

THE UNIVERSITY OF IDAHO
ARGONAUT

UIARGONAUT.COM

FOR, OF AND BY THE STUDENTS SINCE 1898

THURSDAY, SEPTEMBER 6, 2018

ADMINISTRATION



Courtesy | Melissa Hartley

Hassel Morrison throws at the dunk tank to raise funds for scholarships.

Student-first mentality

Hassel Morrison departs UI after three years of engaging and encouraging students

Brandon Hill
 ARGONAUT

As Hassel Morrison strode into the Dean of Students Office Friday morning, he greeted the half dozen students waiting in the lobby.

He shook some hands, said some “hellos” and made small talk before stepping into his office, cluttered from days of packing.

“I’ve had a great opportunity to be a part of this family,” he said. “I’ve had great experiences here. I’m really going to miss it here, and I’ve got a feeling the future is going to be bright.”

After three years as associate dean of students at UI, Morrison will depart for Minnesota, where he will serve as vice president of student life at St. Olaf College. His last scheduled day at UI is Sept. 7.

Morrison, who made his career helping young people navigate tricky educational paths, said his days begin — and end — with students.

“I’m always pushing students to do more, be better, to help change the world,” he said. “I believe that every student that comes to college has the ability to do something great.”

Morrison said he strictly abides by a self-imposed 24/7 open-door policy. No student who reaches out to his office will feel abandoned, he said. From the time he began studying criminal justice at Radford University in Virginia, Morrison said he always felt a connection with people.

After changing majors and completing an undergraduate degree in media studies, he slowly began to realize his natural born skill of connecting with others might be better suited for a different career path.

Recalling interactions with mentors and advisers during his time in college, Morrison credited much of his decision to pursuing a career in education to the help he received from older individuals at Radford.

“I connected with this faculty person that was really influential. I felt like he cared about me as a person,” he said “He wanted me to be successful. I felt like whether I went to Radford or not, he wanted to see me succeed.”

From Radford, Morrison then traveled to Virginia State University to pursue his master’s degree in educational leadership. After completing his graduate studies, then earned his doctorate from North Carolina State University.

During his time at school, Morrison joined Alpha Phi Alpha Fraternity, an organization whose notable alumni include Martin Luther King Jr., Thurgood Marshall and jazz artist Lionel Hampton, the namesake of University of Idaho’s annual Jazz fest. Morrison said he took his positive experiences among the Greek community into his professional life, especially when he joined the UI staff in 2015.

“I think the Greek community is very vibrant. It brings a lot of excitement and energy to campus,” Morrison said. “Typically, we can lean on the Greek community when we need something to get done. They do a lot of service in the community, they raise funds. They’re a good group, and I’m glad I’ve had the experience of working with them.”

SEE STUDENT PAGE 5

ADMINISTRATION

Outlining the future

Staben projects positive last year at faculty meeting

Elizabeth Marshall
 ARGONAUT

In the first faculty meeting since announcing his departure, University of Idaho President Chuck Staben spoke on a breadth of topics regarding the university’s future.

He opened with a message of positivity and care for this academic year, and said that his departure won’t inhibit the university’s progress on academic and administrative fronts.

“This is the last year of my presidency and some might ask ‘well what does that mean?’ To me it means that I want to ensure that it is a successful year for the university and that it is a year that positions us for the future,” Staben said. “I care deeply about public higher education. I care deeply about the University of Idaho and I want to keep moving us forward.”

Staben’s contract with the State Board of Education expires next June. The State Board of Education expects to name an executive search firm to manage the search for a new president this month.

Staben also signaled that administrators are working toward a plan to reduce the athletic department’s budget deficit. The deficit was \$750,000 at the end of last fiscal year, Staben said, and that officials are expecting another significant deficit when this fiscal year ends.

He said he has asked Interim Athletic Director Pete Isakson and Vice President of Finance Brian Foisy to come up with a long-term plan to slowly close the department’s budget deficit.

Isakson held the role of acting athletic director since former Athletic Director Rob Spear was put on administrative leave in April. Spear announced last Friday Isakson would become interim, and would remain in that role throughout the remainder of Staben’s time leading UI.

SEE OUTLINING, PAGE 5

CAMPUS LIFE

Take it into the sunshine

The Outdoor Program makes it easy for students to go outside

Danny Bugingo
 ARGONAUT

Sandra Townsend does not believe in indoors people.

For her and the rest of the staff at the University of Idaho Outdoor Program, anyone can find something to do outside.

“There are a lot of folks who hear the word ‘outdoors,’ and then they just tune right out,” said Townsend, an outdoor program coordinator. “They’re like, ‘I’m an inside person,’ which is false. Everyone goes outside.”

With classes, organized trips and discounted equipment rentals, the outdoor program tries to make it easy for all students to explore the great outdoors.

For complete beginners, Townsend said the upcoming “Intro to Outdoors” set of events is a good introduction to the wilderness.

The outdoor program will provide instruction, transportation and equipment for paddle boarding at Spring Valley Reservoir for \$30 on Sept. 5, hiking through

Elk Creek Falls for \$20 on Sept. 9 and backpacking overnight through River Canyon for \$40 Oct. 6 and Oct. 7.

Students can sign up for these and any other outdoor program event at the Outdoor Program Office in the Student Recreation Center from 10 a.m. to 5 p.m. on weekdays.

Staff accommodate students from a variety of backgrounds and skill levels, said Sarah Page, a student assistant coordinator.

“Sometimes it can be kind of tricky, but for the most part it hasn’t been an issue,” Page said. “The majority of our trips are geared toward beginners, so we try to make them accessible.”

Regardless of skill level, Townsend said most who take advantage of the outdoor program leave happy.

“We offer an avenue for everyone of all abilities to go outside,” Townsend said. Later in the fall, the outdoor program will host a bike-packing trip. Participants will tour the Palouse Range, riding north of Moscow Mountain from Sept. 29 to Sept. 30.



Sandra Townsend

“It’s just like backpacking but with your mountain bike,” Townsend said.

During Thanksgiving break, students will have the opportunity go backpacking through sandstone canyons in Utah.

“There’s nothing like having five whole days in the desert,” said Sarah Page, who co-led last year’s trip with Townsend. “The Utah trip was a complete blast.”

Students who choose not to participate in any outdoor program trip can still make use of the rental center for their own excursions. The center is the largest in the Northwest according to Townsend, boasting anything from climbing shoes to canoes.

“We have about half a million dollars’ worth of outdoor equipment for students to use,” Townsend said. “It’s an incredible resource.”

More information about equipment rentals or the outdoor program’s events can be found on the program’s page on the UI website or at the program’s location in the Student Recreation Center.

Danny Bugingo can be reached at arg-news@uidaho.edu.



Alexandra Stutzman | Argonaut
 Snowboards in the recreation center.

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FIND WHAT MOVES YOU

5K Fun Run/Walk



Wed. Sept. 12

Fun run/walk starts 6pm. at the Student Rec Center

Cost: \$5/UI Students \$10/Non-Student

Register at uidaho.edu/5k

Outdoor Program

WHITEWATER RAFTING

Trip: September 15

Salmon River, Idaho

Cost: \$85



Sign up at the Outdoor Program Office

Intramural Sports

Upcoming Entry Due Dates

Cornhole	Thurs, Sept 6
Frisbee Golf	Thurs, Sept 6
Singles Tennis	Thurs, Sept 13
3 on 3 Basketball	Thurs, Sept 13
2 Person Golf	Tues, Sept 18
Doubles Tennis	Thurs, Sept. 20



For more information and to sign up: uidaho.edu/intramurals

Outdoor Program

INTRO TO FLY FISHING

Trip: September 23

St. Joe River, Idaho

Cost: \$90



Sign up at the Outdoor Program Office

Wellness Program

UNLIMITED WELLNESS PASS

\$129

GOOD NOW - JANUARY 8, 2019

Outdoor Program

INTRO TO BIKEPACKING

Palouse Range, Idaho

Trip: Sept. 29-30

Cost: \$40

(includes transportation and group equipment bike bags and instruction)



Sign-up at the Outdoor Program Office



University of Idaho
Campus Recreation

uidaho.edu/campusrec



"Like" us
UI Campus Rec

A Crumbs recipe

Taco Bowls

It's time to meal-prep — at least while the motivation of a new school year still stands strong. As fall rolls in and classes become more hectic, a week of already-made meals can be the best thing to come home to after a long day. What better way to begin a first week of meal prepping than with healthy and fresh taco bowls?

Ingredients

- 4 cups of brown rice
- 1 lb of turkey sausage
- 2 cups of zucchini
- 2 cups of corn
- 1 cup of tomatoes
- 1 cup of red onion
- 2 cups of black beans
- 2 cups of cheese
- 1 lime
- 1 tablespoon of minced garlic
- 1/4 cup of cilantro

Directions

1. Cook the rice until fluffy. Let the rice cool completely before assembling each bowl.
2. Cook the turkey sausage in a pan. Season the sausage with salt, pepper, paprika and garlic.
3. Remove the turkey sausage from the pan and let cool before assembling each bowl.
4. Sauté the zucchini and corn in the same pan until the vegetables are golden.
5. Combine the chopped red onion, chopped tomatoes, cilantro and the juice of one lime.
6. In four separate bowls, scoop even amounts of rice, turkey sausage, sautéed vegetables, beans, cheese and salsa.
7. Make sure each bowl is cooled and tightly sealed before placing in the fridge.

