

THE ARGONAUT

THE VANDAL VOICE SINCE 1898

uiargonaut.com

Friday, February 12, 2016

STUDENT LIFE



ADMINISTRATION

A look forward

Second University Faculty Meeting reviews UI goals and visions for the future

Erin Bamer
Argonaut

At the second University Faculty Meeting of the 2015-2016 academic year, University of Idaho President Chuck Staben recalled the visions for the university he mentioned at the first meeting.

"We really talked about three things that were very important to, I felt, for the university to consider as we moved forward into our strategic plan," Staben said.

First up on the list was "ideas that matter," Staben said. He said the Vandal Ideas project, a competitive university-wide grant program that aims to encourage new research, is an example of that vision becoming a reality.

"It appears that project has been quite stimulating and I hope ultimately it would be extremely successful," he said.

Staben also said he wants faculty to continue thinking about transformative education and how to transform the lives of UI students. He said transformative education applies to all of Idaho as well, and promoting the value of higher education to others throughout the state.

The final issue Staben discussed was "building our team." UI Provost and Executive Vice President John Wienczek reviewed the university's nine-year strategic plan at the meeting. Wienczek said he wanted to clarify what the strategic plan was to faculty.

SEE FORWARD, PAGE 5

Going the distance

Couples can't be discouraged by time difference

Katelyn Hilsenbeck
Argonaut

Elna Albano and Robert Bennett didn't hesitate to start a relationship when 360 miles separated them, and they didn't hesitate when the distance grew to seven times the size three months later.

The couple first met at a writing camp in Albano's hometown of Island Park, Idaho, before their junior year of high school. Albano was dating someone else at the time. Still, she recalls pointing out how good-looking

Bennett was while walking with a friend.

"We hit it off right off the bat," Bennett said.

The two created a strong friendship after their first encounter. However, she said the fateful and "time-stopping" moment came much later, when Albano met Bennett in a coffee shop in his hometown of Boise. They made it official in May 2014.

Their relationship was a long distance one from the beginning, but when she moved to Moscow and he to Washington D.C. to further their studies, it took the long-distance love to a new level.

"We never really thought of ending it because we were both going other ways," Albano said.

Two worlds

Albano is a sophomore interior design major at the University of Idaho and Bennett studies justice law and criminology at American University.

In a way, Albano said their universities are as different as they are — UI is a big campus in a small town, and American is a small campus in a big city.

Albano said when they talk about the differences, they note their personal organizational styles are different, too.

SEE DISTANCE, PAGE 5

VOLUNTEER CENTER

Registration day rush

UI students register for spring ASB trips

Austin Maas
Argonaut

University of Idaho students waited eagerly outside the Idaho Commons Whitewater room Tuesday in anticipation of the second annual Spring Alternative Spring Break Registration Day.

Though the event began at 8 p.m., students were encouraged to arrive early and take a ticket to reserve their spot in line, as some of the more popular trips were anticipated to fill quickly.

Monica Mills, a UI sophomore studying environmental science, sat with ticket in hand hopeful she'd be able to reserve a spot on the "Veterans and Vegetables: Growing Food and Preventing Isolation" ASB trip.

The trip will connect Vandals with a community partner at a mystery location, where they will work with veterans to decrease depression caused by isolation through agricultural projects.

SEE RUSH, PAGE 5

RESEARCH

For the long haul

Study explores first-generation student retention

Katelyn Hilsenbeck
Argonaut

Students are used to being asked why they selected their university, but 48 students were recently asked why they decided to stay.

Students in a graduate-level qualitative research class during fall term set out to find out what made first generation students persist to their junior and senior year of college after they decided to attend the University of Idaho in the first place.

Tamera Dirks, a Ph.D candidate in Adult

Organization and Leadership, was part of the research team. Each of the five members of the team used a different research method to gather data.

"One of the major findings that I had come up with is first generation students need those markers in their life to get to college and stay there," Dirks said. "Vandal Friday was a specific marker participants kept coming back to."

Dirks said some students have already decided to attend UI before Vandal Friday, which was recently rebranded Uldaho Bound.

For others, the event itself cements the decision. Dani Erickson, Amanda Haruch, Diane Swensen and George Tomlinson and Dirks are now continuing the research they began last term.

"We want to do research that makes a difference," said Sydney Freeman, the course's professor. "We weren't interested in just doing a research project that had no effect on the campus."

SEE HAUL, PAGE 5

ASUI

Redistricting resurfaces

ASUI redistricting resolution passes in second vote

Jessica Gee
Argonaut

ASUI's redistricting resolution, which failed at last week's senate meeting, had another shot at success due to procedural error Wednesday.

ASUI Vice President Stetson Holman did not cast a vote at last week's meeting. According to parliamentary procedure, he is, in fact, allowed to cast a vote in order to break a tie, as was the case last week.

Following an impassioned discussion that took up much of Wednesday's senate meeting, the resolution passed 8-4, including one "hell yes" from ASUI Sen. Kate Ricart.

"I would really like to see us start moving toward something more representative that a lot of our faculty and students are really

excited about," Ricart said.

The resolution was once again met with opposition from some, including Sen. Tanner Beymer.

"From my own perspective, it is not our job to force students through the door, it's our job to make sure the door is open," Beymer said. "This resolution may cap the number of students who can run for senate from each college and create a barrier to entry."

Beymer said it is important to remember this is a resolution and not a bill, thus it currently carries no legislative authority.

"It says what ASUI now intends to do," Beymer said. "Whether or not that happens will be determined in bill form, hopefully before my term expires."

Though Beymer said he opposed this resolution, the majority has spoken and he is excited to work further on the details of the document.

ASUI Vice President Stetson Holman said he is happy to see the resolution pass since it was one of the issues he campaigned on.

"If you change the districting by college, you make it so students can show leadership within their fields, speak to leaders of their college and talk to students in their classrooms," Holman said. "This way you can write legislation about your and your peers' values who you interact with everyday."

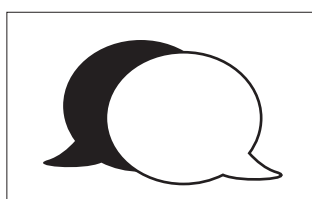
SEE RESURFACES, PAGE 5

IN THIS ISSUE



Ty Egbert emerges as key post presence for Idaho

SPORTS, 6



Students should think more positively about their bodies. Read our view.

OPINION, 9



Couples around campus share their own "meet cute" moments

RAWR

Campus Recreation

Student Rec Center • Intramural Sports • Outdoor Program • Sport Clubs • Wellness

Outdoor Program

HOLIDAY SKI WEEKEND

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Late Night at the Rec

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ACTION STARTS
FRI FEB 19
9PM AT THE SRC



Intramural Sports

Upcoming Entry Due Dates

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Co-Rec Basketball	Mon, Mar 7
Softball	Tues, Mar 8
Roller Hockey	Tues, Mar 8

For more information and to sign up:
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february 20, lookout pass
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february 27, silver mt
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SRC Hours

PRESIDENTS' DAY

MONDAY, FEBRUARY 15TH



SRC: 11am - 11pm
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NO WELLNESS CLASSES

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CRUMBS

A Crumbs recipe



Oatmeal muffins

Muffins are an easy way to get on-the-go nutrition in the morning. These muffins are like having oatmeal with butter and brown sugar, but portable. They will stay good for one week at room temperature in an airtight container.

Ingredients

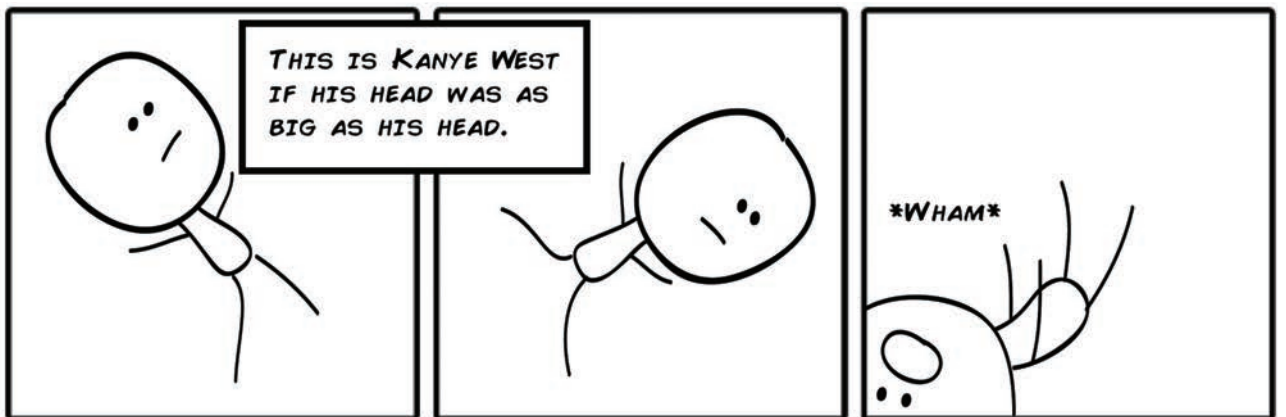
- 1 large egg
- 1 cup all-purpose flour
- 3/4 cup old-fashioned whole-rolled oats
- 1/2 cup milk
- 1/2 cup sugar-free pancake syrup
- 1/4 cup dark brown sugar, packed
- 1/4 cup Greek yogurt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 to 1/2 teaspoon salt, or to taste

Directions

1. Preheat oven to 350 degrees Fahrenheit
2. Spray 10 of the 12 cavities of a non-stick 12-cup regular muffin pan very well with cooking spray or grease and flour the pan; set aside
3. In a large bowl, add all ingredients and whisk until smooth and combined
4. Using a 1/4-cup measuring cup, evenly distribute the batter into 10 of the cavities of the prepared pan, filling each cavity no more than 3/4-full or muffins will overflow while baking
5. Bake for about 20 minutes or until a toothpick inserted in the center comes out clean
6. Allow muffins to cool in pan on top of a wire rack for 10 minutes before removing and placing on rack to cool completely

