

THE ARGONAUT

THE VANDAL VOICE SINCE 1898

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STUDENT LIFE



Photos by Tess Fox, Mamta Kandel and Claire Whitley | Argonaut

Clockwise from top left: Danielle Payne, Andrea Falk, Leah Uptmor and Luis Lopez. Follow these freshmen as they experience their first year in college.

One semester later

'Happily chaotic'

Ryan Tarinelli
Argonaut

If there's one thing Danielle Payne learned this semester, it's that life moves fast in college.

"I would probably describe it as happily chaotic, but I feel like that doesn't capture all of it even," said Payne, a freshman nutrition major at the University of Idaho.

In her classes, there's an essay due almost every week.

In her social life, some friends lasted while others faded away, she said.

Sometimes, Payne said she would meet somebody on Monday and be best friends by Friday.

"And then the next week I wouldn't see them at all," Payne said. "And then I just didn't talk to them very much after that."

Like many other freshmen, Payne found a close friend in her dorm roommate. They sang songs

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Re-learning a love of music

Hannah Shirley
Argonaut

When Andrea Falk arrived in Moscow for her first semester at the University of Idaho in August, she knew exactly what she wanted to do — she was going to study cello and vocal performance and be on Broadway.

Now, she isn't so sure. "I used to love practicing. Now I didn't want to," Falk said of her low point at college. "I hated performing. I didn't think I was good enough to be there."

The breaking point came in late October. Stress was running high from midterms, and Falk was playing in front of other string students and professors.

Falk said concerts are always nerve-racking — especially more informal ones, where people are coming and going freely. At this particular concert, Falk said she wasn't

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No place like Ida-home

Claire Whitley
Argonaut

University of Idaho freshman Leah Uptmor wants to tell herself from the beginning of the semester good luck.

Uptmor, a member of the Kappa Delta sorority, said the beginning of the semester was rough and she now has to buckle down to get the grades she wants.

"Test anxiety is a real thing," Uptmor said with a laugh.

Throughout high school, Uptmor said she never really had to study and could skate by. But after midterms hit her hard this semester, she has found college to be different.

She spends most of her time at the study table in her house and has almost completed the number of study hours required for the whole year in the first semester.

Over the course of the semester, Uptmor has switched from a business

SEE UPTMOR, PAGE 5

Setting priorities

Erin Bamer
Argonaut

A semester into his college experience, University of Idaho freshman Luis Lopez is a little sleepy, but still going strong.

"I've gotten a little bit of sleep," Lopez said. "I feel like in high school your teachers remind you of stuff, but here you have to be more dependent on yourself, like deadlines and everything."

Lopez, a double major in computer science and mathematics, attributes his sleep deprivation to his lack of time management throughout the semester. As the workload for each of his classes piled up, Lopez said he became more and more stressed and had a harder time keeping track of his responsibilities.

Purchasing a planner helped Lopez manage his time better, he said, though he still thinks he could get more sleep.

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ADMINISTRATION

Mapping the future of UI

University officials work to develop strategic plan

Jessica Gee
Argonaut

Constructing a document designed to guide the University of Idaho for the next 10 years is a great task, but one that is necessary, according to Mary Kay McFadden, vice president of University Advancement.

"If you want to have an ambitious and achieving organization, then you have to have a strategic plan and a direction," McFadden said. "It's about taking charge and bringing people together to reach certain goals."

Instead of a list of goals, the strategic plan should be a living and breathing document that can guide faculty and staff, McFadden said.

UI's previous strategic plan lasted from 2010 to 2015, which is why McFadden said the university needs to create a new plan that will likely last for the next 10 years.

Preparations for the new strategic plan began in September, when the four committees assigned to create the plan met to discuss aspirations of the university, McFadden said.

McFadden said around 30 to 40 faculty members have been a part of these committees.

On her committee, McFadden said she has been working to address diversity on campus.

"We want to recruit, attract and retain more diversity in our student body and faculty," McFadden said.

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STUDENTS

Anxiety-filled dead week

Test anxiety common on college campuses

Kristen Bertoloni
Argonaut

Test anxiety — the chest tightens and the heart races. Once they go to take the exam, their mind just draws a blank, said Steve Saladin, a psychologist in University of Idaho's Counseling and Testing Center.

"Test anxiety is extremely common across campuses — it is a motivator as well as an impairment," Saladin said. "If you do not have any anxiety you're basically sleeping."

Test anxiety is the fear of failing an important exam, which then hinders performance on the actual test.

While it is often seen as negative, test anxiety can have its benefits as well. The anxiety forces action — whether it is to finish an essay or study for finals.

Without the anxiety, Saladin said no one would have the motivation to get anything done. Saladin said it's natural to feel some test anxiety and it usually comes up around finals.

Saladin said test anxiety starts to become a problem when a student cannot recall information because they are so stressed out.

"We work with students to figure out ways to change their thought patterns. A lot of times anxiety is related to the anticipation of the worst," Saladin said.

He said research shows that if student writes what they are anxious about before a test, it can reduce the anxiety, possibly helping them score higher marks.

"There are situations where the anxiety can rise to the level of it being a diagnosable condition to the point where it is a phobia," Saladin said.

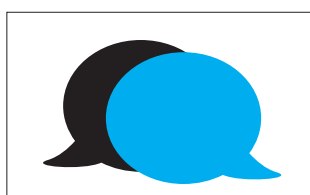
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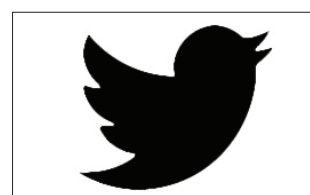
Forde helps Idaho womens hoops beat Wyoming.

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UI works to better integrate technology into classes. Read Our View.

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A caring Palouse



Yishan Chen | Argonaut

Kathleen Johnson packs a toy for grandson Ethan Johnson Saturday, at the Palouse Cares live fundraising event in Moscow.

BREAK

Safe travels this holiday season

Holiday Break Bus brings students back home

Diamond Koloski
Argonaut

For students, the Holiday Break Bus this year means safer journeys home. For families, it means less worrying.

"This is something that students should strongly consider," said University of Idaho Dean of Students Blaine Eckles. "It's much more convenient than they may think it is. It gets them home safely and we will get them back to campus as well."

The chartered buses will be going to Boise, Idaho Falls and Portland, with various stops along the way. It runs for fall, winter and spring breaks.

For the Boise route, students are picked up either at the Wallace Residence Center or in front of the Bruce Pitman Center. The bus then travels through Idaho towns New Meadows, Weiser, Payette, Caldwell, Nampa, Meridian and Boise.

The Portland-bound bus stops in Pullman, picking up students from Washington State University who need to go in the same direction.

Eckles said the cost of reserving a bus is divided by the number of seats and that is what they charge for fare. Eckles said parents they like having their students ride the bus because of the affordability and the reliability.

