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University of Idaho

BODY IMAGE IN OUR CULTURE

PROFILES

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TYLER MACY

PLUS

GLASSBLOWING

THE BEST OF MOSCOW

NOTES FROM ABROAD

OCTOBER 2007

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BODY IMAGE

BY SARRAH BENOIT

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Greetings dear readers!

You'll find us much earlier and much shorter than in the past - you'll also be able to find us more often, with our next issue coming out after Thanksgiving. We decided that more is (almost always) better, and Blots twice a semester is even better than that.

Also be sure to keep an eye on the Blot web site, which will be going through some major changes (content! updates! real information!) in the coming weeks. We're looking for input on that, so let us know what you think by emailing blot@sub.uidaho.edu.

Enjoy the issue, and we'll see you in a month!

-Gw

Vandals to watch

Sports fans be aware, these are some of the young Vandal athletes that have impressed us so far and should impress us for years to come.

BY ADAM HERRENBRUCK + PHOTOGRAPHY BY ROGER ROWLES

Deonté Jackson {Football}

Warren, Ark., native Deonté Jackson redshirted his freshman year for the Vandals and comes into this season handling running back duties. Jackson, who was an all-state selection in high school, started off the 2007 season taking on the tough defense of Southern California and performed well.

Jackson, a sophomore majoring in architecture, gained 99 yards on 22 carries against the No. 1 Trojans, catching the eye of football analysts and coaches.

In the second week against Cal Poly, Jackson shined again with 214 yards on 30 carries, a UI freshman record. Jackson ran with energy against the Mustangs using an effective stiff-arm to run through tackles and score his first career touchdown in the fourth quarter.

After two more impressive games — 113 yards against Washington State and 111 yards against Northern Illinois with two touchdowns — Jackson has remained a steady force on Idaho's offense. And four games into the season, his 537 total yards on the ground places him third among Football Bowl Subdivision (formally Division 1A) running backs, behind only Michigan's Mike Hart (655) and Eugene Jarvis of Kent State (539).



Melissa McFadden {Cross Country}

Melissa McFadden came to the Vandal women's cross country team last year out of high school and improved faster than many expected, including coach Wayne Phipps.

"Melissa was a good runner out of high school but was somewhat unheralded," Phipps said. "She came in and had a great freshman year when we needed people to step up. Now, I think she could possibly be one of the top five runners in the WAC."

Those are strong words coming from Phipps, who is coaching running talent the likes of Dee Olson and Mandy Macalister. But Phipps' words are not without basis when looking at what McFadden's done so far. The sophomore elementary education major was the second UI finisher in the WAC Cross Country Championships, taking 16th overall and helping the women secure fourth place at the meet.

This season at the Utah State Open, McFadden was the second Idaho finisher behind Macalister, coming in 10th overall. And at the women's second meet, the Sundodger Invitational in Seattle, McFadden was the top Idaho finisher at 11th overall and helped the Vandals take second as a team.

McFadden was a four-sport athlete at Post Falls High School, competing in volleyball, basketball, cross-country and track and field.



Jennifer Hull {Soccer}

Jennifer Hull is one of the many freshmen coach Pete Showler has available on the Idaho soccer team. Hull brings lots of talent to the Vandals, scoring 14 goals with seven assists as a senior at Skyview High School in Vancouver, Wash., and earning Offensive Player of the Year honors for the Greater St. Helens League.

Showler has also noticed Hull's size (5'9") and athleticism as attributes she can bring to the Vandals.

"Jen is very strong on the ball. She links up very well with her teammates and is good with her back to the goal. She can use her height to her advantage and can also score goals. We look forward to seeing where she fits in as a freshman and how she makes the transition from high school."

So far Hull has made a fairly smooth transition and fits in well with the rest of the team as she's collected five goals, only six away from the UI season record, and has helped the Vandals to a 4-3 record. Hull was also recruited by other Northwest schools such as Portland State, Whitworth and Eastern Washington.



Speaking of...

1 Best places to loiter for free

- Hastings
- The Palouse Mall
- Upstairs at Bell and Cross

Best non-confrontational place to break up with someone

2

- Library
- Facebook status change
- Text message

3 Best places to eat on campus

- Pitas at the Albertson Building
- Daily 99-cent special in the Commons
- Tortellini at the LLC market

4 Best free parking on (or near) campus

- Gravel lot by Papa Murphy's
- Perimeter Drive
- Hint: We need more

5 Favorite Web sites

- Post Secret
www.postsecret.com
- Steep and Cheap
www.steepandcheap.com
- TV Links
www.tv-links.co.uk

6 Best-kept secrets

- Old Arboretum
- Wine Tasting on the Palouse
- Smoking room at Bucer's

7 Best places to be alone

- Alice's Room
- Admin Auditorium
- Picnic tables behind the SRC

8 Best of Craigslist

- <http://tinyurl.com/2g7ddb>
"If you took the CD rack from State & McKenzie from the free stuff, please return. This was not part of the free stuff. It was sitting on the porch. No questions asked."
- <http://tinyurl.com/yv38c7>
"FREE KITTENS: We moved in a rental and there are stray kittens living under the rental next to us... Please adopt and take one home today!"
- <http://tinyurl.com/29vp8j>
"Brothers and Sisters! Lend me your ear! ... Join me and let this be a night that we will remember, when we sang as one beneath the blood moon."

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Best of YouTube

- Baby Elephant Falls
http://youtube.com/watch?v=glqcQH_GOLM
- Rejected – Don Hertzfeldt
<http://youtube.com/watch?v=vSb-nV8l2QY>
- A short film called Hands
<http://youtube.com/watch?v=IQDjynOzgCk>

Beer, Books & Brats

Online student John McKeel explains what life is like being an off-campus student halfway around the globe on Oktoberfest.

BY JOHN MCKEEL

Octoberfest preparations are underway. Polka music rumbles from basement windows as amateur players practice for the big season. Life at the winery stands is starting to pick up again as the whites of spring are replaced by the new reds of early autumn. Harvest time is coming to a close in Germany and I am heading back to the University of Idaho for fall semester.

