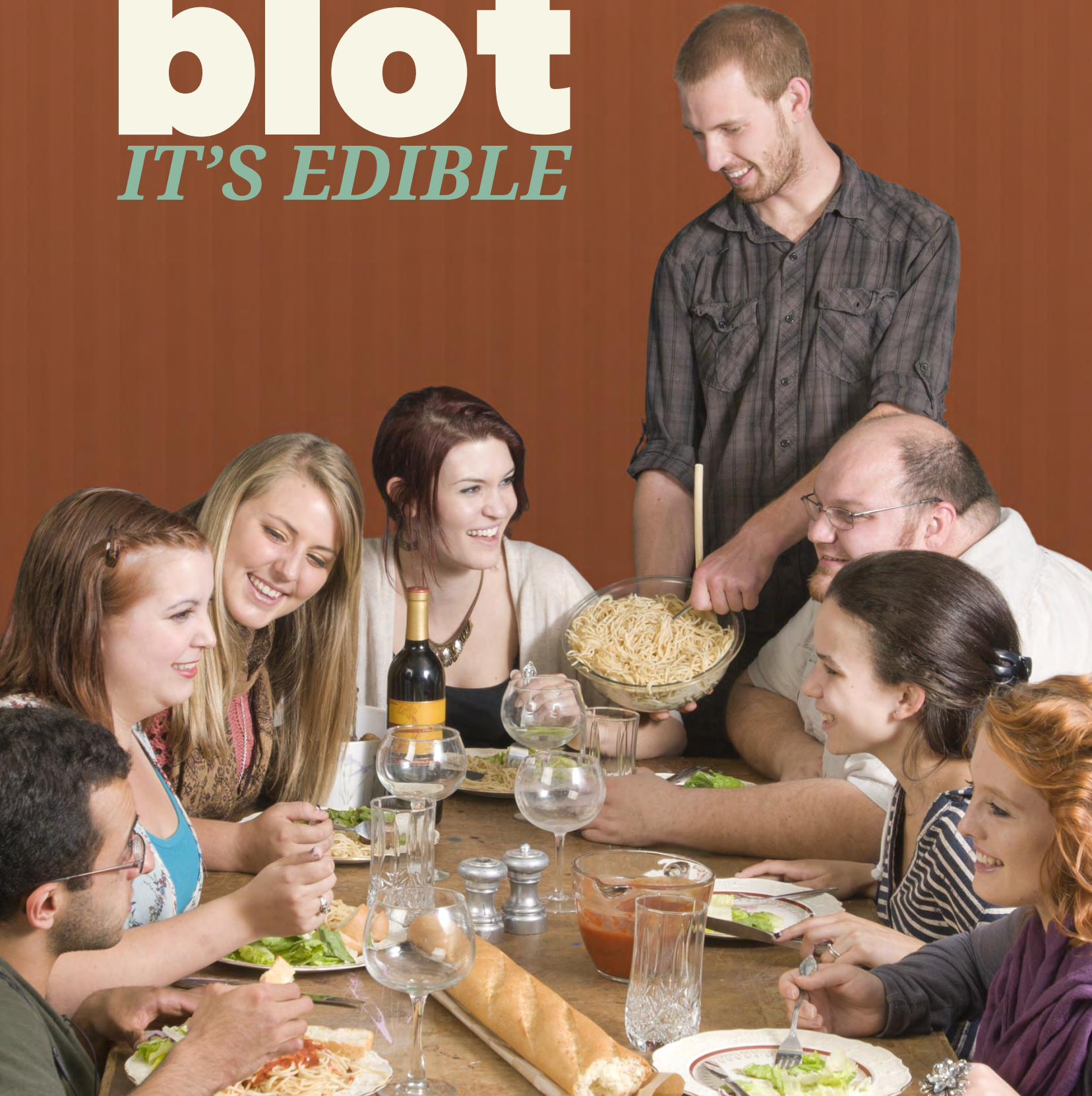


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MORE THAN PRINT



Close your eyes, feel the breeze and smell the scenery. Adventure work? That's OK. Adventure can be a little elusive or concrete jungle, but trust us, adventure is out there. From Moscow Mountain to prehistoric monsters in the Snake River, there are things to do and see outside. One half-ass clone and thousand miles from our campus home. Both promise adventure, but the latter is more friendly. Mike Stewart's school of taxidermy isn't at the University of Idaho, but we never cared much for convention. Living outside traditional standards is more difficult when you're on your own. Every month is an adventure for enterprising artists and those who prefer a pleasure stroll. Kitchen exploits are risky in their own way, but home-brewed adventures are worth the venture. Adventure stories are laced with imagination and courage, so grab your gear and start the journey.

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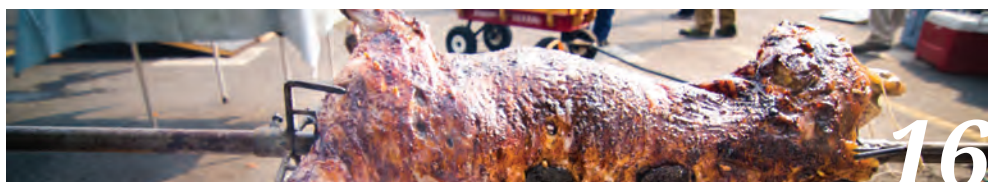
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More stories at blot.uidaho.edu

It's edible

It's easy to talk about being thankful and generous during a holiday feast, but every meal is an occasion to celebrate the people who gather to share it.

Food is about gathering from start to finish. People across the map come together to pick, prepare and create the foods we eat. What a waste, after all that, to consume the products of so many hands alone.

Think of the faces behind every favorite food — a grandpa, aunt or neighbor whose specialty awakens memories and tastes like love. Remember stealing glances across a table during a first date, demolishing an entire pizza while you walked your best friend through every moment or concocting a late-night snack for 12 from all the tortillas, cheese and sauce packets in your fridge.

Meals are memories regardless of whether turkey is on the menu. So make dinner for more than one tonight or hold your Skype date at an ice cream shop.

Food brings us together, so get hungry.

On the cover

We invited members of UI's theater club to a spaghetti feast where they looked at food and laughed at each other while we crafted a cover shot. From left to right: Yousef Bayomy, Gabi Garcia, Samantha Marsh, Danielle Rehm, Tommy Lukrich, Ray Pritchard, Sara Smith and Hailee Naccarato. *Cover photo by Philip Vukelich*

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FOOD FOR THOUGHT

Story by Katy Sword, Photo by Amrah Canul

■ Some foods are reputed to hold magical powers — to melt fat, provide limitless energy or cure any ailment — but superfoods are mostly mythical.

