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University of Idaho
February 2008



Cocaine Drug of Choice?

Vandals to Watch UI Clubs Profiles Photo Gallery

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It's that time again...

And I know you're just as happy as I am. It's a new year, a new leaf, a new Blot.

Here's what I'm loving so far this year:

→ The "Across the Universe" soundtrack. The movie is great, and the soundtrack unbelieveable.

→ Learning new things. For example, did you know WI has a bagpiping club? I didn't. We also have a club dedicated to training for and racing in triathlons - who knew? Check out the rest of the issue to learn even more.

→ Hearing from you! Well, I technically can't love that yet, because you probably haven't emailed me. You should. It's blot@sub.uidaho.edu.

-Curt

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Please remember to spay or neuter your pets.

Vandals to Watch

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

BY HUGH JONES + PHOTOGRAPHY BY PERRY HANSON + NICK GROFF



Russ Winger

{Men's Track & Field}

Three-time NCAA All-American Russ Winger is off to a great indoor track season. Winger threw for 64-2.5 on Jan. 19 to beat his personal record by nearly a foot. The throw is No. 1 in the nation and No. 5 in the world so far this season.

Winger became a league champion as early as his sophomore year when he won the Big West titles for both shot put and discus. His personal best discus throw of 188-9 ranks No. 3 at UI.

The senior's other field accomplishments include WAC Indoor Shot Put Champion for 2006 and 2007, 2006 WAC Outdoor Shot Put Champion and Colorado High School's 2003 State Champion in both shot put and discus.

At the end of last season, Winger was ranked eighth in the world in both indoor and outdoor shot put.

Alice Draser

{Women's Track & Field}

Augsburg, Germany native Alice Draser is a freshman new to the University of Idaho track program, but she is already making herself known as a tough competitor in multiple events.

Draser has already bested Pac-10 and WAC competition in the pentathlon against Washington State and Utah State at the Cougar Open in Pullman on Jan. 25. Draser finished with 3,388 points.

In 2006, Draser finished fifth at the 2006 U20 German National Championships in the heptathlon with a score of 4,990 points — a personal best.

Mike Kale

{Men's Basketball}

Mike Kale is the only men's basketball player to have been a part of the Idaho team for all four years of his college career. Besides being a great addition, Kale is the only member of his recruiting class to have stayed loyal to Idaho.

In his freshman and sophomore years, Kale saw action in all 59 Idaho games, averaging 10.5 minutes the first year and 21.5 minutes the second. As a sophomore, Kale led Idaho in scoring percentage, sinking 69 of his 152 shots (.454).

Last year Kale was forced to take a season off from basketball due to medical problems. The season was counted as a medical redshirt, affording Kale an extra season of athletic eligibility.

This year Kale has been a strong force for Idaho, coming off the bench for an average of 18.3 minutes per game.



Drug of Choice?

BY SARRAH BENOIT + PHOTOGRAPHY BY JAKE BARBER

He looked around the room, dazed but otherwise feeling good. His nose itched. His fingernails scratched the inside of his nostril, and he rubbed the tip of his nose with a sweaty palm.

The tingling sensation persisted, and the more he prodded, the more frustrated he became. Whatever it was, he wanted it out.

A tearing sensation and instant relief. The itching was gone, but his nostril was leaking blood. He looked down at his fingers and rolled the crimson chunk of cartilage between his fingers.

University of Idaho "super senior" Justin Ruggles isn't alone. Like many in Idaho and across the country, cocaine has become more than a recreational drug — it has become a reliance, a lifestyle, an addiction.

Cocaine is obtained from the coca plant and gives the user a euphoric sense of happiness and increased energy. Once commonly used by the natives of South America in herbal teas as a caffeine replacement and a suppressant of altitude sickness, coca leaves are now primarily grown and used in the manufacture of the white powder many are familiar with today.

The appealing effects of its use have drawn in many, and the addictive qualities have trapped them.

In fact, according to Drug Rehab Idaho, a drug index and rehabilitation resource, the annual number of new cocaine users has increased. In 1975, there were 30,000 new users. The number increased to 300,000 in 1986 and steadily crept to more than 361,000 in 2000.

And addicts like Ruggles say they don't see an end to the rising trend in sight.

“I wasn’t out making phone calls for coke...
I started talking and they started dealing.”

— Justin Ruggles

THE ADDICT

He saunters into the fishbowl with a lazy smile and apologizes for smelling like cigarette smoke — he had been partying for most of the night.

In a small college town where Idaho sweatshirts and running shoes are the norm, Ruggles stands out in a gray T-shirt scribbled with graffiti and a sideways trucker cap. Needless to say, when he walks by, people take notice.

Ruggles, 22, a public relations major and hip-hop dance choreographer, grew up in Wallace, Idaho, a small town of less than 1,000 people.

He said he always knew that there was something better waiting for him outside the borders of Wallace — and at the time, Moscow seemed like the right place to start.

Although Ruggles doesn’t regret moving to Moscow, he says he admits the atmosphere and new people changed him into something he never expected.

“I smoked pot and I had taken a hydro, only in college,” he said. “I didn’t drink heavily or do drugs until I got here.”

