

# THE ARGONAUT

THE VANDAL VOICE SINCE 1898

uiargonaut.com

Tuesday, April 22, 2014



## Working on

# SUSTAINABILITY

*UI student gets involved to save Earth, protect food systems*

**Ryan Tarinelli**  
Argonaut

Brita Olson can be found every Saturday morning throwing axes, chucking logs and slicing away pieces of a log with a crosscut saw.

Olson, an ecology and conservation biology major at the University of Idaho, is on UI's logger sports team, and said she was first introduced to the sport by one of her close friends.

"One of my really good friends was just like 'we compete and we just throw axes and crosscut saw, it's the

best," Olson said. "So I just showed up, it's a lot of fun."

Despite her aggressiveness in the logger sports arena, Olson has a strong connection with sustainable living and the environment.

The logger sports team is only one part of Olson's busy schedule. She is the president of UI's organic farm club — the Soil Stewards — an intern with the Stateline Wetland Restoration Project and serves as program coordinator for the UI Sustainability Center.

"I've really found my home in the Sustainability Center and the Soil Stewards," Olson said.

As Soil Stewards president, Olson said the organic farm allows students to impact the campus

and Moscow community through providing a source of organically grown produce. She said the farm also allows students to learn about organic farming, while creating a community of mutual responsibility between participating students.

Olson said she was exposed to organic farming from a young age, but it wasn't until a trip to Ecuador that she started to think more critically about sustainable farming. She said the experience tasting produce from an open-air market, and reading "The Omnivore's Dilemma" convinced her to take action.

"It clearly got me thinking about my food system," Olson said. "I felt very compelled to get

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I've really found my home in the Sustainability Center and the Soil Stewards

**Brita Olson**

involved somehow, and I'd known about the Soil Stewards student farm for a while."

Although the only experience Olson had with organic farming was working in her mother's garden, she started volunteering at the farm last fall.

Olson said the club had a large turnover the year before that allowed her to take on larger responsibilities in the club, including organizing the weekly harvest and delivering the produce to community members.

"I just kind of plunged right in, like first day in the club. Now I'm working for the club six hours a week," Olson said.

Olson said working for the Sustainability Center as program coordinator allows her to organize events — like Bike Fix and the UIdeas Symposium — that have an impact on students and reflect the issues and topics she is passionate about.

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## Waste not, want not

*Free Cycle reduces waste by reusing donations*

**Jake Smith**  
Argonaut

The Theophilus Tower lawn has been littered with hundreds of bins and tables in August, for the past five years.

Inside these bins on the Tower lawn are hundreds of pounds in diversions from the waste stream — an ongoing project, which was taken over this year by the University of Idaho Sustainability Center.

This ongoing project is called Free Cycle, though in prior years it has gone by other names such as "Trash to Treasures." At the end of the each

academic year, program coordinators collect unused but still usable items from students occupying university housing. The goal is to reduce input into the waste stream.

Donation bins are placed in dorms across campus during the last two to three weeks of the academic year. After students donate items, their unused goods are stored over the summer in the Wallace Residence Center basement. During the first week of the academic year in August, all donated items are placed on the Tower lawn. Students may peruse the items and take what they wish. The program is on

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## Community seeds

*Hamilton Community Garden provides Moscow residents place to rent garden space*

**Jared Jonas**  
Argonaut

The Hamilton Community Garden in Moscow is a place where people can rent 20 by 20 foot space of land to use as a garden of their own.

The garden was established several years ago by the Moscow Parks and Recreation Department and originally contained 44 plots of land that were available

to rent. It lies in the grassy area next to the parking lot of the Hamilton Indoor Recreation Center off of F Street in Moscow.

Eric Newell is the recreation supervisor for youth programs for Moscow Parks and Rec and is in charge of overseeing the garden.

"It's really just a place for people to come when they may not have space to grow food at their home or apartment," Newell said.

The garden has been expanded to a total of 58 plots, including five raised beds. The garden also has areas for

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## Shred it

*City holds Free Shred Day for Latah County residents*

**Andrew Jenson**  
Argonaut

The City of Moscow will host Free Shred Day from 9 a.m. to 3 p.m. Saturday at 1638 S. Blaine St. in the Old Tidyman's parking lot. While it is open and free to Latah County residents, it is not open for commercial use. Residents may not shred more than three paper grocery bags worth of documents per household.

Sanitation Operations Manager Tim Davis said this is the fourth year the event has been held in Moscow. He said the day was scheduled to coincide with the end

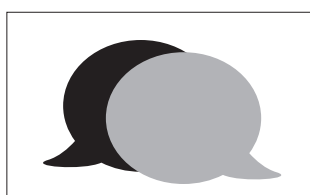
SEE SHRED, PAGE 5

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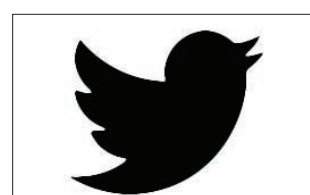
Vandal tennis get a pair of home wins on Senior Day.

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Students should focus on sustainable efforts. Read Our View.

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Department of Student Involvement

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SUB BORAH THEATER

CRUMBS

# Country fried steak with onion gravy

Claire Whitley  
Crumbs

This country fried steak is prepared in a similar manner to southern fried chicken. It is often called chicken-fried steak, but most Southerners call it smothered steak. It is great with mashed potatoes — especially homemade ones.

**Ingredients:**

- 1 egg, lightly beaten
- ¼ cup of milk
- 1 cup bread crumbs
- ½ teaspoon cayenne pepper
- ½ teaspoon salt
- ¼ cup bacon drippings
- 4 cube steaks
- Onion gravy:
  - 2 tablespoons bacon drippings
  - 1 cup minced yellow onion
  - 1 tablespoon flour
  - 1 cup heavy cream
  - 1 cup milk

Salt and pepper as desired

**Directions:**

Preheat oven to 200 degrees F.  
In a bowl, combine egg with milk and whisk until blended.  
In another bowl, combine bread crumbs, cayenne and salt and mix until blended. Transfer to a flat plate.  
Dip each steak into the egg-milk mixture one at a time, then coat with bread crumbs on each side.  
In a medium skillet over medium heat, heat bacon drippings. Add steaks two at a time and cook until golden brown or about two minutes on each side. Transfer cooked steaks to a baking sheet and keep warm in the oven while making the gravy.  
Reserve drippings in the skillet and add the 2 table-



Claire Whitley | Crumbs

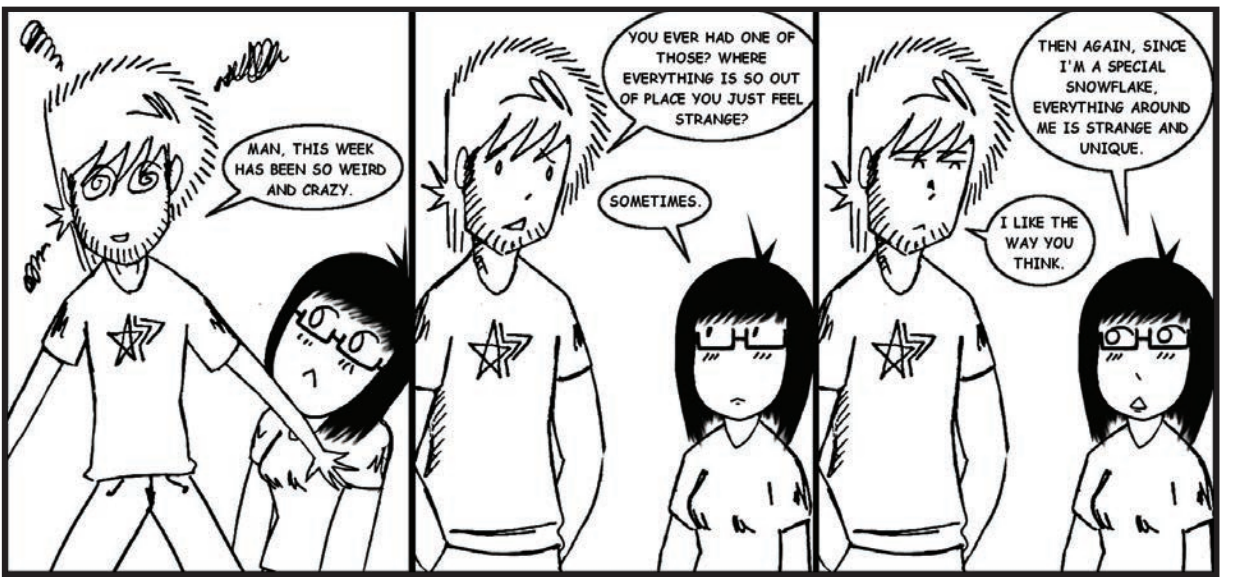
spoons of bacon drippings. Set the stove on high heat. Add onion, then stir constantly and scrap up brown bits from the bottom until the onion is translucent — this takes 30-60 seconds. Sprinkle flour and cook for about 30 seconds longer.

