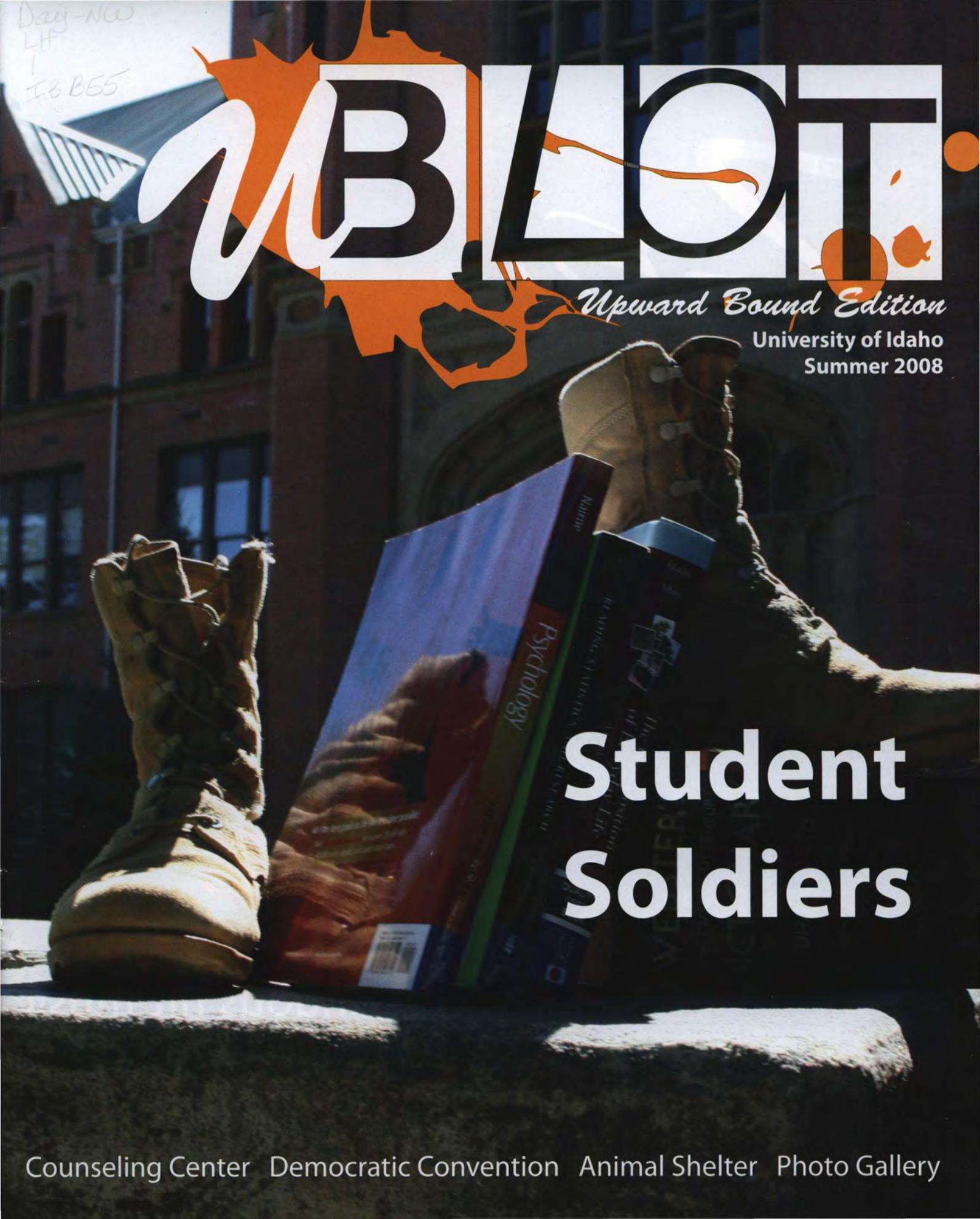


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BLAOT

Upward Bound Edition

University of Idaho
Summer 2008



Student Soldiers

Counseling Center Democratic Convention Animal Shelter Photo Gallery

Z-Fun 106



More continuous hit music

Steve Shannon & Anne Crosby
The Rude Awakening
6 a.m. - 10 a.m.

