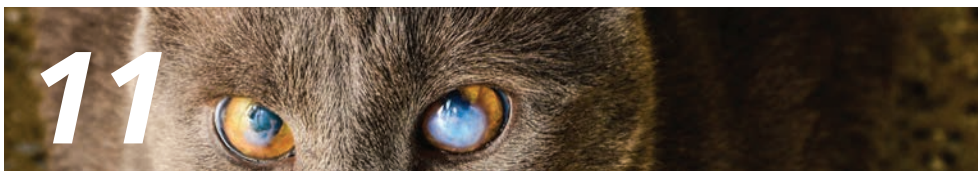


In this ISSUE



More stories at uiblotmag.com

Sweat the small stuff.

It's a lot more manageable than the big stuff. Worry about which socks to wear and what kind of bug that is. Flip a tails-up penny and save your pop tabs. Keep an eye on that weird freckle and take notice of unfurling leaves on a windowsill, because most of the world's wonders are small. The color of this week's Gatorade and the guy who pours it make the game what it is. A few months can change the course of decades, and a few hundred milligrams of medicine can change a life.

But even the widest lens can't zoom out far enough to capture the big picture. So try a magnifying glass instead. Spend some time studying the small stuff and discover a universe in the sidewalk cracks or the glory of a putt-putt victory. Big questions are fine to ask, but answers often lie in the little things.

—VH

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FIND A PENNY, PICK IT UP



All it's worth is good luck

Story by Kaitlyn Krasselt, Photography by Abi Stomberg

■ The cost of production is almost twice the value of a U.S. penny. University of Idaho Professor of Economics Jon Miller said good luck may be the only thing a penny is worth.

"I think the penny has outlived its usefulness as a medium of exchange," Miller said. "The purpose of having money in an economy is to make life easy and the penny is just a nuisance."

The penny was the first currency of any type authorized by the U.S., and for nearly two centuries was a useful means of paying for goods. But inflation during the last five decades

has rendered it nearly impossible to purchase anything for just a few cents.

Miller said sentiment is the only reason to keep a penny anymore.

"The risk of back trouble is too high to bend over and pick up a penny on the sidewalk. It's too costly."

Jon Miller

sometimes gotten pennies and just tossed

them out so little kids could find them."

Toss them out, flip them over, or give them to future Vandals.

In 1981 a mere 3 cents started the Found Money Fund, which collects loose change in a trust that will be used at the university's bicentennial in 2089. The fund has grown from 3 cents to \$320,179.26 and the UI Alumni office estimates the account will be worth several billion dollars by 2089.

"I guess there is some use, but I don't see why we can't just round to the nickel," Miller said. "I guess there's a certain desire for precision or something." ■

Learn more about the Found Money Fund at uidaho.edu/alumni/foundmoneyfund



MORE THAN A PIN



Gamma Phi Beta



Delta Gamma

Story by Ryan Tarinelli, Photography by Jesse Hart and Hayden Crosby

■ Silver, gold, round, flat, bejeweled, or engraved — Greek pins vary in every way but size and significance. Details aside, sorority and fraternity members at the University of Idaho agree there's big meaning in their little pins.

"It's not really just about this little piece of metal, it's about all the memories that go with it," said Allie Blakeman, an Alpha Phi sorority member. "A pin is supposed to represent a commitment and a bond between people, just a small group of people, that is essentially supposed to last a lifetime."

Miranda Shultz, another Alpha Phi sorority member, said the pin represents morals associated with Greek life and is a promise to live them out. Many houses have requirements members must meet before they receive a pin of their own.

"Some chapters have a GPA requirement, some have a test they have to take or a financial obligation," Blakeman said.

Initiated members receive a pin as a sign of their acceptance into

a Greek house, and it becomes a symbol of their commitment.

Jack Housley, a fifth-year senior and Theta Chi fraternity member, said the badge is a reminder to live up to his brothers' expectations, and help members become the men they want to be.

"It's a very elegant sign of your acceptance...the official sign you are now a member," he said.

A pin not only represents a member's connection to his or her house, but also to a national network of current members and alumni.



Beta Theta Pi

"It was the best feeling, it's kind of overwhelming, it's like 'wow this is actually happening,'" Shultz said. "I was so proud to wear that pin, once I got it." ■