Start to finish: 45 minutes
Servings: 4

Hailey Stewart
can be reached at
crumbs@uidaho.edu

Sunny Days

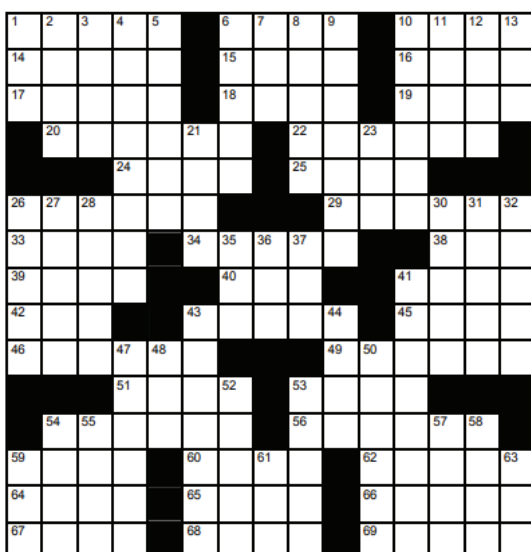


Avery Alexander | Argonaut

CROSSWORD

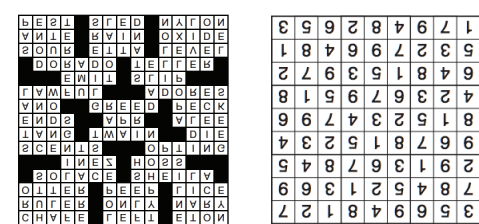
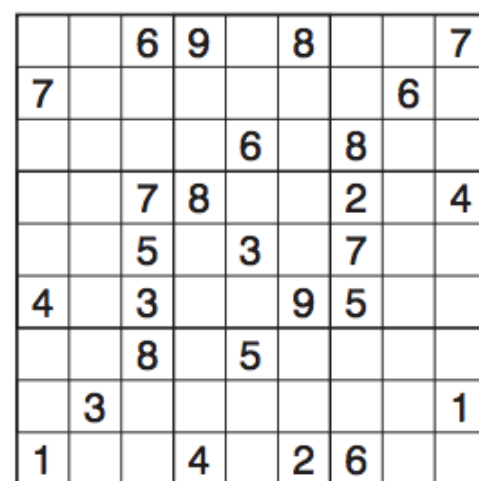
Across

- 1 Nettle
- 6 Took off
- 10 Collar type
- 14 Carpenter's tool
- 15 ___ the lonely
- 16 Not one
- 17 Fun-loving river mammal
- 18 Chick's cry
- 19 Aphids
- 20 Comfort
- 22 Woman, in Brisbane
- 24 Kentucky town of less than one sq. mile
- 25 Bonanza nickname
- 26 Fragrances
- 29 Choosing
- 33 Zest
- 34 Tom Sawyer creator
- 38 Perish
- 39 Conclusions
- 40 Taxing mo.
- 41 Sheltered, at sea
- 42 Up (Prefix)
- 43 Avarice
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- 49 Idolizes
- 51 Discharge
- 53 Mooring space
- 54 CA county, El ___
- 56 Banker
- 59 Acerbic
- 60 James of jazz
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- 64 Wager
- 65 Weather forecast
- 66 Red lead
- 67 Tormentor
- 68 Winter toy



- 11 Appendage
- 12 Killer whale
- 13 Steve Allen Show regular Louis
- 21 ___ la vie
- 23 Second sight
- 26 Pilfer
- 27 Arrowroot
- 28 Empower
- 30 Do-nothing
- 31 Family girl
- 32 Eccentrics
- 35 Armed combat
- 36 Emulator
- 37 Wrath
- 41 Stroke
- 43 Sailplanes
- 44 River valley
- 47 Polecat
- 48 Thurman of Kill Bill
- 50 Gunsmoke name
- 52 Aggregate
- 53 Grove of trees
- 54 Finished
- 55 On the ___
- 57 Malevolent
- 58 Make over
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- 63 Ipress File author Deighton

SUDOKU



THE FINE PRINT

CORRECTIONS

In the Aug. 29 article "A Presidential Search" Elizabeth Zinser's name was misspelled. The Aug. 29 article "Meet the Women's Center" did not correctly state the center's status as a confidential reporting location.

UI STUDENT MEDIA BOARD

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public.

Questions? Call Student Media at 885-7825, or visit the Student Media office on the Bruce Pitman Center third floor.

EDITORIAL POLICY

The opinion pages are 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 Brandon Hill, Hailey Stewart, Meredith Spelbring and Max Rothenberg.

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 M. Pitman Center
Moscow, ID, 83844-4271

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CAMPUS LIFE



Kali Nelson | Argonaut

Mia Goodwin, the UI student alumni program coordinator, speaks at a SARb open house Thursday evening.

Who's behind the curtain

The UI Student Alumni Relations Board hosts open house to inform, recruit new members

Kali Nelson
ARGONAUT

Keeping University of Idaho traditions alive is one task charged to a group of students and alumni — the Student Alumni Relations Board (SARb).

SARb's mission is to increase Vandal pride and traditions by connecting students and alumni through events and workshops around campus, said Mia Goodwin, the

student alumni program coordinator.

"They aim to connect students with alumni through networking events or just through those signature events," Goodwin said.

The board puts on events like Vandal Walk, Moms' and Dads' Weekend, GradFest and the Traditions Keepers book, which can be ordered online.

Across the street from Farmhouse, SARb held an open house last week in its location in Hays Hall in the Alumni Office. Goodwin gave a quick overview of what SARb is and board members introduced themselves.

Michaela Brown, a chemistry and biochemistry major, is the vice president of op-

erations. She has been a member of SARb for about two years and has been in her current position for a semester already.

"We are like a little family, and we're from all different organizations, we have people who live on campus, people who live in sororities and frats, people who live in residence halls, we just all come together to form this little family outside of these other organizations," Brown said.

She said getting involved in SARb was a good way for her to network with alumni and get out of her lab. Brown said she joined because she had friends in the organization when she got to UI and she wanted to polish up her professional skills.

To get more students involved in SARb, the board held an open house in the UI Alumni Relations office, so students could get to know them in an informal setting.

Besides networking, Goodwin said students can become more involved in the university community through SARb because the students in this group help plan the big signature events like Moms' and Dads' Weekend.

"We help build each other up but also help other students on campus," she said.

*Kali Nelson
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arg-news@uidaho.edu
or on Twitter @kalinelson6*

Prepping for adventure



Alexandra Stutzman | Argonaut

University of Idaho sophomore Michel Terry looks at a map Tuesday in the student recreation center.



GEAR UP FOR GAMEDAY

VandalStore
Official Store of the University of Idaho

CAMPUS FOLIAGE



Olivia Heersink | Argonaut

The sun shines on a patch of flowers on the University of Idaho campus as students make their way to class and extra-curricular activities.

VandalStore
The official store of the University of Idaho



EPIC GEAR EVERY DAY

PREVIEW

News in brief

Department of Student Involvement will host a run for suicide awareness next Wednesday

As part of "I Got Your Back" Safety Week — a campus-wide campaign that promotes an inclusive community — the Department of Student Involvement is hosting a 5K for suicide prevention.

To participate in the 5K, people can meet 6 p.m. Sept. 12 at the Student Recreation Center.

There are options for a 5K or 2K walks around campus.

If participants register by Friday, the cost is \$5 for students and \$10 for non-students.

Registration the day of is \$10 for students and \$15 for non-students.

The first 200 to register will receive a free t-shirt, according to UI's webpage.

Those interested can register for the event at uidaho.edu/current-students/campus-recreation/events/5k.

On-campus recruitment opportunity for prospective UI students this weekend

To better convey the University of Idaho experience, Envision Idaho will offer potential Vandals the chance to immerse themselves in what the campus has to offer Sept. 8 and Oct. 26.

According to the UI website, participants can attend Idaho football game events, including a barbecue lunch before kickoff and a performance

by the UI Marching Band. Participants can also tour campus, meet with staff and faculty and explore what educational avenues might prove to be a good fit.

Workshops will also be provided, with event staff offering help on planning financial aid and discussing opportunities abroad.

Those interested can register for the event at uidaho.edu/events/envision.

GET INVOLVED FAIR

IDAHO COMMONS PLAZA
WEDNESDAY SEPT. 12TH
11:00AM-2:00PM
POPCORN & PRIZES
MEET CLUBS | DEPARTMENTS | COMMUNITY PARTNERS

I University of Idaho
Department of Student Involvement

A bee-ultiful day



Olivia Heersink | Argonaut

A bumblebee sits on a flower, basking in the Pacific Northwest sunshine during this previous summer.

STUDENT

FROM PAGE 1

UI has 33 Greek chapters across three councils — Interfraternity Council, Multicultural Greek Council and Panhellenic Council — including 10 sororities, 16 fraternities and seven multicultural Greek chapters.

Morrison said many faculty and staff, much like himself, are still proud members of Greek life, something many students might not take into account.

He said he made it his mission to change that narrative when he arrived in Moscow, with the hope of making the administration appear more accessible to Greek students.

“I think it’s good to know that you’ve got people that were a part of the Greek system in some key positions. It’s not just the people that live on Greek Row, it’s people intertwined throughout the university,” he said. “We’re stronger together.”

Morrison also advocated for increased diversity within the Greek system, and said the chances of Native American and LGBTQA Greek organizations joining the UI community look promising.

When it comes to students outside of the Greek system, Morrison said it can be emotionally draining, yet incredibly worth the time, to seek out individuals who may be struggling and help them along their educational path.

Nicole Skinner, president of ASUI, said Morrison will be sorely missed once he departs.

“He never trivialized the issues that students cared about and spent hours working through solutions with me,” Skinner said. “He was a professional faculty member when we needed him to be, and a friend when we wanted him to be. He really lights up any room that he’s in and sought to make lives better every day.”

Morrison said he hopes his idea of putting students first continues to hold

strong after his departure to St. Olaf.

Morrison floated the idea of a more involved search for UI’s next president, one that would include students, staff, faculty and even Moscow community members.

“I would like to see a diverse pool,” he said. “I’d like to see some people of color, some men, some women. I’d like to see different age diversities. I want the decision to be hard.”

Morrison said regardless of who is selected to lead the university in the future, he believed UI students will keep the institution going in the right direction.

“I think colleges and universities are a wonderful place to really change the world. Young people, they don’t go to college for the heck of it,” Morrison said. “Those are the next leaders. I’ve got a feeling that the future is going to be bright.”

Brandon Hill can be reached at arg-news@uidaho.edu or on Twitter @brandonmthill

OUTLINING

FROM PAGE 1

“We have resolved, for now, the leadership question in athletics by appointing Pete Isakson as interim director,” Staben said. “It’s not my intent to appoint an athletic director during the time of my presidency. I believe that’s a task best left to the next president.”

Elizabeth Marshall can be reached at arg-news@uidaho.edu



SUICIDE AWARENESS WEEK

Health Hut: World Suicide Prevention Day
Mon 9/10 | 11:30am - 1:30pm | Commons Plaza

Mental Health Film Series: It's Kind of a Funny Story
Tue 9/11 | 6:30pm | Borah Theater

QPR
Wed 9/12 | 9:30am | Commons Aurora
Pre-register: www.uidaho.edu/qpr

Well Space Wednesday: 5k Gear
Wed 9/12 | 3:00-5:00pm | Well Space, SRC

We Got Your Back Suicide Awareness 5k
Wed 9/12 | 6:00pm | SRC
Pre-register: www.uidaho.edu/5k

Register for Mental Health First Aid
Dates available for faculty, staff, & students
Registration required:
www.uidaho.edu/mentalhealthfirstaid

There is hope. There is help.