"They want their kids to come home and they want it to be done safely," Eckles said. Costs vary depending on destination

and can be purchased as round trip or one-way tickets.

Compared to ride share boards, Eckles said the bus eliminates the worry of driving with a complete stranger, and students know they are getting transported by a licensed professional.

"Safe and reliable transportation means professional drivers who are driving, and they don't drive for more than eight hours at a time," Eckles said. "They adhere to speed limits, they're not distracted and they're not texting."

The holiday buses also lower the amount of traffic on the roads between campus and students' homes, Eckles said.

Students are allowed to bring one suitcase for under the bus and one carry-on

item to have with them during the ride.

The winter bus will depart Friday, Dec. 19 and return on Sunday, Jan. 10. The full itinerary and additional details can be found on the Office of the Dean of Students website, or in their office, Teaching and Learning Center 232.

"Reservations go through this week," Eckles said. "We might end up reserving one more Boise bus if it is needed."

Eckles said there is already a full bus to Boise, and half-filled buses to Idaho Falls and Portland.

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DEAD WEEK

No - exam week?

UI policies do not allow exams, quizzes on dead week

Taylor Nadauld
Argonaut

Many colleges across the country have adopted policies requiring teachers to withhold all tests during dead week, and the University of Idaho is no exception.

According to the university's General Catalog, "no quizzes or exams shall be given in lecture-recitation periods during the week before final exam week."

But students at the University of Idaho who have also been required to take tests during dead week anyway may need to remind their professors about official school policy regarding what the school refers to as no-exam week, said Faculty Secretary Donald Crowley.

"The idea was that students should have a week basically to try to catch up on assignments and prepare for finals," Crowley said. "And you can't really prepare for finals if you're busy taking other tests."

Despite student complaints among their peers, Crowley said complaints to the provost or department chair are rare.

Crowley said professors may expect negative evaluations by their students and a call to change their test date, but a formal penalty has not been outlined and is rarely applied.

Crowley, who taught political science at UI for 30 years, said he frequently assigned a paper due the Monday of dead week. He said the paper was probably in the spirit of the rule because the paper was not technically an exam, and the deadline was meant to help students.

"I always felt that what I did was fair and no

one ever really complained," Crowley said.

Leonard Garrison, associate director at the Lionel Hampton School of Music, said the school pays particular attention to no-exam week and upholds strict standards to maintain its policies.

"We don't schedule concerts during that week because we don't want those distractions, or we don't want to compel students to go to things when they're really concentrating on their final projects for the semester," Garrison said.

Garrison said music performance students at the school are required to play a performance for the faculty during exam week as a capstone experience for the semester.

Garrison coordinates advising for students at the school and previously served on UI Faculty Senate.

During his time on Faculty Senate, he said they debated the difference between quizzes and exams in reference to dead week policies.

He said the senate discussed the issue of professors who use quizzes to take attendance at the beginning of their classes, and whether those quizzes should be allowed during dead week.

According to current policy, instructors are not allowed to issue quizzes.

The General Catalog permits "exams in labs, physical education activity classes, final in-class essays in English composition classes, and final oral presentations in speech classes."

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Police log

Dec. 4

1:19 a.m. South Main Street

Caller reported he walked out of Champions Bar and was struck in the face by a man he did not recognize.

7:02 p.m. South Mountain View Road

A boyfriend and intoxicated girlfriend got in a heated argument about whether or not to go out and smoke.

Dec. 5

2:41 a.m. North Main Street

Caller reported a man threatened to fight him. Police contacted the man and he apologized.

3:09 p.m. North Almon Street

Caller reported people on the water tower. Police responded and determined they were power company workers.

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<http://uidaho.peopleadmin.com/postings/11747>



ASUI



Alex Brizee | Argonaut

ASUI senators listen during an ASUI Senate meeting Dec 2, where representatives discussed a resolution that would encourage instructors to post gradus on Blackboard.

A proposition to post

ASUI to present grade posting resolution to Faculty Senate

Nishant Mohan
Argonaut

With final exams coming up, having access to updated grades online can be one of the most important resources for a student, said ASUI Sen. Rachael Miller.

Lindsey LaPrath, an ASUI representative on Faculty Senate, said she expects Faculty Senate to be receptive and willing to work with them when she presents ASUI's resolution Tuesday, calling on University of Idaho instructors to post grades on Blackboard.

ASUI passed the resolution at

its Nov. 18 meeting before break in response to results of a poll of students that closed Oct. 19.

Miller, who sponsored the original draft of the resolution, said she talked to two instructors — one for and one against the project — to get feedback before the poll.

Miller said they have already sent the resolution to UI college deans to let them know what students want and let the colleges choose whether and how to implement the resolution.

"The one against the project said if she heard significant feedback that she would be willing to," Miller said. "I made the poll

that day and sent it out the next."

In the poll, 94 percent of the 540 students who responded said they would find it useful to have more of their grades posted on Blackboard.

"I think the poll really speaks for itself," LaPrath said. "Students have made their opinions clear."

She said she expects mixed responses, but that they will be able to come to some agreement with hesitant instructors.

ASUI Directory of Policy Nick Wren, who worked on the resolution, said many professors either do not have time to enter in grades

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or do not know how to enter them onto the site.

Miller said she and LaPrath wanted to find out how difficult it was and what resources were available

for instructors to learn to use the system.

She said they attended a meeting to learn to use the system and that it was easy. She said all classes automatically have a page that instructors need only activate, and that they can easily input grades through Excel.

Miller said the Distance and Extended Education Office provides one-on-one, group and

online trainings.

"I think as we walk them through the steps to show them how easy it is, teachers will become more open-minded," LaPrath said.

She said they are not asking for teachers to teach using Blackboard, but just to post grades, so it should not affect how they teach.

"I have high hopes," LaPrath said. "I think Faculty Senate really has students in mind and I think they will have students in mind when they review this resolution."

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DEAD WEEK

Destress for dead week

University offers massages, yoga class during dead week

Kristen Bertoloni
Argonaut

As the stress of dead week piles on, University of Idaho students can take part in events and programs going on during dead week intended to allow students to take a break from their studying to clear their minds and relax.

Emily Tuschhoff, a health education coordinator with Vandal Health, said the programs are being put on by multiple organizations on campus, including Vandal Health, Vandal Nutrition, Campus Recreation and ASUI.

"The intended goal is for students to take a break from their studies," Tuschhoff said. "By taking a break and taking care of yourself, it can make going back to studying a lot more productive."

During dead week, students can take part in yoga classes at the Student Recreation

Center every day at various times. Students can also attend chair massages in the Idaho Commons Tuesday through Thursday, a 'Pause for Paws' event Wednesday and a Holiday Movie Binge Thursday. There will also be a Holiday Concert Friday in the Kibbie Dome.