Daisy - WLD
LH
1/10/10

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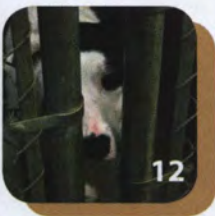
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Editor's Note

Hello Readers!

In late June and early July we mixed things up at the Blot magazine office and teamed up with high school students to create an Upward Bound magazine edition. Seven students produced their own stories, took their own photographs and designed their own pages. Their ideas were their own and the work—their prerogative. The experience marked the first time many of them ever took a stab at journalism, and they put in the time and work in three weeks that the Blot staff does in six.

Magazine production is just that—a production. And the experience is not just about crossing the finish line but about the collaborative experience shared by writers, photographers, designers and editors. It takes teamwork to produce something the community member at the corner coffee shop will pick up and the high school student walking down the street will read. It's not an easy process, but these students took the challenge head on.

The Blot and Argonaut editors who advised and guided them through the process are thrilled to see the product from rough sketches and paper notes to a glossy magazine. More important, we enjoyed watching the process that we do during the school year through the eyes of those seeing it for the first time. Enjoy the issue and keep an eye out for the Blot this fall when the University of Idaho Student Media staff reunites to pick up where we left off last semester.

- Kimberly Hirai

Fifteen days ago we arrived at the BLOT office. Tomorrow we send this magazine to the printer. So, in 16 days seven Upward Bound students, one Upward Bound instructor and the talented staff from Student Media have constructed what you now hold in your hand.

This is what Upward Bound is all about — finding talented, excited and motivated students and professionals from the university and working in tandem to create a college experience like no other for our Upward Bound students.

Three months ago Shawn O'Neal, Michael Highfill and myself (the Directors of Upward Bound Discover) discussed how cool it would be to have high school students in a real university newsroom working with the best graphic designers and reporters on campus. This is exactly what happened. Kimberly Hirai, Alexis Roizen, and Christina Lords mentored and coached our students to the production of this magazine. It is not an edition of BLOT. It is an example of what happens when talented university students guide high school students in the construction of something neither has done before. We hope you enjoy.

- Matthew Sowder

Summer Bios

A look at this issue's staff members

Desirea Bunch



Desirea Bunch is a junior at Orofino High School. She lives in Orofino, Idaho. When Desirea isn't at school, she attends Knowledge Bowl meets. Desirea

enjoys swimming, hockey and softball. During the summer, she goes to Upward Bound and reads a lot. In school, Desirea is interested in English, street law and creative writing. When she graduates in 2010, she hopes to enroll at the University of Idaho. She wants to major in law and become a defense attorney.

Patrick Dosono



Patrick Dosono is a junior at Wapato High School in Washington. Patrick's favorite sport is tennis. His father got him into tennis at the age of 10. He plans to take

state next year. Patrick is an advocate for drug and alcohol awareness. Patrick has worked to try and change other people's lives. He is a member of T.A.T.U. – Teens against Tobacco Use. T.A.T.U. is a youth empowerment program teaching teens to take a stand against big tobacco. Patrick plans to go into law at either the University of Washington or Gonzaga University.

Jennifer Bentley



Jennifer Bentley is a senior at Clearwater Valley High School. She lives in the small town of Stites, Idaho. Jennifer can often be found

reading, writing or drawing when she is not in school. She is proud to be involved in tennis, Knowledge Bowl, pep-band and choir at her school. She will be playing in the girl's singles category in tennis for her fourth year, and she will be playing the baritone saxophone in the pep-band for a fifth year. She's planning to attend the University of Idaho, but she has not decided on a major.



Megan Nolan

Megan Nolan is a freshman at the University of Idaho and recently moved to Moscow. When she has time for anything other than studying, she likes to hangout with her friends, play videogames, read, write, work out, playing tennis, anything to do with music, spend time in nature or go shopping. She is currently an Upward Bound bridge student majoring in psychology. Eventually, she plans to be a resident mentor for the Upward Bound program and also graduate from college.

