimington Award Watchlist. He is one of four Sun Belt players and among 58 Football Bowl Subdivision players to make the spring watch list. The list recognizes the nation's top center annually.

After becoming a starting linebacker, Elliss was the second-leading tackler for Idaho.

Jordan was injured for the 2015 season and will return in

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the 2016 season.

Junior quarterback Matt Linehan and senior tight end Deon Watson were chosen for the fourth-team.

Linehan led the Sun Belt in completion percentage, completions per game, total passing yards, passing yards per game and total offense per game. He ranked third in yards per pass attempt and fourth in pass efficiency.

Watson was the fourth-leading receiver with 551 yards on 42 catches and seven touchdowns.

The Vandals kick off the 2016 season against Montana State 6 p.m. Sept. 1 in the Kibbie Dome. Tess Fox can be reached at arg-sports@uidaho.edu or on Twitter @tesstakesphotos

Claire Whitley	McKenzie Reiber
Editor-in-Chief argonaut@uidaho.edu	Advertising Manager arg-advertising@uidaho.edu
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