Newcomers to Moscow this fall will likely find it to be one of the most coun-
trolled small towns they’ve seen. For many, it may take time to get used to the lack of mainstream stores and restaurants. But for each absence of conventional businesses, there is a unique replacement embedded with Moscow culture.

**Restaurants**

Outside large chain restaurants, Moscow’s smaller venues offer dining customers a variety of flavors for every palate. The morning after a late night — when finding yourself breakfast is not on the agenda — is a great time to make your way to the Breakfast Club. They provide hearty breakfast in a comfortable dining atmosphere that makes them popular. It is best to get there early to avoid waiting for a table.

For a place that opens later in the day, Local offers a variety of Hawaiian fruit pancakes. Their dishes are different among other Paleo restaurants and the food is often served quick and seams.

*La Casa Lopez* is one of the best remain-

ents for dinner with friends. It’s a pop-

ular Mexican food restaurant located down the street from the Breakfast Club on Main Street. It is usually busy, especially on Wednesdays for its special, 2-for-1 margaritas.

Another restaurant to not down-

towns to Moscow Bagel and Deli, known to most as the bagel shop. The shop offers a huge selection of bagel sandwiches, and is always packed with people around 2 p.m.

*—KH*

**Coffee**

When there is time to stop and enjoy café culture, there is no better stop than by one of many places to relax. Buck’s Coffee House Pub offers more than the early morning-coffee or late-night beer. The pub is a place to slow down and enjoy time with a friend or book. On weekends there is free coffee for ten mon-

ants to deliver fresh coffee. The at-home atmosphere is a quiet place to utilize free Wi-Fi and enjoy pastries.

Moscow also hosts a wide variety of coffee shops to choose from, but a local favorite is Sifter’s Brew. The small shop on Main Street has a great atmosphere to study, relax or visit with friends. It is filled with cozy couches and chairs, tables, window seats, books, games, and of course good coffee.

When you’re on the go, grab coffee to go, class, check out Botrell Express, a drive-thru coffee but in a more relaxing setting. It is pretty quick and they give you chocolate-

covered coffee beans with your drink. —KH

file photo by Tanya Hargrave/Argonaut

University of Idaho student cheer on the football team during the Homecoming parade last fall. Showing Vandal pride unites the school and community.

**Wellness**

**Places to know in town and on campus for incoming freshmen**

Joe Pfeiffer and Kelli Hadley

*Argonaut*

Editor's note: This is a collection of two writer's opinions for incoming students.

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led small towns they’ve seen. For many, it may take time to get used to the lack of mainstream stores and restaurants. But for each absence of conventional businesses, there is a unique replacement embedded with Moscow culture.

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file photo by Tanya Hargrave/Argonaut

University of Idaho student cheer on the football team during the Homecoming parade last fall. Showing Vandal pride unites the school and community.

**Facility wellness package canceled**

**Tanya Edkins**

*Argonaut*

Peg Hamlett, director of fitness at the Student Recreation Center, said the 2011 cancellation of the employee wellness package has caused her to re-think how to involve employees and also lead to the striping of various free pro-

grams offered, such as smoking cessation and cooking classes.

Hamlett said the loss of the wellness package for employees, Human Resources paid for employees to take classes at the SRC. They would get $53.50 into the benefit package but would take $53.50 from each paycheck, balancing out to a net zero.

The problem was that people could see the $50 that was taken from their paycheck, but because it came in, it was put into a lump of contributions from the university. "Perhaps see the $50 go in," Hamlett said. "So if there were not using the program only saw that was taken out and as-

suamed they were paying for it. So it created a little problem with those not using the program."

Jana Stotler, controller at UI, said issues with the wellness packages were just not a little problem, but two people were not using them.

"What our employees wanted to be able to choose where they go for fitness," Stotler said. "So the advisory committee went to re-align the plan and decided not to give or take anyone’s money. It was decided that employees should have the choice to choose for themselves."

Stotler said the wellness program was the piece of the benefits package that caused the most anger in faculty and staff.

"Employees felt they were being charged for something that they did not use," Stotler said. Hamlett said the outrage wasn’t directed at the wellness programs but was about the insur-

ance premiums for everyone going up last year.

"Insurance premiums would have been more without the wellness program but that most people can’t see."

Stotler said the wellness package has also been a tool for recruitment of faculty.

"I am amazed at the amount of new employees that say they came here because they needed the program and know they had use of this beneficial rec center," Hamlett said.

She said there are many statistics that show if people take time to work out, they are happier, focused and healthier employees. Nikki Jones, benefits technician, said the Ben-

efits Advisory group met last week and when

**Wellness**, page 10A

**Student dies from alcohol celebrating 21st birthday**

Elizabeth Todd

University of Idaho student Benjamin Harris died of alcohol poisoning the morn-

ing after his 21st birthday in Moscow.

There, a wrench in architecture and inte-

rior design and Sigma Nu fraternity mem-

ber, was taken to Carman Medical Center where he was pronounced dead at approxi-

mately 3 a.m.

David Duke, assistant chief of the Mos-

cow Police Department, said police re-

sponded to a call made around 2:40 a.m.

from Harris’ fraternity. AFraternity of found Harris on the third floor outside the

sleeping porch of the house.

Duke said Harris was unresponsive on the floor when they arrived and had signs of breathing. Officers performed CPR until emergency medical technicians arrived five minutes later and transported Harris to Good Samaritan.

Police were told by fraternity members that Harris and three other friends had gone out to celebrate his birthday and vis-

ited four clubs in the downtown Moscow area. Duke said.

"The shots of alcohol were taken toge-

ther between 3:00 and midnight," Duke said. "We believe at the minimum of 15 shots had been taken so at total amount — it would be hard to determine that." said he believe more alcohol was consumed than originally reported because they are waiting for toxicology reports to return in six weeks to determine a more ac-

curate amount.

"Someone alcohol is lethal, and in this case it proved lethal to Mr. Harris," Duke said.

A memorial for Harris was planned for 11 a.m. Saturday in his hometown of Bur-

ley, Idaho, said Bruce Pittman, vice pro-

vost for student affairs and dean of stu-

dents. Pittman said the university did not plan to hold a local memorial because of the low number of students on campus in the summer months, but he planned to attend the service in Burley and meet

with Harris’ family.

"We have had, for working closely with

Ben’s family to help them with some de-

tails that they need assistance with up

here," Pittman said. "And we will continue to work closely with them as they do need contact and assistance, and that may be a few years down the road."

Pittman said the family made it clear to

them that they hoped some good would come from the situation and gave the uni-

versity permission to talk in an educational forum about Harris’ death.

"They feel that this made some deci-

sions that were bad ones, and that the

see **ALCOHOL**, page 10A
hoover HALL

I need a partner with the time to do Sudoku today!

How do we go?

END, MY COUSINS ARE SO P乾 THAT THEY'RE CALLING THE 

LISTENING TO THE RECENTBENEFIT

ARE THEY HAVING A N0 F?

ONCE AGAIN, THE RECENT BENEFIT!

WE'RE TRANSLATING ME TO DANCE STATE

GOOD LUCK FOR THE TEAM!

WELCOME TO DANCE STATE, HON.

PLEASE, YOURS, FOR TWO AND TEACHER, HON!

I SUGGEST IT IS NOT ALL BAD

FLY HIGH

Joe Plezier/Argonaut

An osprey flies in the brilliant blue sky. Take advantage the remaining weeks of summer vacation by getting out to enjoy the outdoors.

crossword

sudoku

Fly high

ending date

Fly high

ending date

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Understanding financial aid

Students struggle to pay for school as demand for financial aid soars

**Kyla Herrmann**

**Agenda**

As summer comes to an end, a few things have changed in college and university tradition.

Although the number of students for the fall 2010 semester is not released until 10 days after the school begins, student aid vice president for enrollment management says they expect an increase in student numbers com-

pared to past years.

But this year and this coming fall we have seen a lot more transfer students. We have had more students who are going to study more in our major.

University Housing will experience an increase in students because of the increase in enrollment and university tradition.

We are offering fewer courses and classes, which allows students to graduate faster and also to come back three to four years after graduating.

With a total of 1,124 dorms on campus in the dorms this fall, the live-in enrollment has increased, but it has been a small increase on the four-year campus.

"All we are seeing is a five to 10 percent increase that was not living on cam-

pus before," said Ray Gasser, director of University Housing.

"We will probably only have 76 to 79 extra students living with us.

University Housing has about 1,600 students living in the dorms this fall and semester and is expected to get around 200 housing applications in the next month.

Gasser said they have been working with students to ensure they have the ability to access financial aid.

"For many students who have signed up for the fall, it was not as much aid they received for good grades in second year, and they are going to have this year," said Ray Gasser, director of University Housing.

Financial aid is normal, and students have to work hard to get it.