It wasn’t until his sophomore year in college that he said he first encountered a girl who was more than willing to share her cocaine. They went outside and both snorted a line in a car.

“I’m always like... I just didn’t care. I don’t really know why I did it the first time,” he said. “The girl brought some over and I was like, ‘Sure, I’m in.’”

Ruggles eyes wander to the left to look through the windows of UI’s fishbowl. He purses his chapped pink lips and tries to think of how to phrase his thoughts. He adjusts his cap, flashes a playful smile and

points outside.

“If I weren’t clean, I could get it like this,” he said as he snaps his fingers.

He gestures with his chin to a short, heavysset blonde girl walking around outside. “Say that girl in the Idaho sweatshirt — it would be hard for her to get it. You really need to know people to get it. I had friends who were doing it. It would be wicked easy getting it. It’s in town.”

Although he’s been clean since May 2006, he said it’s a constant struggle to abstain from cocaine because it is still so easily accessible.

“You just meet people at the bar and sometimes it’s just really weird,” he said. “I wasn’t out making phone calls for coke, it just kind of happened at a bar. I started talking and they started dealing.”

Ruggles says he had a handful of steady dealers, and even forged a friendship with an older female dealer at one of Moscow’s local night clubs.

On average, he and his friends would shell out about \$60-\$70 for a gram or share an eight ball — about 3.5 grams — for \$145.

“If we both wanted some, we would split it. Just friends,” he said. “I wasn’t thinking it was bad or something to get hooked on. It was more or less I wanted to party.”

Ruggles draws a picture with his right hand on the small brown table in front of him. He shrugs his shoulders and takes a deep breath. No question is off limits.

“What happens if you have your line (of cocaine)? You can snort it through a straw or a rolled up paper and just do it,” he said as he simulates with an invisible straw pinched between the thumb and index finger of his right hand. “It’s one nostril, and then you can’t feel your nose. Some snort water to clear their nose — I did that at first and it makes your mouth numb. You can feel the drip, like slow moving water in the back of your throat.”

He said a line of cocaine sent his heart racing and wiped his brain of all his worries in less than a minute.

“I was ready to go instantly. It doesn’t last, though. When I first started, I did a line two inches long and it lasted about two hours,” he said as his eyes glaze over.

Suddenly, he slams his hand onto the table and disrupts the scribbling



“My motivation for trying just about every drug is to gain perspective... It’s interesting to see why people do things and it’s hard to know why without actually experiencing it.”

— Travis

and want more. You get really ready to go. It’s a mood change. I could be pissed off and not give a fuck.”

He never meant to continue using cocaine, but he said the effects were too alluring.

According to Drug Rehab Idaho, cocaine addiction is both rapid and severe. Those who believe that their “recreational” use is under control are not immune from the threat of addiction.

In fact, clinicians estimate that 10 percent of recreational users will go on to serious and heavy use of cocaine. According to the 2001 National Household Survey on Drug Abuse, more than 6.2 million — about 2.8 percent of Americans age 12 and older — have tried coke at least once. More than one million used in the past year, and at least 400,000 used in the last month.

Not to mention, the Drug Enforcement Association busted more than 8,700 people in 2001 involved with powder cocaine — more than 3,000 of those were between the ages of 21 and 30.

“It’s a significant problem right now,” Moscow Police Lieutenant Paul Kwiatkowski said. “There are a lot of drugs on campus. Cocaine went down in value, and it’s cheaper to buy a gram now than it was in the ‘80s. What you see are smart, educated students doing it, college kids who don’t want to be associated with meth.”

He said more than one person has been caught with cocaine on campus, and that number may increase in the near future.

Ruggles has had more than his fair share of arrests, but said he was never busted for possessing cocaine.

“Those fucking cops know my name, because I’ve been arrested four to five times in Moscow,” he said. “All alcohol related — paraphernalia and marijuana.”

He was careless one time in downtown Moscow, he admits, but it didn’t amount to any jail time.

“I was high and I had a scare,” he said. “I was walking downtown and a cop stopped me and a friend. We were wrestling around and [the cop] thought we were fighting. I had coke in my pocket. I was like, ‘If we go to jail, I’m fucked.’”

James, 21, who asked to remain anonymous to maintain his privacy, said he is no stranger to drugs and has used cocaine a handful of times.

“It’s really so easy. Unless the cops are looking for you, it’s really easy to avoid. And as long as you are smart about it,” he said. “Like if I was walking (around campus) throwing out packets of coke, I’d probably get arrested. Other than that, probably not.”

Kwiatkowski thinks otherwise and said the Moscow Police Department is more perceptive than students think.

Last spring UI football defensive tackle and management, marketing and operations sophomore Marvin C. Jones was arrested for three counts of delivery of a controlled substance which was identified as cocaine.

He later plead guilty to one count of delivery of a controlled substance and was sentenced to two to seven years in prison with no possibility of parole for two years.

Kwiatkowski said the cocaine busts haven’t ended there. The Moscow PD is constantly surveying and keeping a watchful eye on rumored users and dealers. Although he doesn’t explicitly say it, he confirms the Moscow PD has undercover agents.