Three years ago, I matriculated to UI through the Internet while serving in the Army overseas. We returned from Iraq that summer, and my wife joined me in Germany as she finished law school.



Though for the last two years I have been deployed as classes got started, finishing my assignments by kerosene lamp in a dirty, godforsaken tent somewhere, this year is different. Now I work as a substitute teacher and columnist for a local entertainment magazine. Everything else has changed, but one thing is a constant: I have never been to UI's campus.

In my undergrad years, commuter students were often thought of as either a way to cram a few extra credits into a semester or as simply too lazy to wake up for class. But today there are hundreds if not thousands of commuter students like me, dialing in from all over the globe.

In some ways, our sub-community is different than the general student's — we have to be self-starting, independent learners and our reliance on technology is absolute. People casually say, "I can't survive without my laptop." For us, it is the honest truth. I've been as panicked repairing my Internet connection now as I was running to class wearing pajamas in undergrad. The world has become a smaller place as I have been sent all over it — all the while staying connected to Idaho via my Ethernet cable.

For me, German revelers and handcrafted lagers replace the perennial fall mixture of blaring stereos and cheap beer in the dorms, but we are all part of the same community of students.





in her shoes

BY SARRAH BENOIT

+ PHOTOGRAPHY BY
JOSH SCHOTT

a look at
body
image
in our
culture

At 8 a.m. on any given day of the week, caffeinated undergrads and fitness enthusiasts can be seen trickling into the University of Idaho Student Recreation Center for early morning workouts. As the day wears on, the SRC becomes flooded with movers and shakers until no elliptical machine sits idle and the buzz of treadmills resonates throughout the two-story building.

Other students shuffle their way to classes on empty stomachs. Girls sip Slim Fast while guys in droopy sweat pants guzzle protein shakes. Busy schedules may leave limited time to eat, but sometimes young adults consciously choose to forgo the calories for the gym. While many appear motivated to maintain or achieve toned bodies, some teeter dangerously on the edge of an eating disorder.

Concerns about body image and weight preoccupation are common, especially among college students. Women are known to be more susceptible to body image obsession, but that doesn't mean weight preoccupation discriminates between genders. According to the National Eating Disorders Association (NEDA), as many as 10 million females and 1 million males in the United States are battling eating disorders such as anorexia or bulimia.

Students at UI are no different.

“My body is my temple, and I’m not going to let people tear it down.”

—Fairuz “Kat” Abdelmalek

Never too skinny

She was happy when the doctor diagnosed her with anorexia.

For Cara, a 5-foot 10-inch athlete who barely tips the scales at 120 pounds, not eating was better than bingeing and purging – and scariest of all, gaining weight.

“Anorexia is generally associated with being successful,” she said.

Initially, Cara, who prefers to be given an alias in order to maintain her privacy, looks like the stereotypical 20-year-old college junior slouched in front of her laptop. A gray sweatshirt hides her rail-thin frame, but the loose fit of her size 3 jeans emphasizes her lanky features. Her shoulder-length brown hair is pulled loosely into a ponytail at the nape of her neck, emphasizing the harsh angles of her cheekbones and chin. Her eyes are concealed by black-rimmed glasses that reflect the glare of the main light in her bare living room.

At 7:30 p.m. her attention is focused on something on her computer screen. She apologizes for seeming preoccupied. Homework takes up most of her time. Cara mutters something about multitasking under her breath.

She is holding an untouched plate of brown rice and salmon in her lap.

“I know I have a problem. I need to eat more, especially when I’m in school. I forget to eat,” she said as she takes a bite of her salmon. “I know I didn’t eat enough today. I’m full now, so it’s just hard to eat more.”

The chemical engineering major admits to being a perfectionist. She spends most of her off-time studying rather than eating, but Cara said she is trying to snack more during the day.

A calorie counter, she keeps mental notes of everything she ingests in a 24-hour period. It’s

More to love

Unlike Cara, she never wanted to be skinny. At 5-feet 10-inches tall, Fairuz Kathryne “Kat” Abdelmalek weighs in at 275 pounds, more than two Caras put together. And unlike Cara’s thin frame, Kat’s curvaceous figure doesn’t fit into anything smaller than a size 22.

It is noon on a Sunday. Kat rolls out of bed and shuffles to her kitchen for a cigarette. In a stretched gray cotton shirt and neon pink boxers, she isn’t embarrassed by the cellulite on her thighs. And unlike Cara, she doesn’t hide her body under baggy sweatshirts.

Kat rubs her stomach and bundles her auburn hair into a messy bun atop her head. She smiles and her squinty eyes form thin crescent moons.

“What do I think of the skinny bitches of the world? I think they are beautiful. But if they have no curves, I feel it’s my duty to feed them,” she laughs. “Normal, average-weight people are beautiful and they have beautiful bodies. But if they start saying shit about my body, of course I won’t be so nice.”

Kat said her boisterous, outspoken attitude stems from years of being called names in grade school.

“When I was younger they called me ‘Ferris wheel’ because my first name is Fairuz (pronounced Fare-is),” she said. “It hurt my feelings a lot when I was younger, but now I don’t care. I’ve come to realize that if people don’t like me, they shouldn’t look at me. It’s my body.”

She strikes a runway model pose and outlines her curves with her hands. “My body is a temple,” she said, “and I’m not going to let people tear it down.”

Kat is opposed to crash dieting and low-fat foods, but said she has tried Weight Watchers with her mother and one of her sisters.

“I did lose weight. Weight Watchers all the way,” Kat said, pumping her fist up and down. “All about portion control, baby.”

She didn’t have a weight goal, she said, but the program’s goal for her was 180 pounds. She lost 10 percent of her weight, but failed to meet the goal.

Kat pushes herself away from her small dining room table and shakes a pack of cigarettes on her palm.

“You know, a lot of people say that cigarettes make you lose your appetite. It doesn’t do that for me,” she said. “But don’t think I’m hungry all the time. There’s a limit to what I can eat in a day.”