"In the next two years, we will have more students going to the school," said Ray Gasser, director of University Housing.

Student fees are approximately 25 percent of the cost of attending college. Books, living expenses, clothing and entertain-

ment just add to the cost of the college.

"All of students that fill out FAFSA has been for the last two years," said Ray Gasser, director of University Housing.

"Around 16.5 percent of UI students have financial aid," said Ray Gasser, director of University Housing.

"If you think about going to college for the second year and fill out the FAFSA with both years, you can see that the financial aid changes be-

cause you have to fill out FAFSA again. Students can see that the amount of aid changed on their FAFSA by entering into the financial aid office, filling out information about their situation and providing an extension of their parent's new financial aid.

If the student qualifies for more aid as an employee in the financial aid office, he can do this for the students and parents.

"Students are assigned a financial aid advisor and recommended to talk with them if they have finan-

cial concerns. There is also a tool on the financial aid, called the banner program, that is an interactive budget planner.

"Our job is to protect those dollars that we get," said Ray Gasser, director of University Housing.

"I think we are a lot more of what we do as a campus," said Ray Gasser, director of University Housing.

"I think we have a positive change on the way students use the aid," said Ray Gasser, director of University Housing.

"It's like putting money in a stock but you're in the stock."
Involvement is student groups and organizations at the university. Several programs by sports, work on campus academically, and good for success in college and after. Denise, student coordinator, engaged with students.

With more than 100 student groups at the University of Idaho, there is more to be an organization for students interested in any activity with a common goal.

Diverse as UI is, its array of student groups include the Cycling Club that rides in the fall to the Logger Sports Club that hosts a semester sports show in the spring and competes against other colleges in the West.

Robert Easley, forest resources major, said joining the logger sports team has made studying more convenient because the friends he associates with on the team have classes with him.

Student groups offer more than recreation and sports — they provide a network of diverse people with similar backgrounds who work toward a common future.

Clubs are offered for women such as Ambitious Women in Science, Strength and Motivation, which work to increase multicultural experiences at UI and to promote issues relating to women's roles as leaders.

Clubs are offered for dozens of different cultural and ethnic backgrounds such as Nepal Student's Association, which aims to share both Idaho and Nepalese culture with NIS members and the community.

All groups have the potential to be an added skill in their careers because of the networking. Friendships and favors built during the meet and skills in the student clubs. UI has more than 40 different student clubs in a variety of fields of study offered, and there are groups geared toward networking as the ultimate goal.

National FFA, ASU alumni, and member of the Society of Human Resource Managers are some other groups, said be networked with people outside of the university.

The following is an update of student organizations and how to contact them.

Robert Easley uses a chainsaw to cut through a log while participating in logger sports. Easley found logger sports and with it a study group and circle of friends who share the same classes with him.

Campus entrances enhanced by land exchange

Elizabeth Budd
Argonaut

University of Idaho officials plan to exchange the North Campus Center building for two parcels of land currently owned by the Cougar City Railroad in hopes of preserving campus entrances and enhancing campus entrance corridors.

Gerald Billington, real estate officer for the university, said the exchange is for land that runs along the Moscow-Pullman Highway and from College Avenue to 6th Street. He said the property is former railroad tracks that have been pulled up and abandoned.

"We felt like (North Campus Center) wasn't really meeting our needs," Billington said. "We didn't think it was there was enough, or adequate for our future, the cost to change that to" get into graduate student housing to meet our current needs was going to be pretty high. The balance of the building was used for offices. It was built more as a hotel lobby, not as office space, so it was really kind of poor office space."

In addition to the railroad tracks, Billington said the university would also receive an undisclosed monetary amount for North Campus Center because the appraiser for the building was significantly higher than the appraised value for the land. UI plans to preserve the land along the Moscow-Pullman highway to prevent development of other development to maintain the area as frontage for campus.

"We're working on a reconstruction of a parking lot through a grant that UI has property and there's a room there that mandates" it on the train lot on campus. Several alumni have offered this valuable land to the Logger Sports Club by helping with the logistical of their spring show. The Logger alumni stand testament to the fact that connections made here can line the university to seek approval again.

The potential land change has caused depart- ments that were located in the North Campus Center to be relocated. The depart- ments included Parking, Independent Study in Idaho, and gradu- ate housing.

"This one thing we have to be careful of is we can't have too much as the space, in most cases we have made use of amount of space, which is sort of a rarity," said Carl Root, director of parking services.

"But how the space is laid out, the overall func-

University offices move to prepare for building sale

The Argonaut

Parking Services is now located in the former police substation building, across from the Student Recreation Center. The office was formerly located in North Campus Center, which was in a land swap with the Cougar City Railroad.

Eliza...
**Gun rights draw hot debate**

Supreme Court sides with citizens' right to bear arms

Joe Pflugler, Associated Press

On June 26, in the case of McDonald v. Chicago, the U.S. Supreme Court ruled that the Chicago city ordinance that banned nearly all private citizens from carrying handguns was unconstitutional under the 2nd and 14th Amendments.

What does that mean for Idaho?

The 2nd Amendment orients the courts to have guns in the homes of its citizens.

It took four petitions from Chicago and one from Park, to overturn the ordinance. Otto, a Chicago citizen, who resides in one of the most dangero- us neighborhoods, challenged the city by saying that law-abiding citizens should have the right to keep guns for self-defense in their homes.

Maho argues that the only restriction is a permit, not to hold a weapon on a public premises. The 14th Amendment allows for a permit requirement.

Article VI of the University of Idaho Student Code of Conduct states that, effective at the start of the fall semester, any firearm brought onto campus must be unloaded, have a trigger lock and be enclosed in a case. A firearm includes a handgun and an air rifle, according to the handbook.

Al Baker, a senior law student and the Idaho state director for Students for Concealed Carry on Campus, said he doesn’t know how one has the right to bear-arms in our society.

Baker said the shootings at Virginia Tech in 2007 made it even harder to extend the right for concealed weapons on campus.

"People can do it off campus, why not?" Baker said. "There is nothing illegal about carrying on campus.

Maho, along with eight other states, brought major reforms to campus weapons laws before the state legislature in 2008, following the April 2007 shootings at Virginia Tech.

Baker said the right to carry on campus is through "exempt and limited" exceptions that allow police and armed guards the right to carry. The argument brought before the Idaho Legislature in 2008 was about whether UI has the authority to en-force such a ban.

"If someone gets stopped tomorrow for carrying a gun on campus, there is nothing to cite them with or arrest them for," Baker said.

The McDonald v. Chicago case will not directly lead to state level laws. Baker said he thinks there are limited implications from the case, especially in re-stricting campus violence.

According to observations in an Ameri- can Bar Association of College and University report, there have been no visible campus gun-rights activists because college administrators, students and law enforcement personnel are opposed to restrictions.

The Chicago ordinance that mandates it nearly impossible for citizens to have handguns in their home had been in effect since 1983.

Judge McMillen's, the Chicago District, ruled that a law banning private individual's the right to keep handguns in their homes within city limits. Currently this ruling will not effect the state of Idaho or the University of Chicago.

**Lesbian gets $35k for prom cancelation**

Shelley Byrd, Associated Press

Jackson, Miss.-A ru- tual at the district that canceled its prom rather than allow a student to attend with her girlfriend has been ruled a violation of the school district’s non-discriminatory policy, enabling a $35,000 settlement.

The school district was cited for not allowing a student to attend with her girlfriend because the homecoming week was to settle a discrimination lawsuit against the school, ACLU filed on behalf of the student.

The district also agreed to follow a non-discrim- ination policy as part of the settlement. Although it argues such a policy was already in place.

Contact: McMillen, 18, said the victory came at the price of her being shunned in her small hometown of Fulton.

"I knew it was a good cause, but sometimes it re- ally takes a lot of courage to push through things for what you believe in," McMillen said. "I kept going and I kept pushing."

McMillen said in an interview Tuesday. The flap started in March when McMillen challenged the Itawamba County School District’s policy banning prom dates of the same gender and allowing only male students to go to proms.

The district responded by canceling its prom, prompting McMillen’s ACLU to file a suit charging the teen’s right to expression had been violated and demanding the prom be reinstated.

U.S. District Judge Glen H. Davidson refused to make school officials hold the prom, but he said the ACLU must go to court to challenge the district’s policy.

The case is expected to make its way to the 11th Circuit Court of Appeals.

On March 25 ruling that the change had violated Mc- Millen’s rights.

The district later an- nounced plans to change the prom, but that was reversed by school officials that day. The ACLU filed a motion Monday in U.S. District Court to accept a judgment order from the Itawamba County School District that will pay $35,000, plus attorney’s fees. As part of the agree- ment, the school district also said it would follow its prom policy set to discriminate based on sexual orien- tation in any educational or extracurricular activities. It also allowed harassment based on sexual orientation and gen- der identity.