“You might be buying cocaine from a confidential informant for the PD or from an undercover cop,” he said.

He smiles.

"If you traffic drugs in your car, your car belongs to us," he said. "Think about what happens if we find it in your house."

Kwiatkowski said cocaine will always be around because everybody likes to experiment. But as long as cocaine is around, so will the police.

A RECREATIONAL DRUG

James and his friend Travis, 20, who also requested to remain anonymous, said they admit to being recreational users.

They say cocaine is both easily attainable and affordable on a recreational basis, but too expensive for a habit. At about \$50 a gram, crack cocaine is on par with about four cases of Keystone Light.

Travis, an engineering student, is perhaps the polar opposite of Ruggles. What Ruggles boasts in flashy confidence and flamboyance, Travis counters with a nervous smile and reserved demeanor.

In appearances, many would be surprised to know that Travis has snorted cocaine four times and has no intention to decline another offer. But his friends know otherwise – Travis is a bit of a drug connoisseur.

He said he admits to trying marijuana, psychedelic mushrooms, acid, mescaline, amphetamines and ecstasy in addition to cocaine.

"I could probably have [cocaine] by the end of the day," he said. "I know a person. A friend of mine even told me it's easier to find than pot in Moscow. But that's just what I heard."

Although he doesn't know anyone who is addicted to cocaine, he said he can guarantee there are more users on campus than people think.

"My motivation for trying just about every drug is to gain perspective," he said. "It's interesting to see why people do things and it's hard to know why without actually experiencing it. Once you're in the realm, you might as well try it."

James, previously distracted by a stain on one of the smaller tables in the fishbowl, looks up and grins. He intertwines his fingers and places them lightly on the table with exaggerated formality.

"I've done (hydrocodone) for entertainment. And adderall which didn't work — it just made me want to read," he said. "I've never snorted adderall, but some do it. They crush it up and do it. It's interesting to see the different ways of inserting drugs into your body and how it affects it."

With cocaine, you never know what you are

getting, Travis said. It's usually cut with something.

Kwiatkowski said students underestimate the detrimental concoction of powders in a gram of cocaine.

"The more you sell, the more you get," he said. "The person who purchases it cuts it with something to get more ounces. It keeps getting cut."

Ruggles said he had snorted cocaine that was cut with B12, baby laxative — "You have to shit as soon as you snort." It is more commonly cut with meth.

Travis makes light of the facts and said it's a very real possibility he could have snorted cocaine cut with baking soda. James chimes in with a suppressed laugh and shrugs with a "no big deal" smile stretched across his stubbly face.

"Cocaine amps you up. Not like I want to fight people, but I just want to call every person in my phone book and find something to do," James said. "You could drive around and listen to music all night."

Although James, like Travis, has snorted cocaine four times and admits to wanting to do it again, he says he probably won't get addicted to it.

"Well, from the purely guttural level, if I saw it again I'd probably want to do it again," he said and adjusts his black-rimmed glasses. "Addictive personalities shouldn't try it."

THE CHANGES

It is easy to spot a cocaine user, Travis says.

"If someone is on something, they are really jittery for sure," he said as he feigns a shudder. "Sometimes, they are clenching their jaws."

Ruggles, who, in his own words, has had more than his fair share of cocaine, said users generally have dilated pupils and they bite or chew the insides of their mouths. They also often snort through their noses like they are "winding up" to spit.

"Sometimes, I'd get nose bleeds in the shower. You also get a lot of boogers because your nose is trying to get the shit out of there," he said. "Your teeth hurt sometimes, so people rub them with their tongues."

Gritman Medical Center Emergency Room doctor of osteopathy Debra McKinnon said the outside effects of cocaine are nothing compared to what happens inside the body.

"It causes euphoria followed by anxiety, agitation, delirium, psychosis and sometimes seizures. Cocaine can cause elevated body temperature and elevated blood pressure, spasms of the blood vessels to the heart and brain, which can cause stroke or heart attack in young healthy people," she said. "It may cause muscle breakdown that can lead to kidney failure."

She said she has seen cases of cocaine overdose in Moscow but not in the past year.

Ruggles said he thinks it would be easy to overdose on cocaine, and admits to almost doing it himself.

"I had snorted way too much. About four to five lines in 10 minutes last winter," he said. "I had a panic attack and drank about five small bottles of alcohol in 15 minutes. Normally, if you drink alcohol it balances the cocaine effects out."

Besides adversely affecting your health, Ruggles said cocaine use also makes a person act irrationally. He knows all too well what happens when fights break out over cocaine.

"You lose money quick. You can't support yourself. My old roommate and I were heavily using, and one day she pulled a gun on me," he said.



He said he and his roommate were arguing about something trivial, and she mentioned that he was irresponsible for getting fired from Pac Sun. Things got out of hand and he slammed her into a wall.

"I said, 'You are just a big fucking coke head.' I threw it back in her face too," he said, his gestures becoming more animated. He spreads his arms and cocks his head to the side and raises a dark eyebrow. "Shoot me, bitch. If you have the balls to shoot me, do it. My other friend kept yelling at her fucking put the gun down."