"When you are studying all week and you take a moment to de-stress, it has great benefits because you can't continuously study and expect to do well without taking break," said Monica Dierkin, a peer health educator at Vandal Health.

It may seem as though studying for hours on end is the only way to pass the exam, but Dierkin said the smart thing to do is let the mind take a break so it can take the time to process all of the information.

Tuschhoff said students should take a

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moment to take care of their health, whether it be cooking a healthy dinner, working out at the Student Recreation Center or attending a free yoga class.

"Just make sure to do something to relieve the pressure and buildup of studying," Tuschhoff said. "By taking the time to take a breath you will be prepared to go back and tackle studying at full force."

Tuschhoff said there are programs spread out around campus to allow every student to take advantage of what is being offered.

UI will also host a Kram for the Exam event, which will be held at 6:30 a.m. Tuesday and Wednesday in the UI Library. Students can head to the library to study and snacks will be offered during the event. Even though this is a stressful

More info

For a full schedule visit: uidaho.edu/current-students/vandal-health-education/events/destress-fest

time of the year, students need to be prepared to study, but also to take breaks and relax, Tuschhoff said.

"Our hope is to have students finish the semester strong and ready for the holidays," Tuschhoff said.

Tuschhoff said students should not be overwhelmed by stress and should take advantage of campus resources during dead week to ensure success.

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Argonaut Religion Directory

immerse Collegiate Ministries

Bible Study • Fellowship • Events

Sunday Morning Shuttle Service:
(Look for Trinity's maroon van)
10:00am, at LLC bus stop
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Mr. Nathan Anglen Assistant Pastor

960 W. Palouse River Drive, Moscow
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www.bridgebible.org

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Sundays
9:30 am Holy Eucharist
5:00 pm Taizé - Candlelight and quiet (Is't Sundays)
5:00 pm Welcome Table - Alternative Worship (2nd Sundays)

<http://stmarkschurchmoscow.org>
"Red Door" across from Latah County Library
111 S. Jefferson St.
Moscow, ID 83843

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9:30 am - Celebration
6:00 pm - Bible Study
Thursday 6:30 - 8:30 pm - CROSS - Eyed at the Commons Aurora room
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9am — Sunday Classes
10:15am — Sunday Worship
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Sunday College Group 4:00 pm
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Moscow, Idaho 208-882-4122
Pastor Norman Fowler

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10:30 AM: Worship starts

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Reconciliation: Wed. & Sun. 6-6:45 p.m.
Weekly Mass: Mon. - Thurs. 8:30 p.m.
Saturday Mass: 9 a.m.

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PAYNE
FROM PAGE 1

together and when her roommate needed to stay up to work on a big project, Payne said she sometimes stayed up as well to offer motivation.

"She's really great, we're best friends basically," she said.

Payne, who before the school year worried she wouldn't even finish band camp, found more friends playing flute in the Vandal Marching Band.

Payne said she will always remember the Homecoming Game halftime show, when she performed a Hammertime dance and saw faces in the crowd light up.

When band members turned on their LED light sunglasses, Payne said the crowd erupted.

"The crowd just exploded, it's great," Payne said. "I mean, as much as our crowd can explode."

In the marching band she said she will remember the last-minute excitement she felt before stepping onto the field and laying down on the turf to spell out the word

Vandals, listening to the bass in the Kibbie Dome speakers.

When Payne left Oregon for UI in August, she and her boyfriend Ben, a high school senior, didn't put a title on their relationship.

But over Thanksgiving break, they decided they were happier together — even if there was distance between them, Payne said.

"It's definitely the opposite of the turkey drop," Payne said. "Because we decided it's worth it to make the effort."

While Payne is settled in her relationship, she said the college dating scene is much more haphazard. She sums it up in one word — willy-nilly. She said people don't set each other up on dates and relationships come and go much easier.

"People, they do whatever they want, and no one else really pays enough attention to care about that," Payne said.

Living in the Theophilus Tower, there was another social factor around — alcohol. Payne



said sometimes students would come back to the dorm drunk and pass out or throw up.

On Halloween weekend, Payne said a student on her floor came back drunk and went in the shower with their clothes on. Payne said they eventually convinced the student to come out of the shower and put on a robe. She said a few other people were a mess as well, but people on the floor bonded over taking care of each other.

"It was a pitiful time," she said.

Although a bit unsure of her major at the beginning of the year, Payne said she plans to continue with her nutrition major and is thinking about adding a Spanish minor. Although she won't have marching band next semester, Payne said she expects the same busy schedule.

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LOPEZ
FROM PAGE 1

Lopez worked at Buffalo Wild Wings this semester. While he said he wanted to find a job when he first came to college, he found that it was much harder trying to balance his work responsibilities.

"I had very little sleep," he said of his many responsibilities. "That put me off. I got behind a little bit in work and school."

Along with his responsibilities as a student, he is also a member of Phi Kappa Tau Fraternity.

Next semester, Lopez said he wants to find a job that offers more flexible work hours.

As finals come up, Lopez said he is only worried about his final in Calculus II — his toughest class. He said he plans to take more math and computer science classes in future semesters.

At the beginning of the semester, Lopez said Calculus II was the class he was most looking forward to because he thought it would be challenging. He said he has enjoyed

the class, but he has also enjoyed his ISEM, which was about climate change.

"I did not know I felt passionately on that subject, but it really has helped me learn a lot more from something that I'm interested in," Lopez said.

Lopez has also been surprised by the benefits of joining UI's Greek system. He said

he didn't expect to form so many strong bonds with the members of his fraternity Phi Kappa Tau in just one semester.

"I feel like I've bonded more with the guys there," he said. "They're really great. I really enjoy being at Phi Tau."

Though his semester was overwhelming at times, Lopez said he has benefited from his college experience so far in unexpected ways.

"I thought I would be more prepared for it," Lopez said. "It was a lot more challenging than I thought it would be, but overall I think I've come out with life skills."

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FALK
FROM PAGE 1

sure, but out of the corner of her eye, she thought she saw someone sleeping.

"And in my head, between that one kid and the rest of them, they were judging me, even though they weren't," Falk said. "I left and went outside and cried for a good 10 minutes."

Falk said since she began classes, being a music major has been much harder than she had anticipated. The major, she said, is all consuming. And while that's not necessarily a bad thing, it has left her without time to unwind or practice hobbies.

Because of that, Falk said she learned she had to make a few minor adjustments. To control her anxiety, she stopped drinking coffee and began getting more sleep.

Though at the beginning of the year she had been nervous she wouldn't make friends, she fell into step with a few other music majors.

When her anxiety finally boiled over that day in October, she said her music friends made for an excellent support system.

In fact, in the weeks after the concert, Falk said she was studying with them and one student mentioned they didn't know if they were good enough to be in the major.

"I remember thinking, 'Thank God, someone else feels the same way,'" Falk said.

It wasn't until a couple weeks ago that Falk, sitting alone in her dorm room, came

to a realization.