Using a whisk, mix cream and milk, then bring to a boil. Reduce stove heat to medium and let cool until thickened, which takes about five to eight minutes. Season generously with salt and pepper.

Serve steak with gravy at once.

Claire Whitley can be reached at crumbs@uidaho.edu

High Five



Shane Wellner | Argonaut

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SUDOKU

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Corrections

Find a mistake? Send an email to the editor.

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Nathan Romans | Argonaut

Faculty and incoming University of Idaho students participate in Vandal Friday activities that include exploring the campus and signing up for fall classes.

# Welcoming future Vandals

*Future students learn more about involvement opportunities on campus*

**Daphne Jackson**  
Argonaut

Future University of Idaho students had a chance to experience campus life for a day or two at Vandal Friday last week.

Events began Thursday afternoon and continued through Friday night, with the option to sleep on campus Friday night and leave Saturday morning. Participants stayed on campus with current UI students, registered for classes, toured

campus and attended an activities and information fair.

Angela Helmke, the associate director of Admissions, said Vandal Friday will continue to be an event for admitted students in the spring, despite rumors to the contrary.

"Vandal Friday will stay," Helmke said. "It may not be the same, but it will be mostly the same. I can't imagine it changing a huge amount."

Stephanie Lathrop, an Academic Support and Access Programs counselor, said she loves Vandal Friday because it's a chance to help students get more information about campus.

"Honestly, it's my favorite day of

the year to get to talk to students, to get to talk to parents, to let them know about the different programs that are available on campus, and kind of give a woohoo to Vandals," she said.

Vandal Friday is an event for students who have already been admitted to the university.

Gerald Peterson, a high school student who will major in biology and chemistry at UI next fall, said he learned more about different clubs and fraternities he might join at the activities fair Friday, but the event hadn't affected his decision to attend the college.

"It really hasn't influenced me because I had already decided that

I was coming here, but I'm pretty sure if I wasn't, I would be convinced," he said.

A couple other students said they were already planning to go to school here, but felt their Vandal Friday experiences had reaffirmed that decision.

Dan Sicilia, who intends to major in mechanical engineering and minor in Spanish, said he enjoyed meeting new people and looking at groups he might join, and that this experience has helped him feel more certain about his choice.

"It's really strengthened my decision, yeah. I've already been pretty committed to go here for a while, and this has just solidified it

even more," he said.

Sarah Jacobsen, Panhellenic Council president, said Vandal Friday helps campus clubs and living groups recruit new members, and helps future students gain information about their options.

"I think Vandal Friday is one of those events that it's really what you want to make it," Jacobsen said. "There's all of this information at your disposal and all these different people that you can talk to about these experiences at the University of Idaho, and I think that that's really unique."

*Daphne Jackson  
can be reached at  
arg-news@uidaho.edu*

## Police log

### Monday, April 14

11:54 p.m. Sweet Avenue, Blake Avenue  
Complaint of harassment. A report was taken.

### Tuesday, April 15

11:10 a.m. Campus Drive, Administration Building  
Controlled substance problem. A report was taken.

10:05 p.m. 300 block North Jackson St.  
Noise complaint. Officers responded to a report of a band playing loudly. Band had finished before officers arrived. No report was taken.

### Wednesday, April 16

1:34 a.m. North Main Street, CJs  
Intoxicated person. A female was very intoxicated and trying to pay with invalid credit and debit cards. Officers responded. No report was taken.

### Thursday, April 17

7:41 p.m. 100 block Lauder Ave.  
Officer arrested a male suspect for battery. A report was taken.

8:40 p.m. Blake Avenue, Taylor Avenue  
Complaint of vandalism. A report was taken.

### Saturday, April 19

12:18 a.m. 1000 block West Sixth St., Wallace  
Complaint of odor of marijuana. No report was taken.

10:29 p.m. 1400 block West A St.  
Noise complaint. Officer cited male for loud music. A report was taken.

### Sunday, April 20

1:59 a.m. East Seventh Street, South Washington Street  
Officer arrested male for DUI. A report was taken.

7:08 p.m. 209 Southview Ave., The Grove  
Complaint of fraud. A report was taken.

## Saying thanks

*Student foundation hosts event to thank faculty and staff*

**Karter Krasselt**  
Argonaut

In an effort to recognize the work of faculty and staff at the University of Idaho, the Student Foundation, paired with the Student Alumni Relations Board (SARB), will host a "Day of Thanks," is to recognize the hard work that goes into running a large-scale university.

Students will be asked to thank their professors and other staff. The event, however, takes it a step further according to Tiffany Frieson, president of the Student Foundation.

"Thank you notes will be distributed, and students will be asked to give them to their professors," Frieson said. "There will be a table in front of the (Idaho) Commons with a big banner that people can sign to give thanks. There will be donuts there in the morning, and other food later in the afternoon."

The Student Foundation is the same group that hosts Thank-a-thon in the fall.

"Specifically, the event is to thank the faculty and staff that donates part of their paychecks back to the university, but also just to thank all of the staff for their service," Frieson said.

The event is meant to create a more

personal connection between students and teachers, Frieson said.

This is the first year this event is happening, and one of the big goals is to tie students in on a more personal level, she said. "Writing a thank you note takes time, and you're aware of it," Frieson said.

Another goal of the event is to get students to think about everything that the faculty and staff do for the university.

"A lot of staff gives back, and they want to help better the school and students," Frieson said. "A very high percentage of the staff gives back with their paychecks."

If students can't attend all day, they are invited to come to the group photo being taken in front of the Commons with the large "thank you" banner. Students that don't have time to be closely involved with the event are encouraged to thank their professors and staff that they see around campus, Frieson said.

The Student Foundation has approximately 25 members and the club hosts events such as Thank-a-thon, Tag Day and the VIP Senior Social. It is a student-run organization, and is always open to new members.

*Karter Krasselt  
can be reached at  
arg-news@uidaho.edu*

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## CLASSIFIEDS

### Vandal REPS Tour Guide

The Campus Tour Guide helps with daily tours of the University of Idaho for the University Office of Admissions. This position requires knowledge of UI academic programs as well as the physical campus in order to answer questions from prospective students and parents. Apply at <https://uidaho.peopleadmin.com/postings/3771>

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This position will be responsible for learning and understanding the recruitment/admissions data in the CRM system in order to provide broad support for the development and maintenance of the CRM, including user training, data management and reporting. Apply at <https://uidaho.peopleadmin.com/postings/3769>



## INTERNATIONAL SPRING



George Wood Jr. | Argonaut

UI International Students Hafiza Ruba, Sara Laeeque and Annum Shazadi work on a display for the International Spring Celebration occurring Tuesday. They hope to teach UI students about various aspects of Pakistani culture, including fashion, historical landmarks, notable Pakistani leaders and different customs practiced in the country.

# Purple pride

*Lavender Graduation celebrates the accomplishments of LGBTQA community*

**Erin Bamer**  
Argonaut

Julia Keleher, LGBTQA office coordinator, makes it a priority to recognize the accomplishments of LGBTQA students at the University of Idaho.

Every year she helps run the Lavender Graduation, which does just that.

The Lavender Graduation ceremony will begin at 7 p.m. today in the White-water Room of the Idaho Commons. Admittance is free and open to the public. After the ceremony, there will be a reception with food and refreshments.

Lavender Graduation celebrates graduating LGBTQA students at UI. Along with the graduates, UI President Chuck Staben will attend, as well as Dean of Students Bruce Pitman and alumnus Chris Bidiman as the keynote speaker, according to Keleher.