Stephnie Bresnahan



She's different than all the rest. Stephnie Bresnahan lives in the small town of Orofino, Idaho. She's a senior attending Orofino High School, and she will be major-

ing in biology at Lewis and Clark State College. Stephnie has unique hobbies. Unlike a normal teen, she spends time volunteering for her community. She volunteers for an organization ran through the school by her teacher, Mrs. Riley. The program is called Maniac Pride. This program does random acts of kindness around the community. It also does scheduled events.

Stephanie Steward



Stephanie is a junior in high school. She lives in Kamiah, Idaho but goes to Orofino High School. Stephanie's hobbies mainly deal with animals and draw-

ing. She danced for her school drill team for two years. She likes to write about animals as well as stories about animals' relationships with people. Sometimes she likes to do homework. Art is one of her favorite classes along with shop class. In the future, she would like to have a wildlife recovery center and an animal training school.

Austin Calzada



Austin is a sophomore at Lakeside High School. Austin hopes his entire class will graduate with him in 2011. Austin lives in Plummer, Idaho, actually he really

live 13 miles out of town. It's nice out there. There's not a lot of people and they are close to nature. It is also a good place to party. Out of school, Austin makes movies with all his friends. Austin's films are comedies, and even some of his classwork is done via film. Austin plans to become a University of Idaho Vandal and join the Navy.

A place to go

CTC helps students adjust to college life

By **Stephnie Bresnahan** + Photography by Austin Calzada

One incentive for success for students at the University of Idaho is the Counseling and Testing Center.

Students, including incoming freshman, may need guidance or help coming into their first year of college.

"I would especially encourage incoming freshman," said Lindsay Heydrenrych, a pre-doctoral intern working for CTC.

"The first session is really a chance to share your experiences, why you are seeking therapy, what you hope to get out of it and a chance to get

to know your therapist, and to figure out if it's a good match for you," Heydrenrych said.

"Because sometimes, for whatever reason, you might not feel like it's a good match and it's perfectly fine to choose to go (to) somebody else. We are all very open to suggestions and changing things."

Heydrenrych said some students go to the center instead of other counseling centers because it's free. She also said the center is convenient because it is on campus.

She said the center's workers have tried to establish an atmosphere that is welcoming for students.

"We are specifically trained with the issues of the students," she said.

The most common cases that Heydrenrych works with are students transitioning from high school to college.

"I would think for incoming freshman ... a big (problem) is just general transition to college life," she said. "With it comes responsibility, meeting new people, meeting new friends (and) being away from home."

Heydrenrych said if five people went through the college experience they will all have different personal outcomes.

The center offers what is called SMART — Self Management and Recovery Training. SMART is an alcohol and substance abuse program. The center also oversees another program that is mandated after a student's first on-campus alcohol violation.

If a student thinks they might have a learning disability, the testing

cost is set on a sliding fee based on the student's income. The cost of the tests also depends on how much financial aid a student is awarded. The test is approximately \$300. Other services are free.

Schizophrenia is one of the least common cases seen at CTC. Other rare cases include suicide or homicide.

"We have somebody on crisis coverage every day during our hours," Heydrenrych said.

If students are having a crisis, they can come during business hours.

Students can call the CTC's phone number and a crisis team member will be available. If it's a life-threatening situation, the CTC's message encourages students to call 911.

Heydrenrych said there are students that revisit the center over the course of the semester.

"There are some (students) that do, it just depends on what their needs are," Heydrenrych said. "Some people come for one session and think that's fine, other people come periodically each year that they're here."

People with recurrent depression or Seasonal Affective Disorder are the ones

that usually come back, she said.

"I think typically speaking, females tend to seek counseling more frequently but here it seems to be pretty evenly split," she said.

Heydrenrych, as an intern, will probably see 15-20 students a week.

Most people see her once every other week or approximately 11 to 12 sessions in the school year.

There are three other interns, seven psychologists and three or four practicum students — students practicing to get their master's degrees.

All sessions are 50 minutes. More sessions occur during Midterm and Finals Week.

"We are specifically trained with the issues of the students."

-Lindsay Heydrenrych

Business hours at the CTC are 7:30 a.m. to 4:30 p.m. in the summer and 8 a.m. to 5 p.m. during the school year.