School officials contend that their agreement to fol- low the non-discrimination policy means safety, inclusiveness, equality, the district already had, said school board attorney Mc- clesy Fike.

She said the district’s insurance company will pay McMillen.

District officials said in the settlement offer that the school had no option but to vi- olate McMillen’s rights.

"The district was forced to defend its policy and condone its violation of federal law," McMillen said in a statement.

She contends that if the district really had such an inclus- iveness policy all along, it wouldn’t have banned same-sex prom dates.

In 2007, the district was the first in Mississippi to have a same-sex couple at the prom, according to ACLU. The couple, however, was not allowed to attend.

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"We are gratified that the district paid the ACLU lawyer, said the case has the potential to promote understanding and inclusion for all students," the ACLU said.

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Bafiedot Bandit: the movie

Gene Johnson

SEATTLE — The tale of the Bafiedot Bandit is Hollywood-ready. The scamp is a well-educated, brawny, scamp who is suspected of stealing the city's birthright. He is known for his breathtaking heists and his savagery. Bandit is a master of disguise, always appearing in various disguises to avoid the police. He is also known for his love of art and music, often seen with a guitar. His home is a secret, but it is believed to be on the coast, where he is able to escape detection.

The story begins with the bandit's first heist, in which he steals a priceless painting from the Seattle Art Museum. The police are unable to catch him, and he disappears into the night. The story then follows Bandit as he travels through the world, robbing banks and doing various crimes. Each time, he leaves behind a trail of destruction and chaos.

The story ends with Bandit's final heist, in which he steals the Mona Lisa from the Louvre in Paris. He is caught by the Police, and is sentenced to life in prison. But his story lives on, as people continue to speculate about his identity and his next move.

The story is told through various scenes, from Bandit's first heist to his final one. Each scene is vividly described, with detailed descriptions of the locations and the characters. The story is also filled with suspense and action, as the police try to catch Bandit and Bandit tries to outsmart them.

Overall, the story of Bafiedot Bandit is a thrilling adventure, filled with action, suspense, and mystery. It is a story that will keep readers on the edge of their seats, and will leave them wanting more.

Women's Mentoring Program

The Women's Mentoring Program is an initiative to connect first-year and transfer students with experienced mentors, faculty, and staff. The program provides guidance and encouragement, and is designed to help students navigate their academic and personal lives.

Applications are due September 3 and are available online at wsd.edu/womenscenter/mentoring.

Listen to KUO
93.9 FM

Student study abroad can be a once in a life time for students

Bussing plan draws protests

Mike Baker

RALEIGH, N.C. — About 1,000 protesters marched Thursday through North Carolina's state Capitol in what they call an "afternoon slowdown with a purpose." They were demanding state lawmakers pass a plan they say will rejuvenate the state's struggling public transportation policy focused on designing a new bus system.

Led by the NAACP, the angry demonstrators held signs that recalled the 1960s as they attempted to gridlock comparable lawmakers for a week in Raleigh's Capitol.

The lead of the state NAACP's Rev. William Barber II said he's woken up every day the past few months, and that he's been rebuffed by state lawmakers.

But all three officers — with laws that already exist — to change the law are of no help.

At the steps of the state Capitol, state lawmakers met, and a volunteer who had been helping the protesters to march,...
Rebecca Boone
Associated Press

BOISE, Idaho (AP) — More than 35 years after a federal judge ordered Idaho to provide medical care to inmates, the state continues to struggle to provide adequate care.

Inmate claims for inadequate medical care have been a persistent issue in Idaho's prisons, and attorneys say the state has made little progress in addressing the problems.

Inmates and their attorneys say the state has failed to provide adequate medical care, and that the medical system is broken.

The state's corrections department has been criticized for its handling of medical care, and attorneys say the state has been slow to respond to inmate complaints.

Inmates have been housed in crowded, unsanitary conditions, and many have been denied necessary medical care.

Attorneys say the state has a responsibility to provide adequate medical care to inmates, and that the state's failure to do so is a violation of the Constitution.

Attorneys say the state should be held accountable for its failure to provide adequate medical care to inmates, and that the state should be required to make changes to its medical system.

The state has been slow to respond to inmate complaints, and attorneys say the state should be required to provide adequate medical care to inmates, and to take steps to improve the system.
Bob Eide (AP) — A 9-year-old boy who was shot in the head is the second person to die in what authorities call a violent domestic dispute.

The boy was taken off life support and died Sunday afternoon, according to Providence Sacred Heart Medical Center.

The boy was shot during an attack at his mother's home early Sunday. The mother, whose name has not yet been released by authorities, was shot to death and her 17-year-old son was attacked with a knife but treated and released from the hospital.

The deceased boy's twin brother, also in the house, was not harmed.

Boise State Recruit Dies

BOISE, Idaho (AP) — A Boise State football recruit, Emil Smith, died in a two-vehicle crash in California.

Police in Hemet, Calif., say the 18-year-old Smith and 22-year-old Dennis Garcia were killed when the car they were in went into the dirt median and spun into oncoming traffic, where it was struck by a minivan.

Smith died at the hospital while Garcia died at the scene of the crash Saturday evening. Both are from Perris, Calif.

Smith committed to joining Boise State's 2011 recruiting class last month after attending football camp at the school. He played linebacker at Rancho Verde High in Moreno Valley, Calif.

Boise State spokesman Max Corbet says coach Chris Petersen and his staff are saddened by Smith's death.

BOISE, Idaho (AP) — A federal judge said Tuesday he's inclined to dismiss many of the claims in a lawsuit against the Mormon church made by a man who says the church didn't do enough to stop a Boy Scout troop leader from sexually abusing children.

U.S. District Judge David G. Ceder gave a tentative ruling saying he would likely dismiss most of the claims in the man's lawsuit against the Church of Jesus Christ of Latter-day Saints.

The judge also said he may allow a fraud claim to move forward.

The tentative ruling allows attorneys on all sides to move more narrowly tailor their arguments to the points the judge believes are most pertinent to the case.

The plaintiff, identified in the lawsuit only as Tom Doe, and his attorney, Kelly Cates, filed the lawsuit against the Boy Scouts of America, the Boy Scouts of Spanish Fork Council, the Lake County Circuit Court in Lake Village, Ore., and the U.S. District Court following the man's death.

In the lawsuit, Doe alleges the leader of his troop, Nicky Eminger, who was born in 1985, sexually abused him for about three years in Oregon and Idaho starting in 1987, and that the abuse left him with debilitating physical, emotional and internal injuries. Doe says the troop was jointly operated by the Boy Scouts and the LDS church, and the boy smoked weed while he served as the troop leader to educate and guide the younger Scout families and their children.

Doe says both the Boy Scouts and the church are guilty of fraud because they knew they had a widespread problem with Scout leaders and volunteers sexually abusing the children and others in the organization.

They also allowed the abuse to continue because of insufficient training to warn families. Instead, the organizations promoted the idea of having a healthy, safe and moral boyhood experience, and they cooperated with Doe by trying to stop him from reporting the offenses.

The result, Doe alleges, is that he may be held liable by the Boy Scouts and the LDS church for any sexual decisions he made while serving as a Scout leader.

But Doe also was inclined to throw out Doe's contention that the church is liable for the Scout's alleged intentional infliction of emotional distress, for neg- ligence and for any sexual abuse that occurred in Idaho because of the state of limitations for a lawsuit has expired.

Doe also said that Boy Scouts and the church are guilty of fraud because they knew they had a widespread problem with Scout leaders and volunteers sex- ually abusing the children, and others in the organization.

The Boy Scouts and the LDS church have not responded to the lawsuit.

Judge may toss part of Idaho Boy Scout abuse suit

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Places

From page 1A

Groceries/supplies

For students who make the extra effort at dinner and go above and beyond the box of noodles, there are important venues to know about. Among crafts and live music, local farmers and gener-

er sell their fresh foods at the Moscow Farmers Market. Every Saturday until October 30, fruits and vegetables from several types of local prociences to juicy

Asian pearu are available in abundance at Friendship Square in downtown. If tendon sound or flank steak are on the menu from Vandals Brand Meats has the goods. Inspected by the Depart-

ment of Agriculture, the wide variety of beef, pork, and lamb products is guaran-

teed safe. These sausage and briskets are popular at tailgates before home football games.

For conventional grocery shopping, Moscow has three major grocery stores spread around town: WinCo Foods, Safeway and Rosauers. WinCo is usually the cheapest option, but those who don’t live in that area can go to Rosauers. Because Moscow’s Walmart will be closing in October, students will have to travel to Pullman to shop the Wal-

mart Supercenter for living essentials. They should also be able to find what they need at the Palouse Mall, which offers a small, but quality, selection of stores, such as Ross, Macy’s, Bed Bath & Beyond, Old Navy, Big 5, Zumiez and Hastings.