Shannon Haselhuhn, University of Idaho health education coordinator, said many foods have nutritional “super powers,” but in order to be healthy we need foods from all food groups.

“When you get into the fad diets you’ll drink this juice that comes from this one thing three times a day and limit other foods in the process,” she said.

Marissa Lucas, UI dietitian, said they really should be called functional foods. She said the term superfoods implies they have special abilities, when in reality foods labeled as super simply have health benefits that might be higher than other nutritional options.

“I think of them as functional foods just because the word ‘superfood’ is exciting because it implies these foods are better than other foods, I want them because they perform a specific function,” Lucas said.

For example, she said oats are known for lowering cholesterol levels.

“It’s exciting to think there are foods you can go out and buy and can take control of a specific part of your health,” Lucas said. “So much of our approach toward healthcare is reactive, now you have a disease here’s how we need to treat this, but we should be proactive. Let’s prevent this disease or I can make small changes in my diet.”

But many foods have amazing nutritional value, Haselhuhn said.

“Things like blueberries are high in antioxidants, almonds have heart-healthy fat, so a lot of these foods you’ll see on a list of superfoods so they make a great snack they fit into a diet,” she said.

But they need to accompany a balanced diet. ■

OATS

Oats are more than a stick-to-your-ribs breakfast, they contain beta-glucan — a fiber known to reduce cholesterol levels. Oats are also low in calories and high in protein. Plus, they contain a host of vitamins and minerals — magnesium, potassium and zinc, to name a few.



AVOCADOS

These green machines can help reduce inflammation, including osteoarthritis and rheumatoid arthritis, and help with the absorption of the carotenoid antioxidants lycopene and beta-carotene — basically, they protect your cells from damage and disease.

BLUEBERRIES

Pick blueberries for your next study snack. Not only do they improve memory with regular consumption, but blueberries are high in those helpful antioxidants. Cranberries are also well known for their prevention of urinary tract infections, and have recently been associated with anti-cancer properties.

ALMONDS

Are you nuts? You should be eating almonds. High in monounsaturated fats, almonds are associated with reducing the risk of heart disease. They also contain high levels of magnesium, which helps improve blood flow and oxygen within the body, and the transportation of nutrients.

RASPBERRIES

Another mighty berry, raspberries have the ability to stimulate the metabolism, potentially reducing the risk of obesity. They also contain antioxidants and have anti-inflammatory properties, similar to avocados, that can help reduce inflammation like arthritis.

MIX & MATCH

Story and Illustration by Avery Worrell

■ It's the champion, the original, the tank. The KitchenAid Model K, brainchild of designer Egmont Arens, is the go-to mixer in restaurants and homes worldwide.

The Model K is known for its wide array of attachments. Above is the iconic whisk, and to the right is the flat beater and dough hook — for all your beating and hooking needs.

Which brings up the question, what attachments is the Model K missing? In a perfect world, what could it do?

Please keep two feet planted and firmly grab this magazine with two hands for the remainder of this piece — it might get wild. ■



Beater

Dough Hook



Time Turner

Hermione Granger isn't the only one who needs more time in a day. Let the mixer spin this magic hourglass. Remember: You must not be seen.



Radial Saw

Two words: deep cuts. Nothing stands in the way of the new Blot brand KitchenAid saw. Cabinets, couches and carpenters beware.



Siri

Not only does she give you maps, calendar and Internet, she's one hell of a cook. Put on your black turtleneck because it's a revolution.



DISHING UP DINING STEREOTYPES

Why off-campus food takes the cake in on-campus ratings

Story by Lindsey Treffry, Illustration by Ethan Kimberling

■ A hairy mole sticks out from under the lunch lady's hair-lined lip. Sweat drips from the grey curls that poke out of her hair net and her flabby arm thrusts into a bottomless cavern, returning with a spoonful of chunky, bland schlop.

The stereotypes of cafeteria dining seem elementary, but as University of Idaho students chow down on campus, a distasteful dichotomy* still seems to exist.

"Nationwide, dining is one of the most hated places just because it's one of the same options every day," said Katie Beck, a senior in elementary education.

In a Sept. 13 blind taste test of various on- and off-campus foods, 14 UI participants rated their feelings toward UI Campus Dining lower than off-campus restaurants before munching on test samples.

Students chose their favorite from unlabeled bagels, pizza, cheeseburgers and French fries that represented on- and off-campus locations.

The best burgers and fries were off campus at The Angry Bear and The Coeur d'Alene Ale House, while on-campus restaurants Einstein's Bagel and J-Street Cafe earned the most votes for best bagel and pizza.

"The problem is that it's always the same variety."

— *Katie Beck*

"It's not bad food," Beck said. "It's not. There's a lot of variety. But the problem is that it's always the same variety."

Shawn Finnegan, Sodexo regional marketing director, said there are other reasons behind the bad on-campus food image.

"What (people) taste and what they perceive are different, no matter how good a restaurant or dining location," Finnegan said. "Parents and students have an image of what institutional cafeteria dining is like and it just naturally carries over. If you have a poor experience in dining experiences as you grow up, it sticks with you."

And sometimes, it's not just perception. Finnegan said society's taste has changed.

"More people know about food and have more experiences going out," he said.

Students with meal plans eat on campus nearly every day, and Finnegan said the environment gets repetitive.

"If your favorite restaurant is ... Red Lobster ... and you were forced to go there weeks on end, your opinion of that location would go down," he said.

As a change of scenery, Finnegan said, off-campus eating can be a stress reliever for those who spend their entire day on campus.

"Students have to realize, even if we had something like Applebee's on campus, it'd be the same (repetitive nature every day)," Beck said.

Pat Clelland, general manager of Sodexo Services at UI, said dining stereotypes have

prevailed since he was in school in the 1980s.

"There was one entrée, one vegetable, and if you were vegetarian, you ate the salad bar or a peanut-butter-and-jelly-sandwich," Clelland said.

But Clelland said food offerings have increased during recent years.

The menus at Bob's Place, are on a four-week cycle. Bob's offers daily variations of pizza, burgers, sandwiches, salads, soups and desserts, plus interchangeable entrées such as chicken enchiladas or vegetable lasagna.

"We've incorporated whole wheat pasta and brown rice," UI Executive Chef Kris Raasch said. "And now the freshness of produce."

Raasch said fresh produce arrives Monday through Friday and sometimes on Saturdays.

Clelland said there are always vegetarian options and a two-year long "My Zone" program gives gluten intolerant students a place to toast their gluten-free breads and pull from a refrigerator full of gluten-free choices.

But for those everyday students, Beck said personalization isn't possible.

"People feel like they aren't being catered to, but in a system this big, they really can't be catered to," she said.

Overall, Finnegan said, students feel limited.