Alpha Phi



Lambda Chi Alpha



Delta Delta Delta



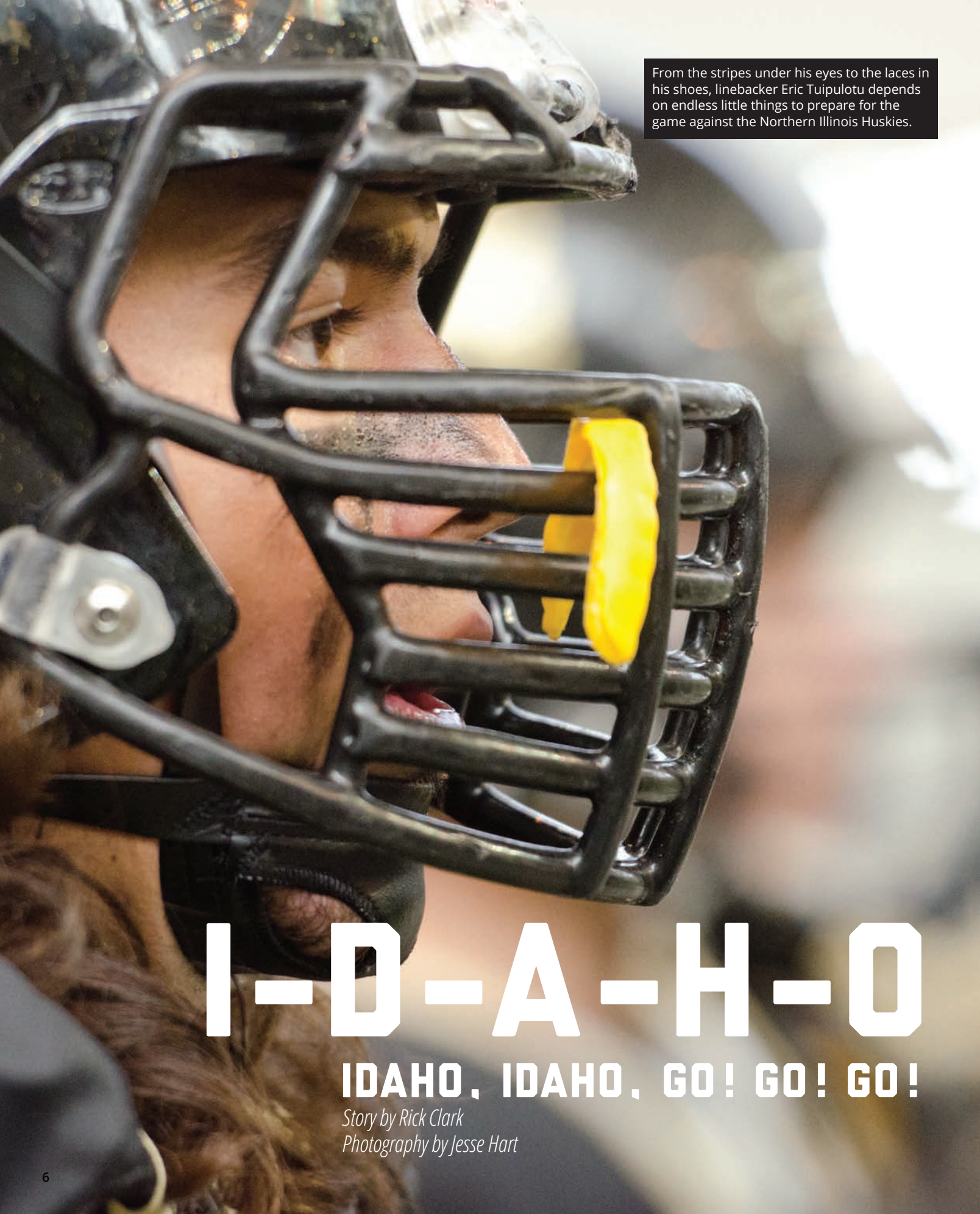
Sigma Nu



Pi Beta Phi



Theta Chi



From the stripes under his eyes to the laces in his shoes, linebacker Eric Tuipulotu depends on endless little things to prepare for the game against the Northern Illinois Huskies.

I-D-A-H-O

IDAHO, IDAHO, GO! GO! GO!

Story by Rick Clark

Photography by Jesse Hart



The athletic trainer is a man of many jobs. Their main job is to look out for the health of the players, but when there isn't anyone to take care of, they become Gatorade and water dispensers.



Stands, shoes, and turf make the game what it is, the same way coaches, equipment managers and trainers allow players to succeed on the field.



Offensive line coach Jon Carvin relies on his headset to get insight from the coaches in the booth. After talking to the coaches, he relays the information to linemen on the sidelines.



Scuffs on the helmets of these two Idaho players reveal just how physical the game can get.



Coaches are the unsung heroes of the football team. Wins and losses can come down to how they coach. Here, quarterback Chad Chalich gets some advice and talks over the game plan with UI quarterbacks coach Bryce Erickson.



Coaches move benches and set up folding chairs for their respective units. As UI players sit down, they get an earful from offensive coordinator Kris Cinkovich.



LITTLE CREDIT, LOTS OF WORK

Short-term leaders invested in UI's long haul

Story by Victoria Hart, Photography by Philip Vukelich

■ The provost leaves and a dean steps into his shoes. Hers stand empty for a moment before a department chair takes them for a short walk. While his are still warm, a faculty member intent on new challenges tries them on for size.

Each rung of leadership at the University of Idaho impacts the next. The departure of seven administrators last spring sent ripples through UI that led several faculty members to take on temporary leadership.

Interim is a small word that carries a big impact, and leaders who function under this title do the same with their short stay in office. Often keeping the seat warm and running the show for a year or less, many of these administrators put personal career goals aside in their commitment to the university's best interest.

"I know that I have six months to do the things that need to be done in the college," said John Mihelich, who became interim dean of the College of Letters, Arts and Social Sciences when Kathy Aiken moved up to become interim provost.

Mihelich agreed to serve as dean for six months, even though he'd been offered a permanent position elsewhere. After 17 years as the faculty member and department leader at UI, he undertook the interim deanship to serve UI in a different capacity.

Aiken, a tenured faculty member in the history department

who spent six years as dean of CLASS, also has deep ties to UI. She said permanent administrators often pursue career goals and prestige, but the expectations shift for interim leaders.

"The end goal is a little bit different in an interim because you always have an eye toward, 'How is this decision going to impact the person who will have this job permanently?'" Aiken said.

She also asks herself how each decision might "better position the University of Idaho to be an attractive place for a permanent provost to come." Recruiting a replacement depends on the state of the organization, and interim leaders are well aware of their responsibility to present a well-kept system.

"One of the most important things we're working to do is making sure we have our institution as much in order as possible so that when the permanent person comes they have opportunities to be successful," Aiken said.