"It just kind of occurred to me — I'm young," she said. "I have no idea what I'm doing. I just have to go with the flow, you know, so I started doing these changes to help me think more clearly so my judgment wasn't so clouded."

Her father, who also lives in Moscow, began driving her to a martial arts class in town to help with her anxiety as well.

Around the same time, Heinavanker, an Estonian folk ensemble, came to perform at UI as part of the Chamber

Music Series.

Falk said the experience was eye opening. "Their singing was very simple, but everything piled up on top of each other and the harmonies were gorgeous," Falk said. "There were only six of them, but they filled up this entire auditorium. It was amazing."

She said after the performance, all she could think of was how she wanted to go where they were from and learn to do what they could do.

And that, Falk said, is the amazing thing about being in a university music program.

"In high school, you could do classical music or you could do Broadway, and that's it," she said. "Now there's all this stuff I've never even heard of, and it's cool to consider all of it."

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FUTURE
FROM PAGE 1

McFadden said UI will likely address enrollment in the strategic plan.

"Right now Idaho is 50th out of 50 states in terms of kids that go on to college," McFadden said. "We need to figure out how we can encourage students to come, because our future needs an educated population."

There will be some similarities between this plan and the previous one, she said, such as increasing diversity.

McFadden said the committees are still at a stage of developing ideas and modifying the goals of the plan. Yet, the plan implementation is what McFadden said will define its success.

"What happens a lot of the time is universities will write a strategic plan, put it on a shelf and then people forget about it," McFadden said. "The provost has plans for an implementation team to make sure we are following the plan and measuring the success of it."

In an effort to gain feedback on the plan, John Wiencek, UI provost and executive vice president, hosted an open forum in the Idaho Commons on Friday to address concerns about the developing strategic plan. At the forum, Wiencek said the enactment of the plan

is crucial in obtaining its goals.

"We have to admit where we are doing well and celebrate that, and also admit where we are struggling and determine where we are falling short so that we can learn from our failures," Wiencek said.

The four main goals of the strategic plan are innovation, engagement, transformation and growth. Wiencek said the broad terms cover a wide range of issues, including increasing enrollment and ensuring UI staff members are paid at market level, which will help the university become more competitive.

Faculty and students can access the plan and provide input on a website called YellowDig underneath the Vandal Plans board. Ensuring that faculty and students voice their concerns about the new plan is a key element in engaging with the public, Wiencek said.

"We want to produce a document that reflects our broad constituency and create a document that we can all rally behind and use to push us forward," Wiencek said.

Jessica Gee can be reached at arg-news@uidaho.edu or on Twitter @jaycgeek



UPTMOR
FROM PAGE 1

major to a public relations major. She still wants to be an event or wedding planner, but said she is a little unsure how many business course she will have to take.

Yet, classes haven't made up all of Uptmor's first semester on campus. On Wednesday she and a group of friends went to take photos with Santa in the Idaho Commons. During the walk home, they started a snowball fight, which was sur-

prising to Uptmor because in high school snowball fights are banned.

As the group of students were walking down a hill, a person on the other team threw a snowball at Uptmor's team and missed them and narrowly missed a tour group on campus.

Uptmor said she also enjoyed attending and helping at Kappa Delta's Shamrock soccer tournament philanthropy. The sisterhood raised money for Prevent Child Abuse America, which Uptmor said was a good organization to give money to.

Homecoming was the most unexpected thing during Uptmor's first semester at UI. She said her parents and their college friends came to tailgate and visit for the Homecoming Game and while she was out tailgating she met someone from Canada. She said it was also cool to see Kappa Delta alumnae come to visit campus as well.

"I got the sense that you will leave, but you will always come back," Uptmor said. "It's Vandal Pride."

At the beginning of the school year, Uptmor was not 100 percent sure if Idaho would be the right place for her. Now, Uptmor said she couldn't imagine herself being anywhere else.

"I am so proud of my choice to be a Vandal," Uptmor said. "Now I know where I am supposed to be."

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ANXIETY
FROM PAGE 1

Saladin said test anxiety can get so bad that students can have a panic attack before the test and cannot even take the exam. She said students who experience these extreme symptoms should visit the Counseling and Testing Center.

As finals approach, Saladin said students should take the precautionary steps to ensure they will head into finals prepared and ready to take the exam.

Saladin said students can visit the Counseling and Testing Center for help or more information on test anxiety.

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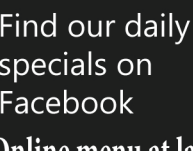


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SPORTS



Forde earns double-double to lead Idaho women's basketball team against Wyoming

PAGE 7

MEN'S BASKETBALL

Little Rock defense too much

Vandals fall to unbeaten Arkansas-Little Rock despite 24 points from Sanders

Josh Grissom
Argonaut

When the Idaho men's basketball team walked into the Cowan Spectrum Saturday night, the team was hoping to knock off an undefeated Arkansas-Little Rock program that had been receiving national consideration in the latest Associated Press top-25 poll.

But after 40 minutes of play, the Trojans (7-0) emerged with a 64-54 victory to maintain an unblemished record, while the Vandals dropped to 5-4.

"I really believe that was a winnable game for our basketball team, if we just buckled down a little bit and get the stops that we needed to," Idaho coach Don Verlin said.

Sophomore guard Victor Sanders and junior guard

VN

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Perrión Callandret combined to score 25 of the Vandals' 29 first-half points.

Sanders shot 5 of 6 from the field and Callandret hit three shots from behind the 3-point arc to propel the Vandals to a 29-28 half-time lead.

Junior forward Jalen Jackson led the way in the first half for the Trojans with eight points, while senior forward Roger Woods added seven.

The Vandals outrebounded the Trojans 18-9 in the first 20 minutes of play, with 11 of those rebounds coming offensively.

The second half consisted of a seesaw battle offensively, but the Trojans pulled away from the Vandals late in the game, following a three and a half minute scoring drought from Idaho. The Vandals could not overcome a 10-point deficit late in the second half.

Sanders finished with 24 points and shot 4 of 6 from 3-point range, adding three rebounds for the Vandals.

"I think the other team just played good defense," Sanders said. "They went in and out of zone, but we just didn't execute like we were supposed to."

Jackson finished with 14 points while junior guard Marcus Johnson Jr. added another 12.

Little Rock finished with 30 points in the paint and received 39 points from the bench. The Vandals scored 14 points in the paint and received seven points



Irish Martos | Argonaut

Idaho senior point guard Chris Sarbaugh rises up for a jump shot during the first half against Arkansas-Little Rock Saturday night at the Cowan Spectrum. The Vandals lost 64-54. Idaho plays Washington State at 6:05 p.m. Thursday at the Cowan Spectrum.

from their bench players.

Another key aspect in the Vandals' loss was shooting percentage. The Vandals shot 32 percent from the field, compared to 50 percent by the Trojans.