A Certified Nursing Assistant (CNA) at Aspen Park Healthcare in Moscow, Kat said she doesn’t have much time to eat despite her heavy frame. But she admits

easy, she said, because she can add calories quickly in her head – a skill developed from years of math classes.

Today is a typical day for her. For breakfast she had yogurt and a banana. For lunch, a Lean Cuisine meal, applesauce and carrots. She nibbles on her dinner, but she has shared almost half of her fish with her two orange-striped cats, Oliver and Garfield.

"I have atypical anorexia even though I binge and purge at times," she said. "Parts of my treatment helped, but I know I'm more anorexic now that I was (before rehabilitation). But every day is better, I think."

Cara said she tries to improve her outlook on life by not thinking about her disorder.

According to The Eating Disorder Sourcebook, anorexia nervosa is a psychological disorder that usually occurs in young women characterized by an abnormal fear of becoming obese, a distorted self-image, a persistent unwillingness to eat and severe weight loss.

Bulimia, on the other hand, is a disorder in which people eat large amounts of food in one sitting (binge) and then vomit (purge). The vomiting is usually triggered by a fear of weight gain, from stomach pain or from the guilt of overeating.

"When I was a senior in high school, I did a report on eating disorders," she said. "And people who have them are usually fascinated by them. I didn't really tell anybody that I had anorexia, and I got better on my own for a while."

But that changed in college.

A self-proclaimed recluse, Cara speaks with an unsteady voice and fidgets in her seat.

"My freshman year of college, I started up again. And I told my roommate just so I could have

continued on page 12

to eating fast food on her off days.

On a typical day when she eats three meals, she said for breakfast she has a bagel – white, not whole wheat – and juice. For lunch, she loves Taco Bell's Mexican pizza or quesadilla or Winger's house tortilla wrap. And for dinner, spaghetti is an easy choice.

Working at Aspen Healthcare is a workout on its own, but she said she knows her physical activity doesn't cancel her food intake.

"I know the calories I eat are way above what I'm supposed to eat," she said.

According to the U.S. Department of Health and Human Services, 2,000 calories is the value used as a general reference for daily caloric intake. And the

International Journal of Obesity has concluded that the frequency of fast food restaurant use is directly associated with higher energy, fat intake and a greater body weight.

The Health Status Web site pinpoints Kat's ideal weight between 156 and 173 pounds, about the same as Cara.

"My orthopedic surgeon said I need to lose weight because I put so much weight on my knees," she said. "And he said I'm just overall overweight. But I don't think so. I don't need to worry about it."

At 275 pounds, Kat is the average weight for someone more than two feet taller than her – almost two inches taller than the tallest known woman in the world, China's De-Fen Yao.

"What's a negative? Well, I walk slow. When (my friends and I) walked to a bonfire, I was

like 29 feet behind anyone," she said with laugh. "But I was pacing myself! I'm not going to overstress myself if we are going to the same spot."

And sometimes she can't squeeze into small spaces.

"I don't usually fit between desks or my friend's Mitsubishi Eclipse," she said. "Some situations are uncomfortable but I make the best out of them. When I get into small cars, I have to pull the seatbelt way far out, almost hitting the person next to me. I think it's funny."

She jokes about the positive aspects of being overweight, too.

"I get shade in the summer and heat in the winter," she said as she dances around her kitchen with a cigarette in one hand and a diet soda in the other. "And another plus, I have curves and I can work with them. Some girls try to wear belly shirts when they are this big. Ha, no. I know how to dress myself."

Besides, she adds, eating is better than starving. She said she'd rather be eating Chinese food than counting calories.

"I'm not going to drop (weight) on a dime for someone. In the end, it's what you think about yourself. People come and go, but you will always be with you."

"I'm definitely not recovered, but I'm trying not to lose more weight."

— Cara



someone to talk about it," she said. "But she didn't understand. So I just didn't talk about it anymore."

When she couldn't talk to anyone who could understand her, Cara said she became depressed.

"I actually called my mom and she came and got me," she said. "She took me to the doctor and I had an emotional breakdown."

Shortly after her mother picked her up from UI in 2006, just weeks shy of completing her first year of school, Cara entered a Portland out-patient clinic. She said her teachers gave her incomplete grades for the semester until she could get her life back on track.

"I am a really independent, goal-oriented person. I can't be told to do something. I have to choose to want to do something," Cara said. "It was nice to have my meals made for me, but it didn't really help me. I'm definitely not recovered, but I'm trying not to lose more weight."

She said she tries to keep her weight from dipping below 120 pounds by reminding herself to eat. She knows comparing herself to other girls is too dangerous now, but sometimes she can't help it.

Slumping back onto her blue suede couch, she adjusts her glasses and brings her bony knees to her chest. Cara hugs her legs and rocks back and forth, wiggling her toes inside her white socks.

"When I compare myself to other girls, I notice how skinny their legs are or how toned they are," she said. "I always judge myself by my legs because my arms are really skinny but my legs aren't."

When she looks at herself in a mirror, she said she can see the effects of anorexia.

"I can see that I'm skinnier now, which I like. So it's good. I like to be skinny," she said. "But sometimes I look sick and I know that I do. Regardless, I will still feel fat."

Cara is not alone. According to The Something Fishy Web site, an eating disorders prevention and recovery resource, anorexics usually feel fat even though their body weight is well below the normal weight for their height. They become brainwashed to think too thin isn't thin enough.

Cara said she has never been called fat, and oddly enough, was happiest when she was at her heaviest.

"Between when I graduated high school and when

"I'm not happy right now, but I'm happier than I was yesterday."

—Cara

I started college, I was really focused on eating healthy. I weighed myself and I was 155 pounds, but I was running every day so it was all muscle."

According to the Health Status Web site, a girl with Cara's measurements should weigh about 156 pounds. The healthy medium is somewhere between 139 and 173 pounds. Her current weight is the average for someone nine inches shorter than her.