Mihelich said his role is one of preparation and transition. He hopes to let potential deans know the leadership requirements of a university in transition.

"My job is to make sure that when deans visit and when they take over that they have the opportunity to be as successful as possible," he said.

For Mihelich, a large part of that is budget management. He is careful not to commit money to projects a new dean may not be passionate about, and works to balance needs with funds. Extensive class offerings, faculty travel, technology purchases and other projects could land a new dean in financial trouble halfway through the fiscal year.

He also keeps up with ongoing processes such as external reviews, assessments and planning.

"We have to keep processes moving," Mihelich said. "Making sure we're doing those things right so that we're fulfilling our responsibilities."

Work doesn't slow down to allow for transition, so interim leaders bear the same load with less preparation.

"We are a very complex organization and we have work that we have to get done," Aiken said. "The interim person keeps the organization going forward in a positive direction while we're searching for permanent leadership."

When Mihelich transitioned into his temporary role last June, he left yet another hole where he had served as chair of the sociology and anthropology department. Rodney Frey, a faculty member in the department and director of general education, filled the spot as acting chair without giving up any of his other duties.

"It's been enriching," he said. "It's been an opportunity to engage faculty and students in ways I haven't been able to do before."

Frey is also acting director of the Alfred W. Bowers Laboratory of Anthropology, which houses Native American artifacts from across the state. Despite the extra responsibility, Frey said the position has been exciting and invigorating. He has enjoyed the extra commitments, but he's ready to pass the baton to colleague Mark Warner, who will become permanent chair this month.

"We at the university who love this institution ... have to step up and get outside our comfort zones for the good of the students, the institution, the state of Idaho so that we can hand it over," Frey said. "I see a lot of people doing a lot of extra work. I'm not unique by any means."

His comfortably crowded office wasn't designed to house three full-time jobs, and 12 piles await "immediate attention" on an extra chair. His long days fill with attending to student needs, approving faculty travel, planning a course schedule and communicating with other UI leaders. He said there's little glory in the nurturing role of a department chair, but five months of 10- to 14-hour work days have opened his eyes to the demands of leadership.

"I don't think that's unusual for administrators," Frey said. "Typically people don't know, but I know now."

Aiken understood the provost's role as a "dean of deans and

some other people," but she was surprised by the volume of meetings and paperwork her new position entails.

"Anything that has to do with academics, I'm involved in," she said. "I sign every piece of paper that involves making a hire at UI in any academic area."

Academic areas include student services, the registrar's office,



"I really see my colleagues doing an outstanding job and I couldn't be more proud to be a Vandal right now."

Rodney Frey

admissions, financial aid and others. Aiken plans to oversee the hiring of major leadership positions and some of the 50 faculty vacancies. Her contract is up at the end of June, but she agreed to stay as long as necessary. She's looking forward to a return to her "academic home" in the history department.

In the meantime, Aiken feels she and other interim leaders are positively contributing to UI's transition.

Mihelich agreed that administrators, faculty and staff are doing their part to keep every aspect of the university moving forward.

"The part that's not interim and not transition is the faculty and students and staff," he said. "They're doing the real work in the classroom and in their research."

He said dedicated members of the community make UI an attractive workplace for potential administrators.

Frey acknowledged the importance of this brief transitional time and its impact on a variety of levels. It's like a relay race, he said, the role of interim leaders is not to stand still, but to take UI successfully through their leg.

"It's a tough time when people have to do things that they don't normally do for short periods of time," Frey said. "But I really see my colleagues doing an outstanding job and I couldn't be more proud to be a Vandal right now." ■



COME ON HOME

Older animals need rescuing too

Story by Michaela Delavan

Photography by Tony Marcolina and Annie Patterson

“When we have baby animals, they tend to go first.”

Trina Pickett



■ Baby animals are universally recognized as the cutest things to ever set paw, hoof or tentacle to this earth, but something happens as they grow up that makes them considerably less irresistible.

Think of a creature. Now imagine it as a wee little infant. You're already in love, aren't you? We joke about puppy lust, squeal over kittens and gasp at the thought of a baby hedgehog. But older animals have often crossed the cuteness threshold.

Many people gravitate to younger animals, looking for longer lifespans and the ability to train them. Older animals can be overlooked due to the years they have left and concerns over their health — but many still have a lot of life and love left in them.

The ages of animals at the Humane Society of the Palouse range from three 2-week-old kittens to a greying 20-year-old Chihuahua named Eve.

“We call her the first Chihuahua,” Pickett said with a smile.

Eve, who was found in a Walmart parking lot, is completely blind. She spends most of her time in the office with other special-needs animals, most of whom are permanent residents.

“She’s technically available for adoption,” Pickett said of Eve. “But we don’t expect her to get adopted, and she is perfectly happy to live out her days here.”

As the Humane Society of the Palouse is a no-kill shelter, it can sometimes be difficult to rotate animals through. About 70 cats and 15 dogs call the shelter home. Animals are ready for adoption when they are nine or 10 weeks old. Kitten season is in full swing from spring to late fall. Most animals are brought in as strays, but about 10 percent are surrendered by their owners.

Mo, short for Monique, is one such dog. An undeniably beautiful 4-year-old brindled Husky-Shepherd mix, Mo has been at the shelter for just under a year. Mo’s owner brought her to the shelter after he was evicted and no longer able to take care of his animals. She came with a litter of 12 puppies born on Halloween. While her puppies were adopted long ago, Mo remains.

The Humane Society of the Palouse is a no-kill shelter. About 70 cats and 15 dogs call the shelter home.