ARTS & CULTURE

MUSIC

A tale of two passions

UI first-year students discuss participation in university orchestra, balancing coursework

Olivia Heersink
ARGONAUT

Larissa Stafford discovered her passion at 6 years old — music.

Stafford, who plays the viola and the violin, carried that young love well into adulthood, joining the University of Idaho Orchestra.

"It is invigorating ... a refreshing, challenging and beautiful hobby, and I didn't want to drop my talent," she said. "Music is exquisite and personal and heavenly."

Stafford said music played a large role in her coming to Moscow, but it wasn't the only factor.

The UI freshman has another muse: food and nutrition — her major.

One day, Stafford said she hopes to help others achieve their best selves through diet and lifestyle changes. But for now, she's focused on the music, particularly her role in the UI Orchestra.

"Orchestra is my break, my relaxing time," Stafford said. "I love the challenge of learning the notes and making the music sound beautiful."

Led by UI professor Jason Moody, the orchestra is composed of 36 members who fill four different sections — strings, woodwinds, brass and percussion.

"We have plenty of room to grow, particularly in the string sections," Moody said.

Moody said many in the group are majoring in something other than music, but played an instrument in middle or high school and want to continue performing at the college level.

Hired in June, Moody said he loves how a diverse group of people playing a wide range of instruments can work together to create something powerful and beautiful.

"A full orchestra can create some of the wildest and compelling musical sounds," he said. "However, in order to create these sounds, each section of the orchestra needs a strong voice to maintain balance for both volume and color."

For instance, Moody said a single violin cannot compete in terms of volume and carrying power of most brass instruments. But, when you have a section of ten violins, a "rich and lush timbre" can be created and the section has a stronger sound to contribute.

He said it is impossible for a single person, or even a small group of people to replicate the sound of an entire symphony orchestra.

"It's very much a team sport and it takes concentration and commitment from everyone," Moody said. "Musicians spend a lot of time learning technique and theory,



Jason Moody

“
Music is a universal language that transcends generations ... Being at UI has only made me love it more.

Oliver Blumenstein

which is crucial, but we also become better musicians when we learn about ourselves, our place, our time and our world and that can definitely occur in courses in any department across campus."

Stafford believes her participation in outside courses makes her a better musician. However, she said the opposite is also true.

"I believe it helps academic performance, at least for me," Stafford said. "It can engage the whole brain in an invigorating way and helps a person stay in tune with life."

Stafford said the balance between the two can be tricky, but it's an act she enjoys navigating — a sentiment bassoonist Oliver Blumenstein echoed.

Blumenstein, a UI freshman who is double-majoring in music and film studies, said the orchestra does add to his workload. However, he's happy with the exposure and practice he's getting at the university.

"Music has been taking precedence," he said. "It's worth it, though ... I wish a lot more people did music — there's just so many benefits. If I didn't have an outlet it would be pretty hard."

Eventually, he'd like to meld his two passions — film and music.

But in the meantime, he's taking advantage of all opportunities he can at UI and within the orchestra.

"Music is a universal language that transcends generations," he said. "Being at UI has only made me love it more."

Blumenstein said he is looking forward to the year ahead, especially the group's upcoming performances.

Their first concert is scheduled for 7:30 p.m. Oct. 2, and a second event will be held 4 p.m. Dec. 2.

Moody said anyone interested in joining the UI Orchestra should contact him or visit the Lionel Hampton School of Music's office.

"It's a lot of fun and a great way to meet people," Moody said. "I've met some of my closest friends while playing in orchestras."

Olivia Heersink
can be reached at
arg-arts@uidaho.edu



Olivia Heersink | Argonaut

COMMUNITY

A gander of sugar and spice

Goose House Bakery continues to spread its wings across Moscow

Max Rothenberg
ARGONAUT

For nine hours each day, Molly Rizzuto bakes in her kitchen. With no one else to rely on, she must set her own daily schedule and make sure she meets her professional quotas.

Whether it's pies, tarts, scones or intricate wedding cakes, each day yields something completely different.

Rizzuto is the owner and operator of Goose House Bakery, a local commercial wholesale and retail home bakery that specializes in "bringing seriously scrumptious works of art to the Palouse," as stated on the business's website.

"Just the sense of ownership in what I do, I feel like I put a lot more," Rizzuto. "Everything I do is a representation of me and Goose House."

Rizzuto first worked in a bakery over 20 years ago while she attended college.

After spending several years in Oregon as head of a Portland bakery's wedding department, she moved to Moscow in 2015.

Although Portland was a nice place to live, she said it was too hectic. Rizzuto wanted to raise her 10-year-old son in a smaller place near family.

"I've just been doing this — kind of grandfathered into the industry — for a couple of decades now," she said.

The name Goose House came soon after her move.

Rizzuto said her sister owns a house that was lovingly referred to by neighborhood children as "The Goose House," a result of the previous owner keeping a goose in the upstairs window.

When brainstorming bakery ideas, this was on the top of the list. The name stuck.

Goose House was first established at Moscow's Winter Market, and continues to participate each year. After the

market's first season, Rizzuto said she was approached by each of her current wholesale clients interested in selling her items in their shops.

"It was really just a matter of figuring out which of my items would work best for their customers ... it was all pretty seamless, really," she said.

Currently, Goose House Bakery goods can be purchased at One World Cafe, Kitchen Counter, Plaid and Pearls and during MET opera showings at the Kenworthy Performing Arts Centre.

With all the time and attention currently needed, no other locations are expected to be added to the mix, she said. Rizzuto's main business is retail — baking orders daily for local customers ordering through her website.

Part of being a one-person business means sometimes there just aren't enough hours in the day, she said.

"Of course I can't do everything all the time," Rizzuto said. "So I do sometimes have to turn people away, if I don't have time to fill an order they are requesting."

One of Rizzuto's favorite customer experiences is receiving handwritten "thank you" notes. She said getting notes for providing wedding or birthday cakes is always a joy.

"Somebody taking the time to do that, it has been really special and so much more frequent than I would have ever imagined," she said.

Baking can be a fast, sometimes stressful process, but creating certain goods can instead help relax and relieve stress. For Rizzuto, scones are that particular good.

She said the repetitive movements of mixing and folding the dough offer a sort of meditative quality and a chance to slow down and just think, which can often be difficult.

Looking ahead, Rizzuto said she is excited to continue working with the Moscow community and seeing where her business takes her.



Courtesy | Goose House Bakery
BakedgoodsavailablefromGooseHouseBakery.

"Oh my gosh, it's just been fantastic," she said. "The enthusiasm and support of this community has really taken me by surprise, it's so amazing. People are really excited about what I do, and really gracious in showing their support. It's been wonderful."

Max Rothenberg
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THEATER

Defining the concept of reality

"A Kind of Alaska" opens Sept. 13, centers on woman once comatose

May Ng
ARGONAUT

The University of Idaho Department of Theatre is set to showcase "A Kind of Alaska," a play revolving around a woman who struggles to come to terms with a new reality as she awakens from a deep slumber.

The 45-minute show, which opens Sept. 13, is written by famous playwright Harold Pinter and will be directed by Ricky Kimball, a Masters of Fine Arts student. Kimball has nine years of experience as a director.

The story revolves around Deborah, played by UI student Whitney Holland, who suffers from a sleep disease, which caused her to fall into a deep slumber. Deborah, now 45 years old, awakens after sleeping for 29 years.

"The thing about Deborah is that she is very reluctant to give up the sense of reality that she has, which is her dream state ... her being 16, her sister being 12 and younger than her," Kimball said. "She realizes that her memories shape who she is as a person."

Deborah awakens with the help of an injection given by her doctor, Hornby, who is played by David Harlan, an instructor in the theatre department.

In the play, Hornby and Deborah's sister Pauline, played by UI student Kymber Dodd, try to help a disoriented Deborah gain a sense of what has happened to her and help her come to terms with the world that has continued to progress without her.

"The play takes place right after Deborah awakens, so she keeps slipping into the state of reality that she's in and into her subconscious dream state," Kimball said. "As Deborah slips in and out of reality, the set, lights and soundwise shifts. The great thing about our production of it is we're really using the space to have the audience see the play from Deborah's point of view."

Dodd said Deborah may physically be 45, but she still has the mind of a 16-year-old.

"I feel Deborah is kind of a mirror of a lot of us and the fact that our self-identities are con-



May Ng | Argonaut

The cast of "A Kind of Alaska" rehearses their 45-minute show, which opens Sept. 13.

nected to facts and events about ourselves," Kimball said. "There are things about ourselves that we believe in that shape who we are as people and whenever that gets challenged by other people, we fight back against that."

In Deborah's dream state, Kimball said the audience can see a young Deborah — her perception of herself when she was 16 years old.

He said the character of young Deborah was one they decided to add in their production and did not exist in the original script.

Young Deborah is played by Teliha Kokuba. From Okinawa, Japan, Kokuba is currently in her first semester of the UI Global

Student Success Program. Once she completes the program, she plans to major in theatre arts.

Kokuba, who arrived in the U.S. only three weeks ago, said this is all very new and challenging to her, but she is eager to learn all she can about theatre.

She said people here are more aggressive in expressing feelings; whereas in Japan, they tend to hide their feelings.

"I really don't have experience of like showing feelings a lot," Kokuba said. "I try to, but a little bit of shame came in and I have to rip that shame out from my mind."

Dodd said this play will not be a typical show where the au-

dience sits on one side of the space while the actors occupy the other. Audience members will be seated around the room.

"People can move, people can adjust what they're doing," Dodd said. "We don't want that theatre etiquette — sit quietly and don't do anything."

The play opens next week at the Pocket Playhouse, located in Shoup Hall, Room 100. It will run for two weekends without an intermission.

Kelly O'Neill, a theatre department spokesperson, said the play is free for UI students and discounted for children, seniors and UI staff and faculty. But due to limited seating, they will only admit about 35 people for each show.

O'Neill said tickets — \$15 for the general public — are available now and recommends audience

members get tickets in advance as admission will be on a first-come, first-serve basis.

Tickets can be purchased at Shoup Hall, Room 201, or by calling 208-885-6465.

O'Neill said all 2 p.m. matinees — Sept. 16 and Sept. 23 — for this show are "pay what you can."

"We don't want to discourage people who want to come see the show but are short on money," Dodd said. "We want everybody to watch the show. We want it to be a full, inclusive experience and we want everyone to see what theatre can really be and not what everyone says. It's like this really strict you-gotta-follow-the-rules-to-watch-theatre. We don't want that."