She admits to losing up to two pounds every week. And although she hasn't been hospitalized yet, her doctor has threatened her with a hospital stay.

"Of course, I'm afraid of death," she said. "I'm afraid that I won't ever completely get over this. And I'm afraid (anorexia) will be the cause of my death. It's like I was given all these gifts in life and I threw them all away."

A life battling anorexia is a waste of time, she said. Cara would rather focus her time on better things like reading her favorite book, *Atlas Shrugged*, and listening to Death Cab for Cutie on her computer.

And 10 years from now, she sees herself healthy and happy.

"Maybe later I'll have a few more gray hairs. And I plan on having a Ph. D in nuclear engineering," she said. "I'll also be finding a new form of energy. And maybe I'll have a husband ... if some man is really lucky."

Cara smiles for the first time in an hour.

She knows that someday she will be stronger than her anorexia. But for now, she said she just wants people to stop gossiping about it.

"I'm not happy right now," she said, "but I'm happier than I was yesterday."

The Real Deal

The statistics are alarming.

Eating disorder expert Carolyn Costin's recent studies show that 95 percent of American women report disgust and disappointment with their bodies. Is it because female fashion models reportedly weigh 23 percent less than the average American female? Or is it because consumers are bombarded with miracle weight-loss drugs in advertisements? For many, the influence of the media plays a pivotal role in the desire to attain the "perfect" body.

With TV programs, movies and magazines plastered with super-skinny women – think Keira Knightley, Kate Moss and Nicole Richie – it's not surprising that millions of American women are dissatisfied with their appearances. According to the NEDA, the average American woman is 5-feet 4-inches tall and weighs between 140 to 145 pounds. Compare that with the average American model who is 5-feet 11-inches tall and weighs in at roughly 117 pounds.

College-aged women are vulnerable to the drive for thinness and university settings may perpetuate the development of eating disorders. Verna Bergmann, nutrition counselor at the University of Idaho, said the media pressure girls to be thinner than what is healthy.

She said that many students may have come to the university with eating disorders that were acquired at a young age.

"Some are just predisposed to an eating disorder and developed it," she said. "Oftentimes they come to campus with the disorder, or they develop it in a university setting. It's all about self-imposed expectations. It creates vulnerable individuals."

A predisposing factor is something that sets a person up for an eating disorder. It puts the person at risk but doesn't cause anorexia or bulimia, according to The Eating Disorders Sourcebook. Some of the predisposing societal characteristics of eating disorders include an emphasis on being thin, a stigma against obesity and an emphasis on external characteristics.

Predisposing factors can occur at a young age, an age when the mind is most impressionable. Look at Barbie, the ever-youthful mold of perfection. What looks like a normal doll may be a predisposing factor to an eating disorder. According to Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED), the average woman wears a size 11 to 14 dress with the measurements 37-31-42 (bust-waist-hips). Barbie, on the other hand, wears a size 4 dress with the measurements 39-19-33.

It's no wonder NEDA has reported that almost half of elementary school girls in the U.S. want to be thinner and 81 percent of 10-year-old girls are afraid of gaining weight. Many agree that the image of Barbie creates an unhealthy role model. And students at Boston University are trying to lessen her influence with facts, not images.

A BU study called "Real Women vs. Barbie" explains that Barbie's body would have room for only half her liver and only a few inches of intestines, as opposed to the usual 26 feet. It would result in chronic diarrhea and death from malnutrition. Barbie, at 6 feet tall, would have legs 50 percent longer than her arms, whereas the average woman's legs are only 20 percent longer. And Barbie would be unable to walk upright – her feet are so proportionately small that her chest would pull her forward on all fours.

Is poor health a good trade off for being skinny? Not all women think so.

"It is difficult, I think, to have a really healthy body image perspective," Bergmann said. "You need to put food in its proper place and make sure it's not overly important."

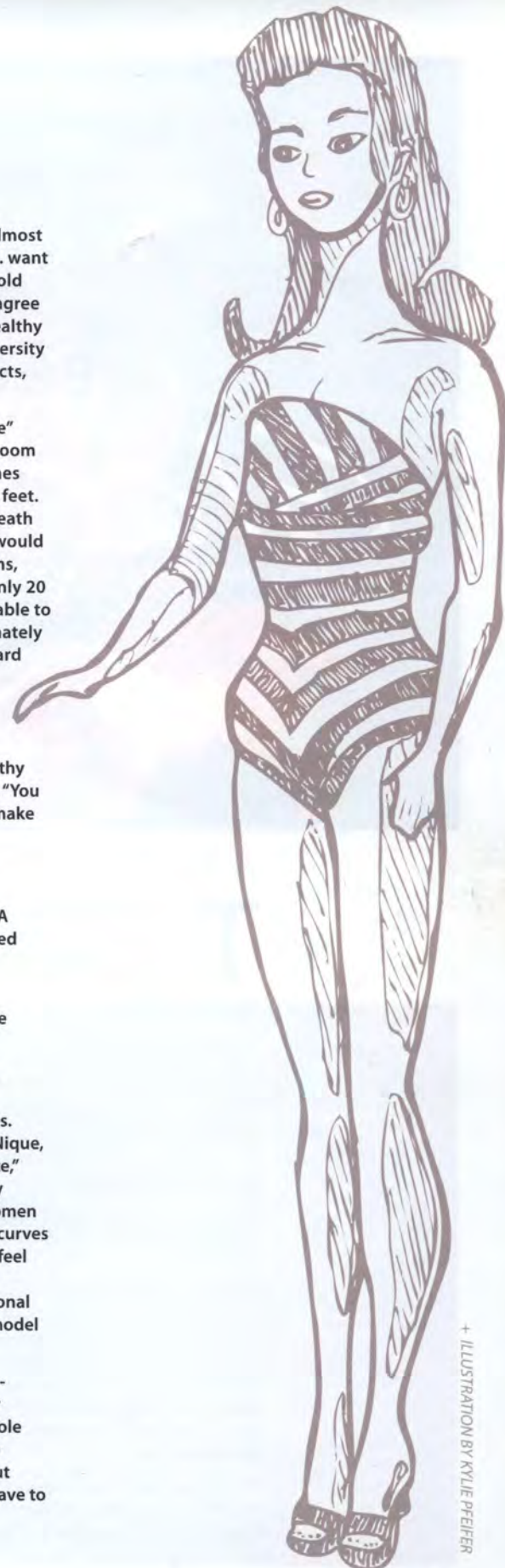
She said it's important for anyone who is preoccupied with weight to make an appointment with a registered dietician. A professional can help a person predisposed to an eating disorder create a better, healthier body image.