Ruggles said he wanted to call the police, but his sober friend reminded him that both Ruggles and his roommate were high on cocaine.

"We are no longer friends," he said. "We had a big falling out. Money issues due to drugs."

Travis said his drug use rarely causes problems among he and his friends, but he has seen it happen to others.

"I know it causes social problems between social groups," he said. "Schisms form. It makes you want to stop. I'm going to need to stop eventually. I can't have a professional career doing drugs."

Ruggles agrees and said he would go as far to say you can't have a life on drugs. He said his close friends approached him and said they were worried.

"I would say the dirtiest, nastiest shit to people," he said. "I know it would hurt them."

During finals week of the spring 2006 semester, Ruggles said he medically withdrew from school and went back to Wallace.

"I needed to get better to come back. The counseling center needed proof I was better

to get back," he said. "When I got home, I knew I wasn't going to get coke."

He went to a Narcotics Anonymous meeting in Coeur d'Alene and said it gave him a much-needed reality check.

"The emotion was so heavy. Everyone was crying," he said. "God, this is not how I want to turn out. Some people were court ordered to go, but obviously I volunteered. When I left, it was so emotional. I was scared."

Ruggles didn't stick to Narcotics Anonymous and instead went to a different meeting in Kellogg, Idaho.

"They didn't lecture me. I just got intimidated and uncomfortable," he said. "So I stopped going. I was working two jobs to keep me out of trouble and starting writing a memoir of my life. I wanted to write it down and be like, 'Peace out, life, I got to do something else.'"

His memoir is titled "Confessions of a Fraternity Fag" and he jokes about one day getting it published so others know what it's like to be a college "rock star."

"I open up about shitting the bed. Who shits the bed?" he said with furrowed eyebrows. He laughs. "I had to wash the sheets, because it wasn't even my bed. Shit like that made me want to stop."

But his withdrawal symptoms almost ruined his self-rehabilitation attempt, he said.

"Every two weeks I was getting drunk, like blacking out. I would think, 'God, I really want a line,'" he said. "People who use a lot longer have different symptoms. I would dream about doing it and wake up thinking I did."

His craving for cocaine isn't so bad anymore, but it is still there.

"I'm much better, but it depends. I'll see someone I know who is high, and I have to keep in my brain that I'm clean," he said. "This girl asked me if I could find her some. She said, 'I know you're clean, but...' If I'm clean, than leave me the fuck alone."

Ruggles has big aspirations. A self-proclaimed college superstar, he said he'd love to promote clothes and bars in San Francisco.

He squints his eyes and puts his hands behind his head as he reclines dangerously low in his plastic library chair.

"I wish I could go back and not do it with that girl the first time," he said. "I don't see a relapse anytime soon, if ever. I have enough will power."

Under the Radar

Student Organizations You Didn't Know Existed

KIMBERLY HIRAI + CARISSA WRIGHT + PHOTOGRAPHY BY TYLER MACY + ROGER ROWLES + PERRY HANSON

You've heard of campus religious groups, honors societies and service-oriented clubs. Here's an ode to those student organizations you haven't heard about... and might even want to join.

oh danny boy

Brian Biladeau has played the bagpipes since he was 13.

Though he has been in Moscow since 2003, he just started the Student Bagpipers of the Palouse, UI's bagpiping club, last fall.

"Moscow didn't have any opportunities to practice or learn," Biladeau says, and when he found out that several of his friends already played the instrument, he set about organizing the club. It took at least a year, he says, to get everyone organized — and to get his pipes into shape.

"It's a high maintenance instrument," he says, and he just recently got it back into playing shape. Lack of practice, he says, is one reason it fell into disrepair.

"It's hard to stay motivated and keep it up when you're by yourself," Biladeau says. Another reason for starting the club, he says, was to force himself to practice regularly.

As club president, one of his goals for the

semester is to get the word out about club practices and events, which will include lessons from local bagpipers.

"The Border Highlanders, a local bagpipe group, has offered to send teachers," Biladeau says. The Highlanders, whose practices are mostly held in Uniontown or Lewiston, have played together since 1974, and welcomes anyone who wishes to learn or play with the group. However, according to their Web site, practices are rarely held in Moscow.

"When you're learning bagpipes," Biladeau says, "you don't start on the pipes." Beginners start on what's called a chanter — the part of the instrument on which the player plays the melody. The chanter is less complicated than the full set of pipes, and is also quieter.

Because of the volume of the instrument — "They can be louder than a jackhammer," according to Biladeau — the club has faced some resistance from the university.

Practices had to be scheduled in the evenings, so that classes wouldn't be disrupted, and a location had to be found that wouldn't interfere with the residence halls. Practices are currently held on Tuesday

"They can be louder than a jackhammer."

*— Brian Biladeau
President, Student Bagpipers
of the Palouse*



evenings in the TLC, but depending on what nights work for the group, Biladeau is willing to reschedule.

"We're willing to open up another night for practice," he says. "We listen to our members."

a glass half full

There are plenty of writers trying to get their name in print. But members of the Master of Fine Arts Creative Writing Program graduate students' club are the ones that just might make it into the pages.