"Bottom line, we need to get

some production out of our inside players," Verlin said. "They were 3 for 19 tonight and we've got to figure out a way to score the ball around the basket."

Idaho will return to the Cowan Spectrum to play Washington

State at 6:05 p.m. Thursday in the annual meeting between the two programs.

"The Pac-12 is definitely a power conference," Callandret said. "We just have to play how we play and try to run our sets with

pace. We don't want to underestimate our opponent and I feel like that is what is going to get us ready for both of those games."

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MEN'S BASKETBALL

USC defense stifles Idaho

Turnovers plague Vandals in loss at USC, Washington State next

Josh Grissom
Argonaut

A seesaw battle between the USC and Idaho men's basketball programs swung the Trojans' way Monday night, as the Vandals fell 74-55 in Los Angeles.

Despite a 17-point outburst from sophomore guard Victor Sanders, the Vandals (5-5) could not contain a second-half outburst from the Trojans offense.

"They made a couple of real good shots at the start of the game," said USC coach Andy Enfield. "They did a good job in the paint early on."

Idaho junior guard Perrión Callandret and senior forward Nahshon George combined for 14 points in the first half. Senior point guard Chris Sarbaugh and junior forward Tyler Egbert both collected four rebounds a piece for the Vandals in the first 20 minutes of play.

Junior forward Nikola Jovanovic led the way for the Trojans in the first half with seven points.

Idaho outrebounded USC 21-12 in the first half of play, but gave up 15 points off turnovers. The two teams entered halftime locked in a 30-30 tie.

USC (7-2) began the second half with

back-to-back 3-pointers to take a 36-30 lead over Idaho.

The Vandals could not recover from the initial six-point deficit, allowing the Trojans to amass 45 second-half points en route to the team's seventh win of the season.

The Trojans capitalized on 23 Idaho turnovers, taking a 56-45 lead late in the second half to quell any chance of an Idaho comeback.

Freshman forward Bennie Boatwright finished the game with 17 points and five rebounds for the Trojans, while junior guard Katin Reinhardt added another 17 points.

George contributed 11 points while Callandret finished with nine.

Despite outrebounding the Trojans 39-27, Idaho struggled to convert offensive possessions into points, shooting just 5 of 23 from 3-point range.

The Vandals committed 19 fouls, which translated to 10 points for USC from the free-throw line.

Idaho hosts the Washington State Cougars in the 270th edition of the "Battle of the Palouse" — the annual rivalry game between the two programs — at 6:05 p.m. Thursday at the Cowan Spectrum.

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VN

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Mkrtychyan plays limited role

Mkrtychyan gets little playing time against UALR

Tess Fox
Argonaut

Idaho sophomore forward Arkadiy Mkrtychyan, despite being a projected starter against Arkansas-Little Rock, found himself on the bench for a majority of Saturday's game. Idaho lost 64-54.

With a knee brace on, Mkrtychyan took to the court five minutes into the second half. He played 10 minutes, adding two rebounds and two assists.

After a short break, he rejoined the Vandals on the court to finish the game.

A foul sent him to the free-throw line where he added one point for Idaho.

He ended the game with one point, four rebounds and two assists in 11 minutes of play.

Mkrtychyan's recent knee injury played no part in Idaho coach Don Verlin's decision to keep him out.

"He dislocated his kneecap, tore some of his cartilage," Verlin said. "It's healthy now, it's getting closer to

100 percent."

Mkrtychyan was part of the starting lineup against California State-Bakersfield Wednesday.

While he contributed five points, Mkrtychyan solidified himself as an essential part of the Vandal defense. He helped contain the Roadrunners' offensive game and one of their top players, Aly Ahmed.

Ahmed scored 13 points against the Vandals.

Mkrtychyan played his first game of the season against North Texas at the Mean Green Showcase in Denton, Texas. He played 27 minutes against Samford Nov. 25 and scored 12 points.

Idaho junior point guard Perrión Callandret said it was different being on the court without Mkrtychyan against Little Rock.

"He has an unmatched work ethic with how much energy he brings to the table," Callandret said. "He came in and gave us some really good minutes. He helped us out a lot."

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VN

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WOMEN'S BASKETBALL



Tess Fox | Argonaut

Idaho senior post Ali Forde searches for an open teammate Saturday against Wyoming at the Cowan Spectrum. Forde finished with 19 points and 13 rebounds.

Double-doubles

Idaho women's basketball team prevails against Wyoming

Tess Fox
Argonaut

It seems almost every day an Idaho women's basketball player breaks a school record.

Senior post Ali Forde moved up to second in school history for blocks in the Vandals' 61-57 win against Wyoming Saturday at the Cowan Spectrum. She finished the game with five blocks.

"Ali was a monster tonight," Idaho coach Jon Newlee said. "She took it hard to the rim. For her to play like that at about 80 percent was great."

Forde did not play in Wednesday's game against Northwest Christian because of a hip injury.

"It's getting up and down the floor where she strides out, that pulls at that hip thing," Newlee said. "But around in the half court, she's still fairly explosive."

Forde earned her 15th career double-double, finishing with 19 points and 13 rebounds.

Sophomore post Geraldine McCorkell earned her third double-double of the season, finishing with 11 points and 11 rebounds.

McCorkell opened the game with a layup and Idaho senior guard Christina Salvatore added three points to bring the Vandals to an early 5-2 lead.

Wyoming took the lead after a foul by McCorkell sent Cowgirls sophomore forward Marleah Campbell to the free-throw line. She made both and Wyoming took a 16-15 lead.

A free throw from Salvatore, another layup from senior post Renae Mokrzycki and a 3-pointer from McCorkell brought Idaho ahead again.

Idaho senior post Tayla Corrigan ended the first half with a 3-pointer in the last two seconds of play.

"It was great," Newlee said. "When I saw her out there and I saw where (Wyoming's Bailee) Cotton was, I said, 'Tayla you shoot it,' and she said, 'Let's go.' I don't think they

were quite aware that she could shoot from out there."

The Vandals led 35-24 at halftime.

Forde led with 14 points and six rebounds at half.

Wyoming's Marquelle Dent exceeded her 15.8 points per game average and finished with 22 for the Cowgirls.

Newlee said one of Idaho's primary focuses was playing defense.

"We gotta keep defending," Newlee said. "Number 10 (Dent), she's a special player. We didn't let her get to the rim as much as other teams have."

The Vandals held Dent to 7 of 22 from the floor and 2 of 11 from 3-point range.

Three points from Idaho senior guard Connie Ballesterero brought the score to 41-31 in favor of Idaho.

Mokrzycki made two layups to extend the Vandals' lead, 48-39.

Idaho led 48-41 at the end of the third quarter.

Free throws from Ballesterero and McCorkell sealed the win for the Vandals.

McCorkell said the differences between this season and last season are "night and day."