"To develop a healthy body image is to be comfortable with yourself," she said.

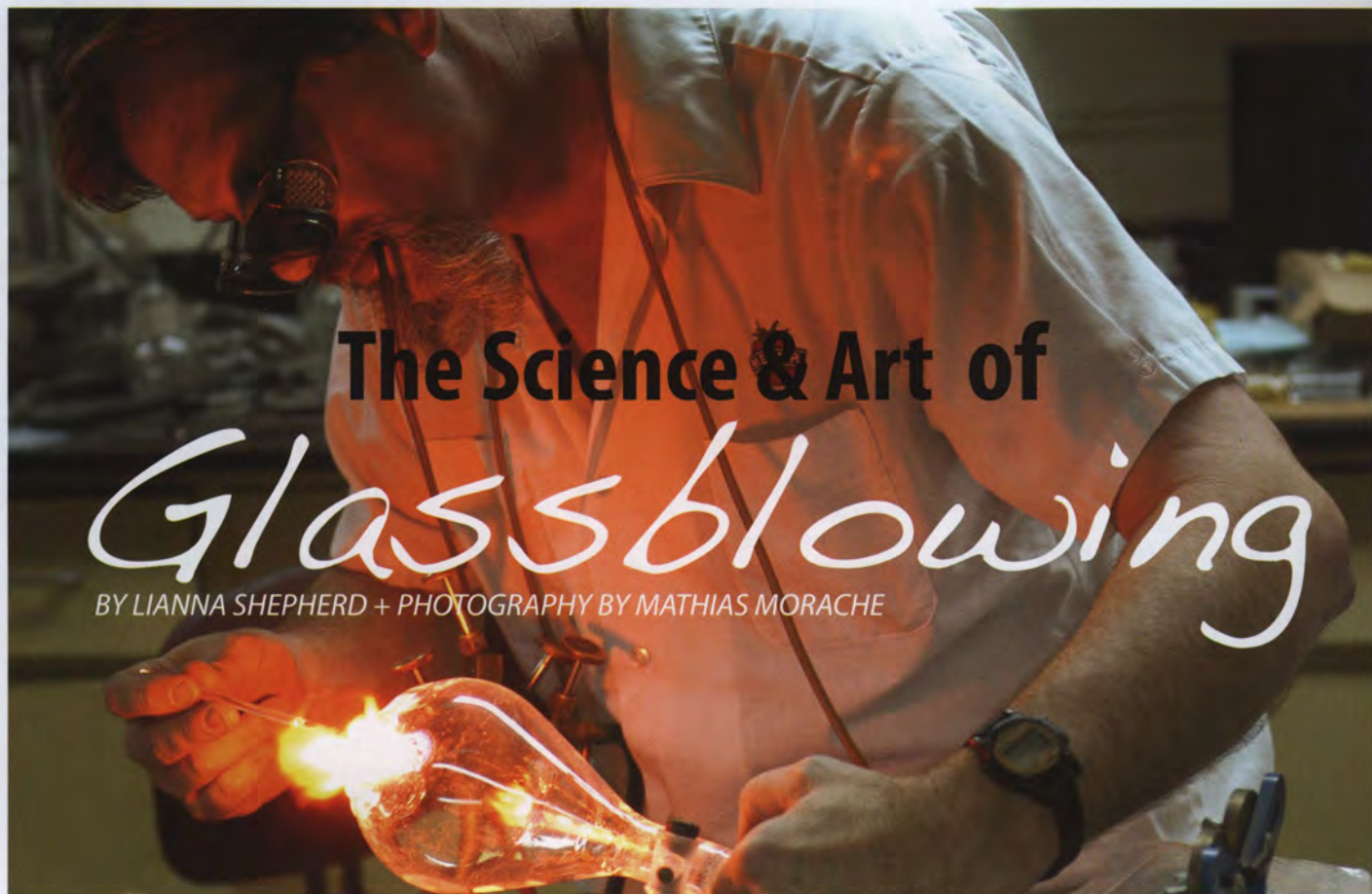
Like the students at BU, some actors and actresses are trying to show the public that curves are better than skin and bones. Comedienne and plus-sized actress, Mo'Nique, started something new with "F.A.T. Chance," television's first full-figured reality beauty competition. The pageant encourages women everywhere to accept and embrace their curves and teaches plus-sized "glamour girls" to feel good about themselves. With her tagline "Fabulous and Thick," Mo'Nique told National Public Radio that she wants to be a role model for women size 14 and above.

She's not the only one. In 1998 when plus-sized Camryn Manheim won an Emmy for Outstanding Supporting Actress for her role in the ABC legal drama "The Practice," she dedicated her win to all bigger women out there. Her win shows that women don't have to be stick-thin to achieve great things.

"This is for all the fat girls!"



+ ILLUSTRATION BY KYLIE PFEIFER



The Science & Art of Glassblowing

BY LIANNA SHEPHERD + PHOTOGRAPHY BY MATHIAS MORACHE

The glass blowing studio in the University of Idaho chemical engineering department could, at first glance, be mistaken for a junkyard.

An array of tools, broken glass and flaring Bunsen burners sprawled across science tables add a cluttered look to the room. Scrawled across a chalkboard at the entrance is a sign: "20 days since an infirmity."

According to David Gover, the class's teacher and resident glass blower, this scare tactic is an effective means of reminding everyone to stay safe when they're in the studio.