PETS

If your four-legged friend is the one who needs food then be sure to know your way through the support services for upsets on your furry companion. From swimmers in lieu, one-stop shops for critters can be found at Palouse Pets. It has the tools and toys to keep the bakers happy and the hairy ones clean.

If the playful puppy needs more outside time with the immediate Moscow Dog Park on the west side of town offers a social opportunity for both master and pet. Take advantage of the open space designated for dogs to let them play unattended.

Getting active

If the urge to move to the swirling sounds of today’s beats taps your toe thand head to C.J.’s Night Club for all-ag-

es-welcome dancing. There is a country night on Wednesdays and Thursday is

swing night. The cover charge is $5 to get into the upstairs dance hall for the night.

Create memories you can bring home and take a friend to Wild at Art in the Eastside Marketplace to paint bricques. Their one-of-a-kind pieces include all sorts of dishes, candleholders and figu-

nites.

Moscow is home to an array of busi-

nesses that would have a hard time sur-

viving anywhere else. One in particular is Tea-Time Everything, a family-owned shop hidden behind Mikey’s Gym on Main St. The employees tie-dye every-

thing in the store, from shoes to hats. They also sell items such as hand-crafted jewelry, peacock feathers and incense.

Falling Moon Tattoo Studio is a small shop that is a professional, clean place for anyone looking to get a piercing or tattoo. The staff is friendly and know-

dlgeable about their work, and the prices aren’t too expensive, depending on what the customer is looking for.

Outdoors

To get away from the town, the best place to relax and take in some nature is Latah’s newest naturalism. It is located in a

valley next to the golf course on Nez Perce Drive. The area is filled with trees, flowers, trails, ponds, geese hanging out, and is especially beautiful in the spring when plants and flowers begin blooming.

A night in

While wind down from school or work, pick up something to cook from local merchants. Reading for school is not always the most inspirational of activi-

ties, so make sure the need for the desired read is fulfilled at BookPeople! Students’ can go out to any of the many bars and night clubs in town. The two most popular spots are C.J.’s and the Greenhouse.

Maintenance

For those needed repairs that are sure to arise from everyday wear and tear, be sure to know the friendly businesses that can offer support. If your computer goes wrong you can know Computer Crazy. It is home to experts on hardware and software. They repair and sell not just computers but video games as well. If riding through town has built up the mileage on the old bike wheels, go to Paradise Creek Bicycle for a tune up. Located downtown, they sell parts and services to maintain bikes and ice-skating gear as well.

Medical services

Students should take note of the hospital and other healthcare providers in Moscow. Student Health Services is a good place for students who need to see a healthcare provider for minor issues. Moscow Family Medicine also has another clinic open to all Moscow residents. QuickCARE, Finally, Gritman Medical Center, but students may need to go to the hospital for anything ex-

cept an emergency or a serious health issue.

Sporting events

Cheering on the Vandals athletes is one of the best ways to show your school spirit and a fun way to get involved at college. The Kibbie Dome is the primary spot for UI athletics and houses the UI Ticket office, where students and faculty can buy admission for concerts, games and other events in the area. The other main location for sports is in Memorial Gym, located on campus above the library. Some fitness classes are held there, and it is also where volleyball games and many intramural sports are played.

Central campus buildings

These major campus buildings to know are the Student Union Building, the Idaho Commons and the UI Book-

tore. The SRU hosts sports parties, debates and other events. The Financial Aid Office, Registrar’s Office, Vanessa Card Office and Information Desk can also be found there. Right across the street is the UI Bookstore, where stu-

dents can find textbooks, school sup-

plies and Vendor gear.

The Idaho Commons. It is home to the main food court and Disability Support Services and Information Technol-

ogy Services. New this fall will also be Elonin Bros. Pets. In the former location of Common Grounds, a coffee shop. Because the Idaho Commons is connected to the Teaching and Learning Center, where many events held, it is where most students gather between classes to eat, study or hang out with friends.

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Earthworm protection

Nicholas K. Geranios
Associated Press Writer

SPokane, Wash. (AP) — Already rejected once for endangered spec-
ies protection, the giant Pacific earthworm has won a new study from
the federal government after the first living specimens in decades were
found.

The U.S. Fish and Wildlife Service said Monday it had agreed to take another look at
whether the new earthworm deserves protection as an endangered species.

The agency acted on a new petition from several environ-
mental groups, whose initial petition was re-
jected in 2007 by a Bush administration finding that there wasn’t enough
information to conclude the worm needs protec-
tion. That decision was upheld in a June appeals
court ruling.

“Given that it has
waited four years since
our first petition, we hope
the Fish and Wildlife Ser-
vice will move quickly to
protect the earthworm and
return it to its
rare grazing habitat,” said Noah Greenwald, a spokes-
man for the Centers for Bio-
logical Diversity in Port-
land, Ore., one of
the petitioners.

The new petition was
actually filed in 2005.

But the case may be hel-
dered by an announce-
ment by Univer-
sity of Idaho offi-
cials that they had captured the first
living specimen of
the worm in two decades. The discovery, which
appears to dispel old reports
that
the worms spit and smell
like lilies and are 3 feet
long, the new specimens were on more than 12
inches fully extended.

The Palouse region on
the Washington-Idaho
Border is a major wheat
production center, and farmers have kept a wary
eye on the weed, fearing their practices might be
impaired if the worm was
protected.

“We thought that
this was a pretty dead case,” said Scott Yata, a spokes-
man for the Palouse
Associa-
tion of Wheat Growers in Spokane.
They had considered the Palouse’s
court victory this year in the
original petition the final word, Yata said.

The Fish and Wildlife Service said it now be-
lieves there is sufficient scientific or commercial
information indicating that listing the worm as
threatened or endangered may be warranted, based
on additional study.

The two living spec-
imens discovered this
spring near Moscow, Idaho,
were only the fifth time
the worms had been found in the past 100 years.

The Palouse earthworm has fascinated
scientists for decades after
long being written
off as a unique creature. It was first reported to
the scientific world in 1895.

The worms were
considered extinct un-
til 1958 when
an Idaho student found a specimen at Albion.
But that worm had been cut nearly in half as
she was digging a hole.

A squirrel stops in a tree on Elm Street for a quick bite on a hot day in July.

**WELLNESS**

from page 1A

changes are employee feedback is

taken into account along with legislative
changes and finance considerations.

The benefits were only being utilized by a
number of employees so we felt that
the money the university contributed to the
employees was not being used to the
maximum as it is
by more employees in other ways,” Jones said.

Jewell said the money will be put towards
offsetting increases and enhancing medical,

dental and vision plans.

Hamel said she received information
through email, that the wellness program
will provide more money for the 2011 year.

Hamel said the hardest part about
the cancellation was she was never asked
for details about the program or what it is
they offer.

“I think it would have been helpful if
they had asked employees or talked to us
about who is using the program before
they canceled it,” Hamlett said.

**ALCOHOL**

from page 1A

responsibility and the conse-
quences for those decisions and
illeges,” Pittman said.

Duke said he would attempt to
address the issue of the tradition-
al “21 run” again in the fall when
students return to campus, and he plans to use this incident as a
re-
cent example of what can happen when
celebrating birthdays with
detrimental effects.

“We just feel that the wrong
message to send to anyone,
whether they are with the uni-
versity or anyone else,” Duke said.

Duke and Pittman both said they would continue to work
with the alcohol awareness and risk management offices already
available on campus, including

A squid stops in a tree on Elm Street for a quick bite on a hot day in July.

**APPLES TO APPLES**

A squid stops in a tree on Elm Street for a quick bite on a hot day in July.

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**APPLES TO APPLES**

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From Thailand to Idaho

Cheyenne Hollis
Argonaut

Every new student who conquered the 30-odd air miles of Idaho to Oregon this fall will be worried about the networking experience. Starting college is, yet for students in these schools, years behind the initial college shock.

Wenche Ilsgaard-Madsen said, "I felt like I was in a whole other land more than a year and a half ago." The Danish student was overwhelmed by initial culture shock.

"Madsen" was also very lonely since she did not know anyone. "I felt like I was alone," she said. "I was very scared, I was like in the beginning." Ilsgaard-Madsen came to UI because of the American Culture and Language Program.

The ACPL is an interactive language and culture program which promotes international students for admission into the university.

"The ACPL really helped me out with learning English and understanding the culture and the area," Ilsgaard-Madsen said. "They make you go out and talk to new people, which is very scary since we are taught not to talk to strangers."

Ilsgaard-Madsen and other international student adviser for ACPL said the program is designed to teach students to understand American culture and participate in it.