Claire Whitley
can be reached at
crumbs@uidaho.edu

Completely Unrelated



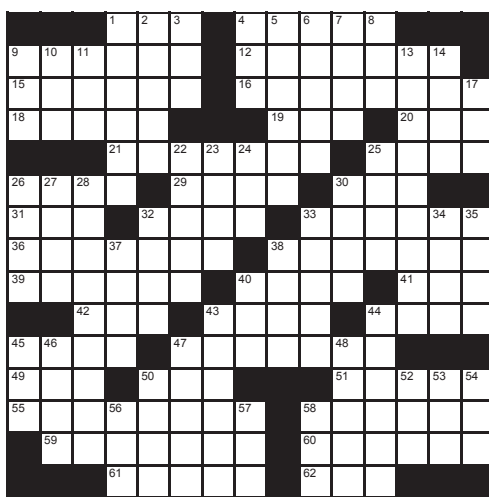
Karter Krasselt | Argonaut

FOR MORE COMICS, SEE COMIC CORNER, PAGE 10

CROSSWORD

Across

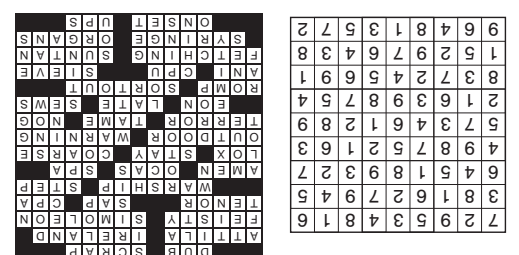
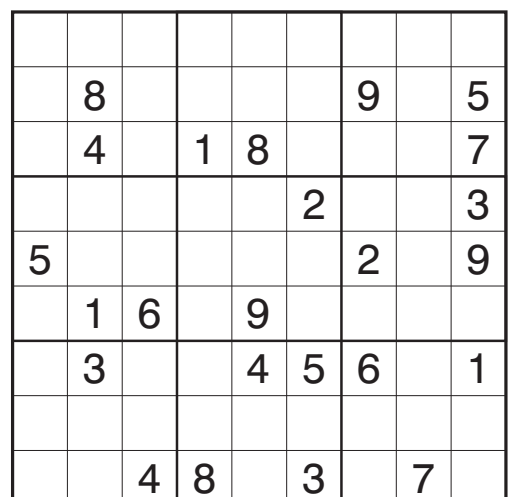
- 1 Nickname
- 4 Deep-six
- 9 Number one Hun
- 12 Tara locale
- 15 Spirited
- 16 One buck, in slang
- 18 Andrea Bocelli, for one
- 19 Plant production
- 20 Tax pro, for short
- 21 Destroyer, e.g.
- 25 Kind of aerobics
- 26 Emphatic agreement
- 29 Wood sorrels
- 30 Jacuzzi
- 31 Brine-cured smoked salmon
- 32 Corset part
- 33 Rough-cut
- 36 Alfresco
- 38 Admonition
- 39 Panic
- 40 Subdued
- 41 Wassail
- 42 Long, long time
- 43 Like the White Rabbit
- 44 Uses a Singer
- 45 Cavort
- 47 Shed light on
- 49 "Wheel of Fortune" buy
- 50 PC "brain"
- 51 Strainer
- 55 Attractive
- 58 Type of lotion
- 59 Medical instrument



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- 60 Some are vital
 - 61 Beginning
 - 62 Increases
- ### Down
- 1 Renounce
 - 2 Extreme
 - 3 Dark horse
 - 4 Close relative
 - 5 Emergency
 - 6 Chart anew
 - 7 Crooked
 - 8 Amigo
 - 9 Sternward
 - 10 Driving need
 - 11 Malaysian export
 - 13 Juicy fruit
 - 14 Ignoramus
 - 17 Short snooze
 - 22 Helicopter part
 - 23 Lasting impression
 - 24 It's cut and dried
 - 25 Pair of oxen
 - 26 "Thanks ___!"
 - 27 Grimace
 - 28 Appendage
 - 30 Achy
 - 32 In a minute
 - 33 Small part
 - 34 Kind of job
 - 35 Sponge cake ingredient
 - 37 Plummet
 - 38 Light bulb unit
 - 40 Bluejacket
 - 43 Divan
 - 44 Smarts
 - 45 Brit. fliers
 - 46 Change for a five
 - 47 Whirls
 - 48 Take forcibly
 - 50 Goatee site
 - 52 LAX abbr.
 - 53 Delivery vehicle
 - 54 Print measures
 - 56 ___-Magnon
 - 57 Obtain
 - 58 Old French coin

SUDOKU



Create and solve your Sudoku puzzles for FREE. Play Sudoku and win prizes at PRIZESUDOKU.COM

THE FINE PRINT

Corrections

Find a mistake? Send an email to the editor.

UI Student Media Board

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public. Questions? Call Student Media at 885-7825, or visit the Student Media office at the Bruce Pitman Center on the third floor.

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The opinion page is reserved as a forum of open thought, debate and expression of free speech regarding topics relevant to the University of Idaho community.

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The Argonaut welcomes letters to the editor about current issues. However, the Argonaut adheres to a strict letter policy:

- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, libel and clarity.
- Letters must be signed, include major and provide a current phone number.
- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to: 301 Bruce Pitman Center, Moscow, ID, 83844-4271 or arg-opinion@uidaho.edu

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STAFF

Woman for women

Women's Center Director Lysa Salisbury shares life, experience at Women's Center

Marisa Casella
Argonaut

Lysa Salisbury described her application process for a job at the University of Idaho Women's Center as crazy, but not because of the application itself.

Salisbury said she went to Moscow's public library to apply for the job. The library has a half hour limit on the computers, so after a half hour they would kick her off, Salisbury said. Salisbury submitted her application two minutes before the form closed.

And that wasn't all, Salisbury said.

"It was the day all of our furniture and belongings were arriving from Mexico," she said. "Then it was also when my parents arrived for a visit from the U.K."

Salisbury grew up in the small village called Farringdon in Hampshire, England. It was in the U.K that she studied Spanish and Portuguese translation at the University of Leeds. She then went on to move to southern Indiana in 1993 where her partner was studying for his Ph.D. She later lived in Mexico City for five years before moving to Moscow in 2005.

Salisbury had worked as a freelance interpreter and translator, and said she intended on continuing that career path when she moved to Moscow. Having worked at Indiana University, Salisbury said she wanted to get involved with the UI campus. She said she originally applied for a position in the Office of Multicultural Affairs. When she didn't get the job, she applied for the Women's Center.

Salisbury worked in the office for six years before being promoted to director in 2013. She

said in this position, she gets to oversee outreach efforts.

"We've been making a really concerted effort to expand our appeal beyond the students who traditionally have used the center," Salisbury said. "We're looking for ways to be more inclusive and outreach more to multicultural students."

The Women's Center has translated its brochure to Spanish, and has also created a series of promotional posters that are in Spanish and feature photographs of multicultural students.

Salisbury said she loves her job at the Women's Center, especially her work with the students.

"The students that I've met are extraordinary," Salisbury said. "They have incredible stories and experiences and they're willing to share those and use those to try to create a better world for themselves and for their community. That's very inspiring for me."

Salisbury said she couldn't ask for a better job and doesn't see herself moving on anytime soon. One of her goals for the Women's Center is to begin having increased collaboration and support for the Division of Diversity and Human Rights.

Outside the office, Salisbury makes jewelry as a stress reliever. She also enjoys singing folk and blues songs with her husband as he plays guitar. She and her husband, 14-year-old son and 16-year-old daughter enjoy outdoor activities such as biking, hiking and skiing. Salisbury also is very dedicated to community involvement, participating in different volunteer opportunities.

But there is one part of her job and lifestyle Salisbury said she finds most rewarding. "I get to live my values," she said.

Marisa Casella can be reached at arg-news@uidaho.edu

ARG

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DIVERSITY

Teaching tolerance

UI Muslim student panel answers questions about religion and culture

Carly Scott
Argonaut

Dina Alsharif, Zachary Lierman, Dominique Costello, Lobna Abdel-Rahim and Ousef Vayomy all come from vastly diverse backgrounds — yet the five students, all members of the University of Idaho Muslim Student Association, have found commonality in their Muslim identity.

The five students were panelists at a fireside chat hosted by the UI Honors Program Tuesday, where about a dozen honors students enjoyed baklava, Moroccan Mint Tea and an open question and answer session about the world's second-largest religion.

Alsharif was raised in what she described as a non-practicing Egyptian Muslim family, while Abdel-Rahim and Vayomy grew up practicing Islam.

Costello said she came from a Christian background, but never quite connected to Jesus. Lierman, also raised Christian, said he grew up with a "tunnel vision" approach to religion, until he came to college and decided to broaden his horizons.

"People perceive things differently," Alsharif said.

Lierman said many misconceptions come from the fact that when looking at the faith from the outside in, people often take parts out of context. He said many Islamic teachings and practices only make sense when looked at from a culturally relative view.

Alsharif also said Islam can be as diverse as the people who practice it, varying from culture to culture. She said Egypt is just one Middle Eastern country that often doesn't operate with traditional Islamic values. She said while a vast majority of the population there is Muslim, the country has had rampant corruption as well as other issues that do not line up with Muslim ideals.

Alsharif, who attended the chat in a hijab, put to rest some common misconceptions about that, as well. She said people often think she wears the hijab for her husband, father or some other figure in her life. Yet she said she wears it for herself, to be closer to her religion and because it makes her happy.

One attendee asked Alsharif whether she frowned upon those who don't wear a hijab.

"Of course not," Alsharif said. "I would love for you what I love for myself."

Lierman said it's easy to get bogged down in petty differences, but Islam encourages him to

put aside his differences with others and not be weighed down by cultural tunnel vision.

"Islam is a much more universal thing," he said.

Vayomy said one of the fundamental concepts of Islam is the individual's relationship to God.

"It's tough to make that connection," he said. "But we do it in the exact same way every person in this room was brought to their faith — through struggling and personal experience."