With the shelter award for 'Strongest Heart' adorning her kennel and a "friendly" and "nice" personality.

"She just didn't have a real good start in life," Pickett said. "She has a really good temperament, all things considered."

Mo wasn't well socialized before the shelter took her in. She had been subjected to rough play from children, which included body slamming her while she was pregnant. While she doesn't do well with cats or other dogs, Mo loves humans.

"She's one of my favorite dogs," Pickett said, "And she would be a very, very good dog for somebody that can only have one pet and wants a dog that will go jogging with them — one that will give them that excuse to get out of the house and go do something." *Update: A young couple adopted Mo Sept. 26.

Aging feline Hannah looks like she's part Maine Coon and at 20.5 pounds of fluffy fur, her demeanor is decidedly regal.

"She's a big, sassy one," Pickett said.

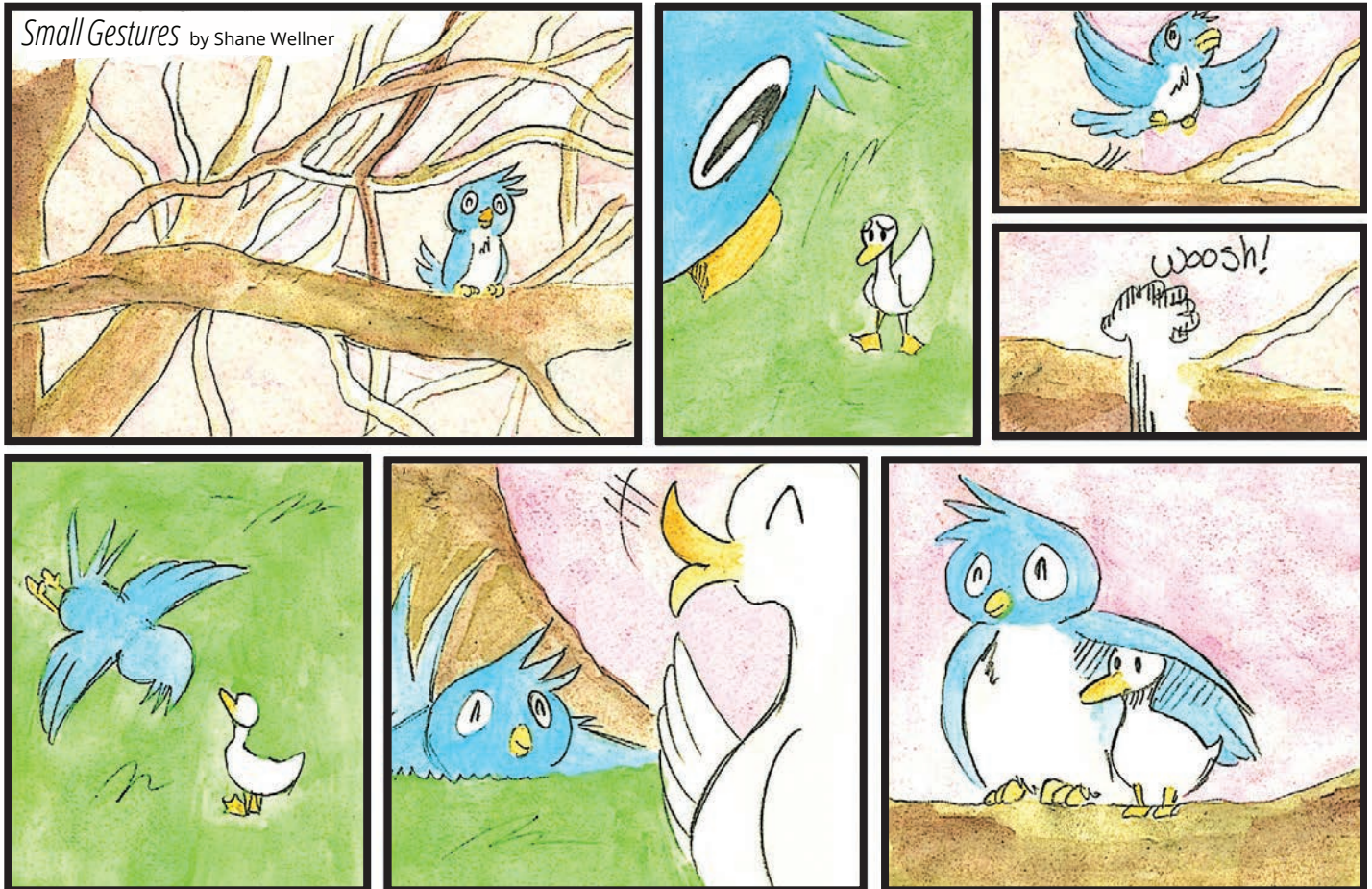
Hannah was a stray found outside the Spring Valley Reservoir. She is 9 years old and was micro-chipped, but her previous owner did not update their information so Hannah stayed at the shelter.

"Getting out of the shelter environment where it's not so overwhelming, she might be able to coexist peacefully with another cat but I don't really see her being friendly with one," Pickett said.

All pets come with their own quirky traits — and sometimes old age is one. ■



Eve, who was found in a Walmart parking lot, is completely blind. She spends her time in the office with other special-needs animals, most of whom are permanent residents.



TAKE IT OFF

Story by Elena Harrington

Photography by Jesse Hart and Philip Vukelich

Plastic lids, wine corks and plastic bags find their way into recycling bins across Moscow, but none of them belong there.



■ In fact, these everyday items clog Moscow's recycling system and highlight the obstacles facing a more eco-friendly university population.