"It's the psychology of choice," he said. "I want to decide where I want to go versus being told where I want to go."

And as for the lunch lady stereotype? No sweat or moles here.

"Students are pretty mature and realize that these are people and it's their job to serve food," Beck said. ■

"It's the psychology of choice. I want to decide where I want to go versus being told where I want to go."
— Shawn Finnegan

WHAT'S ON TAP

Moscow's music spot boasts big beer selection

Story by Madison McCord

■ The taps at John's Alley Tavern span half a wall behind the bar and it doesn't look like they'll stop pouring pints of mass-produced pilsners and hand-crafted microbrews any time soon.

Dave Sturing, an employee at the Sixth Street bar, spends his days beside a row of shining taps.

John's Alley boasts the biggest — and what many argue is the best — tapped beer selection around.

"We do beer because we like beer," Sturing said. "The more choices that you have, the better the chances you have to find a beer you like."

Beers range from light pilsners like Bud Light to dark porters such as Deschutes Black Butte.

Sturing said it is important to not only offer a variety of brews, but to recognize which customer favorites need to stay on tap.

"It's important to keep the good ones in stock," he said. "It helps that the distributors are really good about making sure new, good and tasty beers that they get, we get." ■

JOHN'S ALLEY QUICK SIPS

- 26 beers on 27 taps (PBR has two)
- 21 breweries
- Taps host international beers (Labatts Blue of Canada and Newcastle from England)
- 8 from the Northwest states of Idaho, Oregon, Washington and Montana
- PBR's tap blows most frequently

CLEAN OR CRAZY?

Story by Katy Sword, Photography by Jesse Hart

■ Master Cleanse. HCG diet. Grapefruit diet. We've all heard these names tossed around — maybe even tried them. There's an appeal to the concept of cleansing for three days and losing 10 pounds, or taking a pill and watching fat melt away.

Many fad diets and cleanses promise instant results, which Samantha Ramsay, director of the Coordinated Program in Dietetics at the University of Idaho, said appeals to our instant-gratification society.

"The reason there's so much attention to using any type of cleanse is because you are often dehydrating the body, you're restricting your energy intake and a potential fluid restriction, which means you're going to have water loss," Ramsay said. "So maybe (you will lose) four pounds, six pounds and then you think 'Oh, I've lost a bunch of weight, I can get started,' but it's a false start."

UI dietitian Marissa Lucas, said cleanses or diets can slow your metabolism and lead to weight gain.

"Your body will be sending you all sorts of signals when you are in starvation mode," Lucas said. "So when you start eating again your body will hold on to everything because our bodies are really smart — it thinks you are in a famine."

Peg Hamlett, UI fitness and wellness director, said she has heard of students trying several different diets and cleanses, but the most popular is the Master Cleanse.

She said students prefer this fad diet because it is cheap — consisting of lemon juice, maple syrup, cayenne pepper and water — and only requires dieters to drink the concoction.

"Students will try anything from a three, seven to 21-day cleanse," Hamlett said. "Personally, I think a day or two of cleansing is not harmful if approached and ended correctly."

Hamlett said the HCG diet was a craze on campus that is past its peak. Dieters take a prenatal vitamin and drastically cut daily calorie intake to lose weight rapidly.

"I am thankful that the HCG craze is drawing to a close," Hamlett said. "Students' mental and physical health, along with their finances, suffer greatly with HCG."

Hamlett said prescription HCG does work, but requires a doctor's supervision.

"HCG is very expensive, especially if you get a higher, more potent grade, and the 500 calories a day affects students' mental functions," Hamlett said. "Save \$25 and drink two 8-ounce glasses of water with a B vitamin and cup of black coffee and you would receive a similar benefit."

She said the latest fad diet is the raw or Paleo diet.

"(You) eat like a caveman," Hamlett said. "(The) Paleo diet is actually a fairly healthy idea."

The Paleo diet consists of eating fruits, vegetables, lean meats and nuts while avoiding everything else, including dairy and grains. Although Hamlett said she thinks this is fairly healthy, Lucas warned against eliminating whole food groups.

"Your body needs a full, balanced diet to function," Lucas said.

Ramsay said there is only one way to properly diet, and it's not glamorous.

She said consuming a fruit, vegetable or both with each meal is the best way to be healthy and reap the benefits most dieters seek.

"(Fad diets are) flashy," Ramsay said. "They're exciting because you can tell people what you are doing, but the reality is they don't work. But they make for a good headline." ■



MASTER CLEANSE:
lemon juice
maple syrup
cayenne pepper
water



Mealtimes bring Alpha Phi sisters together

*Story by Britt Kiser,
Photography by Jesse Hart*

■ It unites freshmen and seniors, art and business majors, or bookworms and socialites. It's comfort from home in the midst of a hectic college atmosphere.

Every personality under Alpha Phi sorority's roof comes together over one thing we all have in common — the need for nourishment.

Greek houses at UI share a family-style dining atmosphere and several other mealtime traditions.

Almost every fraternity and sorority has a formal-style dinner once a week.

Alpha Phi sisters dress up to dine with fancy tablecloths, napkins, water goblets and fine china every Monday. Our house director gives a brief old-fashioned etiquette lesson to the sound of clinking glasses and silverware.

Members meet over less proper meals, too. Breakfasts are continental and include all the classics you could hope to toast, pour, crunch or sip. Every other evening and for lunches, we choose from a buffet and fully stocked salad bar. Dessert is generally served twice a week, and Greek chefs almost always accommodate dietary needs for vegetarian, vegan or gluten-intolerant sisters.

Each sorority also has hashers — fraternity men who are paid to assist the kitchen staff. They serve formal dinners, stock the buffet and salad bar, wash dishes and tidy up the dining room. If a member has a prior engagement during lunch or dinner, she can request a "late plate," which a hasher puts together.

Hashers also provide the evening's entertainment on occasion. Two years ago, Alpha Phi's hashers put on a Chippendales-like show during Christmas dinner — bowties, striped shirts and all.

Each Alpha Phi is allowed one outside guest for lunch or dinner per month, and we hold one organized scholarship dinner each semester when members invite professors to dinner.



Menus are generally planned weeks in advance — a collaboration between the house director and chef — and are posted for members to see and plan accordingly.

Every year, Alpha Phi's seniors have the opportunity to plan a week's menu of their favorite dishes. This spring

I will likely request homemade white chicken chili, or maybe vegetarian lasagna, or basil shrimp, or chicken fried steak and mashed potatoes, or these PF Chang-style lettuce wraps — full of veggies and topped with a Thai peanut sauce.

Our cook also makes this impeccable dessert. She bakes cinnamon cone-type things and homemade butterscotch topping. Paired with pumpkin ice cream, it's to die for.