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ARG

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JAZZ FESTIVAL

An army of 400 volunteers

Carly Scott
Argonaut

Every year, Lydia Stucki organizes an army — a formidable force of instrument-toting, taxi-driving, light-and-sound-producing volunteers. Every year, over 400 of them will assemble to make the Lionel Hampton Jazz Festival a reality.

The 49th annual Lionel Hampton Jazz Festival will be held Feb. 24-27, and Stucki, the volunteer coordinator for the event, said she is still looking for people to fill slots in her massive workforce.

She said there are plenty of reasons to volunteer.

"(Volunteers) get to meet artists and special musicians," Stucki

said. "It looks great on a resume, and it's fun to do. You get to come hang out with your friends all day.

She also said volunteers get free concert tickets — every four hours of work is equivalent to one ticket, good for the best available fan seating or upgradable to floor seats for \$15, Stucki said.

Anyone can volunteer, she said. However, for those wanting to volunteer as drivers, there is a little more paperwork. Stucki said members of the drive team don't have to have their own car.

She said drive team does three to four hour shifts shuttling musicians to and from airports and to concert halls. With shuttles running 6 a.m. to midnight or later every single

night of the week, Stucki said she has a lot of slots to fill.

There are many opportunities to volunteer besides drive team, Stucki said.

"I need site volunteers. I need ushers. I need people to sit at information desks," Stucki said.

One of these people is UI freshman Samuel Schacher.

Schacher said he has been heavily involved in theater arts and music since middle school. This is Schacher's eighth year playing the trombone, and that is what first prompted him to volunteer for Jazz Fest.

"Since I was a kid, I came here

a bunch of times with bands and stuff playing," he said.

Schacher said Jazz Fest concerts are some of his fondest memories, and now he's excited to be

a part of the action.

"I want to get in, to do tech-type stuff," he said.

Schacher said working on light and sound at Jazz Fest will help him greatly in his work on theater productions.

"I just like the behind the scenes things," Stucki said. "I'd much rather attend an event behind the scenes and get the inside scoop."

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ARG

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Police log

Feb. 5

North Jefferson Street and Rodeo Drive, 12:05 p.m.

Complaint was made that a driver passed a school bus while its stop sign was out.

West 6th Street, 1:34 p.m.

Report that someone hit another vehicle and fled from the scene.

400 block Taylor Avenue, 5:37 p.m.

Complaints of vehicles driving on the sidewalk.

Feb. 6 Saturday

200 block Peterson Drive, 9:35 a.m.

Caller reported multiple prank calls.

1100 block Virginia Avenue, 3:21 p.m.

Complaint of a skunk problem.

West 6th Street, Wallace Complex, 10:07 p.m.

Officer cited two males for drug use.

Feb. 7 Sunday

1500 block East 3rd Street, 7:57 a.m.

Caller reported hearing a possible gunshot. Officers responded, but no other people in the area had heard anything, and there were no suspicious people at the scene.

1600 blk Mercer Avenue, 1:04 p.m.

Caller complained of a moose in their yard.

Feb. 8 Monday

Indian Hills Drive and Northwood Drive, 11:19 a.m.

Another driver passed a school bus that had its stop sign out.

South Line Street; Idaho Commons, 11:28 a.m.

Complaint of a bird trapped in the Idaho Commons. Officer advised reporting party to open some windows and doors.

East D Street, Moscow Junior High, 1:06 p.m.

Administrator was alarmed after a female student noticed a worrisome comment on one of her Instagram photos. Officers advised both parties on the dangers of cyberbullying.

Feb. 9 Tuesday

500 block Empire Lane, 8:46 a.m.

Officers responded to check on a subject who had left their sprinkler running for a few days. Subject was fine, and had just forgotten the sprinklers were on.

2000 block East D Street, 5:28 p.m.

Reporting party called to report that his garbage can was stolen. He said he heard the noise but didn't see what happened. Officer was en route to the location when the reporting party called back. The noise had been made by garbage collectors, who had then returned the can to the man's garage.

Feb. 10 Wednesday

1100 block East 7th Street, 7:24 a.m.

Reporting party called in a complaint of an unconscious person.

1400 block Hawthorne Drive, 10:49 p.m.

Reporting party called to file a complaint of vagrancy.

Lionel Hampton Jazz Festival coordinators continue to seek volunteers

HEAR THE ROAR. FRIDAY. INSIDE THE ARGONAUT.

RAWR

Village Centre CINEMAS

ZOOLANDER No. 2

MOSCOW

•Deadpool
R (4:20) (4:50) 7:30 9:30 10:00
Sat-Mon (11:45) (2:20)
•How to Be Single
R (4:40) 7:20 9:55 Sat-Mon (1:50)
•Zoolander 2
PG-13 Daily (4:30) 7:10 9:40
Sat-Mon (2:10)
•Pride and Prejudice and Zombies
PG-13 Daily (7:30) Sat-Mon (1:40)
Kung Fu Panda 3
PG Daily (3:50) 6:10 8:30 Sat-Mon (11:00) (1:30)

PULLMAN

•Deadpool
R Daily (3:40) (4:40) 6:20 7:20 9:00 9:55
Sat-Mon (11:30) (1:00) (2:00)
•How to Be Single
R Daily (5:00) 7:30 10:00
Sat-Mon (11:20) (2:10)
•Zoolander 2
PG-13 Daily (4:20) 7:00 9:40
Sat-Mon (11:05) (1:25)
•Hail, Caesar!
PG-13 Daily (4:10) 6:50 9:30 Sat-Mon (1:40)
•Pride and Prejudice and Zombies
PG-13 Daily 9:50 Sat-Mon (1:50)
•The Choice
PG-13 Daily (4:00) 6:45 9:35 Sat-Mon (1:10)
Kung Fu Panda 3
PG Daily (3:50) 6:10 8:30 Sat-Mon (11:00) (1:30)
Dirty Grandpa
R Daily (4:30) 7:10

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ADMINISTRATION

A vision for 2025

UI president, provost present university's goals for the next nine years

Ryan Locke
Argonaut

The University of Idaho formally unveiled its nine-year strategic plan Tuesday at a staff meeting led by UI President Chuck Staben and Provost and Executive Vice President John Wiencek.

Wiencek said the strategic plan aims to map out the goals of the university as the institution looks toward the future — specifically the year 2025.

Wiencek said Staben is committed to staying with the university through 2025 to see the plan through.

"I think the importance of a good strategic plan is that it can guide your priorities, your investments, and what really needs to happen at the university, to do what it is that's most important to you, and therefore a good strategic plan is a good guide to the future," Staben said.

Wiencek said the university has four main goals it hopes to meet by 2025. The first is increasing graduation rates, as well as helping those graduates to get started

on their next step in life, whether that's finding a job after graduation or continuing on to graduate school, medical school or law school.

Wiencek said the second goal is to continue to increase the amount of research being done at the university. UI is presently classified as an R2 institution, the middle category in the Carnegie Foundation's university classification system. The university's goal is to increase research activity enough to become an R1 institution, the highest ranking.

Wiencek said the third goal is statewide outreach. UI has extensions throughout the state and now hopes to focus on tailoring the services those extensions provide to the communities they serve. The goal of this statewide outreach is to get more Idaho students to go on from high school to college, Wiencek said. The university aims to figure out what people in different areas across the state want from a university and try to provide for those needs to convince more Idaho students to attend college.

Wiencek said the final goal is main-

taining good morale among UI faculty staff. This will be accomplished through surveys of university staff so they can give their input and make suggestions on improvements to make during the nine-year process.

"The strategic plan itself is a great activity to improve morale because people can see themselves in the future and they get an opportunity to map out a plan that's going to work for them," Wiencek said.

Wiencek said the plan will be presented to the State Board of Education for approval in April. If the board approves it, the various departments will begin assembling detailed lists of things they want to accomplish and plans how they're going to measure their progress.

Wiencek said some of these plans are already being drafted. He said the strategic plan should be underway no later than the end of the fall 2016 semester. Because the overarching plan is over such a long period, the nine-year plan will be broken up into three three-year sections, the first

running from 2016 to 2019, the second from 2019 to 2022 and the third from 2022 to 2025. At the end of the sections will be "waypoints," when smaller goals should be accomplished, ultimately building to the achievement of the final goals by 2025.

Wiencek said the university has also worked to allow student input into the strategic plan. He said there are students on the development committee, and as with staff, students will be surveyed to identify areas that can be improved and to compile suggestions.

"I think that I would encourage them to look at the strategic plan and see how it can serve students and how we as a university can serve students," Staben said. "I would encourage all students to take a serious look at that."

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RESEARCH

Utilizing a natural resource

Speaker series aims to enrich fish and wildlife students

Katelyn Hilsenbeck
Argonaut

Three semesters ago, the newly-appointed Fish and Wildlife Sciences Department Head Lisette Waits wanted to give students the opportunity to broaden their horizons. That's why she implemented a speaker series that brought fish and wildlife professionals to the University of Idaho campus.

"It's really important for our students and our faculty to have this opportunity to network, interact and have interesting ideas from outside the University of Idaho," Waits said. "My impression is that strong research programs have this kind of stimulating event."

Waits said graduate students studying to receive either a master's degree or doctorate in natural resources are encouraged to nominate speakers they would like to hear from.

The seminar series is coupled with a class in which students invite and host the speakers as well as plan their agenda.

"We're giving extra benefits to our students by running the class at the same time," said Christine Moffitt, Fish and Wildlife Sciences professor.

The hosting student is responsible for organizing food for a lunch with the speaker and graduate students, organizing their schedule and any accompanying tours, and introducing the speakers at the event. If the speaker has extra time, Waits said they try to schedule a Saturday fishing or hiking trip.

"It's a really important part of their professional development," Moffitt said.

Moffitt said it's common for those in the fish and wildlife profession to be willing and happy to travel for presentations.

"I think it's part of our profession," Moffitt said.

Waits has experience traveling to other locations and said when a student asks her to speak, it's a bigger draw to make it work. The same goes for the speakers UI hosts.