The O.N.E.S., University of Idaho's Optimistic Nihilists Enological Society, brings graduate students from fiction, non-fiction and poetry genres together with writer Q & A sessions, reading symposia for the program's own writers, and networking opportunities.

The group started with the help of UI associate professor of creative writing Kim Barnes in spring 2007. And while their name may be a mouthful, their descriptors fit like a suit. Aside from a "cool" acronym, the club name emerged from a patchwork of ideas that define their very profession and taste.

"We're optimistic to think we can earn a living by writing, and nihilistic on the same count," club president Virginia Shank says.

Shank is an English graduate student in the MFA program. She is currently working toward a degree in poetry.

And it is at networking parties where the enological part of the name comes into play.

Shank says the opportunity gives the 15 active members (all of whom are of age) the opportunity to partake in the study of wine to better understand Moscow's agrarian culture. ONES members also use it as a conversation piece while speaking with writers.

Visiting writers the club has welcomed to campus have varied from the likes of 2007 Hemingway Foundation/PEN Award winner Ben Fountain to 2007 Pulitzer Prize winner and poet Natasha Trethewey.

Fountain visited UI last semester. After a Q&A and networking event, the writer traveled to Sun Valley with members of the MFA program.

"This gave our students a chance to really get to know him and all about his path to success in writing," Shank says.

But students also get a chance in the spotlight—many of the members' works are read over potluck dinners at professors' homes. The meetings give the students reading practice, something Shank says is key in defense of their theses.

Even students not in the graduate program can come to the readings, Shank says.

"Even if you're not studying writing, it's a great experience to go hear someone read his or her work," she says.

The club's schedule for the spring semester will include a limerick contest and continued collaboration with MFA director Brandon Schrand and MFA poetry graduate student David Thacker to create a conference for writers.

"We'd like to provide a place for writers to gather, read their work, discuss the craft of writing and get to know this part of the country, the university, and our program," Shank says.

the beat goes on

Many students play it in the basement of Wallace Residence Center. But Scott Philipp has taken "Dance Dance Revolution" and other music-based video games to the next level.

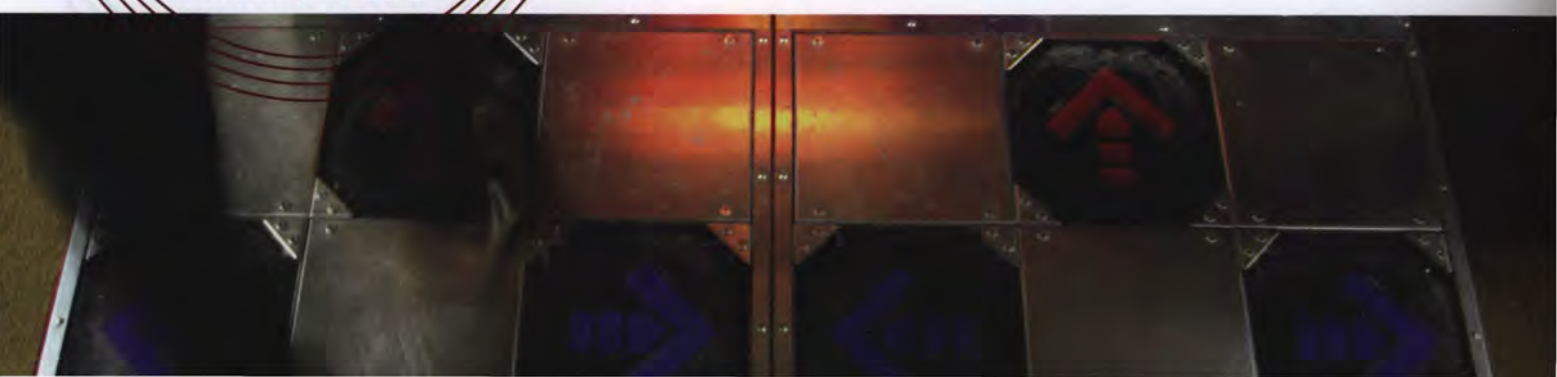
"For years I toyed with the idea of creating a club, mostly with the intent of unifying the players in the area," Philipp says.

Officially created in October 2007, Bemani Club now contains members from both UI and Washington State University.

Philipp is a masters student in UI's architecture program and Bemani Club president.

"We're optimistic to think we can earn a living by writing, and nihilistic on the same count."

—Virginia Shank
President, UI O.N.E.S.



"We want people to come have fun and try playing some games."

— Scott Philipp
President, UI Bemani Club

Philipp says the term Bemani is a product of Konami, creator of "Dance Dance Revolution." The name describes all of the company's "rhythm-based" video games.

Bemani Club's first event was last semester at the Student Union Building. Philipp says members and nonmembers were able to try any of a variety of the video games for free on televisions and digital projectors they had set up.

"It was kind of similar to a free sample buffet at the supermarket," Philipp says. "We want people to come have fun and try playing some games that they've never seen or heard of before."

All the popular ones were there, and Philipp says newcomers to the game scene could start out easy.