I could go on for days. Some people gain weight in college because they drink too much, others gain weight because they fail to go to the gym. I gained weight because my house's chef also happens to own a catering business.

Our executive board also surprises the house with a special dinner. The ever-popular date dash requires members to acquire a dinner guest in about an single hour.

Last year, Alpha Phi held a Mardi Gras-themed masquerade dinner. We each decorated two masks and left one from every pair at Sigma Nu fraternity. When Sigma Nu brothers arrived for dinner in disguise, we sought out a matching mask and met our date for the evening. It provided a comfortable setting to branch out in, and helped us meet people we might not have.

Mealtimes can turn strangers into friends, friends into sisters, roommates into family and cereal into a celebration. When all of our differences are stripped away, we're united by the need for something more than nourishment. ■



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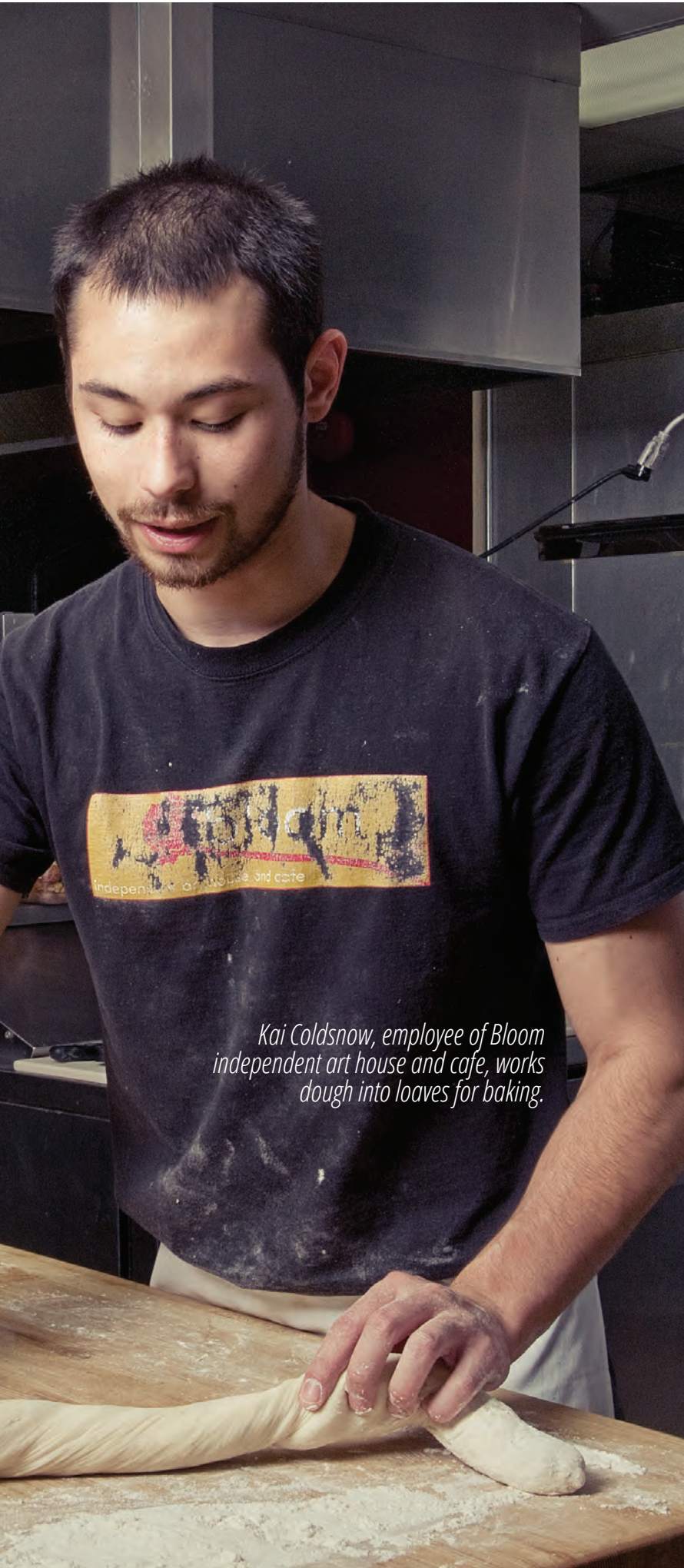
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FOR THE LOAF OF BREAD

*Story by Kasen Christensen,
Photo by Philip Vukelich*



Kai Coldsnow, employee of Bloom independent art house and cafe, works dough into loaves for baking.

■ The menu is simple — standards like omelets, quiche, salads, potpie and grilled cheese are breakfast and lunch perfected. But the kitchen at Bloom bustles on Sundays to perfect a long-lost bread recipe.

“We actually make our own bread,” said Nick Guse, general manager of Bloom.

The bread is the foundation of French toast, sandwiches and other popular dishes.

Brett Woodland, who co-owns Moscow eateries Bloom and Nectar with his wife Nikki, said they want to sell the bread by the loaf one day.

“It takes a little more time, we make a little less money, but we don’t care about that,” Guse said.

Woodland said former Bloom employee Joel Meyers developed the original recipe, and called him a “magician” who went on to bigger things.

“He made the best bread we’ve ever had,” he said.

That’s saying something — the Woodlands met in a Spokane bakery.

Before he left, Meyers taught Nikki and her staff some basics. The recipe is getting closer, but still isn’t what it once was.

“The cooks have a competition when it’s their turn,” Woodland said.

He always tells them the other cooks do it better.

The ingredients come from local producers as much as possible — the Moscow Farmers Market flows past their door every Saturday, and is a boon to the Main Street restaurant’s product and patrons.

Bloom owners value that diners know where their food comes from, such as a neighbor providing the tomatoes, or the guy down the road providing meat. Woodland said those experiences get people talking about food.

Nikki acts as head chef and retains full control over what goes on the tables, but for the most part the cooks have creative freedom in the kitchen.

Woodland said their goal is to make simple food really well. He said Nikki has a keen sense of taste — she can try a dish and tell almost instantly what needs to be adjusted.

The managers want eating at Bloom to be an experience not just with the food, but people.

The business thrives on regulars. One of them, Charlie, comes in three or four times a week. Everybody knows him, from the waitresses to Guse to Woodland.

Guse said they are about ready to build a statue of Charlie in the restaurant.

It would go well alongside the local sculptures growing out of the walls.

Three or four times a year, the Woodlands host, family-style benefit dinners complete with five courses and paired wines. They last two or three hours.

Brett said they want to do them once a month, starting in 2013.