"They are even more enthusiastic about helping for a student-driven series," Waits said.

The department brings in speakers from both fish and wildlife disciplines from varying places, including local professionals and those from Colorado, Wisconsin, Wyoming, Canada and Alaska.

"We're branching out and trying to make things diverse," Waits said.

She said their goal is to hear from some minority speakers in

the field, both in terms of race and gender. Waits said fish and wildlife has low ethnic minority numbers and fisheries tends to be male-dominated.

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"(We're) trying to bring a diverse group of speakers to inspire a diverse audience to realize that could be them," Waits said.

Topics range from a broad field of study down to a specific organism and be presented by someone well-into their career or someone new to the field.

"It's such a broad area of scientific study, we enjoy mixing it up," Moffitt said.

Waits said fish and wildlife professionals from surrounding areas often attend the seminars, as do students and professors from Washington State University.

"From inside and outside the university, we've had really positive feedback," Waits said.

More info

A complete schedule of this semester's seminars can be found at, uidaho.edu/cnr/departments/fish-and-wildlife-sciences

Friday, Becky Johnson from the Nez Perce Tribe Department of Fisheries Resources Management, will talk about her experience managing fish production systems.

On, Feb. 19, Scott Bonar from the University of Arizona will host a more career-development focused seminar.

The seminars are open to the public and held from 1:30-2:20 p.m. most Fridays in the College of Natural Resources room 10.

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DISTANCE

FROM PAGE 1

“Seeing her apartment and everything, how she has it decorated, her passion for interior design, I get to see that,” Bennett said. “I get to see more what she holds close and true.”

Bennett, a self-proclaimed less-than-tidy person, said Albano always gives him a hard time when his belongings enter her neat apartment.

“I come with my suitcases immediately covering half the room,” he said.

Albano said being apart allows each of them to grow as individuals, which has only strengthened their relationship.

“It’s even better when we’re together,” she said.

Bennett said when Albano visits him in D.C., it’s easy to jump on the metro and spend the day sightseeing. Whether it’s visiting national monuments or going to brunch at their favorite place in the Adams Morgan D.C. neighborhood, he said they always have fun.

“Any time we’re together, it’s pretty much an adventure,” Albano said. “We always try to pack as much in as we can.”

Near or far

The pair passed the summer before college with trips back and forth, Bennett said.

“On the rare occasion we did get to

see each other, it was the highlight of the month,” he said.

Now the couple passes the time with frequent communication through multiple means.

“We text each other, we Snapchat, we recently rediscovered Words With Friends,” Bennett said. “She’s kicking my ass with that.”

Albano said they struggled all of freshman year to work out a communication system to combat the three-hour time difference, which she said is probably the most difficult challenge.

Albano said there were a lot of tears on her part freshman year, but they’ve since worked out the kinks in their communication plan, which includes nightly FaceTime calls.

“We finally kind of got a system down,” she said. “He probably stays up a little later than he should.”

Yet Bennett said the late nights simply make him a normal college student. The pair also keeps track of each other’s schedules and check in periodically, he said.

“She asks me about those things throughout my day and I try to do the same for her — whatever her grocery list is, or small things like that,” he said.

For Albano, the only way to combat the distance is frequent communication.

“I won’t say it’s been easy, because it’s been really hard,” she said.

Bennett takes refuge in his busy schedule and in sleep.

“I really became, it if was possible, a bigger fan of sleep,” Bennett said. “That just lets me press fast forward for eight hours or whatever it is.”

She said some couples may struggle without verbal reassurance of their relationship, something she said Bennett has no problem providing.

“He really shows his love for me,” she said.

Although they went about four months in between seeing each other freshman year, she said since then, one of them will make the effort to make a cross-country trip every one or two months.

In fact, Bennett surprised her last Valentine’s Day with a last-minute trip to Moscow.

“I made kind of a spur of the moment decision last year to buy a ticket a week before Valentine’s Day to come see her. That was kind of ill-advised by my parents,” he said.

This year, Bennett is repeating the Valentine’s Day trek, but with more than five-days notice.

When it’s right, it’s right

When deciding to pursue a long-distance relationship during their freshman year of college, the couple faced some questioning bystanders. Bennett’s grandma was among them.

Bennett said a picture of Albano came



up during a photo slideshow at his home when his grandma was over.

“Wow, she’s really beautiful. Who’s that?” Bennett recalled his grandma saying. “She’s going to leave you in like three weeks.”

Yet the two have stuck it out.

“We’re both really even, I think, and we complement each other very nicely,” Bennett said. “Neither of us have the power in the relationship.”

At a time when most couples are breaking up, the pair stuck together.

“He helps to keep me grounded,” Albano said.

Albano said she was told she wouldn’t be able to experience college while in a relationship, especially a long distance one. But for her, the definition of the college experience doesn’t include partying and dating multiple people.

Even so, the couple faces their own challenges.

“Don’t listen to people who are trying to tell you ‘you can’t do it,’” Albano said. “You are the only people who can judge if you can do it.”

Nearly two years into their love story, they both said it was the right decision for them.

“Don’t be afraid to go for it if you think it’s right,” Albano said.

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FORWARD

FROM PAGE 1

“It’s not just a plan,” Wiencek said. “It’s also a process.”

A draft of the university’s strategic plan was sent out to faculty last week. Wiencek said faculty should send their feedback by the end of March so they can propose the final version of the strategic plan to the State Board of Education in April.

Faculty Senate Chair Randall Teal went over some of the policies Faculty Senate reviewed over the academic year during the meeting as well. On the list, he included increasing the price on memorial trees, shifting faculty evaluation forms to a more narrative style than numerical rating and an

edit on the university’s leave policy.

“The leave policy update is merely removing the clause or the footnote on domestic partners now that we’re into the 21st century,” Teal said.

During the meeting, Staben also discussed the progress of increasing student enrollment and while he said the university has done a lot, he admitted that there is still plenty left to be done.

Staben said the direct admissions program, which is in its first years, has some rough patches. He said because of direct admissions, some high school students are under the impression that they don’t have to apply for the institutions they are qualified for, so the number of applications is lower for in-state students.

Staben encouraged faculty to utilize open source textbooks in classes, as UI recently signed a partnership with OpenStax. He said open source textbooks are a good way for students to save money while still succeeding academically.

Staben also addressed the tuition lock program Idaho Gov. C.L. “Butch” Otter proposed in his State of the State Address. While Staben said he doesn’t know where it will end up and is interested to see, he said he isn’t optimistic about it.

In Otter’s State of the State Address, he mentioned for a 3 percent increase in employee compensation for higher education employees. Faculty Senate Vice Chair Liz Brandt said she appreciated this, but men-



tioned that a 3 percent increase still won’t catch up with inflation rates. She asked Staben what the university can do to increase employee pay at a faster rate.

Staben said there are three effective ways to increase pay for faculty and staff — increase student tuition, decrease scholarships or increase the number of enrolled UI students. He said he clearly prefers to increase the number of students as opposed to the two other options.

“Thank you for giving me the opportunity to pound on this again,” Staben said.

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RUSH

FROM PAGE 1

Mills said she chose to do an ASB trip because she wanted to do something different with her spring break this year.

“Honestly I’d just be sitting at home playing video games with my dog if I didn’t go,” she said.

Mills said she thinks the trip will be good addition to her resume as well as an enriching experience.

“I like the idea of being involved in a community,” Mills said. “Whether or not it’s part of my future career, I want to continue to do volunteer work wherever I go, and I think this is a good way to start that.”

As the event began students lined up at each ASB trip’s representative table where trip leaders and faculty members provided information about the kind of service they would be doing.

Each trip was limited to 10 participants and several filled very quickly. Within minutes, the “Conquering Xenophobia through Refugee Integration” trip had filled and had several names on its waitlist.

“We knew that trip was of really high demand,” said Nicole Campbell, a staff member at the UI Career Center.

Campbell, who has led an ASB trip before, said she thought the registration

event ran very smoothly this year. She said being a part of the program allows her to cultivate her understanding of the student population and apply that knowledge to her work at the Career Center.

“I think sometimes student will identify things from these trips that they might want to pursue as a career,” Campbell said, “Otherwise, it just gives them real life experience.”

UI Senior Nick Wren registered for the “Veterans and Vegetables” trip as well and said this year’s trip will be his second ASB experience.

Wren said he grew up in Lewiston and views ASB trips as an opportunity to see new things.

“I’m hoping to broaden my horizon, meet new people, and learn something that I didn’t know at the beginning of the trip,” Wren said.

He said compared to previous trips he been on, ASB trips provide a more valuable experience.

“I’m really excited about the service aspect of it, because while it is like a normal trip where you are inevitably going to meet new people and see new things, you’re getting something entirely different out of it,” Wren said.

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HAUL

FROM PAGE 1

Freeman said qualitative research, which focuses more on interviews with in-depth answers, provides more insight into the subject’s reasoning and outside influences.

“You’re actually able to get a fuller picture of a particular phenomenon,” Freeman said.

Instead of framing the question with a focus on the negative — in this case, asking about dropping out — they took a different approach. Instead, they focused on why students are persisting to continue on, Freeman said.

The College of Education and Office of Student Affairs sponsored the research to provide incentives to participate.

“Idaho as a whole is still considered a rural area, and sometimes prompting students on to college is a lot harder in rural areas,” Dirks said.

They found students cited personal motivation, family influence, college environment, student academic support and extracurricular involvement as themes necessary for successfully transitioning into college.

Cultural and financial support and access to mental health resources were other factors interviewees prioritized.

Freeman said the students presented their findings to Jean Kim, vice provost



“One of the major findings that I had come up with is first generation students need those markers in their life to get to college and stay there. Vandal Friday was a specific marker participants kept coming back to.”

Tamera Dirks, Ph. D candidate in Adult Organization and Leadership

for Student Affairs and Corinne Mantle-Bromley, dean of the College of Education, at the end of the semester.

“They were asking for the data right away,” Freeman said.

Dirks said the team put together a paper with their findings so they would be readily available.