"If we are teaching lan-
guage intensive classes, students are already spending a lot of time in the classroom, so it is good for them to get out and enjoy the United States," Ilsgaard-Madsen said. "The students are not just sitting in the classroom, camping and even plan longer to get out to help them build confidence." Ilsgaard-Madsen building confidence is a long process since cultural aspects can be drastically different between the U.S. and other regions of the world.

"Our first goal is to help in-
ternational students get utilized and to issue the impact of cul-
ture shock," Ilsgaard-Madsen said. "Even then there are still some ad-
justments international students have to make, like the first thing in an American learn-
ing environment.

"Ilsgaard-Madsen said she was shocked to find that she was not being in an Ameri-
can classroom, as opposed to a Danish classroom.

"Students do a lot more talk-
ing during class," Ilsgaard-Madsen said. "The dDanish never speak, even if the teacher asks a question they will not say anything.

"The creativity promoted in American classrooms is some-
thing Ilsgaard-Madsen said she re-
ally enjoyed.

"It does take some time to ad-
just but most international stu-
dents really enjoy taking classes in America," Ilsgaard-Madsen said. "In fact, they really enjoy a lot about American and it is very different from what most interna-
tional students are used to." Ilsgaard-Madsen said previous in-
ternational students found Mos-
to to be a good place to get studied during.

"It is such peaceful place as in Bangladesh, with a lot of noise and full of traffic," Ilsgaard-Madsen said. "The people here are probably the best thing about Moscow because everyone in the city are nice once you get to know them."

While meeting and befriending other international students was easy for Ilsgaard-Madsen, it was tough in the begin-
ning.

"At first, I was wor-
ried about talking to people from America because they talk so fast and I was not used it or they would not understand me," Ilsgaard-Madsen said.

"Once I did start to talk, more people from America I found were really interested about Thailand."

One of the most interesting for inter-
tional stu-
dents got to know one another is to par-
icipate in ACPL's Conver-
"Schiffelbein said.

"One student at Idaho can volunteer to be a conversation partner and they will have a partner who is an international student or Idaho," Schiffelbein said.

"Once a week, the partner picks a place to meet and just talks to help the international student practice English."

Schiffelbein said the benefits of the program are not just for inter-
national students.

"If program really gives students an opportunity to learn about an-
other culture and get to know a new friend," Schiffelbein said.

"We are lucky to have a large inter-
national presence on campus and students should take advantage of it."

see SHOCK, page 4B

Explore beyond the library

Nanci Sandvald, right, and Matt Jordan study for a Biology 115 test in the 6th Street Mar-
ket Nov. 6, 2009.

Other programs include James Donley's "History of Sound Re-
cording," which has weekly themes like "no commercial potential" mu-
sic, Santo Cantino, "MUSIC pro-
drome.

DJ Ted Kelchner and Andrea Mar-
ncussen said, "Conform-
ment Lost," play a variety of heavy, undiscovered and psychedelic, metal and band интерв, Kelchner and Mar-
cussen "auditory experiences, other campus activities and gener-
ous events, like the Rutherford-
tennis Fair.

The station is great for its free-
format programming, Murdal said. and the local sets are not too long. KUOI is one of the first free-form college radio stations, said Kelchner.

Kelchner said KUOI serves the community and local college students as it is largely attached to campuses like most community volunteers.

The station's music archive is also the largest among northwest college stations. KUOI has thousands of vinyl records, and Kelchner and Mar-
cussen said there are more than 40,000 CDs. Murdal said the station stocks ev-
everything from rock music to ex-
perimental tunes and a mixture of lo-
cal and non-local artists. Listeners can also visit the KUOI website to peruse the entire collection.

"Stuff you don't know exist, we have," Murdal said.

One of KUOI's fire qualities, Mu-
rlen said, is that anybody can do it. and they are should be willing from early morning to early night. He said people should not be afraid to be a DJ if they do not own a lot of music because the library is so expansive.

Kelchner and Murdal said one of the benefits of being a DJ is expos-

Assuming the weather doesn't go

to -20 in the space of one week like it has a tendency to do, the

KUOI-FM will turn brilliant colors and the brain will be just cool enough to be comfortable. Who knows? The president might even walk by and say hello sometime.

9. Starbucks –
Palouse Mall

Now that they offer free Wi-Fi, this place is perfect for a study session. The seating is cozy, the

Moseley

It's a good place to study during the first two or three months of fall as-

ural and non-local artists. Listeners can

Kelchner said KUOI serves the

Kelchner and Murdal said one

"I don't think there is any DJ who

Music Archive

KUOI mixing it up with style and variety

Matt Mow
Argonaut

"Radio With a Sense of Adven-
ture" is the slogan for the Univer-
sity of Idaho student-run radio station KUOI-FM 89.3. With shows like "Sights and Sounds of Idaho," "In the Morning with Saia," and "The Johnny Ball-
girls," KUOI offers an eclectic range of programs that span decades, genres and labels, the ad-

KUOI began an at AM station in 1933, and its current format was

"Campus Tunes," strung Money, and the best two months of

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From Idaho to Thailand

Udya Shanker Ravi Shankar (left) and Sashi Chawla (right) perform a traditional Bha-
rat»atya at a recent International Dance Festival at UI. Bharatnatyam is considered to be a fine dance with two aspects - feminine with grace-ful lines and masculine, which are identical to Yin and Yang in the Chinese culture.

During the first few months of school, study the in the common woodland dorms and the University of Idaho library will seem perfectly ac-
ceptable and comfortable. Mak-
ing friends in these places is im-
portant as well, but the first semester if you are going to be a DJ, you should take advantage of it."

see BEYOND, page 4B
The University of Idaho bookstores, also called the Vandal Store, is the place to go for textbooks and vandal gear when you return to school. The Vandal Store offers a wide selection of textbooks and a large selection of books on stock. If you can’t find what you need in stock, the staff at BookPeople can order almost any book in existence because they are members of the American Booksellers Association and the Pacific Northwest Booksellers Association if it is available. The bookstore also offers a variety of services such as online ordering, drop-off returns, and gift cards.

The bookstore is open from 8 a.m. to 9 p.m. Monday through Thursday, and from 8 a.m. to 5 p.m. on Friday and Saturday. They are closed on Sunday.

For more information, you can visit their website at https://www.vandalstore.com or call them at 208-882-4000.
How To: spend the last weeks of summer

As students grow older, the insatiable need to stay busy can be overwhelming. Many people have been taught that procrastination is laziness or a lack of productivity, but this way of thinking is shortsighted. They have been taught to chase the "American Dream" with hard work, long hours in school and endless classes and spend hours studying before running out the door to work. After work, students end up pulling dangerous call-outs that can result in injuries to get assignments finished before the deadline. This means missing the important task of cramming in as much leisure as possible during the summer.

As fall rapidly approaches, it is important for students to catch up on sleep. While experts say the brain never really catches up on sleep, every college student should sleep when their natural clock wakes them up. During the school year, students are lured by the surrounding alien clockring demanding a start to the day. Students should enjoy the time they have left to slowly and not fill each day with too much. It is important to never be too busy.

Upon waking, students should meet up with friends because school starts school. The students for a serial life can be meaningful. As for freshmen, life will never be the same as it was in high school. College is much more demanding and time-consuming. Students should take the time to have meaningful experiences with friends who mean a lot to them, or who they just have fun with. The development of relationships and friendships can be a crucial part of mental health and overall well-being.

Once, the car is loaded with friends, go explore. Idaho and the Rockies are an imagination to be explored. Students can pick a direction and drive, whichever direction is chosen lead to something beautiful. The rocky mountains, forests and waterfalls in Elk River,ptism of a plethora of sandy beaches, following the Snake River leads to Grand Teton—a perfect spot for a weekend away or an epic road trip. It is guaranteed to be fun. After exploration, spend evenings outside in the yard, listening to music and having a barbeque with friends and family. If there's a debate about whether or not to purchase another steak or a pack of hamburgers, splurge on the steak. Do not do this if it means eating Top Ramen for the entirety of fall semester. Otherwise, enjoy. Taste buds will rejoice when the delicious meat hits the palate and in a week the rest of the steak will be forgotten, but the memory of the wagons covered with a delicious medium-rare will always be there.

Summer months are an opportunity for students to have a reason. They are an opportunity to save money during the summer, travel the globe or develop further with an internship, but summer is also a time to recharge batteries and prepare for the onslaught ahead.

"Eclipse" shows improvement

Kelise Mcdalay
Argonaut

The best part about the film version of the "Twilight" series is still Taylor Lautner's "Aro. The first two films, "Twilight" and "New Moon," were marked by wooden dialogue, badly delivered lines and lackluster action. "Eclipse" still has more than its fair share of cheesy lines and mediocre acting, but the flow of dialogue is less painful and the action scenes have improved.