“It’s hard not to get to know each other when you’re eating,” he said. ■



THIN THE



DRINK OUTSIDE THE BOTTLE

*Story by Britt Kiser,
Photography by Matt Leitholt*



■ Jeremy Ritter runs a one-man show. He's been the wine maker, tasting room staff, janitor and bill payer of Moscow's Camas Prairie Winery since he took ownership almost two years ago.

Ritter said it's larger than a home brewery, but smaller than a large-scale cellar. Camas Prairie is a wine boutique — not to be confused with a vineyard.

"A winery and a vineyard are two completely separate businesses," Ritter said. "It's like a bakery. Bakers don't grow their own wheat, barley, or whatever."

Ritter said Camas Prairie's setup is perfect for a tight-knit community like Moscow.

"You get into the big wineries and very seldom will you ever meet the actual winemaker," he said.

Most large-scale wineries have a wealthy owner invested in the business who knows little about wine, Ritter said.

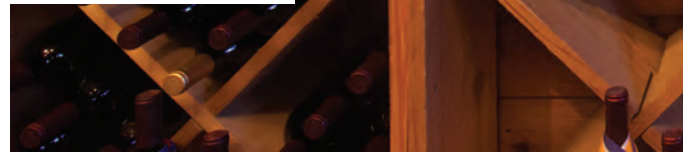
"They know how to drink it, but they don't know the concepts behind everything," he said.

Although Ritter runs the shop mostly by himself, his neighbor, who introduced him to winemaking, helps him bottle the products.

"Other wineries have bottling day and they have their little party or whatever," Ritter said. "Those are fun, but you lose a lot of quality control."

Prior to owning Camas Prairie, Ritter laid sheetrock in Moscow for five years. During that time, he began brewing wine from home. Then Ritter's father informed him the winery was for sale, and the rest is history.

"We Googled it, laughed and joked about it," Ritter said. "Then we actually started to look more in-depth into it, and it became approachable. The more I got involved, the more I learned. It not only became a hobby for me, but a passion."



PART OF THE VANDAL FAMILY

The University of Idaho launched its Vandal Crest Wine Program in July. After an application and interview process, Camas Prairie was chosen to be featured at UI events.

Each bottle is labeled with a hologram of the Vandal crest, making it an officially licensed product, Ritter said.

"Anytime it's poured, used or sold, a very large portion of the proceeds goes toward a scholarship fund," Ritter said.

Hugh Cook, associate director of alumni relations, said 100 percent of proceeds go toward scholarships — half to the Vandal Scholarship Fund for student-athletes and half to the general scholarship fund — after marketing costs.

Cook said the program has two goals: to recover cost and raise money for scholarships while producing a gift or keepsake for alumni and friends. A lot of universities, including Washington State University, offer a wine club or similar program.

"At this point, I would say the university is not moving toward only serving Vandal Crest wines," Cook said. "But it's definitely an opportunity."

Ritter was happy to have a chance to promote his product and support UI students.

"We didn't want to get involved with it if it was only for something like faculty pay raises," Ritter said. "But it's something that supports the students. We're very much into buy local, support local and also supporting the local students."



THE WINE-MAKING PROCESS

Ritter's grapes are grown in the Northwest and come mostly from the Tri-Cities and Lewiston Valley.

Camas Prairie's wine-making process begins at the vineyard, where every grape is hand-picked from the vine and put into a crusher machine.

"It basically ejects the stem out of the crusher and you end up with the skin and the juice," Ritter said.

The crush is then pumped into barrels and driven to Moscow where it is offloaded into vats and fermentation begins. Fermentation produces the alcohol in wine and takes five to 12 days. Red wine is fermented with the grape skin, while white wine is fermented with juice only. The fining process follows and takes four to six months.

"So you press off the skin if necessary, and then add bentonites and fining agents to start to clarify the wine," Ritter said. "It's basically taking a cloudy substance and making it look clearer, like you see on the store shelf."

After the fining process, the wine is filtered and bottled, then aged for one to five years.

Ritter said he chooses to bottle age, opposed to barrel age, because of Camas Prairie's size and a slight difference in taste.

"I mean, after it's barrel aged for 'x' amount of time, it definitely starts to get better," he said. "But with our technique, we're still winning gold and bronze awards, and you're not getting that different taste. So it takes a very trained nose and trained pallet to pick up on it."



BRINGING HOME THE HARDWARE

Camas Prairie carries 24 varieties of wine — from sparkling wine, or champagne, to mead wines, which consist of fermented honey and sometimes fruit.

Camas Prairie also offers a variety of fruit wines, including plum. Ritter said it's made strictly from fermented wild plums, and that no grapes or honey are added to it.

The winery carries the largest selection of imported beers, as well as a few regional microbrews from Washington, Montana and Idaho.

"Most of the beer you find in here, you won't find anywhere in Moscow," Ritter said.

Camas Prairie's menu boasts two award-winning bestsellers. The first — huckleberry mead — is a mixture of huckleberries and honey.

"Other wineries use a grape blend of wine — a grape base with added syrups, extracts and concentrates," Ritter said. "What we do here is all made from real fruit. It's not flavoring and it's not concentrate."

The second bestseller, spiced wine, is served warm and composed of brown sugar, cinnamon, cloves and allspice added to a red wine base.

"It's like Christmas in a glass," Ritter said.

Nestled between Mingles Bar and Grill and a real estate agency on Moscow's Main Street, Camas Prairie is a treasure. North Idaho's oldest winery has something for everyone — tourists stop by on their way through town, locals frequent the classy environment to socialize and relax, while others browse the shelves or learn the ropes of a taste test. ■

TASTE TESTING 101

**First Friday of each month
\$15 per person**

When it comes to taste testing wine, Ritter said everybody has a different pallet.

"Some are nothing but sweet, some are nothing but dry and some are just that lightly sweet — nobody's pallet is the same," he said. "It's their own personality, like a thumbprint."

Ritter offers a Wine 101 class for beginning wine drinkers, or those who want to learn more about it.

The class is based on a 20-point scale developed at the University of California Davis that begins with acidity and clarity and works its way up.

"In the class, we pick each point apart so you've got a better understanding of what you're seeing, tasting and feeling," Ritter said. "You spend anywhere from an hour to two and a half hours with me — we go through every question you've ever had about wine and I try my best to answer them."



A FRIENDLY FACE

Story by Kaitlyn Krasselt,
Photo by Amrah Canul

Every day hundreds of students, faculty and guests pass through Bob's Place for breakfast, lunch or dinner.

It's a typical university cafeteria that may not be as homey as your dining room, but it gets the job done and the added factor of friends and acquaintances never leaves University of Idaho students lonely at mealtime.

Marvel Harper, 62, has worked at Bob's for six years and is often the first face diners see as they enter between 6:30 a.m. and 2:30 p.m. on weekdays.