She said the team wants the next focus of their research to be on first-generation Native American college students.

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RESURFACES

FROM PAGE 1

Holman said some of the opposition on this resolution said that there are better alternatives than districting by college. One of the proposed alternatives is voting at-large, he said.

“If we’re talking about all open seats, it becomes more of a popularity contest instead of an election,” Holman said. “You would be elected just by the sheer amount of people you know.”

Holman said this creates an intimidating environment for students, for example, in the College of Engineering or Science. He said these students may not feel like they could win elections when running

against students from larger colleges such as the College of Business and the College of Letters, Arts and Social Sciences.

Sen. Rachael Miller, who voted in favor of the resolution, said the next step is further discussing the best way to go about districting by colleges.

“There was a lot of debate on this topic, but ultimately I think this is the most representative for the university and best for ASUI,” Miller said. “It will create more substantive pieces of policy, more effective senators and it will encourage participation from all students on campus.”

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SPORTS



Former Vandal stand-out ends improbable journey with Super Bowl title

PAGE 8

MEN'S BASKETBALL

Walk-on magic

From walk-on to starter, Ty Egbert has continued to improve his game

Tess Fox
Argonaut

There is a moment in every person's life when they discover their passion.

This moment can occur at different ages, stages and times in their lives.

Junior forward Ty Egbert is lucky — his moment came in middle school.

As a member of his local Amateur Athletic Union (AAU) team, Egbert was given the opportunity to travel all across the state of Washington and to parts of Oregon.

"We played teams from all over, Yakima, Seattle, even down in Oregon," Egbert said. "Then I finally realized 'Hey I'm pretty decent at playing. I think if I just keep working at it I could possibly earn a scholarship somewhere.'"

And work hard is what he did.

Egbert described the jump from high school to college as "night and day."

As a member of a small, rural town, he was at a disadvantage. Not many high school students from Lake Roosevelt High School went on to play Division 1 basketball.

"It was something I had to really work hard at, coming from a small school," Egbert, "It was difficult at first to realize, 'This is what I have to do to achieve what I want.'"

VN
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Egbert's first practice with the Vandals made him realize that he would need to get in collegiate shape.

"Holy cow I need to get bigger," Egbert said. "I need to get stronger and be more physical."

After spending the 2012-2013 season as a redshirt, Egbert made his first collegiate start and averaged 2 points per game in his second season with the Vandals.

Now in his third season with Idaho, the 6-foot-9-inch forward has become a fixture in the starting lineup as injuries plague the team. He has started in every game since Jan. 23.

"There's still more that I can do to add weight and be stronger," Egbert said.

Against Montana State, Egbert scored a career-high 18 points. The matchup marked his first game as a starter this season.

"Starting, you have to get used to the feel right away and be able to know 'Hey, this is what I need to do to help us win,'" Egbert said. "Sometimes your role could be 'I need to score' or 'I need to rebound.'"

Egbert has shown that his greatest strength is playing on both sides of the ball. The junior has led Idaho several times in recent weeks in points and rebounds.

Sophomore small forward Jordan Scott has played with Egbert for three years as Vandals.

"It's been really fun. He's obviously a skilled big," Scott said. "There's not a lot of bigs that are almost seven foot who have the kind of touch that Ty has around the basket."

Idaho coach Don Verlin is impressed with Egbert's improvement from a bench player to a key starter.

"Your opportunity is going to come and it's your job to take advantage of that



File photo by Irish Martos | Argonaut

Junior forward Ty Egbert jumps for a rebound against New Hope on Dec. 18 in the Cowan Spectrum.

opportunity and Ty's done a great job of that," Verlin said. "Ty's had his best season he's had at the University of Idaho this year."

Verlin and Egbert both agree that maturing off the court has greatly improved

his game.

"He can consistently bring it every day," Verlin said. "Watching him in the three years before he's shown flashes of being really good. His biggest improvement is consistently night after night

going out and getting us some points and some rebounds."

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Staff predictions

The Idaho men's basketball team hosts North Dakota in a pivotal Big Sky matchup Saturday

Prediction: Idaho 68 - North Dakota 72

Although Idaho has remained competitive in matchups without Victor Sanders, another week without the sophomore guard will certainly deflate the team's spirit. The Fighting Hawks will be traveling to Moscow, and the home



Josh Grissom
Argonaut

crowd at the Cowan Spectrum will allow Idaho to rally behind some initial momentum. However, the lack of offensive production for the Vandals will prove too much to overcome, resulting in another close conference loss for the Vandals.

Prediction: Idaho 74 - North Dakota 85

Despite playing with intense energy in the past two weeks, it seems each loss is more devastating than the last for the Vandals. In a crucial game against North Dakota, forward Ty Egbert will need to provide the tools of guarding in the post and good shot selections to lead an injury-plagued Vandals team. But the matchup will also require support from the rest of the team, and the victory will be difficult to grasp for Idaho.



Luis Torres
Argonaut

Prediction: Idaho 79 - North Dakota 75

After a tough loss to Northern Arizona, the Vandals will have difficulty establishing an offensive rhythm on Saturday. North Dakota is coming off of two wins last week, but the Vandals will be hosting the Fighting Hawks at the Cowan Spectrum. The Vandals will feed off the energy of the home crowd and come away with a crucial victory.



Mihaela Karst
Argonaut

Prediction: Idaho 79 - North Dakota 78

After suffering a heart-breaking loss to Northern Arizona, the Vandals are looking for redemption



Brandon Hill
Argonaut

against North Dakota, who sits in third place in the Big Sky Conference rankings. Top scorer Victor Sanders will be out for the Vandals, which will give the Fighting Hawks an advantage in this weekend's matchup. Despite this, the Vandals should be able to squeak out a win on Saturday, but the game will be competitive no matter the outcome.

Prediction: Idaho 80 - North Dakota 85

The Vandals will receive a strong performance from junior Ty Egbert, but it will not be enough on Saturday. Idaho will have a stellar night offensively, with a strong showing from both Chad Sherwood and Nick Blair. Despite a home game at the Cowan Spectrum, the Vandals will ultimately fail to overpower the North Dakota defense, resulting in another conference loss.



Tess Fox
Argonaut

WOMEN'S BASKETBALL

Overtime thriller

Bears snap Idaho's four-game win-streak Thursday in 70-68 victory

Luis Torres
Argonaut

An explosive fourth quarter for Northern Colorado appeared to knock the Idaho women's basketball team out of the game.

But Idaho's freshman guard Taylor Pierce came off the bench to keep the Vandals alive with consecutive 3-pointers to send the game into overtime.

A late trey by Northern Colorado's Savannah Scott in overtime would prove to be the deciding factor in Thursday's matchup.

After a deep pass from junior point guard Karlee Wilson was intercepted by Scott in the waning seconds of the game, Northern Colorado clinched a 70-68 victory over the Vandals.

The win extends the Bears home game

win streak to eight straight in Big Sky Conference play.

The loss drops the Vandals to 9-3 against Big Sky opponents, while Northern Colorado improves to 6-6.

Pierce finished the game with a team-leading 16 points for the Vandals. Rebecca Howell led the Bears with 15 points.

Senior guard Christina Salvatore proved to be a force in the paint for Idaho with eight rebounds and four assists. Salvatore finished the game with six of the 14 team steals for Idaho.

The Vandals blocked the ball on seven different occasions, while senior post Ali Forde finished with three.

Despite turning the ball over 21 times, Northern Colorado outshot Idaho 48.2 percent to 40.7 percent from the field. The Bears also converted nine 3-pointers compared to seven for Idaho.

Both teams struggled to find the hoop early in the matchup, as the teams com-

bined for eight points in the first six minutes of play.

After a timeout by Northern Colorado, Scott and Howell jumpstarted a 7-0 run for the Bears.

Idaho was able to reduce the lead and cut the deficit to 16-10 at the end of the first quarter.

Sophomore post Geraldine McCorkell began the second quarter with a trey from the left wing.

Forde gave Idaho the lead after converting a free throw late in the second quarter. But the Bears responded with a 3-pointer from Kyleigh Hiser to enter halftime with a 29-26 lead.

The Bears shot 52.2 percent (12-of-23) from the field, while Idaho finished the half shooting 45.8 percent (11-of-24).

A set of 3-pointers from by Northern Colorado sparked a 11-4 run for the Bears in the fourth quarter to earn a 12-

point lead.

Pierce came off the bench for the Vandals to reduce the deficit to 58-55.

Williams responded with yet another trey, but Idaho would score six more points to end regulation and force an overtime period.

The Vandals were unable to regain the lead in overtime and fell to Northern Colorado after a defensive effort in the final seconds could not produce a turnover.

The loss drops to Idaho's record to 17-7 overall while Northern Colorado improves to 11-11 on the year.

The Vandals are scheduled to face North Dakota at noon Saturday in Grand Forks.

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OPINION

The final stretch

Vandals in position to steal No. 1 seed from conference rivals

With less than four weeks until the Big Sky Conference Basketball Championships, the Idaho women's basketball team sits near the top of the conference rankings with the opportunity to clinch a first round bye.

The Vandals (17-7 overall, 9-3 Big Sky) are part of a trio of Big Sky programs that are currently vying for the top seed in the postseason tournament in Reno next month. The Vandals sit just two games out of first place behind Montana State.

With six games left on the schedule, Idaho not only has the opportunity to earn a first round bye in the conference tournament, the Vandals could potentially leapfrog into the No. 1 position.

In theory, this is a likely possibility for Idaho. Two of the next three games for the Vandals are against middling programs in the Big Sky — Sacramento State and North Dakota.

The Idaho women's basketball program has the offensive firepower to easily defeat the duo. The Vandals defeated the two programs earlier in the year by an average of 18.5 points in each matchup.

The Vandals are also scheduled to face Portland State, which currently sits near the bottom of the standings with a 1-9 conference record.

Two weeks ago, Idaho earned a command-

ing 94-65 road victory over the Vikings.