The University of Idaho community recycles about 300 tons of materials each year, according to Charles Zillinger, UI Facilities director of landscape and exterior services. He said students should incorporate other means of reducing landfill waste into their routines as well.

"The trilogy mantra for decreasing our waste stream remains 'reduce, reuse, recycle,'" Zillinger said. "I would encourage everyone to be more holistic in dealing with their waste and consider all of the options."

Plastic lids are one of the most common non-recyclable items, despite the fact the bottles they accompany are recyclable. Sandye Crooks, education coordinator at Moscow Recycling, said it comes down to chemicals.

"The lids are made of different sorts of compounds," she said. "So those do not





go with the commodities that we take.”

Pop bottle lids and other non-recyclable items pile up in landfills. Wieteke Holthuijzen, UI Sustainability Center director, said while students may not think much of these small lids, they have a larger impact.

“Keeping these products in the waste stream is expensive because it causes our dumpsters to fill up faster and, in turn, more shipments of waste [are necessary], which all costs money in terms of maintenance, work, transportation and resources,” Holthuijzen said.

Crooks said reusing such items is the best way to decrease their presence in landfills. Community members visit the Moscow Recycling to pick up items that would otherwise be thrown out.

“I’ve been working with a school in Whitman County,” Crooks said. “The art teacher comes in and takes the non-recyclable lids, and she is doing a project to show the impact of all these lids.”

Crooks, in collaboration with art and design lecturer Justin Molloy, is planning a hands-on, interdisciplinary design course through

UI’s College of Art and Architecture. This class will use art and graphic design to communicate Moscow Recycling’s services more effectively, Crooks said. Students enrolled in the course will design signage, instructional graphics and web-based interfaces.



“Keeping these products in the waste stream is expensive.”

Wieteke Holthuijzen

“We are looking at information in public places,” Molloy said. “We are going to look at the recycling center see how their design impacts a public audience.”

Crooks said teaching students to actively recycle is not simple because many don’t know the services Moscow Recycling offers, and waste what they could be recycling.

“At the county fair, I had a college student come up to me who lives in a house with five other guys,” Crooks said. “He was looking at the 95-gallon trash cart because he said they filled up one of those a week and may need another one. I said ‘do you recycle?’ and he said he didn’t even know you could recycle here. I got him signed up for curbside recycling right there.”

The curbside recycling program allows residents to use a roll cart with sorted recycling bins for weekly pick-up alongside trash.

Students who are not eligible for curbside recycling can take recyclable items to the center any time. Large bins outside the facility are accessible at all hours, and Moscow Recycling’s website details items accepted at the site, including those pesky plastics. ■

Visit moscowrecycling.com, stop by Moscow Recycling, visit UI Facilities or review ASUI’s petition for a campus-wide recycling program to learn more about the process of recycling and help create a more eco-friendly campus and community.



PRINTING IN PLASTIC

3-D printers bring cutting edge technology to the university's mechanical engineering department

*Story by Elizabeth Epperson
Photography by Abi Stomberg*

■ The microwave-sized machine hums as it puts down layer over layer of red filament on a glass plate. After 30 minutes, an intricate knot emerges from the 3-D printer.

The Makerbot Replicator 2 is smaller and more accessible than other 3-D printer models and is used mainly to print small objects. From its home in the University of Idaho's mechanical engineering department it prints intricate designs such as the tiny parts that hold the LCD screen on the snowmobile used by the university's Clean Snowmobile team.

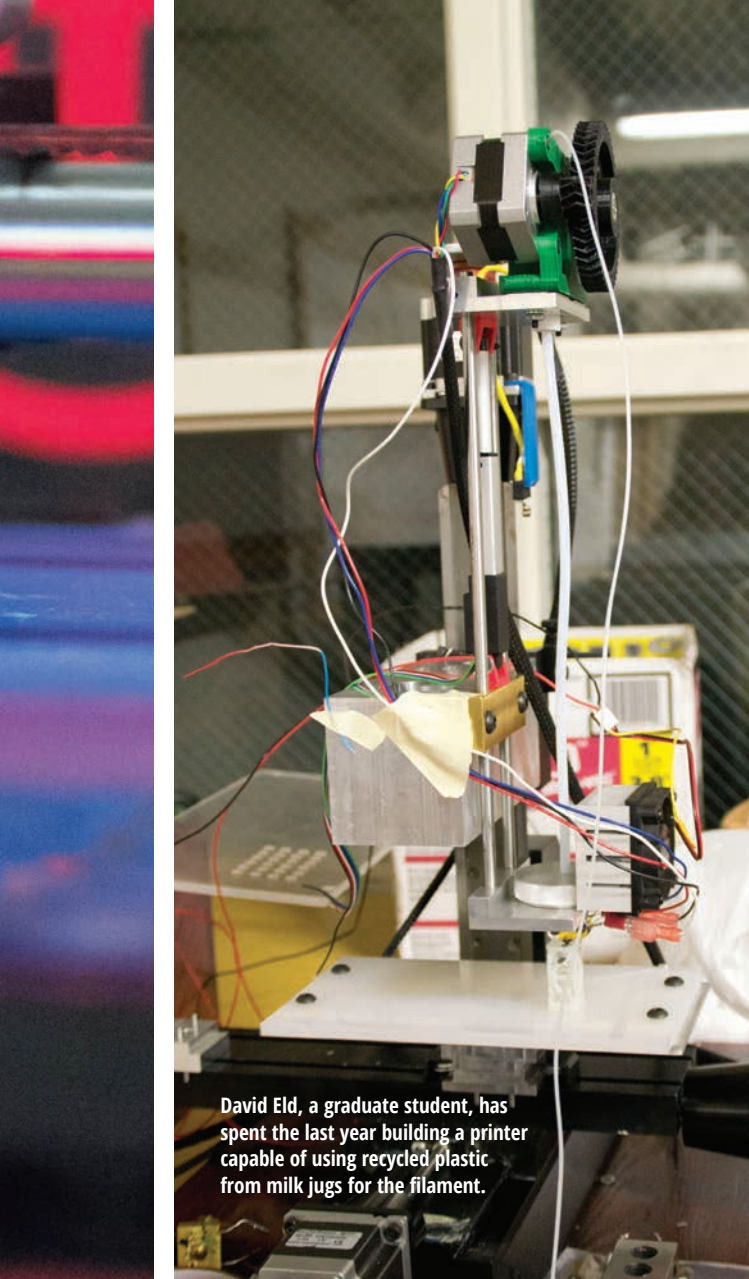
The printer was purchased a year ago by Jay McCormack, a former faculty member in the mechanical engineering department, with funds from a grant. The money was provided with the caveat the machine would be taken to local high schools where it might pique interest in science, technology, engineering and math programs.