"All the years I've been doing this, I've never had anything worse than a minor cut or a minor burn," Gover says.

CHEM 121, glassblowing, has been a part of the chemical engineering department for more than six years. Gover has taught the one credit course since 1991 and classifies the class's true purpose as teaching students how to communicate with glass blowers. Once people know the terminology and tools of the glass trade, he says, they can make the proper requests.

"Technique, technique, technique," Gover says. "All of the world's finest glass workers have that in common. They understand the technique."

Inorganic chemistry professor Thomas Bitterwolf remembers a time when glass blowing was a requirement for chemistry graduate students.

"Sometimes we'd be in the lab at two and three in the morning and we'd have an accident," Bitterwolf says. "You needed to know how to make your own repairs because no one was there to do it for you. That's why when Dave asked about teaching a class the chemistry department leaped at the chance."

Junior chemistry major Wyatt Thornley is learning the importance of the process. He says the class has its challenges.

"It's a difficult course," he says. "It's all a lot harder than people think when they join in."

But Thornley enjoys working in the chemistry department. Since the majority of materials used in chemistry are made of glass, before he took the class Thornley routinely stopped by Gover's workshop to have materials repaired.

"Then last quarter I saw they were offering a class on glassblowing and I thought it would be nice to do some of the work myself," Thornley says.

The chemical engineering department uses lab glass instead of the delicate artistic glass with which most people are familiar. Lab glass is made with borosilicate glass, which has an outstanding resistance to heat and is known for its durability.

During their first semester, glass students begin with the basics: turning on the Bunsen burner and breaking glass. Unless the glass is held and broken correctly it creates a jagged end.

"Even the molecules are broken, so it's sharper than any scalpel," Gover says. One of the class's toughest projects is a glass tube with two bends, three 10 mm rings and two perfectly symmetrical glass balls at both ends. The

“Even the molecules are broken, so it’s sharper than any scalpel.”

—David Gover

challenge is to size everything perfectly without using any measuring tools. Gover calls the exercise “calibrating the eye,” and a way to train students to notice fine details.

By the second semester, work is almost entirely experimental. Students tell Gover what they want to make and he helps them make it. Gover has seen everything from miniature Buddhas and neon signs to topographical maps — all made entirely out of glass.

In a two-hour class without books, tests or homework, Gover wants his students to learn by doing. And by the end of second semester he wants them to be able to find a glasswork job, if they want one.

“You can make your own tools here, and that’s half the fun,” Gover says. “I’ve seen people who use spatulas and adjusted needle-nose pliers to do all kinds of details. But if you really want to learn it, you have to put in the extra time.”

Gover’s teaching methods mimic the way he was taught the craft. Although a well acknowledged skill, there are few books on glasswork, and most glassblowers learn through apprenticeships. When he was 20 years old, Gover met a glass worker in Spokane and worked for six years in a shop that specialized in wine bottles and Christmas ornaments.

“I was hooked pretty quickly,” Gover says. “When you have a finished product and you realize it’s handmade, that’s a great moment.”

Gover left Spokane for New Jersey, the lab glass capital of America, where glass factories each specialize in a particular trade — some build thermometers and others create glass filters. Gover worked with neon. He also went to school to study lab glasswork, which enabled him to get a position at West Virginia University working with lab glass.

He later relocated to Pullman to work at Washington State University in their

three-man glass workshop, and eventually joined the UI staff. Gover says he is glad to work in the chemical engineering department, primarily because of the projects he is allowed to be a part of, but his position in the building has its drawbacks.

“Every time (students or professors) break something they walk in, but it could be worse,” Gover says. “If I was in some of the other buildings, they might come whenever they break a flask. As long as I’m here, they’ve got to think about whether or not it’s worth walking over.”

Because of lab glass’s flexibility and range, glass studios are common among large schools, particularly schools that specialize in scientific and engineering programs. Glass has the ability to mimic other materials and adhere to materials such as metal or ceramics.

Gover says one of his projects required a tube with a center that was a fraction of a millimeter — he used a wire able to withstand high temperatures and shrank the glass around it. Acid was then used to loosen and extract the wire.

“I have friends in metal work,” Gover says. “They wish they could do some of the stuff you’re able to do with glass.”

Glasswork and other industrial positions have seen a fall in the number of interested young professionals. And although Gover knows the majority of his students don’t plan on becoming blowers, he believes it’s a valuable skill to have.

“The demand for glass blowers changes, but the basic job remains the same,” says Gover. “This is a great place for anyone who has an interest — someone who is creative, a great problem solver and loves a challenge. And if you’re not that kind of person, you may leave with a few more of those qualities.”



Warren Nelson

Most people buy gifts for their loved ones. Senior graphic design major Warren Nelson makes them. He says he hasn’t bought a gift for anyone for three years, since he started making glass creations.

“People seem to like that more — getting handmade stuff,” he says.

Nelson began glassblowing in fall 2003 when he stumbled into an apprenticeship at a glassblowing shop, the Raging Torch, near Troy.

“I was just really intrigued by the material — just how it worked,” Nelson said.

Among the rings, bracelets, necklace beads, pipes, martini glasses, shot glasses and vases

Nelson has learned to make over the years, glass doorknobs have become an important part of his routine.

“A lot of glassblowers will make

marbles and paperweights for a living, so he thought why not try to make it into a more marketable product?” Nelson said.

Nelson says the doorknobs have a motif reminiscent of flowers, though he and his partner have the freedom to add their own touch to designs. He is using the breakout venture as the focus of his senior project, where he will develop a marketing plan for the glass.

“I mostly want to push the business full-time and really try to make it work,” he said.

Until Nelson graduates in May, he’ll continue to focus on his doorknob project and custom order glass requests.

“When (customers) have a piece they really cherish it,” Nelson says. “Then they get to know the person who made it, they have a story behind it, so people really fall in love with their objects or their things.”





the scoop on Joe Vandal

BY LISA MONTIERTH + PHOTOGRAPHY BY ROGER ROWLES

Joe Vandal laughs as he denies any rumors of a stinky suit.