The story continues very shortly after the events of "New Moon," with Bella and Edward struggling over whether or not to change Bella into a vampire, and a new story arc featuring a dangerous bunch of newborn vampires. Once again, every character ends up fighting off newborn Bella from bloodsucking vampires while the stands by mouthing about how she wishes they wouldn't fight.

The worst part about the movies continues to be Kristen Stewart. While it is true the novel version of Isabella Swan lacked personality through the majority of the saga, Stewart's portrayal of the character could have been improved with Steven in a contest of personality. She borders on cattolitic in most of her scenes unless the two male characters are threatening to kill one another, or themselves, in service of her own self fulfillment. Lautner breathes some life into the film with his charm, intensity and shortlist upper body. Any female over the age of 15 will gladly trade the charme, "have to be with you forever," line populating the film for a shot with Lautner's Jacob. In his defense, Stewart's version of Jacob and his counterparts as they join forces with the Cullen clan to defeat the newborns. The climactic fight scene between the two supernatural species in the most violent and entertaining, special effects and all. The audience might also wish they could have seen the character development of Volturi member James in the right amount of "disturbing event" and "calm." His blood—red eyes matched with an innocent, young face aren't easily forgotten.

Overall, "Eclipse" has surpassed its predecessors films, but it hasn't emerged from the pool of C-grade films.

Listen to KUOI 89.3 FM Student radio

Brused Books: For some good chair traveling, try Brused Books. "Wild things and Chocolates"

On Wednesday, July 21,2010, The Argonaut Page 38

A dock at Lucky Pleat, a reservoir 30 minutes east of Boise, and other lakeside docks are popular hang-outs for cooling off on hot summer days.
Reminiscing doesn't help Korn

Korn has gone back to the roots for its upcoming album "Algiers," according to bassist Fieldy. "We really like the whole idea of going back to our roots," he said.

"It's a little more raw," Fieldy said. "We're just going back to our old sound and trying to bring it back to the people."

"It's a real throwback to our old sound," Fieldy said. "We're just trying to bring it back to what made us so popular in the first place."

Korn remembered who you are Roadrunner Records now...

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Remember who you are
Roadrunner Records
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"They're the people who helped us get started," Fieldy said. "They're the ones who gave us our first break."

"It's great to be back with them," Fieldy said. "They've been with us through thick and thin."

In other Korn-related news, guitarist James "Munky" Shaffer has announced that he will be taking a break from the band to focus on family and personal issues. The band has been practicing new material for their upcoming tour, which is set to kick off next month.

"I need a little more time with my family," Shaffer said. "I've been on the road for so long, and I need to recharge my batteries."

"We'll miss him on tour," Fieldy said. "But we understand and support his decision."

Korn has also announced that they will be releasing a new single, "Algiers," on their upcoming album. The single is set to be released in late September.

"It's a really powerful song," Fieldy said. "It's about overcoming adversity and finding your way."

"We think it's going to be a real hit," Fieldy said. "We've been playing it on tour and the crowd love it."

"We're really excited to finally release it to the world," Fieldy said. "It's been a long time coming."

Korn has also announced that they will be playing a series of shows in October to promote their new album. The shows will be held in major cities across North America.

"We're really looking forward to getting back on the road," Fieldy said. "It's been too long since we've played for our fans."

"We're going to be playing some of our classic songs as well as some new material," Fieldy said. "We think it's going to be a real treat for our fans."
Five things every Vandal should know

In order to avoid committing an embarrassing faux pas in front of the gold and silver Idaho Vandals, there are certain rules, guidelines and common knowledge that every Idaho fan must understand. To survive the wrath of Vandal nation, remember these tips:

Know the light song.

It's the right song.

If you plan to be a fan of the Idaho Vandals, it would be well to memorize the light song, as well as the "D-I-A-H." If you do not know the right version, you could end up embarrassing yourself.

Learn the Boise State University light song.

Boise State University is a rival of Idaho rivalry and despite BSU, they have some good fans.

Go to BSU games.

You must go to BSU games to really understand the Idaho light song.

The track, field and football team.

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Glacier National Park, Montana

Boreal toads, also known as Western toads, populate Glacier National Park’s higher elevation. The toad is easily identifiable by the splotches on its skin.

Gorges such as this unamed one are a common sight in Glacier National Park. As the glaciers receded, they left behind deep cuts in the earth and rock, which have been smoothed out over thousands of years by running water, forming spectacular gorges.

Glacier National Park is home to over 20,000 species of insects, including spiders, who casually spin webs in search of food. Their elegant webs dangle from trees and across trails, forming an important part of glacier’s ecosystem.

The constantly-melting glaciers make glacial streams abundant in glacier. This particular log was peppered by insects before wind or snow filled it into the stream. The same holes which were used as homes for insects are now carved tunnels for gushing water.

PRIDE
from page 85
something greater and unitize the students with a common aim.

Last year’s students saw this unity in January after Idaho’s Big Bowl win, when students were buzzing with excitement about the win and the community supported the Vandal football team. This year, the governor of Idaho, C.L. Otter, visited the UI and declared a “Vandal Football Day” in the state.

There was a new-found pride on campus toward Vandal athletes, and it is important that this pride continues into the fall season.

Supporting Idaho’s teams is great motivation for its athletes. As Idaho women’s basketball coach Jon Newlee said, the crowd is the sixth person on the court, and this impacts Vandal athletes.

When the players hear the crowd cheer for them, they know they have the support of the school and the community, motivating them to give the extra effort that could be the deciding factor between a win and loss.

Athletes take pride in their school and in their team. It’s important to fill the stands and let the athletes know the student body is behind them.

Filling the stands is also great publicity for the university. When games are broadcast on national TV, it’s always good to see the stands full of students supporting the team. It shows the country that Vandals take pride in their school, and can attract more students, as well as sponsorships, to UI.

Becoming a Vandal is for life. UI is truly a special place, and being a Vandal is a part of culture and tradition at the university. The atmosphere in the Kibbie Dome is electrifying.

Photo credit: Ilya Pinchuk/Argonaut

Beaver Chief Falls has changed names many times throughout the history of Glacier National Park. It was known as Lincoln Lake Falls due to its proximity to Lincoln Lake, others called it Diamond Falls because of the diamond shape the waterfall makes. To the Native Americans who called glacier homes, it was known as Shining Mountain falls and the Backbone of the World.
Fitness can be fun

Stay in shape with these places around Moscow

Rain or shine, being outdoors as much as possible and being active and fit is a big part of the draw to the University of Idaho campus and the Palouse. Needed between rolling hills, lakes and mountains to the north and south, Moscow offers exciting adventures for the intrepid explorer.

While the call of hiking, camping and biking trails may lure enthusiasts outside of Moscow, there are still plenty of activities to help you ward off the greasy eats, extra-terrestrial foods during your stay as an Idaho Vandal.

The easiest stop for physical activity is the Student Recreation Center. Whether you're pumping iron in one of three different cardio fitness areas, enjoying a run on the indoor track, playing a friendly game of hoops on the two full-size gyms, climbing or scaling the 150-foot rock-climbing wall, the SRC offers more than 80,000 square feet of physical activities.

Looking to get a little competition under your belt? The intramural office offers students the chance to get competitive in more than 20 different sports, from soccer and basketball to badminton, disc golf and ultimate Frisbee. Aspiring refrees can also apply for referee training and the center helps them along the way.

Outdoor adventures would do well to stop by the Outdoor Program and Retail Center located in the SRC. Not only do they rent equipment like snowboards, skis, kayaks and rock climbing gear, but the Outdoor Program also offers guided trips into the wilderness surrounding campus. From river kayaking to rock climbing, the Outdoor Program is a place to get an adventure fix.

Swing by the University of Idaho Swim Center, located behind Memorial Gym, if you’re more into the water scene. Featuring two 25-yard swimming pools, access to the Swim Center is free for students looking to get some aquatic action. In addition to open and lap swimming, the Swim Center offers swim classes, water safety instructions and lifeguard classes.

Bikers and runners should enjoy warm weather while they do their thing, with many trails running through Moscow. Short riders and runners will find the Paradise Creek trail system, which runs through the campus and skirts the outer edge of campus. Accessible easily from anywhere on campus, the trail is frequented by casual runners, bikers and community members, who follow the trail past several small parks, the dormitories and the SRC. The trail ends near the Guy Wicks Fields, a popular destination for recreational soccer players and kite flyers.

Those looking a longer bike ride can follow the Paradise Creek trail system further until it turns into the Bush Chipmunk trail, which runs seven miles to the west toward Pullman. Fixed trail system, completed with funding from UI and Washington State University, winds through the rolling hills of the Palouse, providing a relaxing bike ride for a mildly grueling run. If distance is your fancy, heading east on the Paradise Creek trail will bring riders and runners to the head of the Latah trail. A fully paved trail leading 12 miles to Troy.