If Idaho is able to earn crucial victories against these opponents, it would provide the team with the opportunity to snatch Eastern Washington's position in the rankings when the two programs meet on Feb. 27.

Idaho will be on the road in Cheney to face a tough Eagles team that defeated the Vandals 74-66 at the Cowan Spectrum last month.

The matchup will test the caliber of the Vandals against an elite conference rival and possibly provide a preview of the Big Sky title game.

Even if Idaho were to lose this matchup, the team would still possess one of the top four seeds in the conference tournament. This would provide the Vandals with a crucial bye in the first round of postseason play. With a vast field of 12 teams for the conference postseason tournament, any advantage to rest players will prove vital for head coach Jon Newlee and the Vandals.

It might be too early to begin predicting the final seeding for the Big Sky Conference Basketball Championships. But if the Vandals continue their success on the court, then it would come as no surprise if Idaho earns a No. 1 conference ranking for next month's tournament in Reno.

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Josh Grissom
Argonaut

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OPINION

Loss of lacrosse

Idaho club sports epitomize hard work where other media coverage ignores

Whether you watch at home, root from the stands or take part in a sport, the emergence of athletics in society is inescapable.

However, there is a niche in the sports world that media coverage tends to ignore.

Collegiate club sports on campus typically receive very little coverage, and even less publicity. When covering a club sport, it's imperative to capture the ups and downs that the specific sport is going through.

The club sports I've covered this year tend to have one common problem: recruitment of players.

Women's lacrosse is a prime example of the strain of maintaining a club team at the University of Idaho.

Beginning Saturday at the SprinTurf, the lacrosse spring season will be underway. The men's team will compete against rival Gonzaga at 1 p.m. Saturday.

However, women's lacrosse at the University of Idaho recently announced the suspension of its program for the 2016 season. According to the Collegiate Lacrosse Association, all teams must have 12 players, a number that the program failed to reach this year.

In December, women's lacrosse club president Arianna Georgallis said the program was struggling because the team had to add new players with little prior experience.

Due to the lack of players, the program would have to spend weeks training the new

players on the fundamentals of lacrosse, just so that the team could be competitive.

As opening day of the 2016 season approached on Saturday, many were hopeful the team would be able to reach the roster minimum.

On Tuesday, Georgallis said the program didn't have enough girls to play this season. The tournament would continue as planned, but the Vandals would not be on the field.

I find it unfortunate that club sports struggle to recruit students and compete, when previous experience in the sport is not necessarily required.

The athletes in club sports are not only players, they are also promoters, because the teams take time out of their schedule to actively recruit players. From flyers to information sessions for Greek houses, the athletes put in hard work in order to maintain the sport for another year on campus.

Women's lacrosse is a reminder of just how difficult managing a club sport can be. However, if you were not involved in club sports like lacrosse, you probably would not have been aware of the recruitment struggles until now.

The lack of coverage for club sports shows just how hard it is for club presidents to revive the sport after it is shut down for a season.

Club sports are one of the only options available for students to continue playing the sport that they love at the collegiate level. But recruiting players can prove to be the downfall of any club sport, and can result in the termination of a program.

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Luis Torres
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Shiloh Keo sprints to make a tackle for the Vandals during a game in 2009.

Vandal Athletics | Courtesy

A Vandal's journey

Former Idaho safety experiences improbable path to Super Bowl title

Josh Grissom
Argonaut

Two months ago, Shiloh Keo was without a job, wondering if he would ever play in the National Football League again.

But on Sunday afternoon, the former Vandal safety was standing on Levi's Field with the Lombardi Trophy as orange and white confetti rained down from the sky.

When the Cincinnati Bengals released Keo in September, the safety spent the next several months in Boise rehabbing a previous injury.

With two young children and a third on the way, Keo was considering retirement and life after football.

"I hadn't had official thoughts about it, but this past two years has been really hard on myself and my family," Keo said in an interview last week with The Seattle Times.

Despite an impressive resume, few NFL teams expressed interest in the safety.

As a Vandal, Keo earned a starting role as a true freshman in 2006 under former head coach Dennis Erickson. The following year, Keo set program records in both punt return average and punt return yardage and earned team MVP honors.

The safety was selected in the fifth round of 2011 NFL draft by the Houston Texans, where Keo spent three injury-riddled years before the team cut ties.

The safety began training camp with the Bengals this year, but was released at the conclusion of the preseason.

When Keo noticed the Denver Broncos had experienced a series of injuries at the safety position in December, he tweeted former head coach and Broncos defensive coordinator Wade Phillips to lobby for a spot on the roster.

Phillips told Keo that the Broncos had already signed another safety, but that the team would keep him in mind in case of another injury.

On Dec. 9, after another yet another injury to the defensive secondary, the team announced the signing of Keo.

"Shiloh had found me on Twitter, but we had already talked about Shiloh ... John Elway knew about him," said Phillips in the December press conference. "Once we got another safety hurt, we said, 'Hey, Shiloh is the next guy.'"

Keo's presence in the secondary immediately proved to be a deciding factor in several pivotal games for the team.

On Jan. 3, Keo intercepted a pass from San Diego quarterback Phillip Rivers late in the fourth quarter of a 20-20 game. The interception occurred deep in Chargers territory and set up the game-deciding touchdown that earned Denver the No. 1

seed in the AFC playoffs.

The former Vandal made yet another key play during the AFC Championship game on Jan. 24 against New England.

With the Patriots trailing 20-18 with 12 seconds left in the game, Keo entered the game as part of a special teams unit designed to recover onside kicks.

When Patriots Pro Bowl kicker Stephan Gostowski booted the ball into the ground in the hope that it would take a favorable bounce, Keo was the Bronco that recovered the kick.

The recovery sealed the win for Denver and clinched a berth for the Broncos in Super Bowl 50.

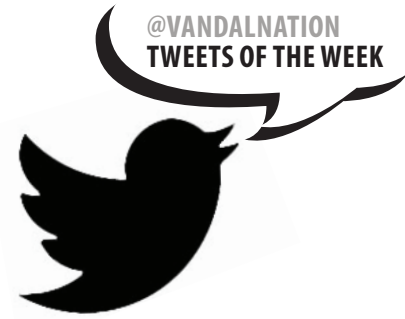
"When I think about it, I get emotional," Keo told reporters after the game. "They believed in me, and that's why they brought me here."

During Sunday's Super Bowl 50 matchup, Keo saw the field during kick-offs and as a defensive substitute. The safety was part of the Broncos defense that limited NFL MVP Cam Newton and the Carolina offense to 10 points.

In two months, the safety went from an unsigned free agent to a Super Bowl champion.

"It's better than a dream come true," Keo told reporters. "Because I never dreamt this way."

Josh Grissom can be reached at arg-sports@uidaho.edu or on Twitter @GoshJrissom



Idaho Football - @SKramerWrites



Shiloh Keo becomes the first Vandal to play in a Super Bowl winning effort since Lewiston-native Jake Scott w/ Indy in Super Bowl XLI.

— The Spokesman Review's Sports Writer Sean Kramer tweets about former Vandal Shiloh Keo playing in Super Bowl 50 with Denver. The Broncos defeated the Panthers 24-10.

Idaho Women's Tennis - @IdahoWTennis



Your Vandals got back in the winning track after going 2-0 against LCSC and Whitman College today. Go Vandals!

— The official Twitter account of the Idaho women's tennis team tweets about the victories against both LCSC and Whitman Sunday. The Vandals defeated LCSC 6-1 and Whitman 6-1 to improve the team's record to 4-3 this season.

Men's Basketball — @MikeDugar



Verlin called Ark Mkrtychyan's performance over the weekend "encouraging." Says he had his best game of season (15 pts, 6 rebs) at NAU.

— Moscow-Pullman Daily News sports writer Michael-Shawn Dugar tweets the comments made by Idaho coach Don Verlin's about Arkadiy Mkrtychyan's performance against Northern Arizona last weekend. The Vandals fell to the Lumberjacks 72-70.

Women's Basketball — @VandalsWBB



69-53 lead for Idaho with under 2 to play. Ferenz (@MikaylaFerenz) takes a seat with season-high 25 pts #RoadToReno.

— The official account of the Idaho Women's Basketball tweets about freshman guard Mikayla Ferenz's performance against Northern Arizona. The freshman scored a career-high 25 points, which included five treys. The Vandals would go on to win the game 76-59, improving the team's Big Sky Conference record to 9-2.



Idaho Women's Soccer - @VandalsSoccer

We were Celebrated for National Girls and Women in Sports day on court during HT of the @VandalsWBB game vs NAU!

— The official account for Idaho women's soccer tweets about the recognition of Vandal women's sports programs during halftime of Saturday's home basketball game. The teams taking part in the half-time recognition were the Idaho soccer, volleyball and cross-country programs.

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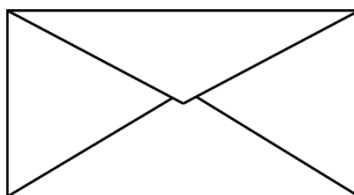
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OPINION



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OUR VIEW

The beauty of community

Eating disorders effect many, but students should know they're not alone

College can be a tremendously stressful time, but one of the best parts about the University of Idaho is the strong sense of community felt throughout campus.

It's important for students to know they are not alone, that no one in the Vandal family is. Despite this, the unfortunate reality is that many students think they have to deal with difficult times on their own, or that they have to pretend like everything is OK all of the time.

The stress and anxiety that can accompany college isn't always dealt with in the best of ways, and not seeking help for negative emotions or reaching out to loved ones for support could lead to the development of unhealthy behaviors, like eating disorders.

According to the National Eating Disorders Association, 20 million females and 10 million males suffer from a clinically significant eating disorder in their lifetime. These numbers have been growing at an increasing rate over the

past few decades.

Many others struggle with liking or accepting their bodies.

Eating disorders are often accompanied by anxiety or depression and can lead to multiple health issues including heart problems, organ failure and, in the most extreme cases, death.

While eating disorders do often center around body image, they can also be caused by not processing negative emotions in healthy, constructive ways.