Alex Hanson, a graduate student working toward a master's of science in mechanical engineering, uses the Makerbot to research ways to increase the functionality of 3-D printing. With the way the Makerbot software operates, all parts and components of say, a motor and its housing, have to be printed individually and then put together later. Hanson hopes to develop new software coding that will allow the printer to print a completed motor inside of its housing without requiring the items to be assembled at a later time.

"Time is money," Hanson said.

This method will allow entire projects to be printed faster and more efficiently, without needing extra time for assembly.

The printer works the same way a glue gun does, it's just more high-powered. It melts special plastic filament at approximately 225 degrees Celsius (or 437 degrees Fahrenheit). Any hotter and the filament would burn — any cooler and it wouldn't melt. The filament



David Eld, a graduate student, has spent the last year building a printer capable of using recycled plastic from milk jugs for the filament.

OUT OF THE SHOP

This fall, students in mechanical design analysis class will use the Makerbot to print parts for team design projects. Each team of four students will tackle the task of moving an egg through five different obstacles and the tiny parts the printer can create will assist in the design constructions.

"The lab that has the group with the lowest combined time doesn't have to take the final, so it's an incentive to design well," Hanson said.

The 3-D printer helps students save time and money that would otherwise be spent machining parts in what is already an overcrowded machine shop.



is then extruded through a 0.4 millimeter nozzle to lay down layer after layer on an acrylic table, to creating a 3-D object.

The plastic filament, abbreviated PLA, comes in giant spools and various colors. Each spool costs about \$50, and the engineering department buys red because — for reasons unknown — the prints come out cleaner. The department goes through about two spools a semester and the cost is absorbed in student lab fees.

And that's one of the biggest changes the 3-D printing industry has seen, Hanson said. The first 3-D printer the university purchased was the size of a bookcase and cost \$20,000. The Makerbot has a price tag of \$2,000 and is the size of a microwave.

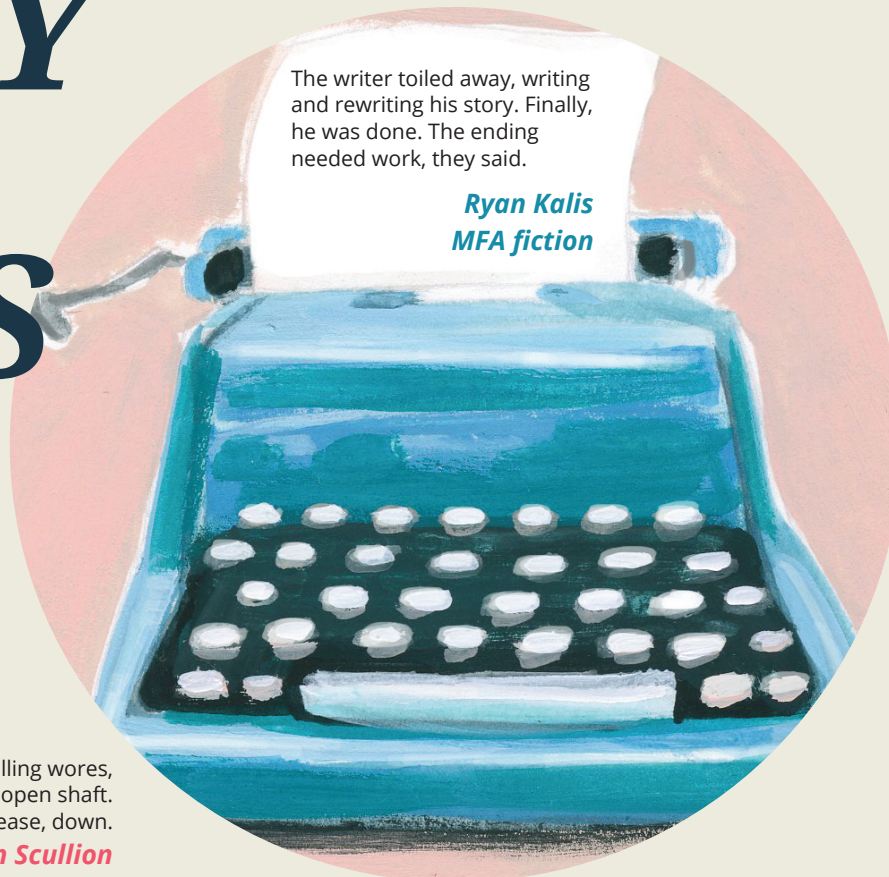
"We are seeing a move from printing and looking at the object to printing for everyday use," Hanson said. ■