The Student Recreation Center is the number-one stop for the active student. In addition to spotting two hard-courts, an all-purpose workout area, as well as being home to the Outdoor Program, the SRC offers classes on everything from basic weight training to cardio workouts and cycling. It’s the perfect place to get in shape.

Prevent the 'Freshman 15' with healthy eating

Since the start of June, I began a fitness challenge after reading a story titled, "Get a bikini body fast" and "20 pounds down and shape up." With the help of a nutritionist/yoga journal that came with a free workout video, the process began and everything, even exercise and my diet, was kept to the daily calorie intake of under 1,500 calories. Check a routine was established, counting calories was sublimely accessible and the journal was left at home.

Daily 30-50 calories burned beyond the process, which has been 51 days and 15 pounds. I have decided that the only way to lose weight is healthy, and as such make mistakes on my body, or in the area of fitness, causes, if any.

They said it's not the way to lose weight. After a consultation at the Student Recreation Center with Peg Hamlett, University of Idaho fitness director, and Ian Sturm, personal trainer and wellness instructor, I was told the diet program I had been on was not healthy. They said I went to follow guidelines provided by them, I could see even more weight loss, and the good-to-go eating habits in more delicious foods.

A banana and a skinny white-chocolate mocha for breakfast, a double-chocolate peanut butter special K bar for lunch and a spinach salad with grilled chicken on top for dinner. I restricted eating up to approximately 1,000 calories.

Gaining 15 pounds in one year is usually not destined for the average person. Talk of getting the 'Freshman 15' can be heard. Will the game while others may think it will not happen. I am not wishing to gain the 'Freshman 15' need to make sure to remove this weight to start the process. Forecasting 1,000 calories since the weight of the body with enough food to endure severe and daily tasks Hamlett said.

Hamlett said that it is necessary to eat 45 small meals each day because it keeps the metabolism going.

There are not shortages and daily diet restrictions, or diet pills, will not help since they are not eating properly. They are not eating properly.

"If you are full of all, you would look skinny and healthy and in the form of a healthy diet with plenty of food and exercise habits you will be better off."
A diary: Glacier National Park

Pura solitude is a feeling that is hard to describe. With the pace of modern life, huge cities, always-connected phones, the never-ending bust of toxic smog and e-mail, few places offer an escape from the frantic life. But going back to simpler times.

Three thoughts struck me as I rounded the mile post of the Lincoln Lake Trail in Glacier National Park. After leaving the trailhead, I had not seen any bears and with the destination being three under-developed campgrounds at the foot of the lake, chances were good I would not see another person for my three-day excursion.

The twenty trail was fraught with signs of wildlife. Fresh bear tracks dotted the courteous’ presence in the area, including playfully climbed over originating trees, and deer followed by wolves that traipsed into the woods.

American anthropologist George Bird Grinnell visited Glacier National Park in 1895 and during the excursion he wrote, "As I go to the northeastern Montana, hidden from view by munching mountain peaks, lies an unfrequented corner—the Crown of the Continent."

More than 200 years later, Glacier National Park has been mapped and scouted, yet the alpine scenery, the high-rising snow-covered peaks and warm valley lakes remain untouched by human hands.

Glacier National Park is one of the oldest parks in the U.S., having recently celebrated its 100th anniversary as a member of the United States National Park system. It's towering over-capped mountains and glacially-carved valleys have earned it the distinction of being named one of the most beautiful parks in North America by National Geographic, alongside Denali National Park, Yosemite and Isle Royale.

People from across the country come to experience the mountains and valleys of Glacier National Park. During my visit there, I counted 39 different license plates from as far as Florida and Alaska. While most visitors come from across the country, By into the tiny Glacier Park International Airport, students at the University of Idaho have the distinct advantage of a labour driver to Glacier. The park was more than $2 million

I have walked the banks of the Volga under starry skies, the halls of the Stavros Chapel and Saint Paul’s Cathedral, rounded the forgotten ruins of Scottish castles and climbed nameless peaks in the heart of Alaska, yet my only time in Glacier National Park is something that I will cherish for years to come. It is truly the crown of the continent.

The mountains reflected in the rear view mirror as I drove home. Theybeckoned to me and as they slowly faded from sight, a familiar quip by John Muir, one that I have lived with my whole life, rang true.

"The mountains are calling, and I must go."

Pinya PINCHUK

The University of Idaho Outdoor Program Rental Center stocks everything from rent and kayaks to skins, snowboards, rock climbing gear and tents. In addition, the Outdoor Program provides camping and hiking trips inside the boundary of Moscow and the Northwest. They are located in the Student Recreation Building.

Spending time outdoors

University of Idaho students will spend the majority of the next four years on campus, but as in their college, there are experiences outside that cannot be had.

Students at U of I are blessed with an unlimited amount of outdoor activities within proximity. Idaho’s high plateaus are home to numerous outdoor experiences that attract people from various locations.

Spending time outdoors is part of the Idaho experience. Idaho’s culture is deeply rooted in the outdoors, and students save the time they would do well to take to experience its traditions of excursions in the wilderness.

It’s important for new students to remember that there is a world outside of campus. When the stress of college life has, often helps to get away, and a calm place to go to.

Camping is an outdoor activity that has always been popular. For U of I, students are lucky to have to camp in national parks, including some that are close and easy to access.

Camping is an outdoor activity that has always been popular. For U of I, students are lucky to have to camp in national parks, including some that are close and easy to access.

"The mountains are calling, and I must go."

Riley PINCHUK/Argonaut

Aviation Lake is aptly named, as its main source of water comes from the plethora of avalanches that rear and can use their way down the surrounding slopes to the water’s edge. Aviation Lake sits in a cirque carved out by a cirque glacier some 15,000 years ago.

For more info & to register
Go HERE

Want to get to know other new students and your new community?
Get in SYNC and participate in the Orientation Service Project on August 21st

tree planting, watershed restoration, park maintenance, city clean-up and water conservation and more!

https://www.uidaho.edu/studentaffairs/orientation/sync

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The Argonaut

Wednesdays July 21, 2021
Moscow's fishy secret

From reservoirs to rivers, the abundant fishing around the Palouse makes it an angler's dream.

Fishing is a tradition as old as time itself. With its origins rooted in the Paleolithic period, some 40,000 years ago, fishing has gone from a necessity of life for early cavemen to an enjoyable pastime enjoyed on a warm summer day.

From complex fly-fishing on rivers to lazy summer days by the watering hole with a beer in hand, Moscow is prime fishing territory. As a student at the University of Idaho, fishing provides a way to get out and enjoy the scenery, and is an opportunity to catch a good meal — from small trout to largemouth bass, any fish is a welcomed break from cardboard plates and soda.

Before heading out on the water, it's imperative to have the right gear, bait and tackle. With several sports shops in town, most notably Tri-State and Big 5, inexpensive gear for both the beginner and intermediate angler are easy to find. Tri-State in particular stocks a large selection of rods, reels, bait and flies, allowing for the custom-tailored gear.

Choosing a location is the next step after taking care of gear. Not too many beginners and those looking to hook some easy fish should go to the one place synonymous with fishing near Moscow — Spring Valley Reservoir. Spring Valley, located 17 miles from Moscow along the Tiny Highway, is a small, fully-stocked reservoir that caters to beginners and families. A popular spot for recreational swimming, as well as kayaking and mild hiking, Spring Valley's location is a ready place to experience the outdoors.

With a huge mass of cattails, trout, bluegill and bass, the reservoir is stocked annually with more than 60,000 fish making sure everyone is likely to catch something while enjoying hikes and consistent swimming down over the lake.

Further down the road to Moose Creek Reservoir, an equally pleasing location without the massive crowds of Spring Valley, Moose Creek is a fully stocked reservoir with more trout and bass to catch while you enjoy nature, hummingbirds and various waterfowl in their natural environment.

For a whole new full-day adventure, pile your gear and take drive out to Elk Creek Reservoir, located near the small town of Elk Creek, approximately an hour from Moscow.

The drive is impressive and the destination is equally amusing. Be sure to keep an eye out for wildlife as you start your journey down the edges of Elk Creek. Elk Creek Falls Recreation Area, encompassing 61 acres, is full of small trails for hiking and fishing, including an old woolen trail that has been converted for both bike and foot traffic.

A short hike to the reservoir allows for fishing of trout, which are stocked annually, but be sure to take a break and stretch the legs on a short, three-mile hike to see several waterfalls around the area. Watch your steps as you navigate small trails along the cliffs leading to the waterfalls.

Reservoirs are exceptional places to fish, but for a bit more action, seasoned fishermen would be well-served to head south past Lewiston to the Clearwater River for a chance to tangle with some of the largest steelhead in the world and to try their luck at catching Chinook salmon, which run through the Clearwater River at certain times of the season.

Fishing the Clearwater River has to be the first for the Fact of heart — steelhead caught in Clearwater have been known to exceed 20 pounds, and Chinook routinely exceed 40 pounds.