For those who are feeling stressed, alone, anxious or anything else, turning to coping mechanisms like eating disorders is not the answer — seeking help is.

We are deeply connected to each other, more so than many might think. Those close to us often see us better than we see ourselves.

UI alumna Amy Pence-Brown has the simple message, "All bodies are good bodies."

Pence-Brown stood in the middle of a busy farmers market in a bikini, encouraging people to draw hearts on her.

Her speech at 7 p.m. Wednesday in the Bruce Pitman Center International



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Ballroom is one of the many events for UI's upcoming Body Positive Week. Students should take the time to attend these events and learn more about how to love their bodies.

Her message and the focus of Body Positive Week is important because body dysmorphia is an issue so many struggle with.

College comes with many expectations, and the expectations of how our bodies should be are not left behind.

UI has resources for anyone struggling with body image or eating disorders. The university's campus dietician is available to recommend various ways to maintain a nutrient-rich diet and healthy lifestyle. The Counseling and Testing Center also offers a variety of counseling options to help students, faculty and staff who struggle with a variety of issues.

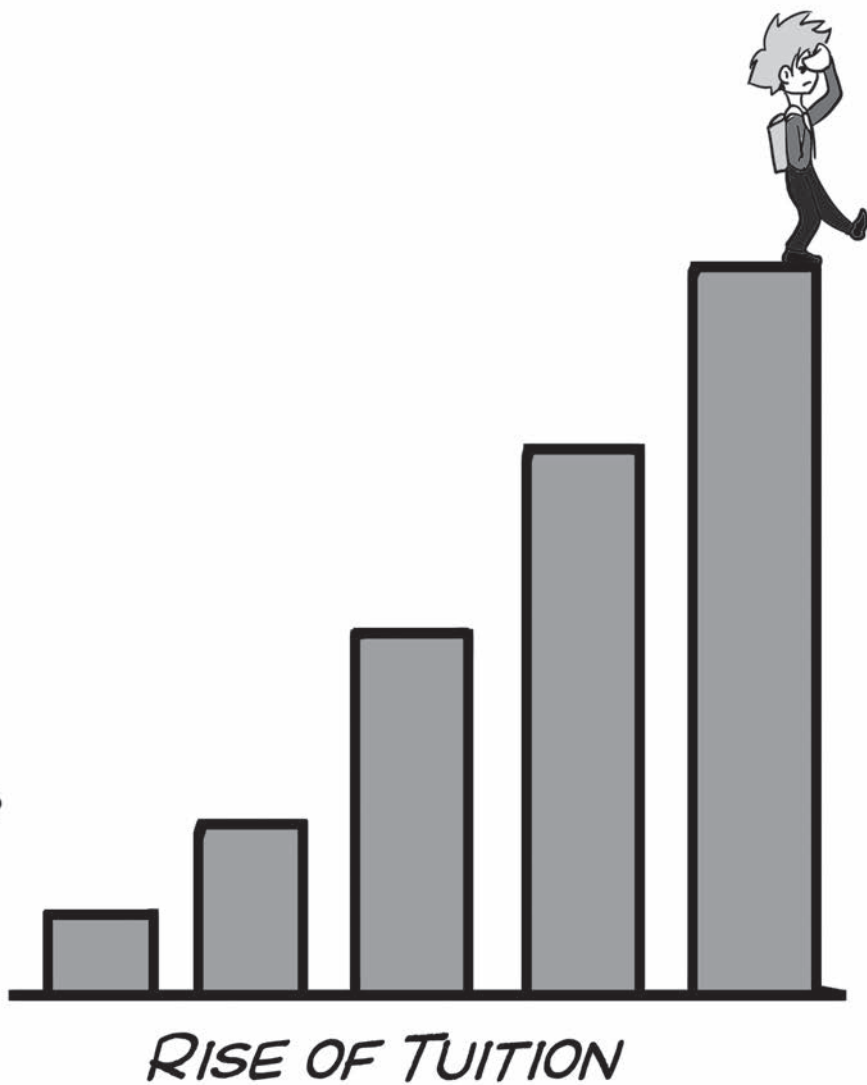
Reach out for help. Support each other. Each member of the Vandal family is important and valuable. We should help each other succeed.

— KH

FEBRUARY 12



Megan Hall
Argonaut



Utilizing a helpful haven

Students should take advantage of the Counseling and Testing Center

In high school, I did it all — classes, sports, clubs, family time — and I did it well.

When I got to college, I'd expected the same result. I was organized. I was invincible. I was emotionally stable, or so I thought. But college is a stressful time.

Stress can be caused by classes, extracurricular activities and countless other forms of workload. It sounds a lot like high school, but it's easy to forget that this time can also be stressful because students are growing, not only intellectually, but also socially.

All of this combined can lead to an inevitable breakdown or two — and that's nothing to be ashamed of, or to downplay.

In the beginning of my first spring semester, I developed anxiety that was so severe I didn't want to call it anxiety. The word didn't seem to encompass the dread in the pit of my stomach when I woke up, or how my heart pounded as I laid awake at night.

I lost interest in my schoolwork and stopped eating regularly. In short, I wasn't myself anymore. But the problem was that I didn't think I had a reason to feel the way I

was feeling.

When I was prodded by a close friend, I scheduled an appointment with the University of Idaho's Counseling and Testing Center (CTC). After weeks of being unable to explain to friends why I'd

lost touch with my usual self, it was time I talked to a professional — but I felt silly making the appointment.

"Counseling is for people with real problems," I thought. "I have a good life, I just need to snap out of this."

As it turns out, I did have a serious problem, and it was hindering how I lived my life.

The CTC's welcoming atmosphere was an immediate comfort. My first visit made me realize that I wasn't silly to think I needed professional help, and I've gone back several times since.

More than being a welcoming on-campus space, the CTC is also free to students. Free — as in no cost. While student fees and university funding keep it running, the cost to the individual student who seeks help is nothing.

More than anything, the CTC's licensed and training psychologists strive to help students manage anxiety, depression and other ongoing battles long after they've left their office. My counselor



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taught me meditation techniques to help manage my anxiety wherever I am — class, work and especially in the morning when I wake up with that dread in my stomach.

Once, when I told her, "I know I shouldn't be feeling this way. I should be happy," she told me that I should try not to tell myself how to feel. Instead, I strive to let myself be overwhelmed or anxious to an extent, but then I work to move on.

By not suppressing my anxiety, I've found ways to move past it. Anxiety is still a part of my life, but it does not define me. It is small things like this that have made my experience at the CTC so valuable.

My counseling experience only scratches the surface of everything the CTC offers. It also offers biofeedback services, test anxiety help, grief counseling and much more.

To students like me who are apprehensive to use this resource because it feels like their situation may not merit professional help — make the call anyway. Everyone's limit is different, and college tends to push all of us to our breaking points at one point or another. That's what the CTC is here for.

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OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Bra burners

One time I told my dad he was a feminist. His apprehension made me realize that the word's negative connotations have carried further than its mission.

— Lyndsie

Feminism tho

We need it, if for no other reason — there are plenty — because every time I put a picture of my little sister on social, I'm reminded why I'm not comfortable putting pictures of my little sister on social.

— Hannah

Safety

We need feminism because of the heart-racing fear I and many other women experience when walking alone day or night.

— Tess

Strolling home

We need feminism because I'm sick of walking home dead-tired from work at 1 a.m. and having to switch sides of the road because the woman 30 feet in front of me keeps nervously looking back.

— Jake

Is it too late now to say sorry?

Late for a date, I'm sorry. Man sits next to me and encroaches on my seat, I'm sorry. Asks question, I'm sorry. Women, please stop apologizing.

— Jessica

Give the F-word a chance

If the aggressive, man-hating stereotype is what comes to mind when you think of feminism, remember that extremist groups are often made up of a few people with loud voices who don't actually represent the foundational values of a movement.

— Corrin

We need feminism

To get to a point where leadership abilities or employment qualifications aren't questioned simply because you're female.

— Katelyn

Yay

I'm so glad the people I work with really care and think about important issues.

— Erin

Sunny blues

Mother nature doesn't want me and other people to embrace the beautiful weather because we're getting ill or have nasal problems.

— Luis

Gym

I took the last week off from workouts because I was sick. Today, my body is paying the price.

— Josh

Carnival

Even with disease spreading around Brazil, people still go out to enjoy Carnival, much to health officials dismay. What was that catch phrase from a few years ago? #YOLO

— Claire

Home sweet home

Every three-day weekend I always take the opportunity to go to Boise. What can I say? There's nothing quite like home.

— Tea

Rock n' roll song, part 1

Wanna be on stage
but I'm stuck in the car.
Can't see the sky
'cause of all the stars
In my eyes.

— Jack

Long weekend

President's Day has never meant more to me.

— Austin

Why

Getting docked points because other students didn't respond to my post makes no sense. This class is a waste of my time.

— Jordan

Ode to ... brutal honesty

A case for the honesty policy in everyday situations

There's a reason so many people support Donald Trump and Bernie Sanders. The two political candidates recently won the New Hampshire primary, and while most people are likely bewildered, many are also thrilled. Both Trump and Sanders have an army of supporters — Americans who support them despite how ridiculous each can be on a number of occasions.

Though their ideas and tactics are sometimes questionable, to say the least, Sanders and Trump are distinct from other cookie cutter politicians in a refreshing way. Voters get the sense that during public events, both candidates say exactly what's on their mind.

I'm not trying to say that either Sanders or Trump deserve to be president because they don't have a filter. But there is something to be learned from these candidates in being honest about our thoughts, even if they aren't pretty.

Plenty of people in the world now resort to lying in day-to-day life just to avoid awkward interactions. The white lie has become an accepted part of society. Children grow up learning that outright fibbing isn't OK, but telling small lies when convenient is perfectly fine.

The problem is when people get comfortable telling white lies on a regular basis it can become a slippery slope. Obviously, lying is convenient — people wouldn't do it so often if it weren't. But if it becomes a habit, soon a person can justify any lie, no matter how big.