May Ng can be reached at arg-arts@uidaho.edu



Harold Pinter

LETTERS to the EDITOR

Send Us A 300 Word Letter, Voice Your Opinion

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PAGE 2

CRUMBS

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VIDEO GAMES

Marvelous anticipation

Spider-Man games sure to tingle your senses this coming fall

Max Rothenberg
ARGONAUT

Web-slinging season is finally upon us. In just a few days, Insomniac's highly anticipated "Marvel's Spider-Man" releases for Playstation 4. It's been about six years since a decent Spider-Man game was released, and hopefully that tracker will soon be reset.

While "Spider-Man" does not directly tie into the Marvel Cinematic Universe, it centers around a different version of Peter Parker. There will be a number of easter eggs and landmarks for fans of the film series. Just in the trailer alone, Avengers Tower and Doctor Strange's Sanctum Sanctorum are visible in the background of New York City.

The new release prompts a few questions — "What if I don't have a Playstation? What are some other great Spider-Man games to check out? Why should I even care? What if I'm afraid of spiders?"

Don't worry, while this chronological list will keep even the most diehard fans busy, I promise even arachnophobes will find something to love in each of these unique games.

Spider-Man 2, 2004

Originally released for Xbox, PS2 and Gamecube, "Spider-Man 2" is widely regarded as one of the greatest superhero games of all time. Even to this day, fans consider this web slinging to be the most realistic in any game.

Many games try to take the easy way out, letting the

hero's webs simply attach to the sky. Yet, this game reinvented the formula, revolutionizing the way Spider-Man's webs attach to buildings and other objects.

While the game is loosely based on the film of the same name, there is a much wider variety of villains, including Shocker, Rhino and Mysterio. There's almost no better way to use the phrase "oldie but goodie."

Ultimate Spider-Man, 2005

A far cry from the previous grounded experience, "Ultimate Spider-Man" embraces its comic book roots. The game looks, feels and plays like an authentic comic, with a cell-shaded graphic style that personally gives me joy.

In addition to playing as Spider-Man, Venom is a fully-playable character in story mode, which drastically changes the gameplay formula. Venom's a bit too large to swing around the city, so he has to resort to giant leaps. I promise it's more fun than it sounds.

Spider-Man: Web of Shadows, 2008

While "Web of Shadows" is likely the most contentious pick on this list, I believe this game has earned its spot.

There's a unique superhero experience to be had, as the game's plot and graphics actually fail to deliver. In their place, however, is incredibly in-depth gameplay mechanics and intense boss fights, which more than make up for the flubs.

"Web of Shadows" also utilizes a "good and evil" system, which changes the game's ending depending on player choices.

Spider-Man: Shattered Dimensions, 2010

My personal favorite, "Shattered Dimensions" did the unthinkable by merging four completely different versions of the character who exist in four separate universes.

Amazing Spider-Man, Spider-Man Noir, Spider-Man 2099 and Ultimate Spider-Man all have separate stories, and must help Madame Web bring the different Marvel Universe realities into balance

once again. It sounds a bit over the top, because it absolutely is. It's all fiction, though. It shouldn't matter either way.

With these stories comes drastically different gameplay. Amazing Spider-Man emphasizes a more traditional, straightforward approach, while Spider-Man Noir uses both stealth and clever black and white graphics. Spider-Man 2099 utilizes his signature acrobatic abilities and free-falling segments, and Ultimate Spider-Man once again focuses on symbiote, Venom-esque gameplay.

There's something for everyone to love here, and every single level contains a different villain uniquely designed to fit into the particular universe.

The only downside? There are bizarre first-person segments during boss fights where Spider-Man must punch the villain and dodge their attacks. It's downright weird.

Spiderman: Edge of Time, 2011

A spiritual successor to 2010's release, "Edge of Time" focuses only on Amazing Spider-Man and Spider-Man 2099, removing the other two from the equation.

The concept here is quite interesting, as the game begins with the death of Peter Parker. To prevent Parker's death and of course save the universe, both present and past Spider-Men must work together to fix the timeline.

The actual gameplay is very similar to the prior release, and while not much has changed, the story is what really elevates this game.

Depending on your actions in the present or future, the other timeline can immediately

change as a result. For example, beating a boss as Amazing Spider-Man will result in immediate scenery and gameplay implications when switching back to 2099.

This effectively becomes a cause-and-effect system, but has a few interesting applications. We all know that since there's time travel involved, it's best to not overthink how nonsensical the game becomes. Regardless, it's still good fun. Please make more of these.

The Amazing Spider-Man, 2012

I admit, the game doesn't quite live up to its name. If I were to describe "The Amazing Spider-Man" using a phrase, it would be "a touch above average."

Yet, there's something that just keeps making me come back for more. The game follows Parker as he and Gwen Stacy sneak into Oscorp, suspicious of what is going on after hours. After they are caught, a number of threats are unleashed in the city.

The 2012 release loosely — and boy do I mean very loosely — follows the events of the accompanying film. If you're familiar with the film, that's not necessarily a good thing.

What is good is the open-world web slinging.

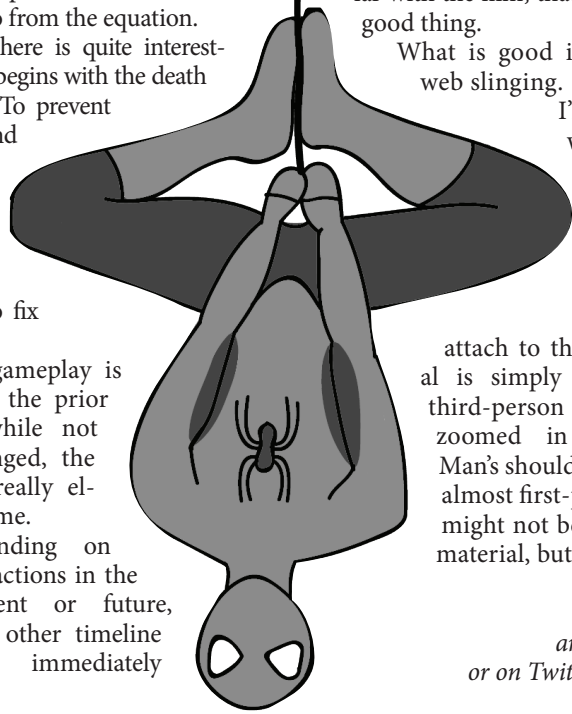
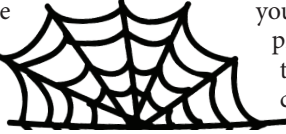
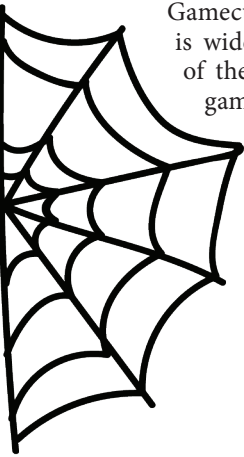
I'm well aware the webs don't connect to buildings, but sometimes you just have to take the good with the bad.

Even if they do attach to the sky, the traversal is simply exhilarating. The third-person camera is directly zoomed in behind Spider-Man's shoulder, making it seem almost first-person at points. It might not be game of the year material, but it sure is fun.

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Max Rothenberg
ARGONAUT



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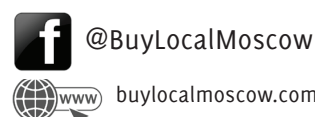
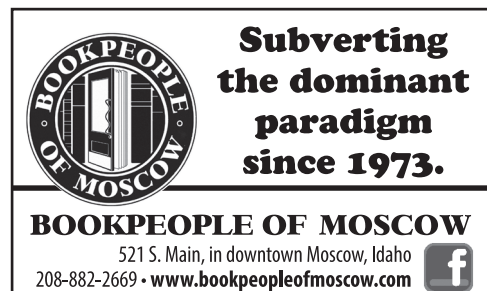


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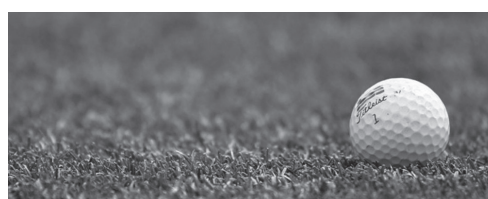


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S A R G O N A U T SPORTS



"We want to make nationals, and I believe we can do it this year."

— Lisa Johnson

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FOOTBALL PREVIEW

UNIVERSITY OF IDAHO VS WESTERN NEW MEXICO

2 P.M. SATURDAY, SEPT. 8
IN THE KIBBIE DOME

Players to watch



Isaiah Saunders

*Position: Running back
Class: Redshirt senior
Height: 5-foot-10-inches
Weight: 234 lbs*



Jeff Cotton

*Position: Wide receiver
Class: Redshirt junior
Height: 6-foot-2-inches
Weight: 204 lbs*



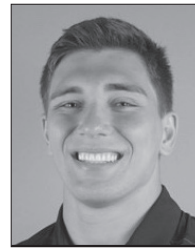
Cutrell Haywood

*Position: Receiver
Class: Redshirt freshman
Height: 6-foot
Weight: 203 lbs*



Christian Elliss

*Position: Linebacker
Class: Sophomore
Height: 6-foot-3-inches
Weight: 220 lbs*



Kaden Elliss

*Position: Linebacker/
Tight end
Class: Senior
Height: 6-foot-3-inches
Weight: 240 lbs*



Dorian Clark

*Position: Defensive back
Class: Redshirt senior
Height: 6-foot
Weight: 185 lbs*

Vandal reawakening

Idaho hopes to refocus and gain a home opener win

Chris Deremer
ARGONAUT

With many questions hovering overhead, Idaho football now looks to regroup and come out with a vengeance in Saturday's home opener.

The Vandals are preparing for a matchup against the Western New Mexico Mustangs, a Division II squad looking to prove themselves as well.

Both teams come into Saturday's match following a season opener dropped in a head-scratching fashion, but move forward learning from opening errors.

"We got to look in the mirror," Head Coach Paul Petrino said at a Tuesday news conference. "It starts with me. I didn't do a good enough job. Everyone has to take accountability and responsibility and we just have to move forward and get better."

The bright spots at the receiver position with junior wide receiver Jeff Cotton and freshman receiver Cutrell Haywood playing well on Saturday is another storyline to follow in the upcoming weeks, with both receivers starting to be the future faces at wide receiver for the Vandals.

"I thought Cutrell in his first start made some key plays in some key situations," Petrino said. "He made some tough catches and thought he did some good things."

Questions on the backend of the defense remain, with the Idaho secondary having another tough task against a speedy receiving core in Western New Mexico.

"We played against some really good receivers last week," senior defensive back Dorian Clark said. "I think we are going to play against some more good receivers this week. We just have to go out there and grow from week to week and get better."

With the first game of the season in the Kibbie Dome up next, a strong Idaho crowd can help the Vandals get their first win of the season.