Bidiman is the director of Inland Oasis, a volunteer organization that serves the needs of LGBTQA people of Palouse. He also does HIV and AIDS advocacy work and case management in five counties of Idaho.

"He's an alumnus, so he's been doing this work in this

community," Keleher said. "I thought it was really an opportunity to have him speak at the ceremony and provide that. Because he's been there, he's been in their seats, and now he's doing really awesome, amazing things."

Keleher said the purpose of Lavender Graduation is to provide a sense of community for LGBTQA students to prove they aren't alone.

Dawn Trottier is a Lavender undergraduate who identifies herself as an ally. Keleher said it's important to recognize allies as part of the LGBTQA community, because they make as much of a difference as anyone else.

"I feel that if someone is willing to be out there and to advocate and to want to make change and make things better, that they're part of the community," Keleher said. "LGBTQA and then ally people, there's no separation between that. We're all a part of one community."

Along with being a Lavender Graduate, Trottier said she is also a disabled veteran. Trottier said some of her accomplishments at UI include co-founding the UI Veterans Center, as well as starting the non-traditional students website.

"I couldn't find any services for a non-traditional student," Trottier said. "So, with the help of the Women's Center and Bruce Pitman, within my second

or third year at the University of Idaho, the Women's Center, and Bruce and I collaborated together and created the non-traditional student website."

Trottier said a highlight for her in her time at UI was simply being a part of a community she loves.

"One of my highlights is finding myself and understanding the collaboration that actually takes place," Trottier said.

Trottier said she hopes people attend Lavender Graduation, because it's a good way to celebrate the acceptance UI shows to all diverse students. Trottier said she respects UI for the priority people set for providing services to non-traditional students, and how it's something that has been continuous throughout her time at UI.

"In the 1970s, the Women's Center was built by Virginia Wolf," Trottier said. "And because of her acceptance and the coalition, we have a brilliant community at the University of Idaho. The Women's Center, and the extension of the LGBTQA Office, because of that woman, makes the university what it is today."

*Erin Bamer can be reached at arg-news@uidaho.edu*

# Clear lines aren't blurred

*Violence Prevention Programs recognize Denim Day on campus*

**Erin Bamer**  
Argonaut

In 1997 Italy, a young woman was raped by her 45-year-old driving instructor. The rapist was convicted and sent to prison. But when he appealed his case, the Italian Supreme Court overturned his conviction because the victim wore tight jeans. The argument said she must have helped the rapist take off her jeans, because it would have been impossible for the perpetrator to force them off, and by doing so she consented to the sex.

"I don't care how sexist you are," said Virginia Solan, coordinator of Violence Prevention Programs for the University of Idaho Women's Center. "When you hear that you're like, 'Excuse me? ... Really?'"

Outraged about the ruling fueled a national protest, which spread to the U.S. Multiple states recognize April 23 as Denim Day. Participants wear jeans to recognize the day, but Violence Prevention Programs is going even further to spread awareness about sexual assault.

From 12-2 p.m. Wednesday in the Idaho Commons Plaza, Violence Prevention Programs will set up a demonstration featuring five to seven men and women wearing jeans and holding

signs about victim blaming and sexual assault. Solan's intern Nick Dimico, helped set up the display. Dimico has recognized Denim Day, since his first involvement with the holiday at North Idaho College.

"It's not necessarily about the statement as much as awareness," Dimico said. "We try to bring awareness to the cause."

Solan said the point of Denim Day is to recognize the absurdity of victim blaming.

"It's about saying what people wear, and where they go, and what they drink is inviting a crime, a felony or assault, and how ludicrous that really is," Solan said. "The whole idea about the judge saying that the victim was guilty because her jeans were so tight she would have had to have assisted the rapist. That disregards things like implied threat."

Solan said victim blaming has been around forever. She said often victims prefer to blame themselves, because it allows them to feel a certain level of control. If a victim thinks they were raped because of the clothes they were wearing, or how much they had to drink, they can change their habits and therefore avoid being assaulted in the future, Solan said.

With the discussion of victim blaming, comes the subject of consent. Solan said her definition of consent is "an enthusiastic yes," but said many people regard the concept as "blurry," because no one ever wants to talk

about it. She said she's actually surprised there are so many decent men in society, because the culture sends a message to men that all women want to be dominated. She gave the example of a commercial for Belvedere vodka, which features a woman being dragged away by a man. The commercial says, "Unlike some people, Belvedere always goes down smoothly."

Solan said the biggest consequence with the definition of consent being so confusing, is that the confusion acts as a defense for those accused of sexual assault. She said there are very few cases where the rapist is confused, even though a lot of people defend the attackers by saying it wasn't clear whether their partner was consenting or not.

"If we had a clear language of consent, I think we would have a way happier people," Solan said.

Solan said the strategy most people take for recognizing Denim Day is to simply start a conversation. She said she hopes once students start listening to this story, it will open their eyes to the impact it has.

"I think students should pay attention to the issue because it's important," Dimico said. "Rape is caused in so many different ways and we also have to be aware that these issues are out there. I think students should care, because this isn't something that just affects one person it affects everyone."

*Erin Bamer can be reached at arg-news@uidaho.edu*

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**WORKING**  
FROM PAGE 1

The UIdeas Symposium is an interdisciplinary event that will feature five UI professors who will speak on a variety of topics from energy conservation to sociology. Olson was responsible for developing the concept for the first symposium, which took place last year. The event will take place this year at 6 p.m. Thursday in the Student Union Building Ballroom and is open to the public.

Olson said she had a large part in the creation of

the event, and hopes to see it turn into a cornerstone event for the Sustainability Center. She said the symposium exposes students to new ideas, and gets students to think about how they affect the environment.

"It celebrates all of the things that are really positive about a university atmosphere, where you just have five very passionate people sharing what they do, and why," Olson said.

Olson said the Sustainability Center will host multiple events throughout the week in recognition of Earth Day.

She said another event she is excited about is the Moscow Community Race for Action.

During the Race for Action, 24 teams of two will race around Moscow to complete tasks at local nonprofits. The winners will be able to donate the proceeds from the event to a local nonprofit of their choice, Olson said.

She said Race for Action is an important event for the center, because it gives back to the Moscow community and involves many community members — including Moscow Mayor Bill Lambert,

who will compete on a team with Mary Beth Staben, wife of UI president Chuck Staben.

In the end, Olson said it is her commitment to sustainable living and close-knit communities that drives her to get involved.

"I have a really strong passion for communities, and I think that communities are a really strong thing," Olson said. "It's amazing what a group of people can do when they gather together for a common purpose."

*Ryan Tarinelli can be reached at arg-news@uidaho.edu*

**SEEDS**  
FROM PAGE 1

composting, as well as a shed with equipment for the community members to use as they garden.

The idea for the garden was first developed by Ted Kisha, a former Moscow Parks and Recreation commissioner, who came up with the proposal for the community garden.

Kisha now works for the United States Department of Agriculture at Washington State University, but is still involved with the garden. He even owns two plots in the garden.

When the city looked to implement the garden, Kisha said a skate park was originally supposed to be built on its current location. But when the plans fell through, the city decided to turn the land into the Hamilton Community Garden.

During the first year it was open, Newell said they nearly sold all of the plots.

Newell also said the garden has spaces rented out to people from all around the Moscow community, from college students to school or church organizations and businesses.

"The community garden is just another opportunity for people to recreate themselves," Newell said.

Mark Heinlein is a member of the Moscow community who is also involved with the Hamilton garden.

Heinlein said every year they give out a scholarship plot, for free, to people who might not know much about gardening in an effort to get them started.

"It's a great way to meet your neighbors, make new friends and exchange ideas," Kisha said.

In 2011, the community garden received the Outstanding Facility Award from the Idaho Recreation and Park Association. Kisha also received a certificate of merit from IRPA the same year for his work on the garden.

Looking to the future, Kisha said the Hamilton garden is almost self-sustainable.

"There's not much that can be done there anymore," Kisha said. "It's up to the people now."

Heinlein said he and Kisha were thinking of forming a committee of people to oversee the compost piles and unused plots of land.

Anyone who is interested in renting space in the garden can find out the availability of plots at the Hamilton Indoor Recreation Center.

*Jared Jonas can be reached at arg-news@uidaho.edu*

**SHRED**  
FROM PAGE 1

tax season.