This is how politicians try to get away with lying to the public, because they say it was for the "greater good" of society after they get caught. But this is why so many people like listening to Sanders and Trump, because their speeches are so much more candid than the rest of the candidates.

People need to be more comfortable with brutal honesty, and less comfortable with white lies. Sticking to the truth establishes clarity and consistency in relationships. Even when the truth is tough to hear, it's usually the better option compared to lying just because it's easier.

If a student sees that one of their classmates has green stuff in their teeth, that classmate would probably prefer to know about it sooner rather than later. If an employee finds a flaw in one of their coworker's plans, that coworker would likely appreciate being notified beforehand. Just because telling the truth in these situations may seem weird, it doesn't mean it shouldn't be done.

There is a difference between brutal honesty and rude commentary, however. I'm not trying to argue that people should go around insulting others just because it's what they truly feel. Lying by omission is not the same thing as lying outright.

For example, if someone thinks their distant relative is a total jerk, they probably shouldn't randomly approach the relative to say so. However, if the relative in question approaches them and asks them about their feelings, being honest may lead to a conversation that will help their relationship.

Brutal honesty is useful when it serves a purpose. There is a time and a place for the white lie if it will spare someone's feelings and when there is no other reason to be honest.

But being honest whenever possible establishes trust in relationships so much better than lying does. When people know exactly where they stand with others it often makes interactions much more comfortable in the long run.

Deceit may seem easier in the moment, but honesty usually is the better policy, I'm not going to lie.



Erin Bamer
Argonaut

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One giant leap for Hollywood

#OscarsSoWhite controversy raises more questions than answers

It's Oscars season, and that means controversy.

Normally, it would be over whether or not "Mad Max: Fury Road" deserves a Best Picture nomination, but this year it's over who didn't get nominated for awards. Specifically, outrage has been spurred by the lack of African-American nominees in this year's Oscars.

A campaign championed by Jada Pinkett Smith is illustrated by the hashtag, #OscarsSoWhite to argue that Hollywood is prejudiced against African-Americans when it comes to the Oscars.

Many African-American Hollywood personalities, including Spike Lee, John Legend and Don Cheadle have spoken on the controversy and many are boycotting the ceremony this year because they feel so strongly about the issue.

I'm not going to lie — this is a crock of crap. It's true, I am a white male and have no experience when it comes to prejudice, but hearing about racial problems in 2016 makes me roll my eyes.

We've come a long way as a country when it comes to racial equality. To say that we've gone back to square one just because there are no black actors nominated for movie awards in one year is a pretty big leap in judgment.

I acknowledge that this year's acting nominees are not as diverse as they could be, but just because that's true doesn't mean that there will never be any more racially diverse nominees in the future.

The Oscars have honored African-Americans in the past. Denzel Washington, Halle Berry, Morgan Freeman, Octavia Spencer, Forest Whitaker and many more have won major acting awards at the Oscars in the last 10 years. Let's not forget that "12 Years a Slave," a film written by, directed by and starring African-Americans, won Best Picture in 2014.

To say that one award ceremony represents our return to racial inequality is utterly ridiculous. It's not the 1800s, people. The President of the United States is black.

Are we seriously suggesting that we're going back to the segregation era of history just because "Straight Outta Compton" didn't get a Best Picture nomination?

For me, the worst part about this whole controversy is how seriously people are taking it. The Academy of Motion Picture Arts and Sciences is already changing up their voting and membership rules to be more diverse in the wake of this controversy. It's like if someone on YouTube commented that a video was offensive and the video's owner turned himself into the police. That's an overreaction, and yet people are taking this overreaction seriously.

Regardless of where someone stands on this controversy, the handling of it is what will make or break it. If the Academy can earn back the respect of minorities, good for them. If not, they'll be disgraced for the dumbest reasons I could possibly think of.



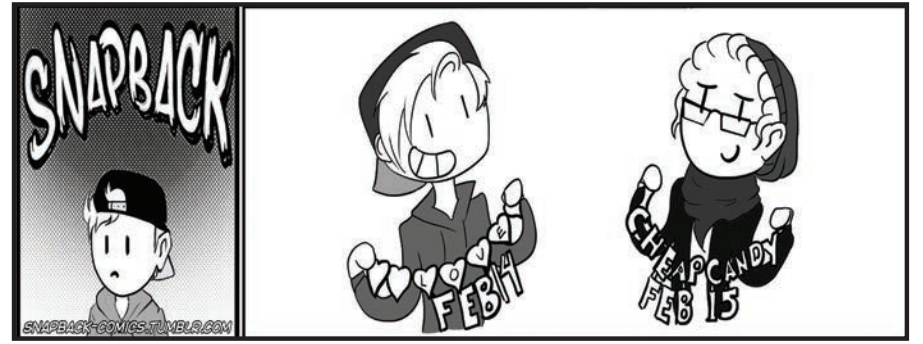
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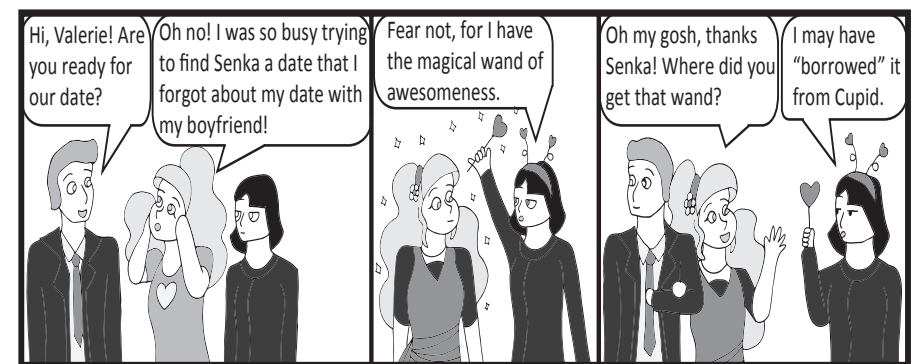
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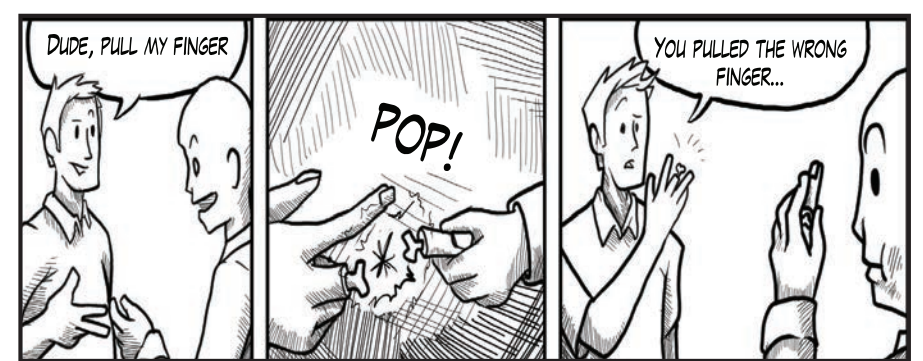
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Senka Black



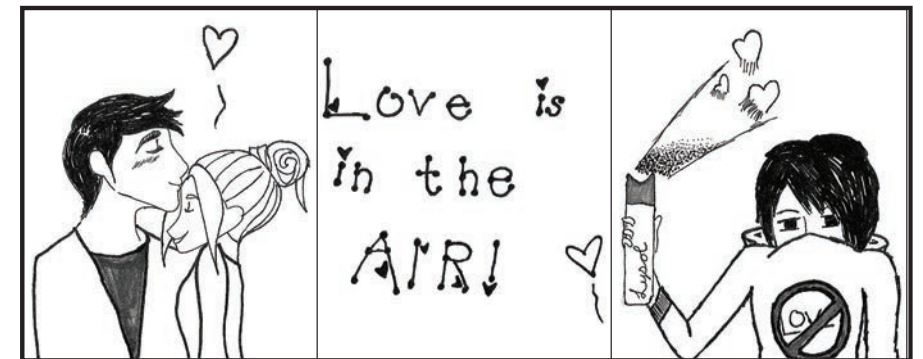
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Bad sense of humor

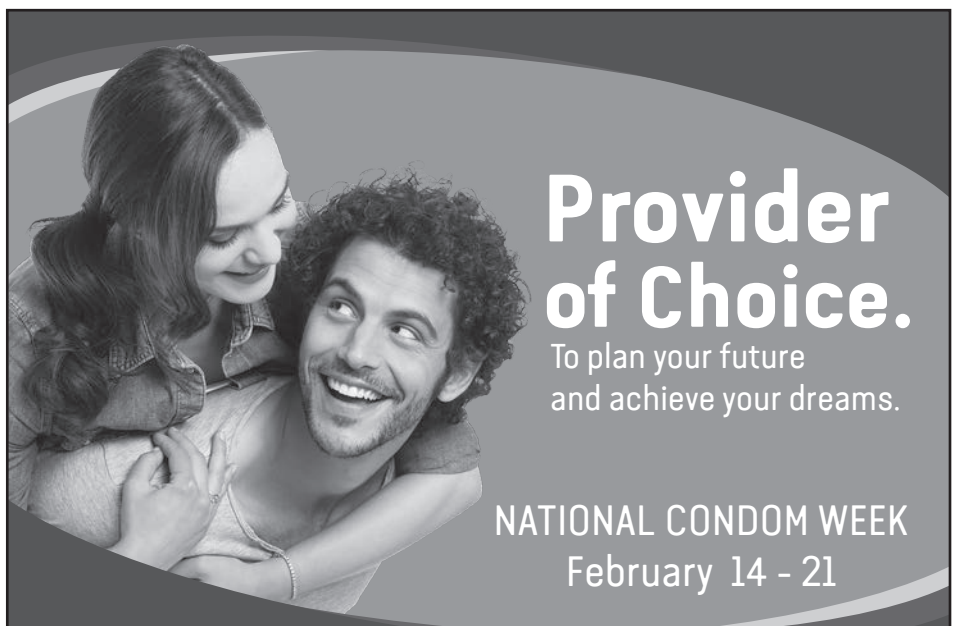


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