"Thanks to Lysol and Febreze, we've completely detoxed the suit," Joe says. "But because of back-to-back events, it's hard to get it acceptable."

It's the morning of the first home football game, and Joe Vandal is gearing up. In addition to getting into character and making sure his head is on straight (literally), Joe says his key warm-up exercise is hydrating himself.

"You lose eight pounds of water weight in the suit," he says. "If you don't hydrate yourself properly you will pass out."

He says it is about 20 degrees hotter inside the suit than the outside temperature and his appearances are physically grueling. But Joe was a wrestler in high school, so he is used to spending half his life in a dehydrated state.

Joe says that it takes clever planning to keep his identity secret, but wouldn't divulge any details. One reason for maintaining such strict secrecy is the fear he might come under mistreatment or hazing at the hands of a disgruntled fan. Joe also speculates that it helps the mascot's identity to be secret.

Joe Vandal can remain Joe Vandal, not the dorky lurker that sat behind you in comm, for example.

Such rigid routine could be a burden, but Joe says he doesn't usually mind. And there is no chance that he might get drunk and accidentally announce to the bar that he is Joe Vandal.

"Actually I don't drink," Joe says. "So that's not a problem."

It's ironic that the physical embodiment of Idaho spirit with its "win or lose, there's always booze" mentality isn't a drinker. But Joe is often a bit ironic and quietly funny. He says his favorite part about being the mascot is that he doesn't have to pick out what to wear to games. He thinks his craziest mascot experience to date was running over some girls in a wheelbarrow race while he was at cheer camp.

And it is the cheerleaders Joe spends most of his time with. He practices with the team and attended camp with them this summer. He says that one of his best ways to get a crowd fired up is to join with the cheerleaders to cheer or do skits. And it was through a cheerleader he knew that he was recruited to be Joe.

He says that it depresses him that support for some sports, like volleyball, is so limited. "We can't even fill the bleachers," he says.

It's understandable that poor Joe might take such a thing personally. Extreme temperatures, a huge time commitment and jeering and teasing from the rival team could take a toll on a person. But Joe remains lighthearted when talking about the pitfalls, and laughed as he recounted a story about an opposing mascot trying to pants him. "But Joe's pants are too tight," he says.

This year, Joe is facing loftier goals than just his personal ones of increasing school spirit and pride.

"We eventually want him to make it into the Capital One Mascot Challenge," says Devon Thomas, director of marketing and licensing for University of Idaho Athletics. Thomas says that this means more appearances and upping Joe's involvement with students.

Joe is still green, with only a few months under his belt and not much swaggering charisma in his voice. Hold on to your pants, mighty Joe, it sounds like you're in for a big year.

Tyler Macy's favorite story from his travels in Europe comes from his time in Germany. He and some friends had been drinking beer in his Munich hostel and then went out for the night. Macy doesn't remember anything more until he woke up the next morning in a hospital bed.

His wrist was broken.

"I didn't know how I was going to pay for the hospital stay," he says.

The hospital staff, who didn't actually know his name, wanted to keep him in the intensive care unit for another night, but Macy didn't want to stay. After they fed him, he left, even though he had no idea where in the city he was.

"I tucked the robe into my shorts and started walking," he says. "I walked for five minutes and saw the main train station. My hostel was right next to it."

Macy, now a senior architecture major, went to Europe last year to study abroad in Edinburgh, Scotland. He always knew he would study abroad somewhere, and he chose to go to Scotland in part because the classes would be in English.

"I shouldn't even call it a study," Macy says, remembering the ease of his classes.

More important, he says, were the people he lived with, who became instant friends.

"I honestly can't remember a time when we weren't friends," he says.

Most of the students in Macy's international dorm were from mainland Europe, and when he couldn't afford to finish the year in Scotland, they gave him places to stay in their hometowns and people to travel with when he made his way south.

The longest Macy was in any place after leaving Edinburgh was the week he spent in Spain. He wouldn't have stayed there so long if he hadn't been robbed and forced to replace his passport and digital camera. Macy also spent time in Italy, France, Portugal, Switzerland, Austria, Belgium, Ireland, England, Wales and the Netherlands. He hitchhiked, flew, rode buses and trains and walked to get from place to place.

"I wanted to see more than I'd already seen," he says. "It's my main goal in life — to see the world."

Traveling through Europe on his own had its advantages, Macy says. Being unencumbered by relations with alternative agendas freed up more time for exploring, and being without friends or family forced him to make friends wherever he stayed.

"It'll be a few years before I go to Europe again," Macy says.

Though his brother wants to go, Macy has a few shorter trips planned in the meantime. He hopes to join the Alternative Service Break program in Peru over the winter holiday and wants to visit some countries closer to home in Central and South America.

Most of his friends abroad are still in Europe and plan to meet up for New Year's Eve. And next summer, the group is renting a small house in Florida for a week and meeting up again. Making friends, he stresses, was the best part about his year abroad. When he was broke they bought him beer, and when he was robbed they fed him and gave him a place to stay.

"I think everyone should study abroad," he says, adding that the experience gained him a worldwide network of friends he'll stay in touch with for years to come.



living the dream

BY CARISSA WRIGHT + PHOTOGRAPHY BY TYLER MACY





1

PHOTOGALLERY

Roger Rowles, photographer

- 1 The tuba section of the marching band runs through pregame tailgating to rally students before our first home game against Cal Poly on Sept. 8.
- 2 The Vandals line up against the Cougars once again in Pullman on Sept. 15.
- 3 Rob Nagel crimps a tiny hold while practicing a boulder problem in the Student Rec Center.
- 4 Delta Tau Delta makes use of gravity on a hot September day.