"Some of the games are challenging or difficult," he says. "But others, like 'Taiko Drum Beat,' are a pretty big hit because of the simplicity and high entertainment value."

Bemani Club held a second event of the same kind in February. Two tournaments were also held at the event for "Guitar Hero" and "In the Groove."

Meetings help new members see what the club is about and to organize future events. Philipp says the club hopes to have another "In the Groove" or "Dance Dance Revolution" tournament along with a "Guitar Hero" tournament soon.

"Triathlons are addicting," says current club president Ashley McLain. This is McLain's third year in the club.

Once you cross the finish line and you're first, she adds, the sense of accomplishment keeps you coming back for more.

McLain ran cross-country in high school, and didn't want to gain the "freshman 15" when she started college. The triathlon club, she said, was the only one that ran enough for her.

The club will shrink when the current seniors graduate in May, and McLain says the goal for the rest of the year is recruiting and sustaining the level of involvement.

To help keep membership up, the club offers a different kind of apparel every year — hoodies, jackets, T-shirts or hats, for example. And during their first year, after being at three meetings, three practices and a fundraiser, McLain says, members get a triathlon uniform and \$120 to go toward race entry fees.

Club members race both individually and as a team. Every fall, the club helps put on the popular Palouse Sprint Triathlon, which according to McLain fills up every year. The club also sponsors the Ironman challenge on campus, which ended in February.

"We help keep the student body healthy," McLain says. Participants in the challenge have three weeks to complete an Ironman — the \$15 entry fee pays for a T-shirt and a shot at the prizes at the finale party.

"What's great about triathlons is that anybody can do it," McLain says. The shortest race, called a sprint, can take as little as an hour to complete, while the Ironman, the longest race, is normally finished in about 17 hours.

To train for a triathlon, McLain says she follows a schedule of swimming Mondays, Wednesdays and Fridays, running on Tuesdays and biking on Tuesdays and Thursdays. At its shortest length, she says, almost everyone could finish a triathlon with minimum preparation.

However, she adds, "I wouldn't recommend just showing up."

"Triathlons are addicting."

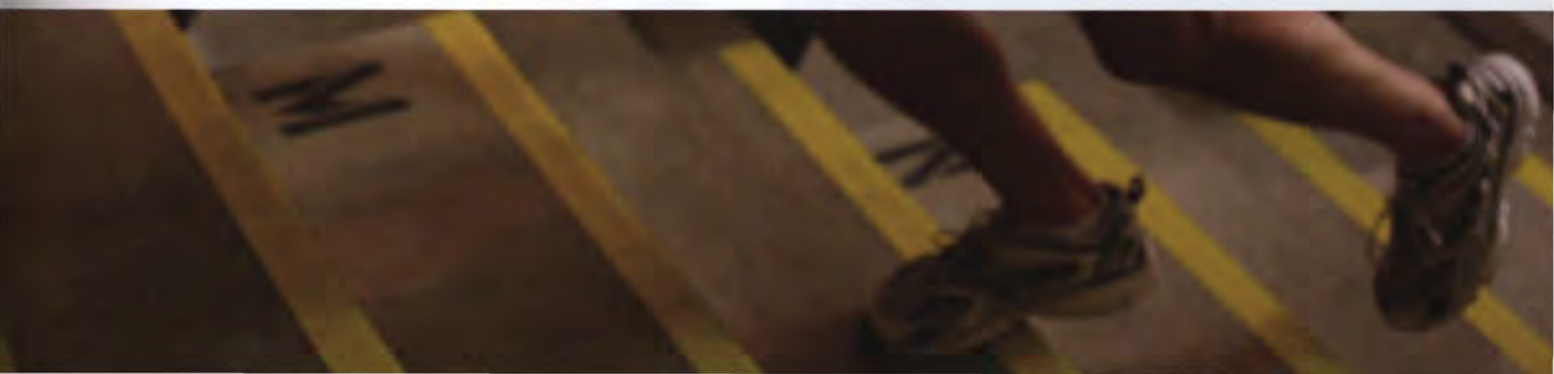
— Ashley McLain
President, UI Triathlon Club

going the distance

A 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run — a full-length marathon — all in one day.

It's the Ironman Triathlon, which is just one of the events members of UI's Triathlon Club compete in.

Since April of 2000, the club has offered UI students a community in which members of all experience levels can run, swim, bike, train and compete together.



Cinema's disciple

Spreading the movie doctrine

BY LIANNA SHEPHERD + PHOTOGRAPHY BY TYLER MACY

The frantic hands of Dennis West move with every word he speaks. Thick and broad, they run through the wispy silver of his hair, down his round cheeks and finally stop as he rubs his mouth.

His quick and passionate way of speaking causes him to fidget in his chair while spittle lands on his bristly chin. At first sight, West looks intense enough for a literature teacher but with a quirkiness usually found in the hard sciences. But West's passion is reserved for film.

"Film is an extraordinarily powerful medium, especially in the '60s and '70s," he says. "The '60s were an exciting time. I apologize for having to say that, but back then film carried a greater cultural weight. I don't know what you have that's equivalent. Computers I suppose."