Harper greets everyone who dines at Bob's with a smile and her signature "have a great day."

"Meeting the students is my favorite part. I try to call them by name if I can remember," Harper said. "(I remember) probably 100 or more names and then over the years more than that. If I see someone off campus and I'm off campus I don't remember it, but then after a while I will."

Austin Chmelik, UI freshman, lives in the residence halls and said he eats at Bob's every day. Four weeks into the semester, Harper greeted Chmelik by name.

"She seems really nice and I thought it was cool that she remembered me," Chmelik said.

Chmelik said he tries to have a conversation with Harper every time he enters Bob's.

"Every time I go in I say 'Good morning, Marv. How's your day been, how's it going,'" Chmelik said. "She's really nice and it just makes my day better every time I walk in."

Harper said she enjoys watching trends and the innovative ways students change their appearance.

"Seeing the way that (the students) dress ... and the hair ... the new styles, I guess, piercings and tattoos — they're funny to see," Harper said.

Harper grew up in central Washington before moving to Pullman in 1976.

"I've been in this area for a long time," Harper said. "I have relatives that grew up in this area."

Harper said she has worked in the food service industry her entire working life.

"I started in Spokane and then I came down to Pullman and I worked at WSU for a long time before I came across the state line," Harper said. "Prior to here, I worked for Gritman hospital and Good Sam's for a little while before I had this job."

Harper said she began working at Bob's in 2006 because she wanted to stay in the field, but felt a job at the front would better suit her age.

"I was cooking and doing other things, but I just thought I'd come here because I'm getting older," Harper said.

Harper recently began a second job with Starplex Corporation, a crowd management organization, where she works through Washington State University and UI ushering or taking tickets at events.

Harper enjoys attending concerts and sporting events in the area, as well as taking care of her small yard.

Harper said she believes the students at UI are friendlier than those at WSU, but regardless of her university affiliation she ultimately loves people.

"I like to be around people and trying to help out everybody and be friendly," Harper said. "That just makes me happy." ■





SMELLS
LIKE

TEAM

Vandal faithful gather before every home game to share food, drink, company

*Story by Elisa Eiguren,
Photography by Jesse Hart*

■ The scent of sizzling brats and barbecue smoke waft through the air the senses. There is no shame in taking seconds or thirds, and one can hardly walk more than a few steps through the crowd of Vandal T-shirts without being offered an ice-cold beverage or plate of food.

Idaho football home games create an atmosphere reminiscent of holiday dinners as multiple generations of Vandals gather in the Kibbie Dome parking lot to celebrate with food and drinks.

Nothing embodies the meaning of “Vandal family” quite like people traveling hundreds of miles to reunite with family and friends at the university they love. It’s tradition, culture, an expression of school spirit — it’s Vandal tailgate.

During more than 45 years of tailgating, Dorene Branson said she and her husband Jim have never missed homecoming. In a parking lot packed with Vandal canopies, banners and other paraphernalia, Branson might still be a little more “Vandalized” than the rest wearing a black and gold plaid apron with matching tablecloths.

An Alpha Gamma Delta sorority alumna, Branson said tailgate is an opportunity to reconnect with high school and college friends and is a big factor in bringing people to UI football games.

“We’re like a big family out in the parking lot partying,” she said. “Our granddaughter Allison thinks you can’t come to a football game if you don’t party first.”



SPIRIT

Branson said her tailgate menu varies with each opponent. Cougar Gold mac 'n' cheese and steak on a stick might be served during homecoming, while a new recipe for Johnsonville Brats might be used for a standard tailgate.

Branson said she is known for her baked potato cheddar soup and has been asked to cater other tailgates, but she prefers to spend game days with her family and friends.

Family and friends motivated John Townsend to purchase season tickets and drive to Moscow from Mount Vernon, Wash., to tailgate before each Vandal football game.

"My parents are still here and my sister so it's a chance to come back and visit the family

and then I love going to the football games," he said.

Under a Vandal canopy marked by a gold sign that reads "Vandal Alley," Townsend said his family's tailgate is generally organized by his brother-in-law Andy, who stores most of the supplies in his garage in Moscow. Then friends and relatives from various parts of Idaho and Washington contribute to the menu, which consists of tailgate classics such as wings, brats and pulled pork sandwiches.

During the week before tailgate, Bob Lange said their group communicates to see who

"We're like a big family out in the parking lot partying."

— *Dorene Branson*

is bringing what and if they should have a theme. When the Vandals played La. Tech, they had a crab boil. And though food is an important factor, he said, the majority of time at tailgate is spent visiting with old friends and mingling with new ones.

"It's kind of a little reunion ... a chance to get together with buddies," Lange said. "If you run out of something you can walk over to anyone and say, 'Hey, have you got any barbecue sauce?'"

As dedicated Vandal fans, Lange said they invite several of the football players' parents to join them at tailgate — an opportunity to form a closer relationship with the team they support.



“It shows there are values beyond what happens on the field and wins and losses.”

— **Rob Spear**

“It adds a little more intimate knowledge with the team and you really care about these kids, you really want them to succeed ... so it really kind of goes beyond just being a fan,” he said.

Kathy Zanetti considers her family a multigenerational tailgating family. Although she and her husband Herb didn't attend UI, they drove down to tailgate with friends during their time at North Idaho College. Zanetti said they decided to purchase a RV in 2003 while their sons were in school, and there are usually 30 to 60 people at their tailgate.

“We now know almost like a huge extended family of all these motor home tailgaters and we all visit on Friday nights, some people come on Thursdays,” Zanetti said.

For those who doubt the gratification of the tailgating experience, Zanetti said she encourages everyone to try it at least once.

“Supporting a football team with the type of heart that Idaho has is, I think, one of the main factors you have ... the friends and the camaraderie is the rest. And I just think if you come once you're hooked,” she said.

UI Director of Athletics Rob Spear said tailgate has grown into a cultural component of the university that enhances the game day atmosphere.

“Students create the atmosphere, which gives us a home field advantage because players feed off the excitement,” Spear said.

UI has a reputation as a great residential campus, he said, with an active Greek system and residence halls

“People love to give back and the community wants to see how students are involved at the university,” he said. “And because it's fun out there ... you eat good food and drink the beverage of your choice.”

When recruiting student athletes, Spear said he tries to convey the idea of joining the “Vandal family” to parents and recruits. Knowing that Vandal alumni such as Lange and Townsend welcome parents of players to tailgate is encouraging, Spear said.

Tailgate also highlights how other UI colleges and organizations can benefit from athletics. Spear said athletics has about a \$34 million impact on the local economy each year, and colleges can draw from the influx of alumni for fundraising and other activities. The marching band's talent is showcased at each home game and successful alumni at tailgate create networking opportunities for students, Spear said.