2

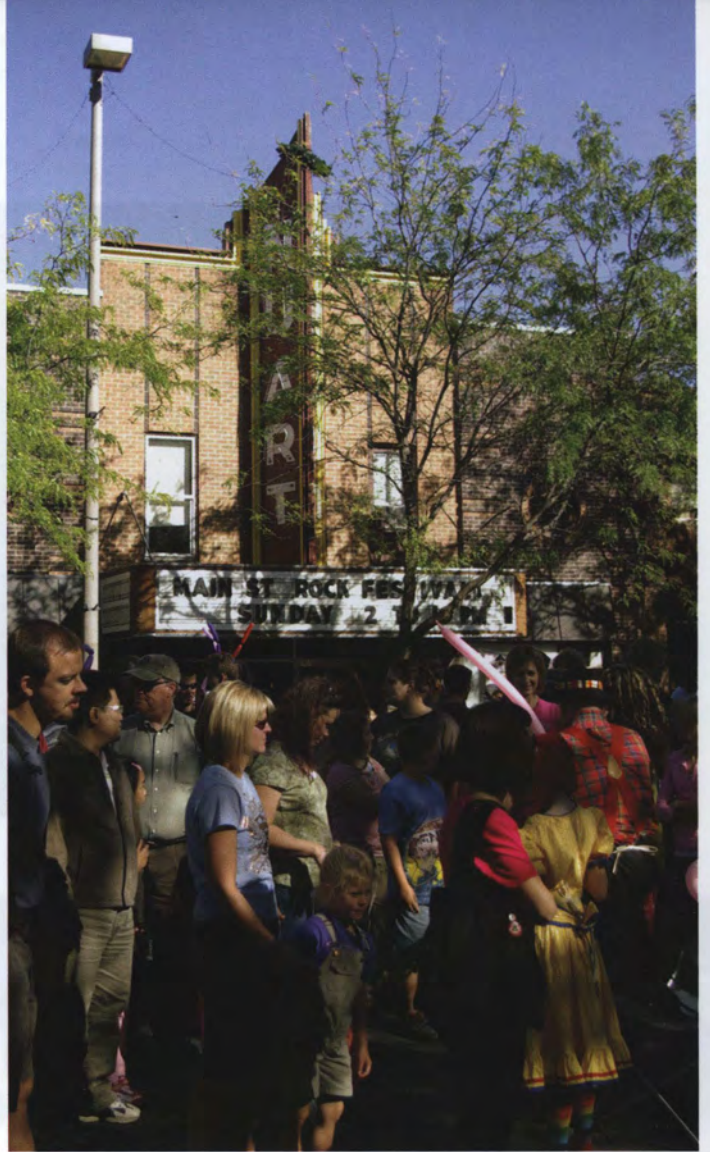
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4



1



2



3



PHOTOGALLERY

Roger Rowles, photographer

- 1 The NuArt Block Party saw a great turnout on Sunday afternoon with food, music, and warm weather.
- 2 The Wicked Witch of the West, Terri Grzebielski, beckons to her flying monkeys during rehearsals for WSU's production of the Wizard of Oz.
- 3 The orchestra practices in the Admin Auditorium on Aug. 30.
- 4 Several students from Genessee voted on their favorite murals from UI students Aug. 31 in the Commons. The winning design will decorate a wall at Genessee Elementary School as part of the KaBOOM! project.

4



"Exploration is really the essence of the human spirit"
Frank Sinatra
Caption: Art by John, Andy, Dwayne, and Brandon, Grade 4/5/6/7, 10/10/08



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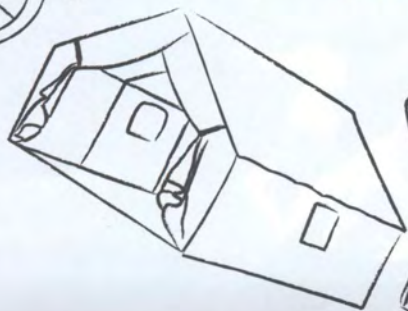
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P185/75SR-14	79.91	P215/70SR-14	90.82	P185/80TR-148W	77.77
P195/75SR-14	74.53	P205/70SR-15	88.91	P195/80TR-148W	81.99
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P215/75SR-15	85.58	P175/65TR-148W	81.81	P205/60TR-158W	97.21
P225/75SR-15	87.81	P185/65TR-148W	95.08	P205/60TR-168W	104.78
P235/75SR-15	92.77	P185/65TR-158W	98.41	P215/60TR-158W	101.28
P175/70SR-138W	59.02	P185/65TR-148W	88.57	P215/60TR-168W	107.96
P205/75SR-138W	83.73	P195/65TR-158W	93.17	P225/60TR-168W	113.22
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P205/75SR-15	111.09	LT315/75QR-16 D	238.95	P295/70SR-18	189.76
P215/75SR-15	116.29	LT245/75SR-17	221.38	LT305/70SR-18	238.95
P225/75SR-15	118.39	LT285/75SR-17BW	286.83	LT275/75SR-188W E	324.24
P235/75SR-15	124.24	LT285/75SR-188W E	307.82	LT285/70SR-17	219.88
P235/75SR-15XL	130.42	P225/70TR-14	125.52	LT285/70SR-17	248.85
P265/75SR-15	134.98	P225/70TR-15	132.12	LT325/70R-178W D	326.50
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P265/75SR-16	149.18	P215/70SR-168W	133.58	P245/65TR-17	168.56
P235/75SR-17	175.88	P225/70SR-16	137.57	P255/65SR-17	184.89
P245/75SR-17	182.28	P238/70TR-16	141.74	P265/65SR-178W D	188.46
LT235/75R-15 C	135.68	P245/70SR-16	145.92	P265/65SR-17	178.23
LT225/75R-188W E	159.33	P255/70SR-16	150.25	275/65TR-178W D	204.76
LT245/75R-16 C	163.85	P265/70TR-16	164.84	P275/65TR-18	213.81
LT245/75R-16 E	163.88	P275/70SR-168W	165.88	LT365/65R-168W D	290.94
LT265/75SR-16 C	170.82	P235/70SR-17	178.48	LT275/65TR-18 C	249.52
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