Requirements for undergraduates are that the student is enrolled in eight credits. A graduate student must be enrolled in six credits.

For more information, refer to the CTC's Web site at www.ctc.uidaho.edu.

Students can show up without an appointment for their first session and fill out less than five minutes of paperwork and make an appointment. They can also call the center at 885-6716.



Q & A

With
**Richard
Hill**

Richard Hill, 39, is a graduate student at the University of Idaho studying neuroscience. He is also one of the Idaho Democratic state delegates representing Barack Obama.



By Megan Nolan + Photography by Austin Calzada

Where are you from?

I was born in Chicago. I was raised in South California.

Why did you choose UI for graduate work?

Because I met a professor, James Foster, at a genetic algorithm conference. I talked to him about his lecture and how I wanted to get into neuroscience. When I came to Idaho, I met my adviser Richard Wells who is the director for the neuroscience program. We started having a class after about a two-hour meeting after taking notes and showing me how neurons worked and that was my first lesson in neuroscience, even though I wasn't a student. I thought it would be cool to go to school in the Northwest ... the outdoors, the open air. What a great way to study neuroscience.

How do your various fields and life experience play into your interests in politics?

I have an interest because growing up, I was in a single parent household — my mother raising my sister and me — and I've always been fascinated by math and technology. But engineering is pretty extensive, and in my consultant work I noticed that the best engineers had access to that technology at an early age. I didn't have access to that technology. My thoughts were 'I need to help give access and exposure to those who don't have it' and a lot of that comes down to politics, to allocations, to what gets funding and what doesn't. I think schools should get more money, especially schools in low-income areas.

What does a state delegate do?

You go to a state conference, which was in Boise, then you plan a platform,

which is designed to show what your ideals for the state (are) and what you want the candidate to follow and see what your party wants them to follow. You also try to confirm your nomination for president who is going to run on the ticket.

What are some similarities and differences between you and the other delegates?

The (Democratic National Committee) makes it a point to emphasize that 'hey, we have this group in our community and we would like to see them represented.' The way the counties are split there is a 1st district and a 2nd district. I'm one of two male delegates in the 1st district for Obama and there are three female Obama delegates in the 1st district. So the gender equality is there. They want to make sure it's not just loaded with males of a particular age range. There is an 18-year-old and one who is about 20, so youth is represented. Different nationalities are represented: we have a Native American, and someone of Middle Eastern descent. We all come from different walks of life you might not expect to exist or that most people don't think live here in Idaho.

What is it about Barack Obama that you like? Why do you support him?

One of the main reasons is for education and technology. In his "blue print for change" he talks about bringing technology to the schools and having young people have access to that. Also health care ... I like that too because early access to healthcare, especially if you've been diagnosed (and) being able to get treatment is extremely urgent. Having that access to early healthcare makes a huge difference on how fast and progressive that disease becomes because you are actually able to get in.

Have you found that younger populations are becoming more politically active because of Obama?

Absolutely. I think that is why at the conference in Boise they said that (it) was the largest group they ever had and (there was) a lot of young people.

How does that relate to UI? Are students here becoming more involved?

I hear a lot about it, but maybe we'll see as it gets closer. I haven't been to any meetings yet, but I know that there are groups on campus. I think you'll see more as the election gets closer.

What do you enjoy the most about being a state delegate?

There is a good portion of people who take the idea of the position seriously, and they come to you with problems in their community. So when I talk to other delegates from different states, you can tell them about community issues. You can see both sides of the stories and a lot of people are the same, they just have different views on the issues.

How can other people get involved?