“It shows there are values beyond what happens on the field and wins and losses,” he said.

The black bus with camouflage trim and “Akey's Army” painted on the side is impossible to miss in the gravel Kibbie Dome parking lot. UI junior Bernie Druffel said he and some fraternity brothers wanted to bring more of their friends to tailgate. So they found the bus on Craigslist and about \$2670 later, Druffel said they have a full-blown tailgating rig.

“It makes people want to come when you have something epic like this,” he said.

The bus started as a camper and Druffel said they had to tear out the beds, change the oil and do a lot of electrical





work before the bus was mechanically sound. The next step, Druffel said, is to install a hot tub in the back.

ASUI Director of Athletics Grady Hepworth said everyone has their own way of enjoying tailgate — with or without a Jacuzzi-toting party bus.

The combination of alumni and students ensures that there is already a good tailgating culture in place, and Hepworth said ASUI is just looking for ways to enhance it through promotions or free entertainment. During the season opener against Eastern Washington University, Hepworth said ASUI handed out 300 free New York Johnny's hot dogs.

He said tailgate is a quintessential college experience.

"Tailgate is such a cultural and social aspect of college and it's one of the few experiences outside of a classroom setting that brings everyone together," he said.

Hepworth said one of his goals is to help students realize the party moves into the stands when the parking lot empties into the Kibbie Dome.

He said the alcohol consumption at tailgate is simultaneously an attractant and deterrent for students, but students should realize you don't have to drink at tailgate to have fun because it's about showing opponents why you are proud to be a Vandal.

"Some people think that tailgate is only for Greek people or for drunk people — but it's for everyone," he said. "Nothing brings people together like food and drink." ■



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FUELING TH



How Idaho Football's offensive line balances size and strength

Football games are won in the trenches — a 10-man battlefield where strength, technique and size rule.

The five-man offensive line carries the responsibility of protecting the ball carrier on its large shoulders, and the exact size of those shoulders can make the difference between a touchdown and a sack.

Idaho's front five tip the scale at a cumulative 1,496 pounds.

Affectionately named "The Fat Five" by coach Robb Akey, the Vandals' offensive linemen weigh an average of nearly 300 pounds each. The biggest challenge for the front five though, may take place off the field and in the kitchen.

Samantha Ramsay, director of the Coordinated Program in Dietetics at the University of Idaho, was a sports nutritionist at Washington State University before moving the eight miles to Moscow. She said researching sports nutrition and working with athletes is still a passion of hers.

Although no two athletes are the same, Ramsay said offensive linemen are at one end of the eating spectrum regarding the type and amount of food they need to consume.

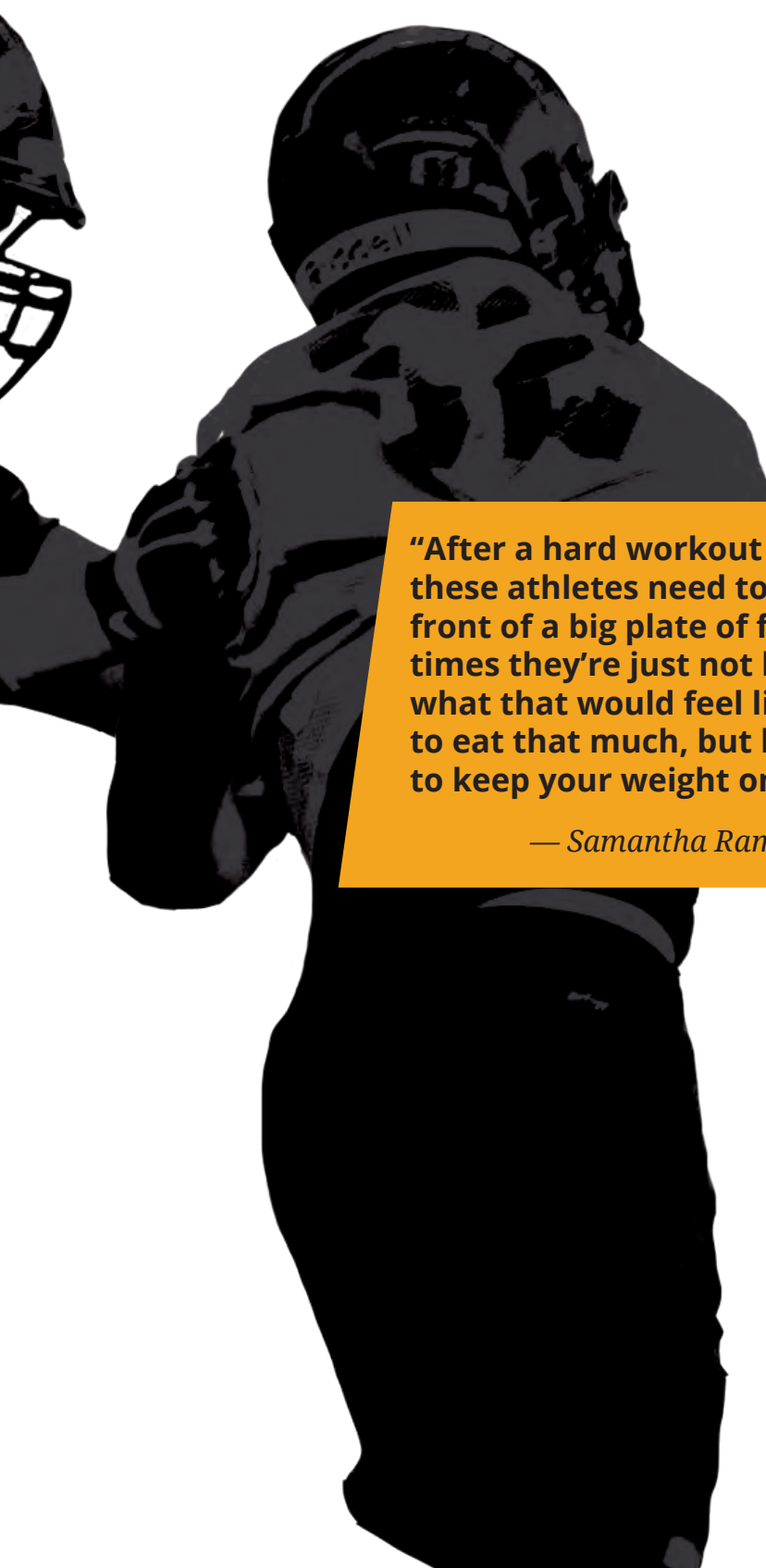
Ramsay said larger athletes have much higher caloric needs, so an offensive lineman might be in the range of 4,000 to 6,000 calories per day, a number that sounds astronomical to most — athletes included.