"People are going through all their records and, you know, it's a time that they can get rid of some of those sensitive documents," Davis said.

Solid Waste Department Coordinator Amanda Bashaw said the event brings many people and many thousands of pounds of paper. Bashaw said around 7,000 pounds of paper were shredded in 2013.

Davis said the event's greatest benefit is that it's aimed at helping residents maintain protection from identity theft.

"It's just for personal protection and identity protection," Davis said. "And that type of thing is the biggest benefit."

Davis said trucks from Devries Information Management — a professional shredding company located in Spokane — come down and shred the documents.

Bashaw said the shredded paper is recycled into apple cartons.

"Once the paper is shredded and then put into pallets, it goes over by the Yakima area — where all the apple farmers are," Bashaw said. "And

it's made right back into the apple cartons. So, you know, you go buy apples at the grocery store and you see the cartons, the boxes of apples — that's your shredded paper right there."

Bashaw, who was behind the creation of the event, said the event provides a good service, especially since the city has no local shredding service.

"I just thought it was a good need, a good service to offer to the public — to implement that shredding program," Bashaw said. "A lot of people ask about shredding. There's a lot of interest in being able to shred their documents."

Davis said he has noticed a lot of public appreciation for the event since its creation.

"You know, from what I've noticed over the past three years, it's just been well-received by the public, and they're just very gracious and (they) thank us, and it's been used by a lot of folks over the years," Davis said. "I think they enjoy it."

For more information on Free Shred Day, visit the City of Moscow website at [www.ci.moscow.id.us](http://www.ci.moscow.id.us).

*Andrew Jenson can be reached at arg-news@uidaho.edu*

**WASTE**  
FROM PAGE 1

a first come, first serve basis and everything is free.

According to Kaitie Martin, UISC volunteer coordinator, the event in August runs for approximately three hours before all donated items are claimed.

Martin said clothing, some of which is expensive, has been heavily donated in past years. Other miscellaneous items — such as bed risers, dorm supplies and canned food — also find their way into bins.

According to Martin, despite rows of tables covering the Tower lawn, there aren't many leftovers from the program. In prior years, what is leftover has been taken to Goodwill.

Unusable donated items, such as bedding, have historically been taken to animal shelters, according to Robert Goodrich, the founder of UI's Free Cycle.

Goodrich, a UI professor of geography, started the program as a part of his Core Discovery classes five years ago. Students took control of the program, as part of their curriculum in CORE 163 and 175 classes. Core Discovery classes were taken out of the curriculum three years ago and Free Cycle, as it's currently named, was then transferred to Goodrich's Geography class.

Goodrich said the original intent of the program was to divert some of the goods students use on campus from the waste stream. Goodrich said that task has been accomplished successfully.

"This would be the perfect year for the Sustainability Center to just take it over," Goodrich said. "It belongs in that department. Their niche on campus is perfect for it anyway."

According to Martin, Free Cycle cuts down on waste costs for University Housing.

Martin said the university recently switched to a weight system when disposing waste material. Disposal is broken down into two categories, tip and weight. When using the tip system, waste receptacles are tipped over and waste is disposed in one dump, which is charged on a flat rate.

Martin said disposal by a weight system can be more beneficial and cost-effective.

"Well, at the end of the year, when you have students throwing out all of this stuff, there's a lot of weight in there," Martin said. "So by doing the Free Cycle program, we're actually diverting a lot of that waste, and people can reuse it."

UISC may implement a few changes this year, now that the program is in its hands.

According to Martin, volunteerism is a component to be utilized this year. In prior years, Free Cycle was run by classes, which meant there was a dedicated base of workers. Martin said anyone interested in volunteering should contact her by email at [uisc-volunteers@uidaho.edu](mailto:uisc-volunteers@uidaho.edu).

Martin said hours for volunteers are flexible and there may be a food incentive for volunteers.

Martin said her goal for this event is to make the process more structured and organized. She said the transition of the program into UISC has posed a challenge in these areas.

*Jake Smith can be reached at arg-news@uidaho.edu*

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# SPORTS



The Vandals overcome a three goals deficit to earn a win over future Big Sky opponent Montana.

PAGE 7



Parker Wilson | Argonaut

Idaho seniors Vicky Lozano, Almudena Sanz and Ale Lazano receive flowers during their Senior Day ceremony at the Memorial Gym tennis courts on Friday afternoon. Sanz's three-set singles victory led the Vandals to a 4-3 win over the Oregon Ducks in Idaho's only match in Moscow. They'll have the No. 1 seed at the WAC tournament this weekend.

## Duck, Duck lose

Idaho women wrap up Senior Day with home win over Oregon

**Conor Gleason**  
Argonaut

With the home crowd and teammates cheering her on, senior Almudena Sanz fought back after being down one set. She prevailed in the final match of the day to break a 3-3 tie, as the Idaho women's tennis team defeated the Oregon Ducks 4-3 in Moscow Saturday.

"The crowd here helps a lot to stay focused and push you to the end," Sanz said.

The Vandals jumped to an early 3-0 lead, winning the doubles point as all three doubles matches ended 8-5. Galina Bykova and Belen Bar-

cenilla won their matches early, but the Ducks didn't quit.

"It's a big win against a good team," Idaho coach Jeff Beaman said. "It's great to do it under pressure. We went from 3-0 to 3-3, and Almu has had some matches where she had been in those situations."

"This one on Senior Day to go out and beat a No. 2 from a big-time Pac-12, it's a great one for her building confidence and a great one for the team," he said.

Senior Vicky Lozano stressed the importance of the win and said it's big for the team's confidence moving forward to the WAC Championships.

"I think this win is going to help us a lot with our confidence," Lozano said. "Especially because this is a very good team and comparing with the teams in the conference, that gives us an idea of

what we can do."

The crowd played a role in the victory for the Vandals. Lozano said she benefited from finally having her close friends watching.

"The crowd was amazing honestly, because we are used to dealing with a crowd against us," Lozano said. "It was a great feeling, and it was nice to have all the people here."

The turning point of the match came when Sanz was down one set with the match tied 3-3. She won the tiebreaker in an intense second set — much to the dismay of Oregon assistant coach Maja Kovacek. Kovacek argued with the official, saying the crowd caused a hindrance to the point. Following the tiebreaker, Sanz prevailed 6-2 in the final set to lock the

SEE HOME, PAGE 8

## Vandals convincing in Senior Day win

Idaho mens sweep LCSC 7-0 at home

**Joshua Gamez**  
Argonaut

Fresh on the heels of a 4-2 victory over future Big Sky Conference opponent Montana on Thursday, Idaho men's tennis played in Moscow for the first and only time this spring to take on LCSC on Senior Day.

"It's nice to play here at home. Last year we didn't have any home matches," senior Jose Bendeck said. "It feels good to play in front of your friends."

The Vandals (9-13) came out ready to play against LCSC, winning five of the six

singles matches in straight sets and dominated on the doubles side, winning all three matches with ease. Led by the standout pairing of Cristobal Ramos Salazar and Bendeck — one of the four seniors on the Idaho team — the Vandals went on to a 7-0 win over LCSC.

"I think it's nice to have a Senior Day, good weather, decent crowd and win a home match — definitely a step in the right direction for next week," coach Jeff Beaman said.

Beaman tinkered with the doubles lineup most of the spring and rather than doing that again in the regular season finale, he stuck with

SEE VANDALS, PAGE 8

## Spring scrimmage breakdown

### Quarterback comparison



**Matt Linehan**

27-43, 364 yards 5 TD, 2 INT

Highlight: Ending the scrimmage by finding a wide open Josh McCain on a deep crossing route, who walked it in for the 50-yard touchdown.

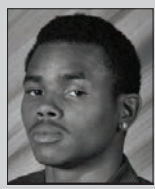


**Chad Chalich**

13-29, 195 yards, 1 TD, 0 INT

Highlight: A well placed ball over the middle, leading Dezmon Epps for a 62-yard score.

### Breakout performances



**WR Dezmon Epps**

10 catches, 156 yards, 3 TD

**WR Deon Watson**

9 catches, 150 yards, 1 TD



**DE Quinton Bradley**

5 tackles, 3 tackles for loss, 3 sacks

**CB Jayshawn Jordan**

7 tackles, 2 pass break-ups, 1 interception

## Idaho gets defensive in final scrimmage

Idaho offense held to 11 touchdowns

**Sean Kramer**  
Argonaut

Quinton Bradley heard the chirping and boasting. The Idaho offense, which went for over 1,000 yards offensively in the second scrimmage, let their confidence be known to the defense before hitting the Kibbie Dome field Saturday for the third and final spring scrimmage.