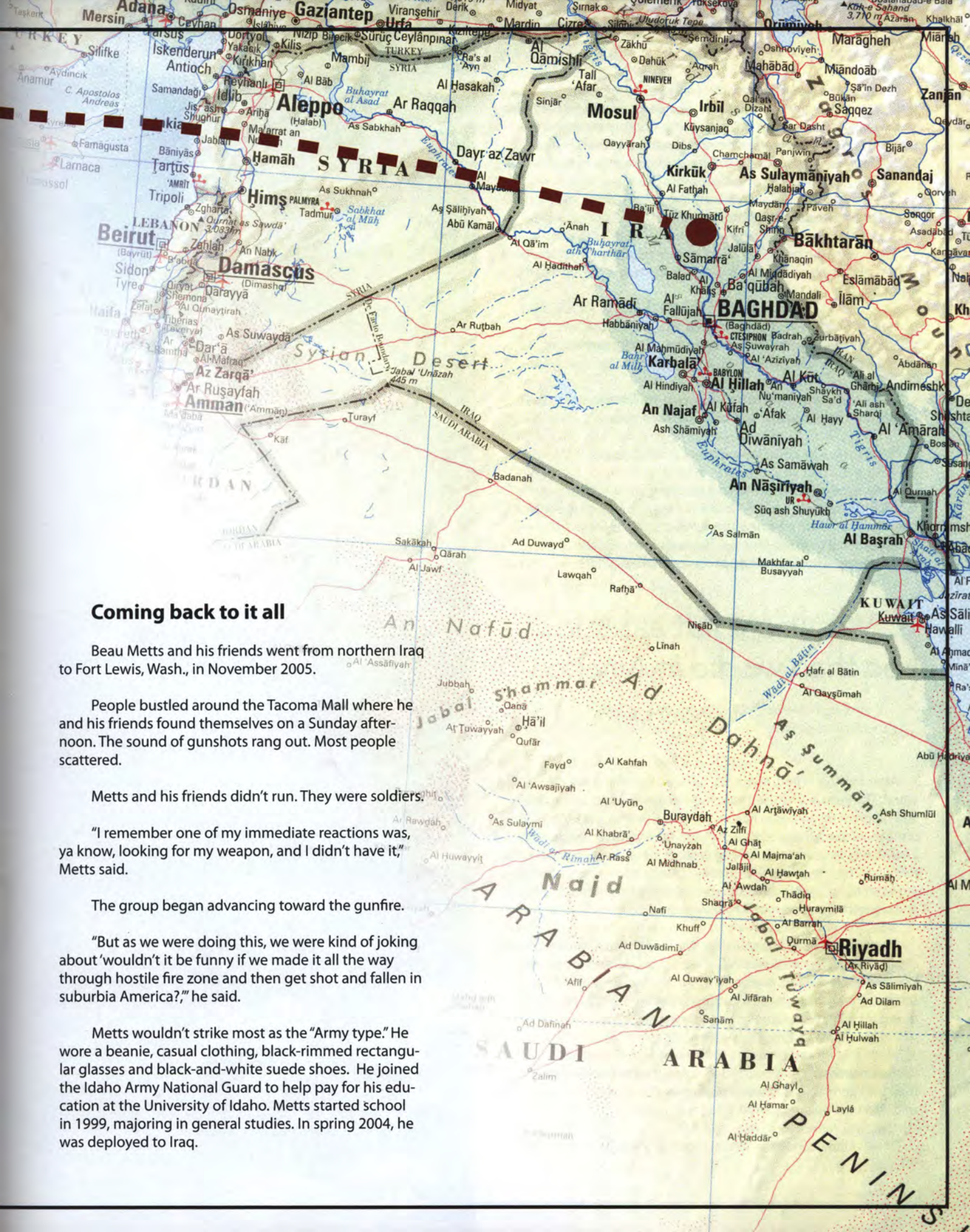
It's real easy and it's kind of addictive, too. I think initially you just read more and you pay attention to the news. Read more articles and talk to people. I think the main thing you do is, ... get involved in some of the groups. Talk to people in some of the other groups — people who are extremely conservative, those who support McCain ... I think the more you open up the channel of communications then that's the best way to get involved.



From Idaho to Iraq

By Jennifer Bentley and Desirea Bunch
+ Photography by Austin Calzada

There are always troubles in life. Some are harder to handle than others. Students at the University of Idaho are no exception when it comes to life's difficulties. Many types of students from varied backgrounds come to the school. All have unique problems. Student soldiers who have left, or are leaving to Iraq, deal with the same problems as other students and more. They must prepare to leave their family and friends, experience a new culture and enter a hostile fire zone. Different people approach situations in their own way. This is the story of two men and their experience as students and as soldiers.