"I think we're playing a lot better together," McCorkell said. "Our chemistry is really good."

McCorkell said Idaho's offense is deep. "There are so many scorers on our team that we kind of feed off of each other," McCorkell said. "If one of us isn't open, someone else is. I'm just lucky to be on the receiving end of all the good passes and good work we all do together."

Forde said she is confident in McCorkell's abilities going forward.

"She's really stepped up," Forde said. "When she shoots, I'm confident it's going in."

Idaho (7-1) will play Texas Tech at 3:30 p.m. Wednesday in Lubbock, Texas.

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on Twitter @tesstakesphotos

Built Forde tough

Forde earns double-double despite injured hip

Luis Torres
Argonaut

Pain did not stop Idaho senior post Ali Forde from competing and turning in a double-double in Idaho's 61-57 win against Wyoming Saturday at the Cowan Spectrum. Forde and sophomore post Geraldine McCorkell earned a double-double.

It was Forde's 15th career double-double as she led Idaho with 19 points and 13 rebounds.

"Ali was a monster Saturday without a doubt," Idaho coach Jon Newlee said. "She got after it. We thought we had an advantage inside which was part of our game plan. She took it hard to the rim and was finishing around the rim. It was just a monster game from Ali."

Newlee said Forde was not 100 percent healthy Saturday. She sat out Wednesday's game against North-

west Christian due to a hip injury.

"Ali, to play like Saturday at about 80 percent was great," Newlee said.

Forde said she felt motivated to perform well against Wyoming after she missed Wednesday's game.

"It always sucks when you have to sit out for a game," Forde said. "You want to be there for your team, so it sucks to sit out but it was good to come back strong."

Forde blocked the ball for a season-high five times and finished the game with 193 career blocks, passing Mary Westerwelle (who played at Idaho from 1982-86) for second on Idaho's all-time block list.

Forde said Idaho did well on the defensive end.

"Our defensive plan was definitely shutting down Wyoming's shooters," Forde said. "Wyoming has great shooters like (Marquelle) Dent, so we had to shut

them down and had to matchup. (Christina) Salvatore, Geraldine (McCorkell), Renae (Mokrzycki)

and all the people who were playing on the blocking side of the post did a great job of talking and recognizing Wyoming's shooting."


Idaho improved its record to 7-1, its best start since 2003-04.

For the first time since 1986, the Vandals have also received votes from both the Associated Press and USA Today Coaches polls. Idaho's only loss took place against then 15th-ranked Duke Nov. 26 in Cancun, Mexico.

"The start of the season feels great," Forde said. "To have played great teams and have pulled out wins. The loss against Duke, we played them very tight but it feels really nice to come out strong."

Luis Torres
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Irish Martos | Argonaut

Idaho's Perrion Callandret drives toward the right side of the court after tipoff. The Vandals fell to Arkansas-Little Rock 64-54 Saturday at the Cowan Spectrum.

Athletes of the week

Ali Forde – women's basketball



Forde

Idaho senior post Ali Forde earned a double-double in Idaho's 61-57 win Saturday at the Cowan Spectrum. Forde, who finished with 19 points and 13 rebounds, played with an injured hip. She shot 7 of 14 from the field and 5 of 6 from the free-throw line. She led the team with five blocks.

The Vandals (7-1) will play Texas Tech at 3:30 p.m. Wednesday in Lubbock, Texas.

Victor Sanders – men's basketball



Sanders

Idaho sophomore guard Victor Sanders posted a career-high 24 points in Saturday's 64-54 loss to Arkansas-Little Rock at the Cowan Spectrum. With 10 ties and eight lead changes through the night, Little Rock pulled away for a late win. Although the Vandals fell to Little Rock (7-0), Sanders shot 8 of 14 from the floor and 4 of 6 from beyond the arc, including one four-point play. The Portland native also had three rebounds and two steals. The

Vandals (5-4) take on Washington State at 6 p.m. Thursday at the Cowan Spectrum.



Vandal home games

Thursday

Men's basketball

- 📍 Washington State
- 📍 Cowan Spectrum
- 🕒 6:05 p.m.

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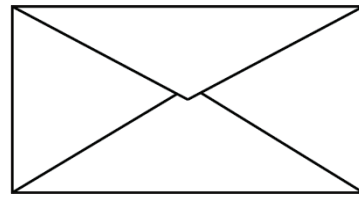
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OPINION



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OUR VIEW

Taking steps toward change

UI strives to integrate technology into academics in a way that works for students

When Blackboard freezes or VandalWeb crashes during registration, it's easy to become frustrated with the technology the University of Idaho has worked to incorporate into its academic programs.

However, there is good news for students who find themselves frustrated with university websites, distance learning technology or a lack of technology in general.

In a meeting with The Argonaut's Editorial Board on Friday, UI's Vice President of Infrastructure Dan Ewart said the university is not only working to improve the technology currently used in classrooms, but also welcomes comments and concerns voiced by students.

When it comes to Blackboard, Ewart said the university purchases a contract with the company as a part of a state-wide contract.

Ewart said the university is working with other education institutions in the state to develop a request for proposal from companies offering similar software. The goal is to have an updated system in place summer 2016.

Ewart said the proposal for a new app platform is also underway with an estimated completion by fall 2016. The app would be geared to current students as opposed to a recruitment focus.

Ewart said many new technologies are also being established in buildings that are currently undergoing construction, such as the IRIC and the College of Education Building.

Although the distance learning software used in classrooms where professors telecommunicate with students at satellite campuses has not been as successful as the university hoped, Ewart said the next step in helping bringing UI into the future is evaluating the software currently being used and deciding on a program that would make for a better replacement if a replacement is necessary.

New technology in classrooms is necessary, but technology, regardless of how efficient it is, is a difficult thing to incorporate into a learning environment.

Even if the university opts to replace current systems with more functional and efficient programs, it's important for students and professors to learn how to use this new technology.

Improved software for distance learning classes won't be able to reach its maximum level of effectiveness if instructors don't know how to use it.



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When it comes to the integration of technology into an academic environment, students and faculty should remember that it's important to meet administrators halfway — they are working to improve the kinds of technology available for use on campus and students, faculty and staff should in turn work to learn these systems and understand how to operate them.

ITS offers training on technology, but it's up to individual instructors, departments and colleges to figure out the best way to incorporate it.

While it might not feel like UI's technology is improving fast enough, it's important to remember that incorporating technology into a learning environment is a difficult task, and the university is trying to be as proactive as possible while also trying to find the right fit in tech products.

Not only is finding websites, apps and other programs that work well for students, faculty and staff a tremendous challenge, but the university also faces the extra pressure of constantly trying to find new technologies and programs.

While there is room for improvement, UI is making great strides.

