

THE ARGONAUT

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Wednesday, February 17, 2016

A MAGICAL NIGHT



Kira Hunter | Argonaut

University of Idaho students dance to Cotten-Eyed-Joe during the Yule Ball hosted by the Residence Hall Association Friday at the Bruce Pitman Center.

COMMUNITY

Somewhere far from home

A panel of UI students and faculty discusses the refugee crisis with the local community

Danny Buingo
Argonaut

University of Idaho student Ayo Popoola knows first-hand Idaho cannot remove itself from immigration and the rest of the world.

Popoola, a first-year international studies major, emigrated to Moscow from Nigeria when she was 12 years old.

She said the transition was far from an easy one.

Ro Afantchao, the associate director of the UI Martin Institute, said the process to

immigrate to the U.S. is “long and arduous,” and can take anywhere from one to five years. Afantchao sat on a panel, along with Chikezie Ogbuehi, Jeremy Kestle and Jessica McDermott, Friday evening at the 1912 Center to discuss the humanitarian refugee crisis. The event, billed as an open dialogue, drew many curious attendees.

Ogbuehi, a UI law student, said after the lengthy transition from refugee camps to the U.S., the federal government does its best to offer a support system for refugees, working with faith-based organizations and non-profits to find housing and job training. If refugees have family in the United States, they are connected. If there is already a community from a refugee’s native country,

they are put in touch. The system aims to ease the difficult transition into a new life.

Yet most refugees do not want a new life, he said.

Ogbuehi said about 80 percent of refugees ultimately return to their original countries because they miss their home. He said people generally want to wait out the conflict and then return to where they are familiar with the language and the culture.

A new place

At Friday’s forum, Afantchao said the United Nations High Commission for Refugees works in refugee camps around the world. Someone living in one of those camps can apply for resettlement through the UNHCR. The application goes from the

UNHCR to the local U.S. embassy, to the Department of Homeland Security, back to the embassy for an interview with the refugee, and then back to the Department of Homeland Security for the final word.

When people do immigrate and stay, it isn’t easy, explained Kestle, a UI student who works with refugee children at the College of Southern Idaho Refugee Center.

“It seems to go one of two ways,” Kestle said. “They are either quiet and reserved, or they act out a lot.”

Knowing they come from difficult backgrounds, Kestle said, workers do their best to make refugees feel welcome.

SEE HOME, PAGE 5

BODY POSITIVE WEEK

Promoting positivity

Body Positive Week replaces Eating Disorders Awareness Week at UI

Erin Bamer
Argonaut

This year, the University of Idaho will recognize National Eating Disorders Awareness Week in a unique way.

Instead of calling it Eating Disorders Awareness Week, UI will recognize Body Positive Week to invite students to increase their self-esteem by improving the way they see their bodies. Campus Dietician Marissa Rudley said the university decided to make the switch because the topic of body image applies to more college students.

“Body image issues are everybody’s issue,” Rudley said.

Instead of simply bringing attention to the problem of eating disorders, Body Positive Week works to prevent habits that can lead to eating disorders, Rudley said. It also will celebrate the diversity of body sizes on campus and promote healthy lifestyles.

SEE POSITIVITY, PAGE 5

WOMEN’S CENTER

Vaginas for a cause

‘The Vagina Monologues’ bleeds social justice

Marisa Casella
Argonaut

Bekah MillerMacPhee said when it comes to women and their bodies, it’s hard not to feel bombarded by statistics.

“You hear statistics like ‘one in four’ all the time,” said MillerMacPhee, assistant director for programs at the Women’s Center. “It can be easy for that to just be a statistic.”

“The Vagina Monologues,” written by Even Ensler, aims to fully realize women’s relationships with their bodies.

MillerMacPhee said as a result of the abuse Ensler experienced as a child, she said she felt a lack of connection with her body, quoted saying she felt like a “floating head.”

Ensler went on to interview over 200 women about their experiences and relationship to their bodies as part of her own healing process. She based the play “The Vagina Monologues” on the interviews she conducted.