This isn't the first time Idaho has faced adversity to start the season, with many players remembering the start of the 2016 season and how they built off of those losses.

"The mistakes we made we know were more of the little things," Clark said. "Back in 2016, we'd watch that game and think we could have been right there."

With the Fresno State game in the rearview mirror, Idaho hopes to use it as fuel for the rest of the season.

"We have a lot to get better at," Clark said. "One thing about adversity is that we can choose which way we can bounce back from it."

Expect Idaho to have the same rotations and play calls this week. Now one game into the season, the quarterback question still hangs in the air. Both quarterbacks will have another shot to prove they have what it takes to lead the offense.

A vengeful Vandal squad, plus a hyped-up Kibbie Dome could make for some exciting football Saturday with Idaho having an opportunity to steer their season back into the right direction.

Idaho senior running back Isaiah Saunders almost surpassed 100 yards rushing last week. Expect him to come out and have a big game on Saturday.

Idaho wide receivers Jeff Cotton and Cutrell Haywood will look to build from last week's strong performances and bring a win home for the Vandals.

On the defensive side of the ball, expect the Elliss brothers to be aggressive. Senior Kaden Elliss could have an opportunity to be great on both sides of the ball at linebacker and tight end.

"We have to come back to work this week, bust our tails and improve," Petrino said.

The Vandals will face the Western New Mexico Mustangs 2 p.m. Saturday in the Kibbie Dome.

Chris Deremer can be reached @arg-sports@uidaho.edu or on Twitter @Cderemer_VN

CROSS-COUNTRY

Running away with the win

Idaho cross-country opens at home with a women's win

Meredith Spelbring
ARGONAUT

Cross-country opened at home and ran away with a win on the women's side and second place on the men's at the Clash of the Inland Northwest Friday (Aug. 31) at the UI Golf Course.

Idaho finished as the top Big Sky school in the meet, defeating Big Sky foes Montana and Eastern Washington.

Senior Andrea Condie took the first-place title in the women's 4k with a time of 13:50.3. She led the pack by almost 12 seconds. Condie took the same title in the meet last year, her first collegiate win of her career.

Junior Kara Story grabbed second place with a time of 14:02.1, followed closely by senior Erin Hagen



Leslie Kiebert | Argonaut
Idaho cross-country women lead the pack at the Clash of the Inland Northwest.

in third with a 14:14.8. Junior Krista Story claimed fourth with a 15:15.0. Sophomore Malania Thacker finished in fifth with a 14:25.3 to round out the Idaho's perfect top-5 finish.

The men's squad took second behind Gonzaga with a total 60 points.

Senior Skylar Ovnicek was the men's front runner, nabbing ninth place with a time of 17:27.9 in the men's 6k. Freshman Ben Shaw finished close behind with a

17:28.1, good for 10th place. Junior Fabian Cardenas grabbed 15th (17:40.3) and freshman Michael McCausland in 28th (18:05.4). Sophomore Caleb Seely capped off the Idaho men's scorers finishing 32nd with a time of 18:14.1.

Idaho will resume the season with a hop across the border for the Cougar Classic Sept. 14 in Pullman.

Meredith Spelbring can be reached at arg-sports@uidaho.edu

MEN'S BASKETBALL

Overseas success: Idaho goes global

Vandal basketball goes international

Chris Deremer
ARGONAUT

Two former Idaho men's basketball players will continue their career at the professional level overseas.

Arkadiy Mkrtychyan, at Idaho from 2014 to 2018, and Nashon George, at Idaho from 2014 to 2016, signed with their new squads this week.

Mkrtychyan plays for Parnu Sadam in the Estonian Basketball Association. Parnu Sadam finished fifth last season, advancing all the way to the semifinals of the postseason.

During his Idaho career, Mkrtychyan averaged nearly eight points and four rebounds a game. The power

forward appeared in the fifth most games by a Vandal, making him a staple player throughout his time at Idaho.

Earlier this season former Idaho Standouts Victor Sanders and Brayon Blake inked international professional contracts, making Mkrtychyan the third player from last year's senior class to continue a career abroad.

Both Sanders and Blake spent the summer months in the NBA Summer League, getting the chance to showcase their skills and battle for a permanent spot on the roster. Blake played for the Cleveland Cavaliers and Sanders for the Denver Nuggets.

George recently signed with Sporting Alexandria in Egypt.

This is not George's first

experience overseas, having had the opportunity to play in Indonesia and Thailand years prior.

Throughout his time in Indonesia, George averaged 23 points and nearly 13 rebounds a game, earning him a place in the All-Star Game and All-Indonesian IBL First Team honors.

George had great success in Thailand as well averaging nearly 20 points a game throughout the season.

In George's time with the Vandals, the program had the best team record in more than 20 years.

Chris Deremer can be reached at arg-sports@uidaho.edu

WOMEN'S GOLF PREVIEW



Courtesy | Idaho Athletics

The season begins with the Branch Law Firm/Dick McGuire Invite Sept. 10

Eyes on a bigger prize

Women's golf is about to start another championship-chasing season, with eyes on Nationals

Jonah Baker

ARGONAUT

It should be another exciting year for women's golf, as the team shapes up ahead of its first competition of the season.

The Vandals have spent weeks preparing for the 2018-19 season, which will kick off with the Branch Law Firm/Dick McGuire Invitational in Albuquerque, New Mexico.

Idaho Head Coach Lisa Johnson will be going into her 12th year coaching the Vandals, and said she believes Idaho fans have plenty to look forward to with another season of women's golf.

"We want to make nationals and I believe we can do it this year with Sophie (Hausmann) and Michelle (Kim) leading the team," Johnson said. "We have a strong freshman class and our middle classes have improved enough over the summer and I believe we can attain that lofty goal."

The Vandals made it all the way to the NCAA Women's Regional Golf Tournament in Madison, Wisconsin, last year after winning the Big Sky Tournament. Sophie Hausmann also won the individual conference championship for the second year in a row, and Michelle Kim finished as the first runner-up to put the team over the top.

Hausmann, now a senior, will be aiming for her third straight individual Big Sky Conference title after winning Big Sky Women's Golfer of the Year for the 2017-18 season and an impressive summer filled with improvement and lofty opportunities.

"Sophie (Hausmann) is an incredible player who has improved immensely since her freshman year and to appear in the women's Open was a testament to her abilities," Johnson said. "She also played in the World-Am as one of three players representing Germany this summer. She really helps get the Vandal name out there and represents us so well."

Senior Michelle Kim is the other half of Idaho's elder leadership. Kim posted four top-25 finishes last year, highlighted by a

4th-place finish at the Washington State University Cougar Cup. She also earned All-Big Sky honors in each of her three years with the program, including two first team awards.

"We want to make nationals and I believe we can do it this year with Sophie (Hausmann) and Michelle (Kim) leading the team," Johnson said. "Michelle (Kim) has shown tremendous growth and is a much more mature player this year. She and Sophie (Hausmann) room together and are great leaders for our team."

Further down the roster, there is still plenty of talent with new faces and younger players gaining more experience.

Sophomore Valeria Patino earned Second Team All-Big Sky honors last year, including career best round and tournament scores at the Las Vegas Collegiate Showdown where she finished tied for 6th overall.

Incoming freshmen Vicky Tsai and Eddie Hsu are both coming to the program from Taiwan, and Johnson believes both will benefit from less pressure and a more supportive environment.

"We just want them to adapt to living here and flowing with the team while not worrying about their scores too much. They will definitely play well but that isn't the priority," Johnson said. "Valeria (Patino), being from Panama, has done a great job of helping the freshmen acclimate to their new environment."

Season 12 for Johnson will feature a number of unique tournaments, including a few that Idaho will be playing in for the first time. In addition to a first-time invite to New Mexico, the Vandals accepted an invite to the Bryan National Collegiate at Wake Forest University, which will also be a first for the program. Idaho will also play a home event at the Coeur d'Alene Resort Collegiate Invitational, hosted by Gonzaga.

The Vandals will start the season in New Mexico on Sept. 10 in the Branch Law Firm/Dick McGuire Invitational in Albuquerque.

Jonah Baker
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arg-sports@uidaho.edu
or on Twitter @jonahpbaker



Lisa Johnson

VOLLEYBALL PREVIEW

Set up in paradise

The Vandals will travel to Hawaii for their upcoming preseason tournament

Jonah Baker

ARGONAUT

After a weekend in Southern California, Idaho will head out to an even more desirable location for its next tournament.

The Vandals will compete in the Outrigger Volleyball Challenge at the University of Hawaii. The team will have matches against Hawaii, San Diego State and Portland.

Each team poses a unique challenge for the Vandals, who have started the season with 2-1 records in the Idaho Volleyball Classic and the Pepperdine/CSUN Challenge.

Hawaii has had the good fortune to start the season on a long homestand, going 2-2 so far. The Rainbow Wahine boast immense pressure on offense, putting together 14.5 assists per set and 15 kills per set. The former is good for second in NCAA Division I and the latter is sixth in the nation.

Hawaii's senior outside hitter McKenna Granato and junior setter/outside hitter Norene Iosia will be players to look out for throughout the weekend. Granato leads Hawaii in kills with 54 overall and 4.5 per set in addition to 38 digs.

Iosia is a force to be reckoned with from any point on the court, near the top with Hawaii's statistical leaders in hitting percentage, assists, service aces and digs.

She has also recorded a double-double in each of Hawaii's games so far this season.

Idaho and Hawaii are former conference rivals, back when both teams played in the Western Athletic Conference. Hawaii owns a 20-0 record against the Vandals and last beat them to open the season in 2015.

San Diego State has not been as successful to start the season, but it is no less dangerous of a team when firing on all cylinders.

The Aztecs have started 1-5 in tournaments at home and at the University of Arizona, and they will be looking for big performances from junior outside hitter

Ashlynn Dunbar and senior middle blocker Deja Harris. The pair combine for 7.9 points per set, and their respective individual figures of 3.96 and 3.94 points per set are good for second and third in the Mountain West Conference so far this season.

Idaho is 1-3 against SDSU all-time and 0-2 in the last 10 years.

Portland comes into the Outrigger Volleyball Challenge with a red-hot start to the season, going 6-0 between the Aztec Invitational and the North Portland Marriott Invite. First year head coach Jeff Baxter has been able to push all the right buttons so far heading to Hawaii.

The Pilots have a well-rounded team that can have a handful of players swing the match in their favor. Senior outside hitter Reghan Pukis leads Portland with 82 kills and 3.73 kills per set. Redshirt junior middle blocker Katie Barker leads the Pilots with 28 blocks and 1.27 per set in addition to 50 kills on the young season. Sophomore Liz Reich added 55 kills and 23 blocks. Pukis also won tournament MVP for the North Portland Marriott Invite.