The junior defensive end and his defense ultimately won the game, holding the Idaho offense to only 11 touchdowns and numerous turnover on downs during the last scrimmage Idaho will play before Friday's Silver and Gold game.

"We was in the chalk room doing a little too much talking, we thought we were going to do the same thing as last week," senior wide receiver Dezmon Epps said. "We came out with the same emphasis and then the defense came ready to play."

Four of Idaho's offensive touchdowns came because the offense was set up only 25 yards from the goal line. Still, the run defense was stout and blitz pressure was getting to the two Vandal quarterbacks.

Once the offense was

backed up to 65 yards away from the end zone, quarterbacks redshirt freshman Matt Linehan and redshirt sophomore Chad Chalich had more problems trying to manufacture touchdown drives.

"We made the offense feel like they couldn't do nothing, we had Chad not even being able to throw the ball," Bradley, a junior defensive end, said. "We were tired of the offense scoring so much. I kind of felt like it was pitted against us sometimes. Today we just came in with a mindset of don't let them in."

The competitors for Idaho's starting quarterback position combined for only six touchdown passes, five of them belonging to Linehan. Linehan also tossed the offenses' two interceptions.

Idaho coach Paul Petrino declined to say whether or not the competition is going either way, even if the eye test may favor Linehan. He tossed 364 yards to Chalich's 195 yards — the caveat being Chalich's still recovering

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## Athletes of the week

### Desmond Banks - Football



Desmond Banks

The sophomore cornerback had been victimized by opposing wide receivers for much of the spring, up until Saturday. Banks came on strong, leading the team with three pass break-ups and sticking his assignments on many deep passes. His performance helped keep the Idaho offense to only six passing touchdowns during the third and final scrimmage. The cornerback competition will be hotly contested in the fall and his last opportunity to impress will be Friday's Silver and Gold spring game.

### Almudena Sanz - Women's tennis



Almudena Sanz

In Idaho's only match in Moscow, the senior from Spain was the deciding factor in Idaho's victory over Pac-12 opponent Oregon over the weekend. She clinched a 4-3 victory over the Ducks with a three-set victory during No. 2 singles, the last match of the afternoon at the Memorial Gym tennis courts. The victory gives Idaho momentum going into the WAC Championships in Las Cruces, N.M., as the No. 1 seed.

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# Don't call it a comeback

UI gets win and draw over weekend

**Joshua Gamez**  
Argonaut

After giving up the go ahead goal late in the second half to rival Boise State, sophomore midfielder Elexis Schlossarek gathered the team up for a quick mid-game huddle on the SprinTurf during Idaho's last home match of the spring soccer season.

"We lacked energy a little bit. Giving that little talk telling us that we were still in this no matter what definitely helped a little bit," Schlossarek said.

The goal was one of the few clean looks the Broncos had on the Vandals' net all day. Idaho was ferocious on the defensive end the entire game, and tightened up even more when the Broncos advanced the ball into the Vandals third, which is one of the keys in the Vandals' defense scheme, coach Derek Pittman said.

After the impromptu huddle, the Vandals got back on the attack. In the closing moments of the game, Schlossarek once again lifted the Vandals out of the loss column with a free kick that sailed over the BSU defense for the game-tying goal.

Schlossarek takes a lot of pride in the time she puts into those free kick situations, both in practice and in her spare time. She also, with a

chuckle, credited her teammates for allowing her to have those opportunities for the free kicks by getting fouled.

Both Idaho and Boise State took a number of good shots on goal in the later game, but no team was able to net a goal before the Broncos put a goal through late in the second half.

This wasn't the first clutch Vandal goal the sophomore made in that day. Earlier in the day, after the Vandals fell into a

“

I think that was a great game for us. It really showed what kind of competition we are going to be up against this fall... It also gave them a taste of what we are made of.

**Elexis Schlossarek, midfielder**

3-0 hole against future Big Sky Conference opponent Montana, Schlossarek began a run of four unanswered goals against the Grizzlies with a similar free kick.

The Vandals put themselves into the position to need the late heroics from the sophomore, Pittman said. Every goal they gave up on the day was due to a defensive error or communication lapse, but the

team's resilient attitude kept them in every game, he said.

The Vandals found themselves in the 3-0 deficit early in the game, but they were able to remain calm and weathered the Grizzlies onslaught. They chipped away at the Montana defense and were able to net four goals in the final 20 minutes of the game, with Schlossarek scoring the winning goal in the final minutes.

"I think that was a great game for us. It really showed what kind of competition we are going to be up against this fall," Schlossarek said. "It also gave them a taste of what we are made of."

The Vandals have not been perfect this spring, but they have made tremendous strides during Pittman's first year with the squad.

"We've played six games this spring. We've won two, lost one and tied four. I'll take those results any day," Pittman said. "I am very proud of them — I don't ask them to be perfect, but I ask that they give perfect effort."

The Vandals wrap up their spring season on April 26, as they travel to Spokane to compete in a 7-on-7 tournament.

*Joshua Gamez can be reached at arg-sports@uidaho.edu*



Parker Wilson | Argonaut

Defender Josie Greenwood prepares to pass the ball during Idaho's match against Montana on Saturday on the SprinTurf. The Vandals beat the Grizzlies 4-3.

## Struggles continue

*Vandals struggle in California in last tournament of season*

**Korbin McDonald**  
Argonaut

With the last chance to gain confidence before the WAC Championships, the Idaho men's golf team competed in the El Macero Classic in El Macero, Calif.

In the last tournament of the regular season, Idaho finished in ninth place in the 12-team field with a 36-over-par 900. UC Davis won the tournament with an 8-under-par 856.

In the two tournaments prior, Idaho hasn't had a player finish in the top 20. Junior Aaron Cockerill broke that streak, turning in Idaho's best score, finishing tied for 13th at

6-over-par 222.

As for the rest of the Vandals, Sean McMullen tied for 21st at 8-over-par 224, Jared du Toit tied for 27th at 10-over-par 226, Rylee Iacolucci tied for 45th at 14-over-par 230 and Ryan Porch finished in 64th at 22-over-par 238.

Matt Hanson of UC Davis won the tournament, firing a 6-under-par 210.

After starting the spring season with two third-place finishes, the Vandals have struggled to play consistent golf — failing to get a top five finish in its last three tournaments and finishing 14th and 12th in tournaments prior to this one.

Cockerill's 13th place finish in the El Macero Classic was the best finish for an Idaho golfer, since du Toit finished in second place at the Desert Shootout in March.

Heading into the El Macero Classic, Idaho was ranked No. 111 in the country on golfstat.com, and had no realistic shot earning an at-large bid to the NCAA Regional Tournament.

The Vandals' only hope to earn a bid into the NCAA tournament will be to win the WAC Championship, taking place from May 2-4.

*Korbin McDonald can be reached at arg-sports@uidaho.edu*

## Griz top Vandals in finale

*Idaho goes into weekend as No. 1 seed in WAC tournament*

**Conor Gleason**  
Argonaut

A successful regular season came to an end for the Idaho women's tennis team Sunday, as the Vandals dropped the season finale at Montana, 4-3.

"Montana is a really good team," Idaho coach Jeff Beaman said. "They dominated the Big Sky, won the regular season and played great at home. We put ourselves in an 0-3 hole and that's tough to dig out of."

Seniors Vicky Lozano, Almudena Sanz and sophomore Rita Bermudez each won singles matches, but the team came out slow during the doubles matches.

"We fought back, woke up a little bit,

made it competitive and had our chances," Beaman said. "That's the first time I've seen our team come out that flat during doubles, but I'm not at all worried about that going into the conference tournament."

Despite the loss, the Vandals (17-5) earned the No. 1 seed in the WAC Championships in Las Cruces, N.M. Idaho has a first round bye and will play the winner of Chicago State vs. Kansas City on Saturday.

"Either team works," Beaman said. "The big thing is we beat one of those two teams to get to the finals. It'll be good to have that live competition to hopefully get us ready for the final."