Coming back to it all

Beau Metts and his friends went from northern Iraq to Fort Lewis, Wash., in November 2005.

People bustled around the Tacoma Mall where he and his friends found themselves on a Sunday afternoon. The sound of gunshots rang out. Most people scattered.

Metts and his friends didn't run. They were soldiers.

"I remember one of my immediate reactions was, ya know, looking for my weapon, and I didn't have it," Metts said.

The group began advancing toward the gunfire.

"But as we were doing this, we were kind of joking about 'wouldn't it be funny if we made it all the way through hostile fire zone and then get shot and fallen in suburbia America?'" he said.

Metts wouldn't strike most as the "Army type." He wore a beanie, casual clothing, black-rimmed rectangular glasses and black-and-white suede shoes. He joined the Idaho Army National Guard to help pay for his education at the University of Idaho. Metts started school in 1999, majoring in general studies. In spring 2004, he was deployed to Iraq.

Shortly before leaving, feelings overwhelmed Metts. He said he was distraught, worried and not sure if he was prepared for the tasks that lay before him. He was going to a different country, where the customs and language were different than those in the U.S. As a soldier he wasn't just leaving a culture, but home and family.

"I left my girlfriend along with my immediate family, my mother, father, and two brothers," Metts said.

These were the people who saw him develop from a child who skateboarded, played soccer and dabbled in home chemistry kits into a man.

He was born the middle child, with an older brother who cleared the path by breaking away, and a younger brother who served as the "scapegoat."

While overseas, Metts could have used mail, Internet and the phone daily to contact his family. He decided against it.

"It's actually a lot easier to kind of not think about home," Metts said.

Instead, he opted to send out a mass e-mail and call a friend or family member once a week. Unlike the opportunity to speak with family, contact with new news from the U.S. was more difficult. Metts received three-to-four day-old copies of the Idaho Statesman, located in Boise, and had access to CNN Asia.

"We almost felt safer in Iraq than we did in America."

-Beau Metts

After arriving in Iraq, Metts, 25, became immersed in a new world. The gestures he used to convey universal ideas in the states had different meanings in Iraq. In the U.S., the "thumbs up" gesture is meant as something positive. In Iraq, it is offensive. Speaking in English was as useful as speaking in gibberish. Interpreters were required. The interpreter accompanied Metts everywhere, explaining what hand signals could be used, what was considered rude and what the people around him were saying.

Metts interacted with locals every day, though he remembers most clearly the first person he met. A 10-year-old girl, dubbed Strawberry Cupcake by his platoon, approached him. She had singled him out as someone new to the area. Shaking Metts' hand, the girl invited him to dinner at her home because he was the new neighbor.

Metts said he and returning soldiers underwent out-processing. Until all paperwork was completed, soldiers were held away from their lives and families. It was a slow and frustrating process, Metts said. After the holding period, things changed for him again.

"It was kind of another cultural shock," he said. "Here everything





had gotten back to a more relaxed state. I didn't have to be on guard in a high-stress situation."

Returning home was like coming back to a place that was familiar and foreign all at the same time. It was the same place he'd left six months ago, but Metts had adjusted to life overseas.

"So we were there during that shooting and giggling about how it's so ironic," he said. "But yeah, we almost felt safer in Iraq than we did in America."

Leaving it all behind

UI graduate Kyle White knows he is completing a mission, but he also knows that it will be hard to leave his family.

"I have no problem going over and doing my job," White said. "The conflict is leaving. I got a wife and two little kids. So I mean that's a huge burden on my family."

White, a specialist in the Army, is emotionally preparing himself to go over to Iraq. He thinks twice before he disciplines or yells at his children.

"I'm spending as much time as I can with the family," White said. "In case something does happen, I want them to remember me, ya know, in a good way."

The tour of duty for soldiers in the Army is 15 months. Marines serve for seven months and an Air Force tour is two to three months.

White was first recruited by the military 14 years ago. He was 18.

"I went and talked to a recruiter and they wouldn't give me the option of what I wanted to do," White said. "I wanted to be infantry."

They had an opening for an engineer.

"I said 'well I ain't doin' that,'" he said.

White got so frustrated that he refused to sign up and wasn't offered a ride home, so he hitchhiked.