The Vandals come into Hawaii on a two-match winning streak, including a sweep of North Texas. Idaho went 2-1 in the Pepperdine/CSUN Classic, in large part thanks to strong performances from senior outside hitter Kaela Straw and senior middle blocker DeVonne Ryter. Both were named to the All-Tournament team, and Ryter earned Big Sky Offensive Player of the Week honors to round out a successful weekend for the Vandals.

All matches for the Outrigger Volleyball Classic will be played in Honolulu, and the time difference will present a unique challenge for Vandal fans.

Idaho will play Hawaii 10 p.m. Sept. 6. The Vandals will take on SDSU 7:45 p.m. Sept. 7 and they will finish out the tournament against Portland 6 p.m. Sept. 8.

Jonah Baker
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at arg-sports@uidaho.edu

OPINION

Deep breaths, Idaho fans

Vandal football fans need to relax and enjoy the season

College football kicked off with a bang last Saturday, as per usual, with many fans excited and proud of their team's performance. Some fans were left with more questions than answers.

Unfortunately for Idaho fans, their feelings match with the latter.

The Fresno State Bulldogs defeated the Vandals 79-13 last week, scoring more points than any other team during opening weekend.

Vandal fans far and wide should take a deep breath and relax — it's not time to panic yet.

While there are many red flags, like Idaho giving up the football seven times on Saturday, there is still room for optimism throughout the season.

This week, Idaho comes home to the Kibbie Dome to face off against a Division II Western New Mexico Mustangs team who had some troubles against the University of San Diego, as well.

Big Sky play begins the week following the home opener, where hopes are high for Idaho after being selected to finish in the top-five in the Big Sky preseason coaches' poll. This is where Vandal football can prove to fans that things will be OK.

Idaho has a chance within its old-made-new conference. The team has the chance to show fans that Idaho is here to dominate the Big Sky and become an FCS powerhouse in the process.

Idaho's receivers can be one of the most dynamic playmakers the Vandals have had in a while, combined with a stellar running attack led by senior running back Isaiah Saunders.

Idaho's defense still looks to be tough throughout the season with a gritty defensive front along with a talented linebacker core.

It is time for Idaho to once again bring new life into the program and show why moving to the FCS was a smart move.

Idaho football is hanging by a thread right now, as many fans may be ready to head toward the exit. Now is the time for the Vandals to give them a reason to stay.

There is still room for improvement on this Vandal squad, and fortunately a whole season left to play to obtain the main goal of a Big Sky Championship.

It is time for Idaho fans to take this season one game at a time, enjoy the change, and relax — this Vandal story is only the beginning.

Chris Deremer
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arg-sports@uidaho.edu



Chris Deremer
ARGONAUT

Argonaut Religion Directory

BRIDGE BIBLE FELLOWSHIP
Sunday Services

Pastors:
Mr. Kirk Brower - Senior Pastor
Mr. Kim Kirkland - Assistant Pastor
Mr. Nate Anglen - Assistant Pastor

960 W. Palouse River Drive, Moscow
882-0674
www.bridgebible.org

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

ST. AUGUSTINE'S CATHOLIC PARISH

628 S. Deakin - Across from the Pitman Center
www.vandalcatholics.com

Weekday Masses:
Mon. & Thurs. 11:30 a.m.
Wed. & Fri. 5:30 p.m.
Sunday Masses:
10:30 a.m. & 7 p.m.

Email: vandalcatholic@outlook.com
Phone & Fax: 882-4613

First Presbyterian Church
A welcoming family of faith

Sunday Worship 10:30 am
Sunday College Group 6:30 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

TRINITY BAPTIST CHURCH

711 Fairview Drive Moscow, ID
208-882-2015
Sunday Worship at 10:30 a.m.
www.trinitymoscow.org
College Dinner + Study Tuesdays at 6:30 p.m.

Evangelical Free Church of the Palouse

College Ministry
Tuesdays @ E-Free, 6-8 pm
(includes dinner)

Sunday Classes - 9 am
Sunday Worship - 10:10 am

4812 Airport Road, Pullman
(509) 872-3390
www.efreepalouse.org
church@efreepalouse.org

Augustana Lutheran Church

Sunday 10am
1015 West C St. Moscow
moscowlutheran.org

If you would like your belief-based organization to be included in the religion directory, please contact Student Media Advertising representative Grace Wiese at gwiese@uidaho.edu

VANDAL NATION WEEK IN REVIEW

VOLLEYBALL



Leslie Kiebert | Argonaut

Senior Haylee Mathis sets senior DeVonne Ryter against Santa

Road kills

Idaho hit the road for a productive weekend in Pepperdine, Calif.

Jonah Baker
ARGONAUT

Idaho traveled to the Pepperdine/CSUN Classic over the weekend and secured another 2-1 performance.

The Vandals opened with a tough loss to Pepperdine on Thursday. The Waves pushed Idaho around for the majority of the match, securing a 3-1 win. The Vandals managed only seven kills in the first set, and their lone win in the third set turned out to be much more of an aberration than a norm for the match.

"It was a good weekend for us to go 2-1," Idaho Head Coach Debbie Buchanan said in a news release. "We played a very tough Pepperdine squad, who ran a fast offense. Northridge and North Texas were similar, and I thought we were able to make some changes and adjustments that helped us."

Pepperdine was especially assertive to open and close the match. The Waves managed 19 kills in the first set and 21 in the fourth and final set, winning both 25-15. They even managed a .516 hitting percentage in the fourth set to slam the door on the Vandals.

Eventual tournament MVP Rachel Ahrens led all players with 16 kills for the Waves. Senior outside hitter Kaela Straw tallied 13 kills for the Vandals, while senior middle blocker DeVonne Ryter added 11 kills and six blocks.

Idaho managed to swing its fortunes against CSU Northridge in their next match. The Vandals and Matadors went back and forth for the first three sets, with

CSUN taking two out of the first three. Idaho buckled down in the last two sets to win 25-19 and 15-10.

Errors proved to be the difference down the stretch. CSUN at least doubled Idaho's error total in all but the second set, with the final tally for errors coming out to 35-15.

Senior outside hitter Reece Carman made her presence felt with 14 kills to lead the Vandals in addition to six blocks. Red-shirt freshman Nikki Ball led all players with seven blocks.

Idaho finished out the tournament with a straight-sets sweep of North Texas. It was the Vandals' second sweep of the season, and the team put together a strong enough performance to close out the match.

The Vandals took control with a 10-point run in the first set to go up 21-12 after battling point-for-point with North Texas to start. Idaho never trailed in the final set and benefitted from more strong performances from Straw and Ryter. Straw finished with 16 kills in the match and 39 total in the tournament. Ryter added nine kills and five blocks for Idaho.

Both Straw and Ryter made the All-Tournament team, the second such honor of the season for Straw and first for Ryter.

Idaho will travel to Hawaii for the Rainbow Wahine Volleyball Challenge, starting with a matchup against University of Hawaii 10 p.m. Sept. 6.

The Vandals will also play San Diego State 7:45 p.m. Sept. 7 and University of Portland 6 p.m. Sept. 8.

Jonah Baker
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SOCCER

Soccer splits in Missoula

Vandals get a win and a loss at Montana invite

Zack Kellogg
ARGONAUT

Idaho soccer split their matchups over the weekend at the Montana Invite and now sit with a 2-3 record.

The Vandals faced off against University of North Dakota Fighting Hawks and the University of Vermont Catamounts.

"We ran into a team that was well organized and that made it hard on us to break them down," Idaho Head Coach Jeremy Clevenger said in a news release. "We didn't get the job done. I think we beat ourselves, but it's a good lesson for us moving forward. We have to show up and understand how to beat teams."

Idaho first met with former conference opponent North Dakota.

Idaho came into the game undefeated against North Dakota with a 4-0-0 record, but this was the last matchup between these two schools for some time, as North Dakota moved to the Summit Conference and out of the Big Sky.

Senior defender Claire Johnson provided

the motor on offense with four shots on the day, and senior goalkeeper Makayla Presgrave finished with a solid four-save game.

The Fighting Hawks were able to score the only goal in minute 55 to take the win by a score of 1-0.

Next, Idaho faced the University of Vermont.

This was the first meeting between the two schools and the first time Idaho faced a team from the America East Conference.

Idaho's strong defense helped Presgrave get her first shutout of the season. Along with a goal from senior midfielder Anna Rose Wiencek, the Vandals picked up the 1-0 win, splitting the weekend's matchups.

"Our second unit came on and kept the level and that's all you can ask.

Credit to them, they did an amazing job to get that goal. AR (Anna Rose), just an amazing header," Clevenger said.

"If we can continue that type of performance from that second group I think we'll win a lot of games."

Zack Kellogg
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arg-sports@uidaho.edu

COMMENTARY

Silver and gold linings

Idaho Football may have suffered a devastating loss, but here are the positives

The Vandals made plenty of mistakes in their 79-13 loss to Fresno State to open the season. That much is undeniable, but there are a few silver linings to glean from Idaho's first game.

Idaho Head Coach Paul Petrino would be the first to tell anyone the team made far too many mistakes, and that is partially true. The Vandals gave up seven turnovers and had two field goals blocked, including a brutal stretch in the second quarter that featured an interception returned for a touchdown and two blocked field goals run back for scores by the same player.

However, Idaho did not have any real problems with penalties. The Vandals incurred two false starts and two delays of game, totaling only 20 yards in penalties.

In spite of the difficult night Idaho faced all around, the team did not lose its composure in the face of extreme adversity.

The other positive is that Idaho showed a glimpse of a big play combination from sophomore quarterback Colton Richardson and redshirt junior wide receiver Jeff Cotton. Seventy-three of Richardson's 106 passing yards coming off one play, as he found Cotton for a deep touchdown.

Against the level of competition that Idaho will play consistently this year, Cotton could be a valuable weapon for whichever quarterback Petrino has under center.

Junior quarterback Mason Petrino took most of the snaps on offense, totaling 22 pass attempts to Richardson's 11.

Mason finished with 99 yards through

the air and added 19 on the ground through seven rushes. The quarterbacks combined for six turnovers, with Richardson throwing two interceptions and Mason throwing three picks and fumbling once.

Yes, Richardson threw almost as many completed passes to Idaho as he did to Fresno State, and Mason looked like exactly the same player he was last year with lots of mistakes. However, the uneven quarterback play indicates that Vandal fans can look forward to at least one more week of drama that doesn't even require an HBO subscription.