The play is a series of monologues with the actors taking on the voices of real

women. This year, the cast is made up entirely of female-identified UI students.

MillerMacPhee said “The Vagina Monologues” are always performed exclusively by women, as per V-Day rules, but she said the play usually isn’t performed only by students — usually, she said, there are a few Moscow community members or UI staff members also involved.

SEE CAUSE, PAGE 5

COMMUNITY

Finding courage in the climb

The Courageous Kids Climbing offers rock climbing opportunity to students with disabilities

Corrin Bond
Argonaut

What began as a retired firefighter’s vision to help children with disabilities has since become so much more. Courageous Kids Climbing, a program that hosts rock climbing events for children with disabilities, was first created by Jeff Reichmann and continues to grow, said Alexis Tschida, a University of Idaho senior.

“Jeff himself has a disability — he lost his hearing,” Tschida said. “I think he wanted a way to reach out to kids with disabilities, to give them opportunities to do what every-

one else can do.”

In the past two years, the organization that began in McCall, Idaho, has held four climbing events for children with disabilities throughout Idaho.

This year, the organization has six climbing events planned throughout Idaho and Washington.

One of their upcoming events, Tschida said, will be hosted by UI.

Tschida, a family and consumer sciences major, said she first became involved in Courageous Kids Climbing through her internship at the Center on Disabilities and Student Development on campus.

Tschida is in the process of organizing CKC’s upcoming event, which will take place at the UI Student Recreation Center climbing wall May 7.

“It’s a free climbing event for kids with disabilities — intellectual, physical, anything,” Tschida said. “We have all kinds of adaptive equipment to help kids climb so kids who maybe can’t just climb traditionally, hand and foot, have different harnesses they can use. It’s very inclusive. Anyone can be a part, no matter what their disability is.”

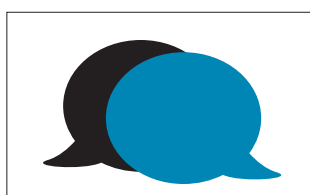
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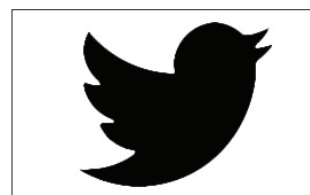
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Department of Student Involvement

GET INVOLVED!

Commons 302
www.uidaho.edu/getinvolved

COUNTRY MUSIC CONCERT
Singer/songwriter Jackson Michelson
February 19th 7:00–9:00 pm
Pitman Center International Ballroom
Free for students, \$5 public

Acts of Kindness
VANDAL ACTS OF KINDNESS WEEK
February 14-20
Help us create a kinder campus for National Acts of Kindness Week!

Meet, Eat, Listen & Engage
LUNCHES WITH LEADERS
February 17 12:30-1:20 pm
Idaho Commons Clearwater Room
Advice & storytelling from campus Leaders + a free lunch!

CONVERSATIONS
February 18 12:30-1:30pm
Idaho Commons Crest Room
Topic: What Happens with my Vote?
Come join the discussion!

Senate Meetings
ASU SENATE MEETING
Business is conducted and is open to the public!
Wednesday, Feb. 17 @ 7-8 pm
Commons Whitewater Room

CRUMBS

A Crumbs recipe



Honey garlic shrimp

It isn't often that ordinary people buy shrimp from a store. It is generally expensive, especially when it comes already deveined. However, one two-pound bag can last a while and create some pretty fun dishes from all over the world.

For this recipe, I used ground ginger and garlic powder, but using fresh ingredients will help the flavors pop.