Sept. 11 sent White to the recruiter's office again. He said he felt he had to do something, so he enlisted in the Washington Army National Guard after the maximum age requirement was raised. Now 32, White said he believes he will fulfill a complete tour in Iraq but doesn't know what his responsibilities will include while there.

"It could be boring as hell for a year—sittin' pullin' gate guard letting cars in and out just tryin' to stay awake—or it could be too exciting, where you're actually gettin' into combat," White said.

Though White will be thousands of miles away from Moscow, he still hopes to cast a vote in the presidential election.

"I think I'll be able to vote through mail or an absentee ballot," he said. "Those are the guys whose votes should count."

She knows, she loves, she cares

One woman's efforts help
at a no-kill shelter

By **Stephanie Steward**
+ Photography by Austin Calzada

Moscow resident Tara Wimer works at the Humane Society of the Palouse. The humane society is set up to fit about 60 cats comfortably, but it has 150. People at the shelter care about the animals that come in. Wimer still remembers the names of animals adopted years before.

Even though her family owned animals, she was not always around them. They were outdoor pets kept a ways from the house. Now she has her own animals: three dogs, eight cats and a ferret. All came from the shelter.

"I just love fluffy dogs and if we get huskies then I usually take them home," she said.

"I'm really drawn to the shy kitties and the ones that might not have a good chance of getting adopted."

-Tara Wimer



One of Wimer's cats was a rescue that was found trapped in the engine of a car during a drought. When kids brought him to the shelter, Wimer thought he was dead. She took him to her home for recovery, and he slowly began to get better.

But when Wimer took him back to the shelter and put him in a cage, the cat became out of control. When Wimer returned the cat to her house he calmed down so she decided to keep him.

Wimer thought the cats she took home would not have a fair chance at finding a home. She also said she fell in love with her dogs.

"After I started working here I started working with bottle babies — kittens without a momma, and I kept my first one," Wimer said. "I'm really drawn to the shy kitties and the ones that might not have a good chance of getting adopted."

Wimer said that most of the dogs that come in are strays or ones that have been left in the dog park over night and found the next morning. A lot of cats come from families whose cats had a litter of kittens and the owner could not take care of them. Wimer said cats reproduce quickly and some owners do not spay or neuter them.

The animal shelter does not always see dogs and cats, however. Wimer said she has seen goats, reptiles, wild geese and other types of animals as well.

Wimer said she went to the University of Idaho and majored in art so she could be a tattoo artist or a teacher. She volunteered at the humane society four days each week but found she wasn't able to focus in her classes anymore because she was thinking about the animals in the shelter.

"Usually if you work here you always want to stay here, because it's just a great job," she said.



Wimer would get out of classes and call the humane society just to find out if a new animal had arrived while she was gone.

After thinking about how much she wanted to work with animals, Wimer decided to work at the society. She has worked there for about four years.

"I try to keep in mind that we are here for the animals," Wimer said. "And I try not to get irritated when people bring them in with an excuse for why they can't have it anymore. If you don't want them just say you don't want them."

Residents who want to adopt an animal from the shelter must be 18 or older. If the resident is not 18, the shelter will contact a legal guardian. If the individual is renting a home, they should call to make sure animals are allowed on the property. An application stating the animal will be a "forever pet" and will not be returned to the shelter is also required.

The price of adopting a pet is \$69 for a cat and \$90 for a dog. The fee covers the cost to spay or neuter the pet. Dogs receive a rabies vaccination and a microchip. Cats are checked for feline leukemia. There is also a seven-day foster period with every adoption to make sure that the animal and owner are compatible.





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3

PHOTOGALLERY

- 1. Kersey Miller rehearsing at the Guitar's Friend Studio.
Michael Highfill, photographer
- 2. Mushrooms grow on the floor of the Charles Houston Shattuck Arboretum.
Austin Calzada, photographer
- 3. Louis Mendoza in the Veterinarian Medicine class sheep eye dissection.
Kentaro Murai, photographer
- 4. Broadcasting on the Rude Awakening at the Z-Fun 106 studio.
Kentaro Murai, photographer

**blot
&
bound
ub discover**

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