-CB

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Piece of advice
Be weird. I think that is good life advice.
- Garrett

Thank you Garrett
For that OTC. Also just for being such a great friend and person. We'll miss you.
- Lyndsie

Garrett and Ryan
Wait don't leave.
- Hannah

Coworkers
Familiar faces are always prone to leave, but it's not until they do that I fully realize how much they impacted me and my abilities. I learned a lot from you editors leaving this semester. Thanks.
- Jake

Overthinking
It feels like my brain has too many tabs open.
- Jessica

Classic Christmas movie
You can't get into the holiday spirit until you've seen National Lampoon's "Christmas Vacation." The movie makes you cherish the family strife that always seems to accompany the holidays.
- Josh

Contemporary Christmas movie
The Trailer Park Boys: Xmas Special is a film that teaches the meaning of family and how to find value in life even against moderate adversity.
- Jack

The Grinch
"Hate, hate, hate. Double hate. Loath entirely." Now that's a quote from the best Christmas movie ever.
- Jordan

Dead week
No.
- Claire

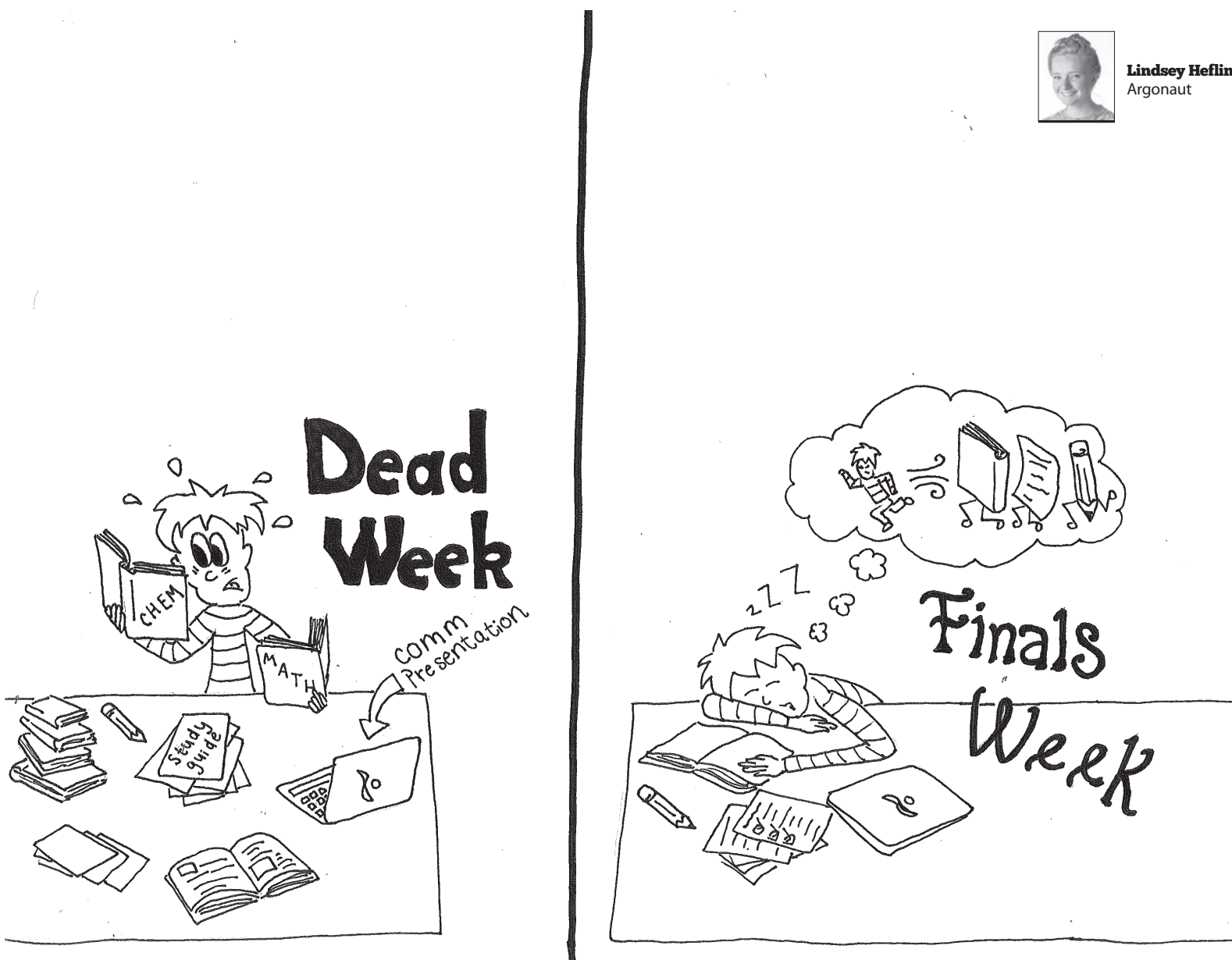
Dead week
LET'S NOT AND SAY WE DID.
- Ryan

Rain rain go away
Portland is flooding and Moscow has rain that's like Portland's normal. I feel at home ... without the flooding.
- Katelyn

Moscow
is just one big puddle right now. Try to stay dry.
- Erin

I'm grateful for
The many wonderful professors I've had the privilege of taking classes from — I appreciate UI's hardworking faculty and staff.
- Corrin

Tis the season
All I want for Christmas is for the semester to be over.
- Tea



Lindsey Heflin
Argonaut

Dead week dilemma

Professors find creative ways around university policy

Dead week has long been considered a time when students across the nation could receive some leniency in their courses and spend their free time preparing for upcoming final exams.

Historically, this week has allowed students the chance to catch a breath before launching into the final exams that serve as the climatic conclusion of the semester.

But at the University of Idaho, dead week has become synonymous with chaos and stress — the opposite of what it is usually known for.

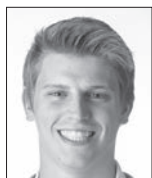
Instead of spending time studying for finals, students are scrambling to complete a number of assigned projects and material for their classes, completely going against the original intention of dead week when school officials adopted the policy.

The official university policy states that instructors are not allowed to administer quizzes or exams during the specified time period, but professors have found ways around this rule. Some

instructors change the title of a quiz in order to adhere to the policy, while others disguise the final as an end-of-the-year project. Occasionally, some professors will even blatantly ignore the school procedure and assign grade-altering exams during dead week.

In addition, lab courses remain immune from the dead week policy, allowing instructors to force students to take a cumulative practical covering an entire semester's worth of material.

With a large number of faculty members dodging the policy in creative fashion, it is clear that something needs to change regarding the procedures of dead week. The burden of additional material doesn't allow students to fully prepare for their finals. This in turn results in lower exam scores for many academic departments. The original intent of dead week has been lost throughout the years, as more and more courses each semester schedule material that could make or break a student's grade. At this point, drastic action is required before this trend on campus becomes irreversible.