TWENTY WORDS OR LESS

Compiled by Amber Emery, Illustration by Annie Patterson

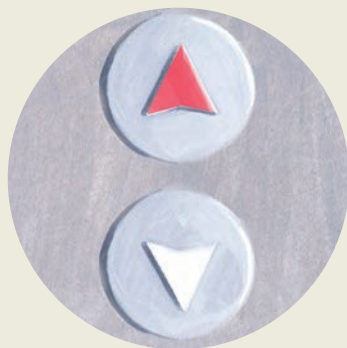
■ It took Fitzgerald 47,094 words to perfect “The Great Gatsby.” “The Scarlet Letter” is 63, 604 words long, and J.K. Rowling’s final installment of the Harry Potter series weighs in at almost 200,000 words.

Microfiction challenges authors to pen a masterpiece in just a few lines. University of Idaho students tried their hand at small-scale storytelling for the issue. Look online for more microfiction. ■



The writer toiled away, writing and rewriting his story. Finally, he was done. The ending needed work, they said.

Ryan Kalis
MFA fiction



Father was the elevator-man, calling wores, hoisting tenants. Abstent lever, open shaft. He swings a bowline. Down, please, down.

Brain Scullion
MFA fiction

I held the pupu shell necklace like lace. It was the only memory of my grandmother I wanted to keep.

Jessica McDermott
MFA nonfiction



DK: where you at? 11:38 p.m.
AV: sorry roads bad cu soon 12:02 a.m.
DK: babe? 2:17 a.m.

Jordan Clapper
MFA fiction




Rain drizzles on the tent. Your arm, her pillow, is stiff. To move is letting go; she needs you.

Billy Gordon
College of Education

Jack knocked and then entered. He came and then he went. Ivy arrived before he left. They infinitely split happy.

Lloyd Siegel
MFA fiction





THE BIG BOO BOO

Small injury, big problems

Story by Curtis Ginnett, Illustration by Rebecca Derry

■ The smallest things can make the biggest impact on our lives. And for Brandon Cisco, a tiny, unassuming mole on the back of his left ankle changed the course of his life forever.

The UI senior and Washington native spends his summers climbing and mountain biking the melted ski slopes of the Pacific Northwest.

This summer was an uncommon one for Cisco, who spent more time on his couch than in the outdoors. A doctor noticed the mole during a regularly scheduled check-up last June.

“At first they thought it was nothing, but they biopsied it and I got a call the next week and they said it was stage one melanoma,” Cisco said.

Another biopsy confirmed the diagnosis that Cisco’s little mole was a cancerous melanoma and had to be addressed. Surgeons removed a circle of skin less than 2 inches in diameter down to the bone, then replaced the cancerous cells with skin from Cisco’s hip.

His body was not done with surprises and rejected the skin graft. The procedure had to be redone. It’s been almost nine months and Cisco remains tied to the sidelines, unable to participate in many of the adventurous activities he loves.

“I can’t do anything,” he said. “I tried to climb but the tissue got inflamed and my foot swelled up.”

Filling days and hours with low-impact entertainment is a constant struggle.

“Last week I watched the new ‘Star Trek’ twice, the old one once, the first three ‘Star Wars,’ and I plan on finishing the last three this week,” Cisco said.

Before his injury, Cisco scaled UI’s rock

wall every day and climbed outdoors almost every other week. The lack of exercise has taken a toll on his body.

“After three to four months with no use, muscles go into extreme atrophy on that area and the area surrounding it,” said senior athletic training student Kelvin Jackson.

Atrophy is the degeneration of muscle tissue due to a lack of use. According to Jackson, the effects of muscular atrophy do not stop at loss of strength. Without regular exercise muscles lose their ability to function cooperatively, which decreases balance and mobility.

“It is hard to balance on the injured leg when you have not done it for three months — they don’t know how to work as a unit to stabilize your body,” Jackson said.

The road to recovery is long, but Cisco is determined to mountain bike in British Columbia and climb Steven’s Pass once again. ■

“At first they thought it was nothing, but they biopsied it and I got a call the next week and they said it was stage one melanoma.”

Brandon Cisco



*Story by Andrew Deskins
Photography by Philip Vukelich*

Small Doses

I have a secret.

I carry it in the change purse of my wallet.

■ It's round, small, green and I need it three times every day. I started noticing symptoms when I was 15, and just last year doctors diagnosed me with dopamine responsive dystonia, a rare neurological defect that affects my muscles. Over the years, it has progressed to the point that last semester I was almost always in pain and had difficulty standing.

Sinemet, my little green secret, allows me to function at a level I had almost forgotten was possible. That isn't to say there are no drawbacks to my medication. It makes me prone to mania and panic attacks, and my friends have noticed a dramatic change in my personality. For many — myself included — coming to terms with a disability and the accompanying medication is an ongoing process. Recent UI graduate, Mike VanLydegraf is no different.

VanLydegraf is a type I diabetic who takes insulin daily. He said he was diagnosed the day he turned 13, and even though it has been about a decade since then, he still struggles with the daily reality of medication.

"Sometimes I forego my insulin," VanLydegraf said. "I'm in the middle of something and I don't want to be diabetic, so I just don't take it."



My father died because of complications related to diabetes, and without him I may not have taken my own diabetes seriously.

Mike VanLydegraf 

Missing doses can be problematic for many with chronic disabilities. If I miss a dosage I start to limp, but if VanLydegraf misses a dose he can get sick, and even die. VanLydegraf said he is thankful for his father, who also had diabetes, for showing him the consequences of not managing it carefully.