The Vandals have yet to play Chicago State this year. Idaho beat Kansas City 7-0 on Feb. 22.

*Conor Gleason can be reached at arg-sports@uidaho.edu*

## Defense can win games

*With what was seen at Saturday's scrimmage, Idaho defense could surprise everyone*

In the two scrimmages leading up to Saturday's scrimmage, the last before the Silver and Gold spring game, it has been nothing short of an offensive showcase for the Vandal football program.

The team has averaged over 150 plays in the two spring scrimmages and the skilled players have huge numbers because of it. Redshirt freshman quarterback Matt Linehan threw eight touchdowns in the second scrimmage alone.

While the offense came out with a couple of strong showings, the defense continued to sputter a bit. It was reminiscent of last year's defensive effort.

But that all changed on Saturday, when the defense came out and had their best performance of the spring.

The defense came out with a desire to not get shown up by the offense again. They felt that the

offense was getting the best of them during the spring and they wanted to do something about it.

When the unit flew around and hit people hard the entire scrimmage, that showed.

There were several times during the scrimmage where the hit would be loud enough to echo through the dome and would be followed by the "oohs" and "ahs" of the crowd and players watching from the sidelines.

After the scrimmage, defensive end Quinton Bradley told the media the defense was tired of the offense outperforming them. This mindset led to an intensity that ended up at times with both the quarterbacks not being able to throw and complete passes.

This showing is good to see from a unit that was ranked 126th in the nation last season in points per game allowed.

With as many players

as Idaho has returning on defense, I can say they could be poised and ready for a breakout season in 2014.

The defensive line is the strongest unit of the bunch. With returning players in seniors Quayshawne Buckley and Maxx Forde, junior Bradley and highly rated junior college recruit Alfonso Hampton coming into the fold, this line could be one of the best defensive lines in the FBS Group of Five mid-major conferences.

The linebackers, meanwhile, are returning all of their starters but are also bringing in a couple guys that could have a chance to see playing time for Idaho.

The one linebacker to really impress in spring camp so far has been JC transfer Irving Steele. He has been playing at the middle and outside linebacker position and has shown to be a big sideline-to-sideline presence. It looks like he is battling incumbent starter Juan Martinez for playing time in the fall.

With a solid front seven,



**Rick Clark**  
Argonaut



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## VANDALS

FROM PAGE 6

the three pairings that worked against Montana — Ramos Salazar and Bendeck at No. 1, Odon Barta and Andrew Zedde at No. 2 and Artemiy Nikitin and Cesar Torres at No. 3.

After a tumultuous spring season, the lineup is finally starting to settle. Beaman is optimistic for the WAC Championships in Las Cruces, N.M., where the Vandals suffered what may have been their ugliest loss of the spring with a 4-0 loss to the Aggies in February. Beaman thinks Idaho now knows what to expect from New Mexico State.

"Things are going the right way at the right time but it's going to come down to how we deal with the pressure and conditions of the tournament," Beaman said. "I definitely like things going well — guys supporting each other and playing hard. It definitely has to continue if we want to have a shot at the conference tournament."

Getting Ramos Salazar and Bendeck back together for two matches leading into the WAC Championships is key, Beaman said. The two have played together a lot over the last two seasons, but he still wants to keep the chemistry fluid, he said.

Although Ramos Salazar isn't quite 100 percent yet, he appears ready for the postseason.

"It's good to have him back — he's a great player. I like playing doubles with him, we are doing great this season," Bendeck said. "He knows he has to give 100 percent every time, even if he is still hurting. He's worked really hard."

Despite the lopsided win, LCSC was no pushover. Both Nikitin and Bendeck were pushed in their matches with Sam Tozer and Shao-Po Yin, respectively. But they both were able to push through and get wins, which is a positive sign heading into the WAC Championships where they will be pushed in every match, Beaman said.

Bendeck needed a third set to seal his singles victory and preserve the shutout win for the Vandals. He and Yin battled back and forth before he bested the LCSC freshman 5-7, 7-5, 1-0 (4).

"Even when you're not playing your best you fight and pull the matches out," Bendeck said.

Although the Vandals had competitive matches with highly ranked teams this season including Washington and Boise State, Beaman feels getting convincing wins over LCSC and Montana to end the season have done more for their confidence than just hanging with the bigger teams.

The WAC Championships start on April 25 and runs through April 27.

*Joshua Gamez can be reached at arg-sports@uidaho.edu*



Parker Wilson | Argonaut

Almudena Sanz takes her position and prepares for the start of her doubles match against the Oregon Ducks on the courts by Memorial Gym. She and partner Vicky Lozano won 8-5.

## HOME

FROM PAGE 6

"I had to change my strategy," Sanz said. "At the beginning, she was hitting really good inside the court. Then, I started pushing her back and started playing better."

The Vandals will lose seniors Vicky Lozano, her twin sister Alejandra Lozano and Sanz.

"With them graduating, it'll be a huge hole to fill," Beaman said.

Oregon has dropped its last seven matches, including its previous two against No. 6 California

and No. 7 Stanford.

After their final match against Montana in Missoula, Mont., Sunday, the Vandals will prepare for the WAC Championships in Las Cruces, N.M., starting on April 25.

*Conor Gleason can be reached at arg-sports@uidaho.edu*



Spencer Farrin | Courtesy

Running back Kris Olugbode takes a toss to the right side during the Idaho's third scrimmage of the spring on Saturday. He ran for 64 yards and a touchdown on the day.

## IDAHO

FROM PAGE 6

ing throwing shoulder hindered him to 14 less passing attempts than Linehan. The battle will likely carry into the fall.

"I need to watch it on tape but I wouldn't walk off the field thinking there was any separation (between the two)," Petrino said.

The defensive effort didn't help either of their causes on Saturday.

Bradley had three of the five sacks on the day, which in itself doesn't measure the amount of pressure the Vandal quarterbacks were under. The 55 percent combined completion of Linehan and Chalich (44 percent for Chalich alone) was because of being forced out of the pocket and having to attempt to make difficult throws.

The defensive line play was so inspiring that the secondary decided to join the fun as well. Deep balls that weren't contested in the first two scrimmages were challenged on Saturday.

Late in the scrimmage, a perfectly placed Linehan deep ball to Deon Watson was met by the backhand of sophomore cornerback Desmond Banks for one of his three pass break-ups on the day. Banks accounted for half of them in the secondary, four were batted balls from the defensive line.

Junior cornerback Jayshawn Jordan had two of those pass break-ups. Though he'd probably point to his hit that put wide receiver Buck Cowan on the ground after a catching a pass in the flat as his accomplishment of the day.

"Overall I was happy with it, because we kind of needed a scrimmage where



For video interviews from Saturday's scrimmage visit [thevandalnation.com](http://thevandalnation.com)

[uiargonaut.com](http://uiargonaut.com)

the defense would come out and I still wouldn't say they won because there was 12 touchdowns but there was a lot of plays," Petrino said. "Probably, by far the loudest hitting it's been, there was some big hits all day long so that was really good to hear."

*Sean Kramer can be reached at arg-sports@uidaho.edu*

## ATHLETES

FROM PAGE 6

### Angela Whyte - Track and Field



Angela Whyte

White isn't as much of an athlete as she is an alumna and coach, but the Idaho jumps coach still competed at the Mt. Sac Relays in Azusa, Calif., over the weekend. She had a 100-meter hurdles time of 12.89 seconds, which ranks third-best in the world in 2014. She also recorded 6,018 in the heptathlon on Thursday, which was good for second-place.

### Cristobal Ramos Salazar - Men's tennis



Cristobal Ramos Salazar

Ramos Salazar had two convincing victories Saturday, during Idaho's 7-0 sweep over LCSC on Senior Day at the Memorial Gym tennis courts. He defeated Haseeb Khan in two sets (6-2, 6-0) in No. 3 singles. Ramos Salazar came back and defeated LCSC's Shao-Po Yin and Hsiang-Yu Su 8-3 in No. 1 doubles with his partner, Jose Bendeck.

### Elexis Schlossarek - Soccer



Elexis Schlossarek

The sophomore midfielder had a big Saturday, lifting Idaho out of the loss column in both games of its spring double header at the SprinTurf. Down 3-0 to Montana in the morning cap of the doubleheader, Schlossarek hit a free kick that led to a goal-scoring opportunity to spur Idaho scoring four times in the next 20 minutes. She scored the fourth to put Idaho on top with a 4-3 win. Schlossarek came back with an equalizing free-kick goal in the second game against Boise State.