In an effort to return to serious upsides to look forward to, redshirt freshman wide receiver Cuttrell Haywood looks every bit the exciting young receiver pundits around Moscow predicted him to be. Throughout the game, Haywood exhibited a clear rapport with both quarterbacks and hauled in six catches for 72 yards.

The last silver lining is that Idaho is about to go through as pronounced a swing in competition as possible. After playing a Fresno State team that went 1-1 against Boise State last year, the Vandals will play a Western New Mexico team that has not finished above .500 since before 2012, despite playing Division II competition in the Lone Star and Rocky Mountain Athletic Conferences.

The result against Fresno State was undeniably ugly, and something similar may happen again with a game against Florida finishing the schedule on Nov. 17. However, the Vandals showed enough positive signs to retain hope for the rest of the season and perhaps compete in the Big Sky as the season moves along.

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Jonah Baker
ARGONAUT

C R U M B S

Recipes and More!
page 2

UI Women LEAD

LEADERSHIP PROGRAM
5:00 - 7:00 P.M.

CALLING ALL WOMEN!

ATTEND ALL 4 SESSIONS

- SEPT 18TH
- OCT 2ND
- OCT 16TH
- OCT 30TH

INFORMAL DISCUSSION
BASED MENTORING

ANALYZING AND
OVERCOMING CHALLENGES
WOMEN LEADERS FACE

AND BUILDING A
COMMUNITY OF WOMEN
LEADERS ON CAMPUS

REGISTRATION OPENS SEPTEMBER 11TH 9:00 AM
DEPARTMENT OF STUDENT INVOLVEMENT IDAHO COMMONS
OFFICE 302 LIMITED SPACE AVAILABLE

WE CAN MAKE AN IMPACT | WE ARE VANDALS | WE LEAD

Staff predictions

The Vandal Nation staff makes their predictions for Idaho's home opener vs. Western New Mexico 2 p.m. Saturday in the Kibbie Dome



Meredith Spelbring
ARGONAUT

Meredith Spelbring — Idaho 32, Western New Mexico 27

Western New Mexico may not pose as much of a challenge to the Vandals as Fresno State did last weekend, but Idaho still needs to find its footing. Idaho gets a win under its belt, but the Mustangs will make them work for it.



Brandon Hill
ARGONAUT

Brandon Hill — Idaho 79, Western New Mexico 13

After last week, I'm sending a prayer to the football gods for some poetic justice. Please, Lords Kramer and Friesz, bless the Kibbie Dome with a much needed win. The season might be lost without one.



Chris Deremer
ARGONAUT

Chris Deremer — Idaho 37, Western New Mexico 16

A decisive victory this week can make up for Idaho's stumble in Fresno, and give the team a chance to pick up some momentum going into Big Sky play. Expect the quarterback situation to remain unsolved, but Idaho will pull out a big win in the Dome.



Jonah Baker
ARGONAUT

Jonah Baker — Idaho 42, Western New Mexico 24

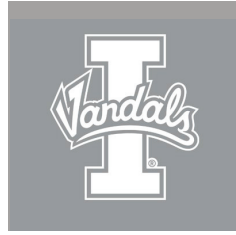
After a near-historic beating, the offense and defense will be running on another level this Saturday. Expect a revamped run attack that features more than one running back getting a carry.

@VANDALNATION TWEETS OF THE WEEK



@IdahoVolleyball

DeVonne Ryter brings home the @BigSkyVB Offensive Player of the Week Award! Ryter led the league with a .500 hitting percentage last week. She also tallied 16 blocks. #PointVandals
—Volleyball hopes to keep momentum after a strong performance from DeVonne Ryter.



@Idaho_Vandals

Big week for the Vandals! Football and Soccer are both at home, and Soccer has a game just across the state line. Can't wait to see you there! #GoVandals
— Vandal Athletics is in full swing with many exciting matchups in the coming week.



@Idaho_Vandals

Isakson named Interim Athletic Director. Permanent hire to be made by next president.
— Isakson hopes to bring in change for the Athletic Department.



@IdahoTrack

Congratulations to Andrea Condie on earning @BigSkyConf Female Athlete of the Week! #BraveAndBold #GoVandals
— Andrea Condie got off to a great start to the season after earning Athlete of the Week accolades.

Hosted By:
 University of Idaho Counseling and Testing Center
 Vandal Health Education, Campus Recreation, and Beta Theta Pi

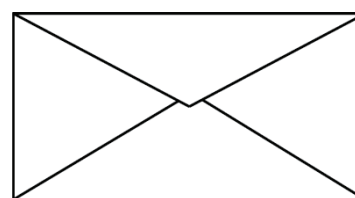
9.12.18
 5K
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For Suicide Awareness

Fun Run/Walk starts at 6pm
 at the Student Rec Center
 first 200 to register will receive a t-shirt or water bottle
 Register by September 7: Student \$5
 Non-Student \$10
 Day of Registration: Student \$10
 Non-Student \$15

UIDAHO.EDU/5K
for more information contact Kristin at (208) 885-9747

OPINION



Send us a 300-word letter to the editor.
ARG-OPINION@UIDAHO.EDU

OUR VIEW

Know your support

In an adjustment period with UI administration, students should know their resources

The University of Idaho administration has been far from stable in recent semesters.

In just a handful of months, UI President Chuck Staben and the Idaho State Board of Education announced this year as Staben's final year as president. Rob Spear transitioned from athletic director to former athletic director. And that is just the top tier of the university administration.

Multiple deans left their posts this summer and many positions remain unfilled.

Students often look to university leaders for consistency and support, even if students themselves don't always reach out to high-level administrators day-to-day.

As UI is in something of a

transition period with the administration, it is more important now than ever for students to know and understand their support system options, and for the support systems in place to truly know the students.

While the faces that often represent the university are in a shuffle, the staff and faculty support system in place to help students on a daily basis is not.

Students now, more than ever, should know their resources — be it their adviser or the Counseling and Testing Center.

While the administration is not likely to know each and every student in any window of time, the staff and faculty of the individual colleges and programs do. Even within programs and majors, students are divided into smaller groups so advisers have the opportunity to better know the students within their program and help shape their path. It's a two-way street.

Just as students should be expected to know who on campus is responsible for guiding them through their education, educators and advisers should prioritize establishing a relationship with students. A friendly face in the office can go a long way for a student lost and in search of support.

Advisers and program faculty are a student's first line of defense when it comes to finding support within the university — they know what most students under their umbrella want, where they are heading and how best to guide them through challenges students may face during their college tenure.

When a roommate is not cutting it as a personal therapist and a program adviser cannot guide students through all the challenges and hurdles of student life, there are resources available.

The Counseling and Testing Center, located in Mary E.

Forney Hall, is there for that exact purpose. The Counseling and Testing Center provides services ranging from learning disability accommodations to individual meetings with the university psychiatrist.

Schedule a visit with your education adviser early in the semester. Get to know their style of advising and help them get to know your style of learning.

Take a trip up to the Dean of Students Office on the second floor of the Teaching and Learning Center. You don't need to set up a meeting, but it's always good to know where help can be found.

Find mentorship in professors, staff and engaged members at UI. Even at a time when stability might not seem like UI's strongest attribute, be open to the idea that anyone can provide a sense of stability with the right connection.

— MS

Vandal Voices



QUICK TAKES FROM THE VANDAL COMMUNITY

What UI professor or staff member had the greatest impact on your college experience?

Dr. Sandra Reineke, 2007

I took Women's Studies from Dr. Sandra Reineke. It was enlightening, informative and subsequently transformed my approach to feminism. I've always considered myself a feminist but her class provided me with a more historical and global perspective.

— Adrienne Monroe

Dan Bukvich, 2008-2013

Dan is far more than a teacher. Until you take one of his classes, he is almost impossible to explain. But the University of Idaho is extremely lucky to have him! I wouldn't have a career if not for Dan.

— Jeff Chambers

Tom Drake, 2014

Class was tough, and to some, unforgiving. But Drake had a way to draw students in with charisma and get college-age people to actually talk about the subject. You feared his tests and papers, as they were graded with little mercy or understanding, but most were content with it because he really did get people engaged.

— Chance Watson

Janine Darragh, 2014

She went above and beyond to ensure that she got to know all of her students at a personal level, and provided engaging and insightful instruction and discussion on how to teach English beyond the traditional literature. She is such a wonderful, joyous, kind-hearted person and I miss her crazy stories from her own high school teaching experiences!

— Courtney Zabriskie

Mark Secrist, 2013

He always went above and beyond to help his students. Motivated them to reach for their dreams and gave real life guidance and specific tools to make that happen. I went on a different career path, but he taught me so many useful skills that I use today. He helped me think more creatively and pushed me out of my comfort zone. Amazing teacher!

— Megan Eaton

Joseph DeAngelis, 2014-2017

He taught a special topics sociology lecture about the sociology of vice and tailored it to his students. We could talk about just about anything in the reading material and how it related to other connections in society. His lectures in his other classes were just as great.

— Claire Whitley

Matt Doumit, 2008-2011

He was my absolute favorite! He was new to UI when I had him, but it sure felt like he had been there for years. He puts his students and their needs first. He was willing to help in any way he could and help me reach my goals, even beyond his classroom.

— Michelle Reynolds



What happened to freedom of speech?



Ansee Lechner
ARGONAUT

Burning shoes, bridges and logic

Nike campaign can help us examine what's wrong with the Kaepernick debate

The video is about two minutes long. It begins with a voiceover and a menagerie of shots taking stock of athletes who haven't yet reached their full potential.

The narrator of this advertisement has plenty to say about what real dreams look like and what their individual struggles may bring. And then the voice appears in person, and what was at first a straightforward inspirational message becomes something bigger.

Colin Kaepernick is back in the social forefront as the ambassador of Nike's newest "Just Do It" commercial campaign.

The former San Francisco 49ers quarterback and current activist was always going to be a controversial choice for a landmark campaign. The responses to the campaign highlight an important misunderstanding between the factions on all sides of the national anthem debate.

The video itself starts out as something less than a political statement, but the rollout campaign that came along with it changed everything. Kaepernick was announced as the representative for the campaign before the video was released, shifting the perspective of everything afterward. He does not actually appear in the video until more than halfway through, but his voiceover work casts an immense shadow over the ad.

Those who oppose Kaepernick, regardless of their understanding of what he and the other kneeling NFL players want, could probably care less about the diverse athletes and dreamers Nike chose to portray.