"When you talk with some linemen, they say that it is such an effort to eat, because eating 6,000 calories per day is a lot of work," Ramsay said.

One of those linemen is redshirt freshman Cody Elenz, who said eating that volume of food is nothing short of a challenge some days.

THE 'FAT FIVE'

Story by Madison McCord and Theo Lawson,
Photography by Tony Marcolina



"After a hard workout or activity, these athletes need to sit down in front of a big plate of food, and sometimes they're just not hungry. Imagine what that would feel like to not want to eat that much, but have to in order to keep your weight on."

— Samantha Ramsay

"It definitely gets tiring sometimes to eat that much food. I mean surprisingly for all the people who say it's hard to lose weight, I think it's twice as hard to gain weight," Elenz said. "It's a constant task and something that we think about from right when we wake up and needing to pack a bunch more food, to eating a good lunch and finally coming home and making a big dinner."

Ramsay said some of the problem lies in the fact that most student athletes are unaware of what they should be eating. UI doesn't have a registered sports nutritionist on staff, which leaves the responsibility of filling student athletes with premium fuel to trainers, coaches and the athletes themselves.

"I've had some student athletes that are very regimented. Some athletes are doing really well with their diets, but there is room for improvement," Ramsay said. "The problem is that a lot of athletes just don't know."

She said most student athletes aren't far from an ideal diet, but she hopes UI takes the next step and creates a sports nutrition program for athletes.

"I'd really like to see a program where if athletes were interested they could get guidance and help them look at what options to focus on and consistently eat, because we get patterns but which options would you choose that would be beneficial to performance," Ramsay said.

Idaho offensive line coach Gordy Shaw has been coaching since 1977 and said he is still amazed at the change in how players manage their diets since the beginning of his career.

"I'll be honest — when I started coaching, there was none of this 'pop was bad' and all of that other stuff," Shaw said. "Players would eat six quarter-pounders and a shake and four apple pies and they wouldn't think anything of it."

Senior AJ Jones worked for a catering company for four years before transferring to UI from a California junior college, a job he said has prepared him with the knowledge of what to eat and how to prepare it.

Jones said outside of his own adventures as a Gourmont, the team provides enough food before and after games, whether it's on the road or a pre-game meal at Bob's, to make sure the athletes never go hungry.

"The team feeds us real good," Jones said. "I mean no one would have a problem putting on weight if they need to, or lose weight if need be."



“We got this thing called ‘Fat Thursdays’ where we all get together and go find somewhere to eat and it brings us closer and gives us time to hang out while feeding ourselves.” — A.J. Jones

Another area of emphasis for offensive-lineman-size athletes is proper hydration. Athletes’ bodies are typically 75 percent water because a lean body mass contains more water.

Ramsay said this means they are more likely to run that supply dry because the muscle tissues that store water also use the majority of it.

“A slight percentage of dehydration — let’s say 1 to 2 percent — can cause cognitive impairment for athletes,” Ramsay said. “If they’re not hydrated and need to make those split-second decisions based on what they see from the quarterback or defensive line, they’ll be impaired.”

Sophomore Mike Marboe said coaches and trainers consistently stress hydration on and off the field.

“During the season they’re always preaching for us to push fluids, especially when we go on the road,” Marboe said. “You’re never more than a few feet away from a bucket of

Gatorade or water, so we’re always drinking, especially during the game.”

A common misconception about linemen is that they are just big guys who do their job by getting in the way of people, Ramsay said. But that couldn’t be further from the truth, as they may be some of the most athletic players on the field.

That brings up the conundrum of balancing fitness and flab.

Elenz, who is in his second season with Idaho and his first as a starter, said his weight would drop significantly if he weren’t consuming enough calories.

“Staying big is way harder than staying fit,” Elenz said. “When we’re out here burning thousands of calories between practice and a game it’s easy to lose weight. Staying in shape is as simple as doing the same work I do every day.”

After practicing or working out for hours each day though, some athletes said it’s difficult to find their appetite.

“After a hard workout or activity these athletes need to sit down in front of a big plate of food, and sometimes they’re just not hungry,” Ramsay said. “Imagine what that would feel like to not want to eat that much, but have to in order to keep your weight on.”

Through the pain on and off the field, the mammoths of the offensive line maintain their weight and fitness, while mixing in a little camaraderie around the dinner table as well.

“We got this thing called ‘Fat Thursdays’ where we all get together and go find somewhere to eat and it brings us closer and gives us time to hang out while feeding ourselves,” Jones said.

While spending hours on the practice field and in the weight room can affect how players are prepared for games week in and week out, what they put in their bodies just hours before stepping on the field may make the biggest difference between the joy of victory and the agony of defeat. ■

RUTHIE IN THE KITCHEN

Paella from a president's wife

Photo by Philip Vukelich

Every family has one recipe that brings the troops together — for Ruthie Nellis that recipe is paella. Nellis, the University of Idaho's first lady and wife to President M. Duane Nellis, said the spicy seafood and

rice dish comes from Spain's Costa Brava, and derives its name from the shallow two-handled dish in which it is served. She likes to pair it with corn bread and rice pudding for dessert. ■

Ingredients:

¼ cup of olive or vegetable oil
1 to 1½ pounds of chicken pieces
1 medium onion, chopped
1 clove garlic, chopped
3 cups water
1½ cups uncooked regular rice
1 can (14.5 oz) diced tomatoes, undrained
2 teaspoons salt
1 tablespoon paprika
1 tablespoon instant chicken bouillon
½ teaspoon pepper
⅛ teaspoon saffron or ground tumeric
½ teaspoon ground red pepper
1 pound clean raw shrimp
½ - ¾ pound raw scallops
1 can (15 oz) artichoke hearts, drained and cut up (optional)
1 package (10 oz) frozen peas, thawed

Instructions:

- 1 Heat oil in paella pan or large frying pan until hot.
- 2 Cook chicken over medium heat until brown on all sides (about 15 minutes). Remove chicken.
- 3 Cook and stir onion and garlic in oil until onion is tender. Drain fat from pan.
- 4 Stir in water, rice, tomatoes, salt, paprika, bouillon, pepper, saffron or tumeric and red pepper. Add chicken. Heat to boiling, reduce heat and cover, simmer for 20 minutes. Periodically check to be sure enough moisture remains to prevent burning.
- 5 Stir shrimp and scallops into chicken mixture. Cover and simmer for an additional five minutes.
- 6 Add artichoke hearts and peas, cover and heat until hot, five to 10 minutes.
- 7 Serve in paella pan or shallow baking dish.



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