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-Buddha

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# OPINION



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## OUR VIEW

# Earth Day benefits each of us

*Holiday is important reminder to think about the planet, students should step up to lessen impact*

Today is Earth Day, and with it comes a time of promoting awareness of the importance of environmental sustainability. Each and every one of us have a carbon footprint — some of us less than others, but most of us more.

According to the 2011 University of Idaho Moscow Campus Sustainability Assessment, the average recycling rate in the U.S. is about 33 percent, but the UI's recycling rate is only 13 percent. We lag behind the rest of the nation and every single member of our campus community

can work to make a difference.

One way to become more aware of the waste we each produce is to commit to a "no waste weekend," a two-day commitment to producing zero waste. This means everything must be either recycled, composted or reused.

It sounds simple, but it's a challenge that requires knowledge of what can be recycled and composted and what can't. Every decision made must be made with no waste in mind. Can juice boxes, a hair spray can and plastic grocery bags

be used? Unfortunately, none of those can be recycled or composted.

Sustainable practices also save money. UI saved \$7,500 in waste-related costs because of composting, according to the 2011 report. And when Bob's Place moved to a tray-less system, 30,000 gallons of water were saved over a 34-week period.

On an individual level, think how much waste could be reduced and money could be saved by never having to buy paper towels, napkins, disposable plates or plastic utensils ever again — instead opting

for reusable and washable items.

No matter which way you look at it, there are only things to be gained by implementing sustainable practices into our lifestyles. If you are interested in getting started in becoming a better steward of our environment, the UI Sustainability Center is an available resource for all students wanting information on how to begin.

We each have a part to play. We all need to do what we can to make sure our Earth is still around for hundreds of future generations.

—KM

## OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

### I remember

When Stephan was doing these back when he worked here.

—Sean

### When Stephan worked here...

He did these.

—Theo

### I know

Stephan biasanya tulis OTC waktu dia kerja disini.

—Rainy

### Stephan

Will probably do these when he comes back next year all healthy and whatnot.

—Kaitlyn

### Stephan

Better come back when he is healthy and whatnot.

—Aleya

### Missing one

OTC, that is. At least until Stephan comes back. #missyou

—Kaitlin

### Wiebe

Is the name and OTCs are the game.

—Danielle

### Cold frontier

Do they have OTCs in Alaska? There are people there, right?

—Jessica

### Stephan

I guess will be doing these next semester from what I can tell. Who knew?

—Ricky

### SW

OTCs R - 1 B 4 fall 14

—Emily

### Stephan

You can write my OTCs for me!

—Hannah

### Wiebe, Stephan

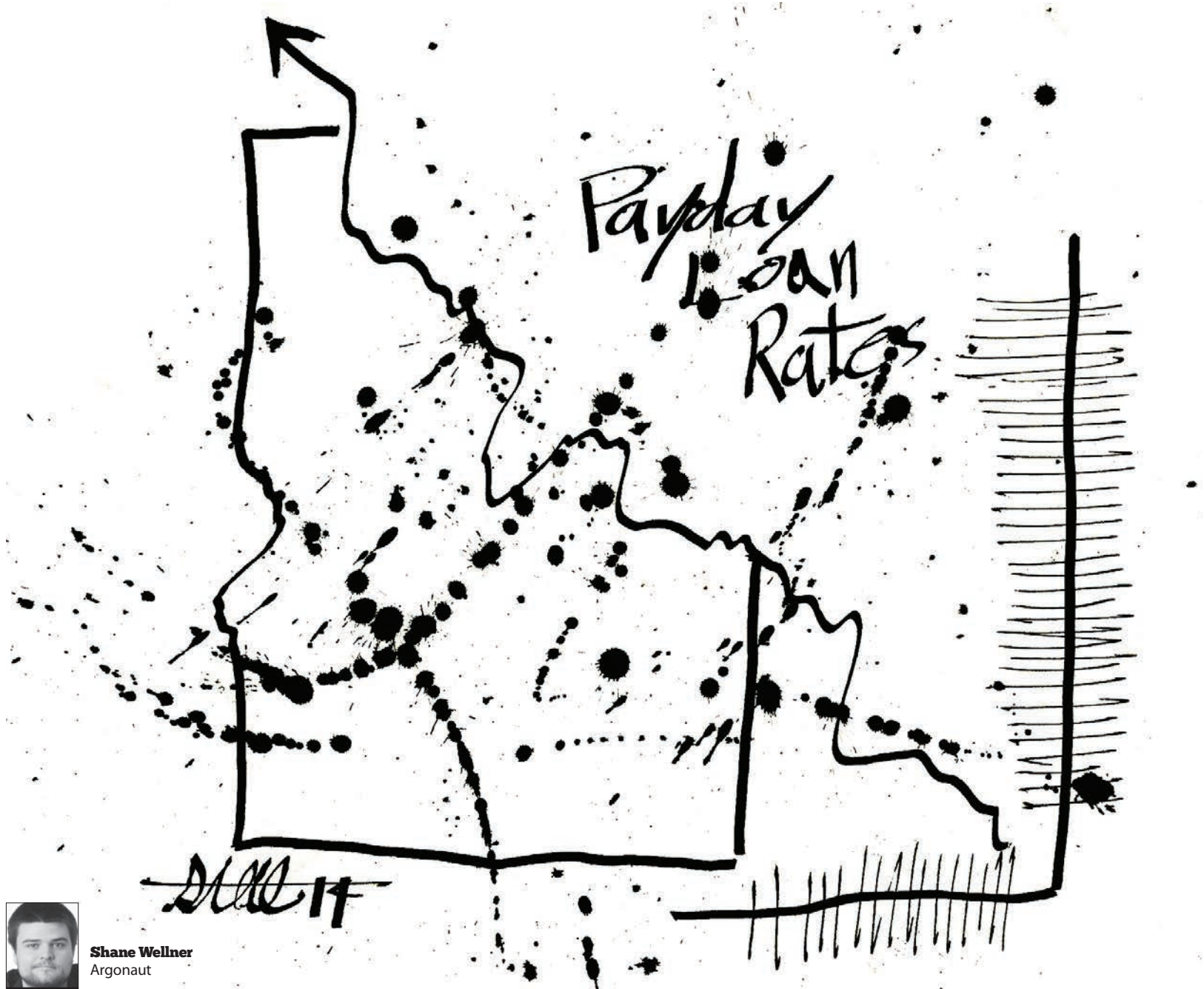
The OTC section will never be the same without your ellipsis...

—Ryan

### Stephan Wiebe

Hope the fish is fresh up in Alaska. See you next year on the third floor.

—Phil



Shane Wellner  
Argonaut

# Take care of yourself

*Physical and mental relaxation is important in time of stress, students should find personal solution*

For most students, it can be difficult to relax during a stressful time such as finals week. With so much riding on academics, it can often become our only focus.

However, many studies show that it can be beneficial to take a break from academics to relieve stress. Figuring out how to handle your stress

is a process, and even then, it's hard to master it. However, there are many ways to lessen your stress and anxiety in different situations.

We have all had nights where we try and go to bed at a decent time and end up lying awake for three hours with millions of things running through our heads. What do I have to do tomorrow? Did I get everything turned in that I need to? What am I going to eat tomorrow?

The key to getting good sleep is learning

how to shut your brain off when needed. We have 24 hours in our day, and it is up to us to get everything done in that amount of time,

which sometimes seems impossible.

So how can you reduce stress levels? Yoga can initially seem awful, because it's boring to many people and difficult

to relax. When you become used to working out through cardio or resistance training, yoga practice can be a big switch. However, it can be one of the best ways to learn to shut your brain off and purely move your body.

After a few weeks, it's common to find that you can fall asleep in a minute during the final phase of a yoga session. Talk about helpful when going to bed at night.

Give yourself a bedtime, as childish as it may sound. Many

“

Give yourself a bedtime, as childish as it sounds. Many studies show that it is beneficial to have a regular sleep schedule.

studies show that it is beneficial to have a regular sleep schedule. Getting an adequate amount of sleep at night reduces stress, and your body will naturally start to get sleepy at night and wake up easier in the morning. The more relaxed you feel while sleeping, the more relaxed you will be during the day.