Instead, Kaepernick's voice and appearance make the entire ad out to be a tale of ambition when it's really about his political standing. The cause is supported by fellow Nike representatives Serena Williams and LeBron James. You probably saw people going viral on Twitter and Facebook over the weekend, burning their Nike gear and cutting the swooshes out of their socks. Boycotting Nike after already buying its products is even more misguided than the alt-right campaigns that purposefully misunderstand Kaepernick's stance and paint him as disrespectful to veterans and a disgrace to the country.

Nike's choice to include Kaepernick as a spokesperson did nothing to advance his movement or further the discussion, yet. So far, all we have seen is an utter breakdown from the people that are still incensed by his appearance.

Since belaboring the point has become necessary, Kaepernick's protest has never been about disrespecting the military. The original idea to take a knee came from Nate Boyer, a former Green Beret and NFL player. Kaep-

ernick, football player Eric Reid and dozens have stayed consistent to the message of addressing police brutality, especially against black people.

The vast majority of those enraged for the armed forces because of a non-existent transgression are not in fact service members. Boyer himself came forward after the ad was announced and tweeted "Some [veterans] are offended, some aren't, it's really that simple. To push roughly 20 million veterans onto one side or the other of the anthem debate (bc you know a Vet who feels a certain way) is just stupid. We're as diverse (and sometimes just as stupid as any other American microcosm."

That same sentiment is echoed throughout the social sphere far more often than outright disgust at Kaepernick. To add to the chain of stupidity and misunderstanding, these same people are declaring a Nike boycott, crusading for the veterans that they believe are so desperately hurt by Kaepernick. They have already bought Nike merchandise and somehow feel as if burning or defacing it will be what makes the difference.

The irony of these protests was not lost on the internet, as many people simply posted drop-offs for homeless and at-risk veterans that would certainly benefit from having the shoes and clothes that so many people now find insensitive



Jonah Baker
ARGONAUT

Jonah Baker can be reached at arg-opinion@uidaho.edu or on Twitter at @jonahbaker

Beef: it's not for dinner

Going vegetarian isn't an easy choice, but it's definitely worth considering making a switch

Hello, my name is Olivia Heersink, and it's been almost two months since I last ate meat.

To the average reader, that tidbit of information might seem odd, uninteresting or what sounds like the opening to some type of anonymous meeting. But to those of you who know my love of chicken nuggets, it's pretty surprising.

Growing up, most family meals often centered around a meat dish — chicken, pork or beef — making it one of my favorite components, which I have discussed my love for at length several times.

Vegetarianism was something I never thought of, let alone considered, especially since I've definitely swooned at the sight of pot roast and even drooled at the smell of bacon.

But all of that changed once I entered college.

I was suddenly inundated with a surplus of information, and I began to realize the impact of something as simple as eating a steak, which statistically can be more harmful than driving a car.

Time Magazine reports the livestock industry uses around one-third of the world's fresh water supply and "accounts for 75 percent of the global emissions from cattle ... and 56 percent of the global emissions from poultry and pigs."

"There may be no other single human activity that has a bigger impact on the planet than the raising of livestock," Time author Bryan Walsh writes.

In terms of personal health, meat consumption can significantly increase the risk of cancer, heart disease and diabetes, according to the World Health

Organization. It also decreases your overall life expectancy.

"Vegetarian men live to an average of 83.3 years, compared with non-vegetarian men who live to an average of 73.8 years," according to the Physician's Committee for Responsible Medicine. "(While) vegetarian women live to an average of 85.7 years, which is 6.1 years longer than non-vegetarian women."

Upon learning this, I began considering a change in my lifestyle. Still, I kept shrugging it aside. I thought it would be too difficult and more damaging to my health by cutting out those crucial proteins that our bodies don't make naturally or get from other types of food.

After careful research, I realized just how wrong I was. During this past summer, thoughts turned into actions. I finally decided to make the switch.

I do love meat, and I often think about a good steak. But at the end of the day, I love the planet much more.

In just two months, I have saved over 34 animals and 268 pounds of carbon dioxide, according to Vegetarian Calculator, an online resource that showcases the impact a person makes by cutting out meat. Imagine the impact the millions of other vegetarians out there are making.

On a personal level, I feel healthier and more awake, as well as happier knowing I'm making a conscious effort to better our world and all its inhabitants.

I'm not advocating that everyone should become a vegetarian — unless you want to — but cutting back on meat, especially beef, can do the planet a wonder of good.

Olivia Heersink can be reached at arg-opinion@uidaho.edu or on Twitter @heersinkolivia



Olivia Heersink
ARGONAUT

Purpose over purchase

The power in becoming a responsible consumer

“

We are all guilty of it. We stop in the middle of sidewalks on crowded streets to look in windows. We leave Thanksgiving dinner early to get in line for Black Friday. We scrape pennies together for rent, but own four pairs of expensive rain boots.

Or, maybe that's just me and my shopping addiction.

After many conversations with my friends, I took to the internet to read up on shopping habits and addictions. It turns out, shopping habits like mine are more common among Americans than you might think — it's not just a simple way to explain why we often have a larger wardrobe than we can even wear. According to a 2006 study from Stanford University, which was published in the American Journal of Psychiatry, about 6 percent of women and 5.5 percent of men have a compulsive buying disorder.

Researchers attributed this condition to a wide array of factors, from childhood poverty to a need to create stability in times of chaos. Unfortunately, this disorder has been studied and talked about very little in the decade since becoming an official diagnosable condition according to psychologists.

Compulsive buying disorder is a condition that I personally have not been diagnosed with. Still, I have become increasingly intrigued by it. The statistics regarding the disorder have implications about how prevalent excessive shopping habits and disorders are in our society.

As college students, it can be difficult to stay focused and keep track of spending habits. Being constantly busy makes it

Looking at how much money you might have spent can be painful and downright scary.

Elizabeth Marshall, Student

difficult to sit down and take a hard look at monthly expenses. Looking at how much money you might have spent can be painful and downright scary.

That being said, here are some tips and tricks I've learned that have helped me become a more responsible shopper. Budget for things you want, even if you don't need them — it would be unreasonable not to. This will ensure you don't feel suffocated by your budget and go on a shopping rampage to alleviate that feeling.

Budget for the unexpected. You know you will say "yes" to Grub Truck maybe one or five more times than you originally budgeted for.

Make goals for your savings, and try to thoroughly identify what you're saving for. Reward yourself if you make a savings goal — but not so much you spend all of your savings. It's hard, but worth it.

Before you buy anything, especially clothing, inventory what you already have. Remind yourself that you already have eight striped shirts.

Stop looking for a purchase, and start looking for a purpose.

Elizabeth Marshall can be reached at arg-opinion@uidaho.edu



Elizabeth Marshall
ARGONAUT

Upcoming Vandal tailgating

Use the new school year to get involved with Vandal events

Everyone's experience at the University of Idaho looks a bit different. Some find their sense of home through their residence hall, Greek chapter or apartment roommates. Others find it in a student organization, job or hobby. Although our paths vary, we find ourselves seeking the same thing: a community.

I think a lot of Vandals had to reevaluate what "community" means to them these past few months as our athletic department underwent some significant changes. The football team moved into the Big Sky Conference to save money and secure more wins. Questions were raised about how some student athletes have been treated in the past, causing significant shifts in departmental leadership and leaving many to wonder what this year will hold.

Solutions were proposed to address the department's deficit and, in the process, some teams feared their programs would be cut.

There has been extensive discussion about the best way to move forward and, as those conversations continue this year, we need to remember what matters most —

supporting our student athletes.

Throughout this summer, the Office of Alumni Relations, the UI Athletics Department, ASUI and some other partners have been working to reinvent the Vandal Tailgate experience and make it more about the amazing community we have at UI.

Along with the usual individual tailgating festivities, there will be a massive tent in the parking lot with food vendors, face painting, Vandal Marching Band entertainment and more.

We're going to be debuting the new Vandal Tailgate this Saturday at the first home football game of the year. Activities begin at 11 a.m. and will continue until the game starts at 2 p.m.

No matter where your community on campus is, I hope you'll take this chance to support our student athletes and remind them that the Vandal family will be behind them every step of the way.

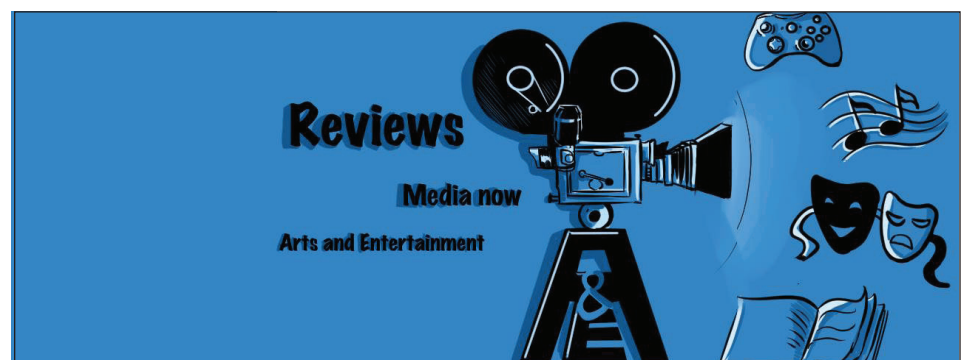
Attend athletic events, cheer on our underappreciated teams, join the Average Joes student section and engage in events like the Vandal Tailgate that remind us why we're here.

This is going to be a year of great change, budding with opportunity and possibility. I can't wait to see where it takes us.

Nicole Skinner can be reached at arg-opinion@uidaho.edu



Nicole Skinner
GUEST VOICE



Join the U of I College of Agricultural and Life Sciences for two distinguished speaker events in September. All presentations are free and open to the public.

Food Evolution • Film Screening and Q&A Featuring Alison Van Eenennaam and Shelley McGuire

Tuesday, Sept. 11 • 5:30-8 p.m.

Ag Sciences Building • Room 106

Explore the controversy surrounding GMOs and food. Traveling from Hawaiian papaya groves, to banana farms in Uganda to the cornfields of Iowa, the film, narrated by esteemed science communicator Neil deGrasse Tyson, wrestles with the emotions and the science driving one of the most heated arguments of our time. Dr. Alison Van Eenennaam and Dr. Shelley McGuire, featured experts in the film, will lead a Q&A discussion following the showing.



Sustainable Agriculture: What is it, where has it been and where is it going? • Featuring Cliff Ohmart

Friday, Sept. 28 • 4:30-6 p.m.

Kenworthy Performing Arts Centre

Dr. Cliff Ohmart will discuss how sustainable agriculture relates to organic agriculture and Biodynamic Farming and the challenges facing organic and sustainable farming. Dr. Ohmart has worked with clients to design, develop and implement sustainability programs for many cropping systems including winegrapes, cherries, cut flowers and almonds.



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