West teaches in the theater and film department as well as freshman CORE classes. A dedicated teacher, he is often confused by his students and the way that the future generation regards cinema.

"I'll show a Brazilian film and you should hear them – 'Ugh. Subtitles, I have to read subtitles?'" he says. "It's

disturbing to me. Don't they realize how lucky they are to have subtitles? But no, they're comfortable watching some dubbed-over version on a two-bit cell phone screen. It's incredible."

West takes teaching very seriously and hopes all students will receive the benefit of an education with a greater range than his own.

Brought up in 1950s northeastern Ohio, where grades one through 12 were held in the same building, West refers to his education as "a rather oppressive time."

"I remember when they used to take the girls to go see 'the movie,' which we figured was about where babies come from. For the boys they say things like, 'You know in Russia there's a lot of morphs,'" he says. "Now think of this, I'm in the seventh or eighth grade and I think they're all having sex with themselves. It was confusing because I kept wondering how their population was booming."

"That kind of baloney drove me to the public library. I wanted to find out things for myself," he says. "In the ninth grade 'Origin of Species' changed my life."

During college West traveled to Spain where his life took another turn. Up to that point his only travel abroad experience had been a trip to Mexico. He says that the government was oppressive but the people were "phenomenal." In Europe he was able to observe the Cuban missile crisis from a neutral perspective.

"At the time we were all sure that nuclear war was on the horizon. Since then it amazes me how we've continued to demonize Cuba," he says.

After living in Indiana and Illinois, West arrived at the University of Idaho in 1979.

In the '70s he and his wife bought part of a movie theater where they specialized in independent and foreign films. They closed in the '90s after being "stomped out by the larger chains." At the time, Moscow boasted 13 screens for a population of 18,000.

"It was a sobering experience," he says. "The film business is cutthroat."

Since 1974 West has also been a critic for Cineaste, a quarterly magazine which explores all aspects of film. A contributing editor, West has been invited to be a juror for film festivals around the globe including Madrid in the spring.

"I'm privileged to have these kinds of opportunities, and I'm glad for every one of them."

It's understandable that West is a favorite among his students. When told that some of them dress as him for Halloween he nervously rubs his head, turns beet red and stammers for the first time.

"Well, I don't know about that."

After a quick fidget in his chair he sips his coffee, regains his composure and firmly looking through his wire glasses, says "Now, to get back to the point." And he describes the significance of the aerial shot in WWII Nazi propaganda films.

"It's an honor for me to understand the visual text of film," West says. "It's one of the legacies of our society."



Best of both worlds

Falling in love with research and teaching

BY CARI DIGHTON + PHOTOGRAPHY BY TYLER MACY + ROGER ROWLES

During her freshman orientation at New Mexico State University, Traci Craig was asked to mark the field of study in which she would like to major. Craig wasn't sure what she wanted to do, but she was interested in psychology, so she marked the box.

Ten years later, Craig is a member of the University of Idaho's psychology department and heads up several research and graduate-level projects in addition to teaching two undergraduate courses.

After getting a degree in psychology, Craig began teaching as a graduate student at Purdue University. Her first class had 380 students — most of them business majors. She says teaching a group of students from outside her field was exciting and daunting.

"It was exhilarating to lecture to such a large group and to even manage to get them to engage in that setting," Craig says. "After teaching that course it was clear to me that there were few teaching challenges that I wouldn't be able to overcome."

Stepping in front of a new class still gives Craig that feeling, but the teaching challenge she now faces is being one of only two female faculty members in her department.

The day of her interview at UI, Craig was surprised to find herself the minority.

"It was something that had never occurred to me until the interview," Craig says. "After I set up the PowerPoint — on gender stereotypes in transactive memory systems — and everyone had filed into the room and they shut the door, I realized I was the only woman in the room."

Being the gender minority in her profession is not a big issue to Craig. She says the supportive male faculty around her offset being the minority.

While she interviewed at a wide variety of colleges and universities before choosing Moscow as her home, once Craig was introduced to UI, she says, there was no turning away from the opportunities it presented. The smaller schools she looked at were all teaching and no research, grants or labs, she says. Even after budget cuts, UI was still able to out-negotiate the other school that had made her an offer.

"The freedom to be a scientist in an academic setting is undeniably attractive to me," Craig says. "(At UI) there was an emphasis on research and resources to do that, but the emphasis was balanced with a value of students and teaching."

Craig is currently conducting eight research studies and oversees graduate studies as well as data collection. It is hard for Craig to pick a favorite research topic, she says, but information processing remains at the top of her list. Craig concentrates on the way group interactions differ when using electronic mediums as opposed to face-to-face interactions.

"Today's workplace often uses electronic mediums to engage groups in decision making and these mediums significantly change the information processing in which groups engage," Craig says. "My particular interest is how diversity issues can play out online compared to face-to-face groups."

While the research time she gets at UI is valuable to her, she still loves to see students improve and develop new ideas.

"I wouldn't want to sacrifice my lab for the classroom, or vice versa," Craig said. "I love the 'a ha' moment when some theory or explanation or effect clicks for a

student. It is highly motivating for me to share in the students' moment of discovery when they learn something for the first time."