Find an activity that helps relax and take your mind off of everything that is weighing you down.

SEE CARE, PAGE 10

# Greek life not end-all be-all of college living

Vandal Friday brought hundreds of potential students to the University of Idaho campus last weekend. Some were awestruck by their potential future home, some looked ashamed to be walking around with their parents and I even saw a few misguided people pompously sporting their letterman jackets.

It reminded me a lot of my Vandal Friday experience, but it wasn't until I ran into someone I went to high school with that the nostalgia really hit me.

Our conversation began with small chitchat, but eventually questions about college life soon arose. The questions were generic and some of them even made me laugh to myself, reminiscing on just how mysterious college can be before you get here. How hard are classes? Can you really skip whenever you want? I had breakfast at Bob's this morning, is it always so good?

Eventually we reached the subject of housing, and more specifically the Greek system. My friend had just spent a night with a fraternity and didn't enjoy his experience. Not that it wasn't fun, it just wasn't for him.

He said the guys were accommodating, nice, full of advice on

how to succeed in college and he definitely saw the appeal.

Yet, he told me he couldn't imagine living in a house with that many people, and that the closeness was more off-putting than it was warm and welcoming.

Although Vandal Friday only provides a limited view of all that Greek life has to offer, it seemed like a no-brainer to me. If you didn't enjoy yourself at least attempt

to seek other living options.

However, that just wasn't going to cut it for him. My friend had been convinced Greek life was the only portal to a fun and successful college experience.

He cited many of the same statistics heard in the numerous "why you should go Greek" speeches given in freshmen communications classes each semester.

The higher average GPA, the accountability living in a house provides, the social opportunities or my personal favorite, all but two presidents after 1835 were members of a fraternity.

These statistics provided don't all hold true at UI. In the spring of 2013, the UI Greek average GPA was only .07 higher than that of the student body at large.

SEE GREEK, PAGE 10

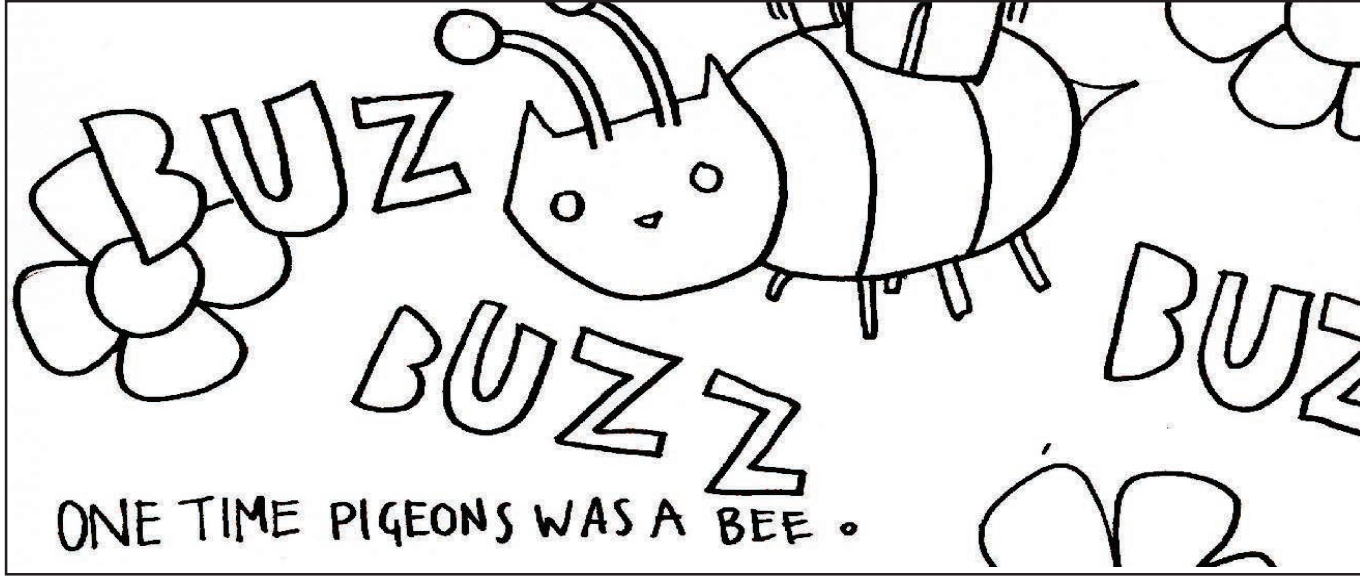


Justin Ackerman  
Argonaut



# COMIC CORNER

## Pigeons



Jesse Keener | Argonaut

## The Honest Professor



Karter Krasselt | Argonaut

## CARE

FROM PAGE 9

It may be watching your favorite TV show, going to the gym, going for a walk outside, venting with friends, etc. Just take the time to find what allows you to shut your brain off for at least 10-15 minutes.

These solutions may not work for some students, but they are always worth a shot. There are many options to im-

prove your relaxation, but you must find what works for you. During the stressful time at the end of the year, make sure to take time for yourself and focus on not only your physical health, but your mental health as well.

Melanie Martin  
can be reached at  
vandalhealthed@uidaho.edu

## GREEK

FROM PAGE 9

These statistics are usually pushed on new students, but many forget that residence in any of the living communities on campus generally leads to increased GPA, accountability and higher graduation rates.

Ultimately, if a student does not enjoy their living situation, success will be harder to find — whether

it's a house, residence hall or apartment, it's important to embrace and enjoy where you live. The definition of success, both academic and social, is different for everyone, and college is too short to ruin that in any way.

Justin Ackerman  
can be reached at  
arg-opinion@uidaho.edu



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# Argonaut Religion Directory

**PULLMAN**  
**emmanuel**

**Sunday Morning Schedule**  
Worship Service - 9:15 am  
Coffee & Donuts - 10:30 am  
Worship Service - 11:00 am

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- \* AWANA with 175+ Kids \*
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www.ebcpullman.org  
1300 SE Sunnymead Way - Pullman

*Living Faith Fellowship*

1035 S. Grand, Pullman, 334-1035  
www.LivingFaithFellowship.com

**Worship Services**  
Sundays — 10:30 a.m.  
Wednesdays — 7 p.m.

**CCF** Campus Christian Fellowship  
Fridays at 7:30 p.m.  
345 SW Kimball

View our website for transportation schedule, or call for a ride to any of our services!

**ST. AUGUSTINE'S CATHOLIC CENTER**

628 S. Deakin - Across from the SUB  
www.vandalcatholics.com

Sunday Mass: 10:30 a.m. & 7 p.m.  
Reconciliation: Wed. & Sun. 6-6:45 p.m.  
Weekly Mass: Tues. - Fri. 12:30 p.m.  
Wed. 5:30 p.m.  
Spanish Mass: Every 4th Sunday @ 12:30 p.m.  
Latin Mass: every Saturday 9:30 a.m.

Phone & Fax: 882-4613  
Email: stauggies@gmail.com

**Evangelical Free Church of the Palouse**

9am — Sunday Classes  
10:15am — Sunday Worship & Children's Church

7pm — Good Friday Communion Service  
10:15am — Easter Sunday Services

4812 Airport Road, Pullman  
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www.efreepalouse.org  
church@efreepalouse.org

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**Minister:** Rev. Elizabeth Stevens

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For more info: www.palouseuu.org

**Moscow First United Methodist Church**

**Worshipping, Supporting, Renewing**

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Campus Pastor: John Morse  
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**Service Times**

Sunday 9:00 a.m. - Prayer Time  
9:30 a.m. - Celebration  
5:30 p.m. - Bible Study

Thursday 6:30-8:30 p.m. - CROSS-Eyed at the Commons Panorama

Friday 6:30 p.m. - every 2nd and 4th Friday U-Night worships and fellowship at The CROSSing

715 Travois Way  
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www.thecrossingmoscow.com

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1015 NE Orchard Dr | Pullman  
www.concordiapullman.org

Worship Gatherings  
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Teaching & Discussion | 9:30 am  
Student Meals & Groups  
Tuesdays | 6 pm

Rides available by contacting Ann at ann.summerson@concordiapullman.org

If you would like your church to be included in the religion directory please contact Student Media Advertising at 885-5780.