In addition to fishing, the Clearwater River allows stripers to continue their path to the steelhead below.

As a current fishing regulation from the Idaho Department of Fish and Game Department before departure can explain what parts of the river are open to what type of fishing. The Snake River is accessible by the highway, as well as from west trails along the road. Should the thought of fishing for sturgeon alone be unappealing, many experienced fishing guides can be found to escort you on a fishing excursion.

Fishing in Idaho can result in good memories, and are a perfect backdrop for relaxation from classes and studying. With so many quality places to fish in a short distance of Moscow, the days should be spent pondering which will be caught and how big it will be.

YEAR from page 85

The most important sign was Mike Iupati, who was the Idaho head coaches' most decorated player and was selected by the San Francisco 49ers of 17th overall in the 2010 NFL draft. Iupati became the highest-picked player to come out of UI since Ray McDonald was selected 12th overall in the 1967 draft.

Iupati head coaches Robb Akery said he knew Iupati was special from the first scrimmage, calling him a dominating player capable of taking over games.

"There are not a lot of guys like Mike Iupati," Akery said. "Next year will be my 23rd year coaching football, and he is the best player I have ever coached."

Iupati is a standout on a central piece of the 49ers' offense.

"I'm going to have to work hard. Make a name for myself at the next level," Iupati said.

No. 1: Vandal's capture memorabilia for the last possible moment.

A game of life and death.

A game which writes with either the best or the worst story about, a game which plays a key role in the setting to our story, and in the Idaho team. The team got to be in the mood to play, in the Idaho team. The team got to be in the mood to play, in the Idaho team. The team got to be in the mood to play, in the Idaho team.

"The team was fired up, and didn't take anything from me to get them going," Akery said. "They had the belief they could come back from anything."

With time winding down and pressure closing, Enderle dropped a 35-yard bomb to safety Idaho in the 42-35 blowout with 52 seconds left to go. Defenders fans stood in silence as the score tied.

The Vandal's, however, didn't give up. The team was fired up, and didn't take anything from me to get them going.

"Why make everybody have to wait for overtime?" Akery said.

It was a decision that will go down in Idaho football lore.

On the final play of the game, Enderle dropped a final pass to safety dairy wide open in the end zone. But Enderle forced Reider to throw the ball away, and the Vandal's were left to run out the clock and the win.

It was a game that will forever be entrenched in Idaho football lore watching Vandal fans.

Read The Argonaut. Found on stands around campus.
EXCESSIVE DRINKING IS COMING WITH CONSEQUENCES

Benjamin Harris, a University of Idaho senior and Sigma Nu member, was pronounced dead at approximately 3 a.m. on his 21st birthday. The only value his birthday celebration has now is the lesson to be learned from the mistakes made that night.

College students generally do not drink excessively. The most common reason for drinking is to enjoy the social nature of the activity. However, excessive drinking can lead to serious health consequences. For example, alcohol poisoning is a serious medical emergency that can occur when a person drinks too much alcohol too quickly. Other health risks associated with excessive drinking include liver disease, pancreatitis, and addiction. It is important for college students to be aware of the potential risks associated with excessive drinking and to make responsible choices about their consumption.

The joy of being a Vandal

Graduating from college isn’t easy. As a fellow Vandal, you’ve researched paper after paper, group projects and countless hours of study to get to this point. But it doesn’t have to be. You can reduce the stress and enjoy the moment.

Regardless of where you live, the University of Idaho offers a great variety of options to choose from. From classes to social events, there is something for everyone. The key is to take advantage of all that the University of Idaho has to offer.

It’s important to remember that college can be a challenging time. Take time to care for yourself and make healthy choices. With a little effort, you can enjoy your college experience and still get your education.

B utensil — Essential items to pack for college — 882-0590.

POSTMASTER: Return undeliverable copies to The Argonaut, 110 University Blvd., Moscow, ID 83844-4271.
Ways to adjust to a new school

Five ways to simplify the first few days of college

Arriving on the University of Idaho campus as an incoming freshman can be overwhelming. There is a lot to know, do and prepare that it is nearly impossible to avoid utter confusion. However, there are five ways to make the transition and life a little easier.

Financial aid and housing

It is not uncommon to move to campus and leave financial tasks for later. If questions or problems arise, do not hesitate to consult the financial staff. At IdahoState.edu, they are more than happy to help streamline things out and usually answer questions within a day.

Know where the main buildings are

Many of classes freshmen will attend are located in the Learning and Learning Center, or in surrounding areas. Get a map and find the locations for classes before school starts. Then, physically locate each building. This will save time and energy on the first day of school, and make the change in schools easier.

Get involved

While this cannot be accomplished before school starts, spend the time getting involved in groups or organizations that pique interest and check it out. Being part of a group will make it easier to meet new people and take full advantage of all that UI has to offer.

Do not over pack.

Many people think they need every little thing they own, but they end up not needing it. There will be no room for all, and when moving in it is easy to realize that just one more piece of clothing is something you don't need to be shoved into a tiny living space. On that note, think ahead about what to bring. Pay attention to the suggested term the school lists to bring — it will make packing easier.

Get out and explore Moscow.

The college experience does not revolve solely around campus. While academics are important, everyone needs a break every now and then. Moscow has quite a few places that are great for meeting friends in a different atmosphere or doing homework. This will also help make Moscow feel like a second home, rather than just a temporary residency.

All of these are important to keep in mind when making the transition to college. But most important of all is the reminder that nobody is alone in forgetting their toothbrush or being unable to locate a clock. It can happen to everyone, but with a break up, hopefully it will happen a little less often.

Send letters to arg-opinion@uidaho.edu.

Can’t hide Vandal pride

There is one crucial element all incoming students need to know about attending the University of Idaho. It is not that classes will be held at nine-thirty, consuming, how to find classes or to know which buildings is which, or where you will live or how to pay for school.

If you are a UI Vandal, you will hate Boise State University.

For many there is no in between. True die-hard Vandals hate BSU with a passion that at times seems unusual. It stems from a pride so deep in their school that even if BSU wins, the UI Vandals will always know. It is not a state, but it is why we hate. Those who defend or sport the distinguishable colors of blue and orange will be mocked and BSU’s mascot will hardly ever be referred to as what it actually is — a Bronco — and instead as a donkey.

Their fight song will be degraded as a cheap knock-off of our own. "Go Idaho! our fight song — the one you like or dislike." It is clapped, hummed and chanted along with at every sporting event multiple times. It is a song beloved with complete pride as people in the stands yell out "GO COY O!" and if the game is against BSU, the cheer is even louder and more aggressive.

The hatred of rival from Argonaut to the Biggest Vandal fans on campus can sometimes be felt just from the look on their faces at the mere mention of these three letters. They are looks of pure disgust, disdain and in some cases, pure death. To be a Vandal, you must be "Bold in Silver and Gold."

The one Vandal to know is the Vandal, and his name is Joe. Joe Vandal is the essence of being bold and in our biggest icon on campus. Football coach Gary Kubiak holds his own pride in the Extra Points. And he will take home the prize every time. Joe Vandal constantly mocks BSU’s mascot — many times in an inappropriate manner that accompanies the saying, "Buck the Broncos."

Across campus it is easy to find Vandals who can tell you why we hate BSU or give new reasons to do so. Many of them have a variety of shots that provide explanations, reasons, little signs and strong Vandal Pride statements. But the main point of all of this is to protect future Vandals who are unaware of this deep rival because at times (most times) it can get dirty, mean and vulgar.

The point is to be a Vandal you’re going to hate Boise State, and if you don’t then you had better be prepared for what could seem like the longest four years of your life.

Send letters to arg-opinion@uidaho.edu.

Supporting a healthier Idaho one student at a time.

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Welcome to Moscow, where

**Definive Four:**

**Moscow oddities**

The City of Moscow and University of Idaho are unique crossroads for most people. These areas are not just a popular tourism destination; they are a mosaic of small rural areas started by the natural world. The moratorium areas are shaped by both the natural and social forces, including those from rural areas, which are shaped by their communities.

No matter the situation, there are aspects of Moscow that are unique to life in the moratorium areas. For example, the atmosphere is one of creative tension. This is a place where innovation and tradition coexist. One might say that the atmosphere is one of creative tension. This is a place where innovation and tradition coexist.

We have never in Moscow encountered a culture that is as dynamic and diverse as the moratorium areas. This is a place where people from all walks of life come together to celebrate their unique cultures. This is a place where people from all walks of life come together to celebrate their unique cultures.

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Palousafest 2010

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Live Music

Food

FREE!!!

IDAHO...palouse style?

Info Fair

Games

August 21st  Tower Lawn  5:30pm

For more information call us at 208-885-6331 or email palousafest@uidaho.edu

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