"My dad had both of his feet amputated, and I remember when he lost 50 pounds in two weeks," VanLydegraf said. "My father died because of complications related to diabetes, and without him I may not have taken my own diabetes seriously."

VanLydegraf said it was difficult to adjust at first.

"I had to integrate my diagnosis into a life I was already living," VanLydegraf said.

He said he has reached a point where he manages it well. VanLydegraf has changed his diet to maintain his health, and doesn't have to be quite as careful as he did when he was a teenager.

"It's weird, now that I don't have to be as careful with my diet I am actually more careful about what I eat," VanLydegraf said. "I am trying to gain weight because I'm a skinny guy, and that can make injecting my insulin painful."

He said the most frustrating part of his condition is trying to push himself physically, and finding that he doesn't have enough stamina. This can happen at the gym or at work, and he usually has to rest until he feels better.

"In many ways I've had it easy," VanLydegraf said. "I don't have severe symptoms, and I'm insured so I don't have to pay for treatment myself. If I had to pay out of pocket, it could cost me about \$990 a month."





“

I fell out of a tree. The next day I was in a lot of pain, and my parents took me to the doctor. I don't scream like that.

Rachel Falzon 

People with disabilities often have difficulty working, I've quit jobs in the past, and VanLydegraf sometimes has to rest to regain his strength at work.

UI freshman Rachel Falzon has had to miss work at Kindred Transitional Care and Rehabilitation in Lewiston due to chronic pain.

Falzon has endometriosis and polycystic ovary syndrome. She suffered severe cramping when she was young, and was diagnosed several years ago after a fall.

"I fell out of a tree," Falzon said. "The next day I was in a lot of pain, and my parents took me to the doctor. I don't scream like that."

Falzon said she has a very high pain tolerance that helps her manage day-to-day life, but severe episodes can leave her on the ground for hours at a time. They usually occur late at night and wake her up. She said they can also make her sick and lead to difficulty walking.

Falzon used to take naproxen for pain, but said she can't anymore.

"I noticed blood in my urine back in April and the doctor took me off the medication because it is a blood thinner," Falzon said.

The doctors tell her it is still there, although it isn't visible.

She takes birth control to keep her from losing too much blood during her menstrual cycle, and iron pills to help her recover from the blood she has lost.

She said one of the worst things about her pain is that it can keep her from living life.

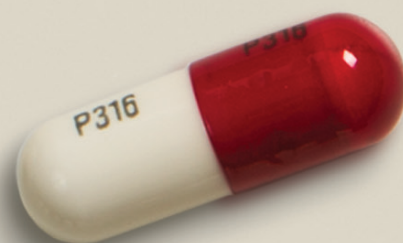
"Sometimes I stay in rather than going out with my friends because I don't want to end up in pain, sulking, and ruining everyone's night," Falzon said.

Despite living with chronic pain, Falzon manages to stay optimistic about her future. Falzon said people with health problems like hers often have trouble having children, and if they do they often have birth defects.

"I don't like to think too far ahead, and for a long time I didn't really like babies," Falzon said. "I don't like when they scream, and they are really ugly when they are first born."

When someone lives with chronic pain and disability every day can be a struggle — a struggle I'm reminded of every time I take one of those little green pills from my the coin pouch in my wallet.

But from within that struggle, I and so many others find the strength to persist and move forward. ■



Grow it Alone

TIPS FOR GROWING YOUR OWN DORM PLANTS

Story by Claire Whitley, Photography by Jesse Hart

■ So, you plant a seed. You water it, you fertilize it, you play it classical music for hours in the sunlight. You wait six weeks, and nothing happens.

Sometimes the smallest things cause the most heartache.

Matt Shrope, a student researcher at Crites Research Center, and Brita Olsen, a member of Soil Stewards, shared a few tips for indoor floral success. ■

1. **The heartier, the better** College students are often busy studying, going to class, or socializing, so remembering to water the plants is tough. When buying plants, note how much sunlight and water they need. Keep both to a minimum to decrease the amount of work that goes into keeping them green and growing.

2. **Water, water, water** If it's not already obvious — all plants need water. Follow the recommendations on each label because plants drown as easily as they dehydrate. Give your plant a lift every so often and think about how heavy it ought to be. If it seems a little too lightweight, water might be a good idea. If you tend to be a forgetful gardener, associate watering with a daily activity such as eating breakfast.

3. **Seek out the sun** It is always hard to control the sunlight, but it is even harder in dorm rooms. Providing your precious pots with the perfect amount of sunlight may not be the best reason to change dorm rooms. Some plants cope better with that tiny slit of sunlight than others. Take a look at the tag before you buy.

4. **Fertilizer — less is more** Most plants don't need much help picking up nutrients, but it doesn't hurt to give them a light boost of fertilizer every other month. Just don't overdo it. Too much fertilizer can destroy the root system and kill your plant.

5. **Room to grow** Plants can get “root bound” if the container is too small. Ample growing space is instrumental in keeping a happy, hearty and healthy plant. That paper cup in the window sill might not last long.

6. **Seeds are for real grown-ups** Growing plants in a dorm room is hard enough, and most seeds would need a growth light to make it past germination in a typical residence hall.

Not sure where to start?

Jade plants, philodendrons and spider plants are nice looking, low maintenance indoor plants. For garden-fresh greens, try potted wheatgrass, spinach or lettuce. If your gardening skills are significantly below average, go for any variety of cactus.

Little things make

Big things happen

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