The day Craig check-marked the box and the day she stood in front of a class for the first time were her own "a ha" moments, she says. She knew she had chosen a field she could succeed in, and in choosing UI, an environment she could love.

"I love it here, and I love the students," Craig said. "Everything is fabulous."





SPEAKING OF...

BEST INTRAMURAL SPORTS TO JOIN WITH NO ACTUAL TALENT

1. Disc golf (Entry deadline: April 17)
2. Foosball (Entry deadline: March 20)
3. Flag football (Entry deadline: March 19)

BEST WAYS TO STAY WARM THIS WINTER

1. Line windows with plastic wrap
2. Light a lot of candles
3. Layer up!

BEST COMFORT FOODS WHEN YOU'RE SICK

1. Soup
2. Tea (try loose leaf – the Co-op has a big variety)
3. Crescent rolls (cooked or not, we don't judge)

BEST WAYS TO GET YOUR VOICE HEARD

1. Speak louder
2. Offer free food
3. Use Facebook: fliers or groups

BEST WAYS TO NURSE A HANGOVER

1. Drink Jell-O mix before it's set
2. Popcorn and water before bed
3. Something greasy (anything really) from Jack in the Box



BEST WAYS TO LOSE THE FRESHMAN

(SOPHOMORE, JUNIOR OR SENIOR)

15

1. Wellness Classes
2. Cook more (even the LLCs have a kitchen)
3. Don't eat the entire box of macaroni (for example)

BEST CLASSES TO FILL A HOLE IN YOUR SCHEDULE

1. FOR 404 Chocolate: The Natural History and Culture of a Non-Timber Forest Tree Species
2. FST 422 Sensory Evaluation of Food and Wine
3. ENGL 404 Between Worlds: Allegorical Fantasy for Young Readers

BEST OF YOUTUBE

1. Spiders on Drugs
<http://www.youtube.com/watch?v=sHzdsFiBbFc>
2. Banned Ikea Commercials
Do a search — we couldn't pick just one.

BEST OF CRAIGSLIST

1. I called a suicide hotline once
Like everything else in this country it had been outsourced... to Pakistan. I told the guy I was suicidal and he got all excited and asked if I knew how to drive a truck.
<http://pullman.craigslist.org/rnr/528868611.html>
2. No, really- someone come get this horrible Chili Beer
<http://www.craigslist.org/about/best/nyc/519536655.html>
3. Things I don't need for Christmas
The gift from the out of touch relative who thinks I'm 2 decades younger than I actually am. A vintage Star Wars lunch box! Oh neat, it even snaps shut so there's no way my sandwich, chips, or chances of ever having sex again will fall out. Perfect. I'll set it on top of that dresser I keep my baseball cards in. Honestly, if I didn't use my penis to urinate, your gifts would make me forget that I have one.
<http://www.craigslist.org/about/best/lax/511745944.html>



1

BEST OF
CRAIGSLIST

of ... in the country it has been out there...
and the got all extra...

2

BEST CLASSIFIED



PHOTOGALLERY

Eric Petersen, photographer

- 1 Wind blows cold over the Palouse.
- 2 Power poles line the road west out of Moscow.
- 4 Grain elevators tower over Moscow at dusk.
- 5 Steam rises through the cold air above the LLCs.

Roger D. Rowles, photographer

- 3 Cameron Stefanic, VP of the UI Ski Club skis fresh powder on Silver Mountain after several days of storms.

University of Idaho students enjoyed some winter fun in snowfall that reached levels between 7 and 17 inches in late January. UI closed for two days due to the snow — the first time the school has been forced to do so since 1996.



3

4



5



OUTSIDE OF MOSCOW
PHOTOGALLERY

Angela Heilesen, photographer

1 A tiger cub rests after a long day of visitors in Thailand.



Andy Lewis, photographer

2 We played around with some children in a traditional Thai village. They seemed so excited to see us; we were very flattered.

3 Wat Maha That on a sunny day in Chiang Mai. It's located in Sukhothai historical park, which was buzzing with Buddhist monks. A fine place to find loads of toop and tien (candles and incense).

Roger D. Rowles, photographer

4 Apo, a native Hawaiian, net fishes north of Kona on the island of Hawaii in November.

5 Sun filters through the trees on a hiking trail in Lynn Headwaters Regional Park, British Columbia, in January.



1

2

3



4

5





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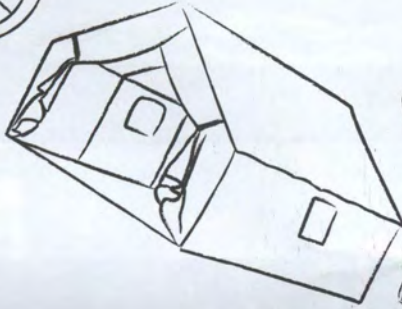
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- ASUI Vandal Entertainment
- GOAL Leadership Program
- International Friendship Association



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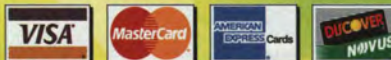
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