Josh Grissom
Argonaut

SEE DEAD, PAGE 10

Ode to ... finals week

Finals week acts as the beginning of a much-needed break for most students

Along with many University of Idaho students, I have come to appreciate finals week for what it truly is — an extra week added on to my winter break.

This is especially true for me this time around. By the end of this week I will likely be back home in Boise, as my semester will essentially be over.

At that point I will have very few responsibilities left for 2015. In the meantime, I have my final days of classes to deal with. The price of a relaxing finals week is steep, because now my dead week is just a finals week that's come seven days early.

In the next few days,

my life will be consumed by final projects, tests, take-home exams — by now most college students know the drill.

Professors schedule their finals to be due during dead week on the common argument that they're doing it for the students' benefit. The logic is that students are already so overwhelmed

with work during finals week that the professors are doing students a favor by making their assignments due earlier so they don't have to deal with it the following week.



Erin Bamer
Argonaut

SEE FINALS, PAGE 10

Home for the holidays

As students grow older, the holiday season starts to change, and that's OK

College is the time for learning, but it's also the time when most students make the complete transition into adulthood. That means it's a time of tremendous change and students start experiencing everything, including the holiday season, in a different way.

When holidays like Christmas are experienced as an adult, they are far less exciting than when they were experienced as child. It's less "I can't sleep because I'm so excited to see what Santa will bring" and more, "I guess I could use a new pair of socks."

As a third-year student with few semesters left, I couldn't help but feel overwhelmed with nostalgia upon returning to California for winter break. While moving away from family isn't the best option for every student following graduation, I have no intention of returning to the state I came from.

It occurred to me that I'll only return home maybe one or two more times before I graduate, and even now breaks have become a time to focus on finding internships and jobs and exploring different avenues as an individual.

As bittersweet as this may be, it's also another part of the natural process that is growing up.

As students grow older, how they spend the holiday season begins to change.

Holidays are no longer a time for celebration so much as they are a time to unwind and de-stress after a long semester, and many students use the holiday season as a time to make extra money to save for upcoming semesters or to start planning for the future.

Not every student has the privilege of heading home for the holidays, but those who do shouldn't forget the importance of appreciating the time spent with remote loved ones.



Corrin Bond
Argonaut

Holidays are no longer a time for celebration so much as they are a time to unwind and de-stress after a long semester.

It may be hard to relax and just enjoy any holiday or time off from school, but taking a moment to appreciate something that won't last forever is going to mean more in the long-run than finishing an assignment early or getting ahead in school.

It's also important to remember that, at the end of the day, students need to do what is best for themselves.

Some students need to stay in Moscow to work over breaks while others choose to take remote internships rather than head back home.

For graduating seniors, whether they're moving across the country or deciding to move back home, they should know that no one way of living is right for everyone.

Moving back or staying near family does not make that person less independent than the person who moves across the country, and leaving family to live somewhere new doesn't mean that person doesn't care.

Holidays aren't the same as they once were, and neither are breaks from school, but it's important to understand and appreciate that everything — holidays, breaks, family dynamics — is going to change, and it might not always be easy, but that's OK.

Corrin Bond can be reached at arg-opinion@uidaho.edu or on Twitter @CorrBond

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DEAD

FROM PAGE 9

The best strategy for UI would be to review the procedures for enforcing the policies of dead week to protect students from an unexpected workload that would hinder them from producing their best academic work.

While some would argue that shifting course material from finals week to dead week allows professors more time to grade, it also results in several detrimental aspects that impact the productivity and health of students. Sleep deprivation and stress are the two most prominent side effects of dead week, due to the academic overload.

At the current rate of the additional material added to dead week, it might make more sense for the university to completely eliminate finals week altogether, adding the cumulative exams to dead week instead. If students already have to slog their way through a stack of projects, essays and quizzes, what difference would an extra exam or two really make?

Ultimately, it is up to the administration to fully enforce the dead week policy. If the status quo continues, then students can expect dead week to remain one of the most stressful periods of their academic careers.

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vacation with their families, whether it's by choice or not, and that's OK, too.

The real purpose of the break is to give students, faculty and staff some well-deserved time off before they all hop back onto the rollercoaster again in the spring.

I don't know about the rest of the UI student body, but it's highly likely that I will spend the majority of my winter break in bed asleep. I may take small breaks from my hibernation to gorge myself on some free, homemade meals. My parents will probably try to get me out of bed at some point to "make the most of my vacation," but as far as I'm concerned, spending my winter break in bed is a winter break well-spent.

So, I suppose in the end I can't really be opposed to my finals week being devoid of any real responsibilities. But I also wouldn't complain if I could have used the extra time to study and maybe earn a better grade in a few of my classes.

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FINALS

FROM PAGE 9

This argument be much more believable if I had a single school-related thing scheduled next week. At this point, if professors want to make their students' lives easier, they will keep their final assignments due during finals week and let students use the extra days off during dead week to study for those finals. Students pay a lot of money for 16-week semesters, and we deserve those 16 weeks.

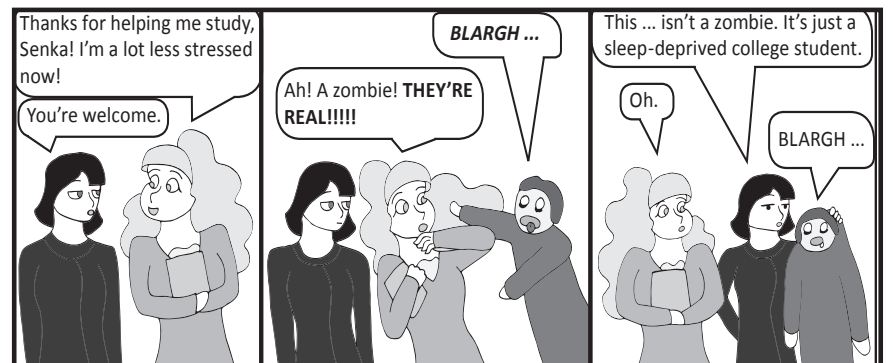
On the other hand, I can't really complain about how my three-week winter break has suddenly turned into a month-long break.

Winter break is one of the best times of the year for most college students. After a grueling semester, students get almost an entire month to unwind, celebrate the holidays and relax with their families and loved ones. For a lot of students, winter break is the longest period of time they get to spend with their families, because they spend the summer away for their jobs or internships.

Some students don't spend their holiday

COMIC CORNER

Senka Black



Samantha Brownell | Argonaut

Snapback



Megan Hall | Argonaut

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Jazz Choirs Holiday Concert

Presented by The University of Idaho Lionel Hampton School of Music
in conjunction with the College of Letters, Arts, and Social Sciences and
Office of the President

Supported by Local area businesses and community volunteers

December 11, 2015

7:00 p.m.

ASUI Kibbie Activities Center

(North Concourse entrance)

Donations to Lionel Hampton School of Music

Free admission, cash donations suggested to benefit
University of Idaho Lionel Hampton School of Music

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