Ingredients

- 1 pound shrimp, peeled and deveined with tail on
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 4 tablespoons honey
- 2 tablespoons soy sauce

Directions

1. Combine the sauce ingredients and divide it in half
2. Marinate the shrimp with one half of the sauce for 15-30 minutes. Discard marinade
3. Over medium high heat in a 10-inch skillet, pan sear the shrimp in some oil. Sear them on both sides in batches of 2 until browned, about 1 minute per side
4. Using tongs, rub the shrimp into the caramelized bits on the bottom of the pan
5. Dish and serve hot, drizzled with the remaining sauce

Claire Whitley
can be reached at
crumbs@uidaho.edu

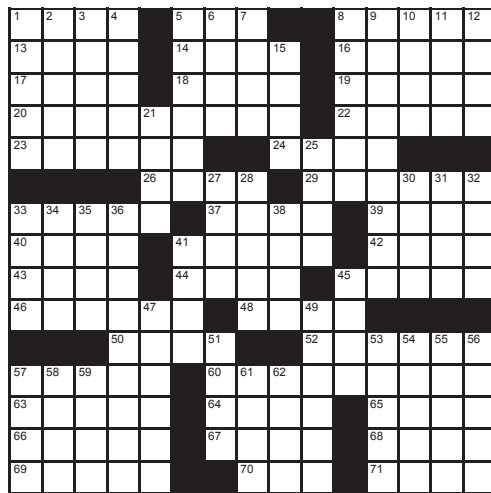
Completely Unrelated

Karter Krasselt | Argonaut

CROSSWORD

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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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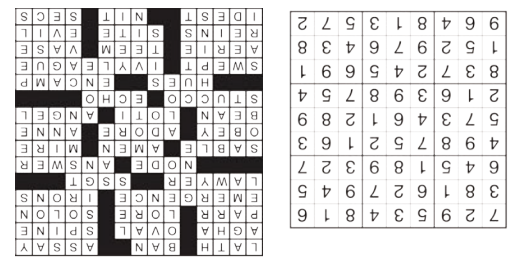
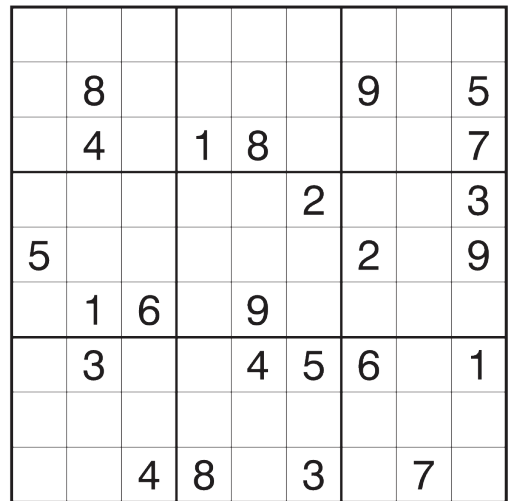
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ASUI

New faces in ASUI positions

ASUI senate seeking new senators after Holt, Bartles resign

Jessica Gee
Argonaut

The ASUI senate is seeking to fill two recently vacated positions after Sens. Katelin Bartles and Kailey Holt sent in their formal letters of resignation.

Bartles said she resigned because she lacked the time in her academic schedule to provide the required six hours per week of work.

"I feel students at UI deserve a senator who is able to devote more time, the full six hours, to addressing their needs and representing their opinion," Bartles said. "I was very sad to let go of ASUI, but after much thought and consideration I decided it is what's best for myself and UI students."

Holt said she plans to graduate this May, and she has been under pressure to graduate on time. Since one of her classes

overlapped with the senate meetings on Wednesdays, Holt said she felt obligated to formally resign.

"I didn't feel like I could do what needed to be done as a senator and still be in that class," Holt said. "Ultimately when you come to UI your first job is to be a student, so it was just a matter of setting priorities."

After her resignation, Holt said ASUI President Max Cowan offered her the position of Director of Safety and Violence Prevention. Holt said before her time as a senator she had worked with the executive side of ASUI so she was excited to receive the offer.

"This position is a little more flexible because it isn't so contingent on being at the senate meetings every Wednesday," Holt said.

On Wednesday, the ASUI senate approved Holt's transition into the Director of Safety and Violence Prevention position.

Holt said she is excited to take on the

position, which is completely different from her previous roles in ASUI. She said she has a short timeframe to work with but hopes to make some improvements to safety on campus this semester, including expanding the Green Dot program.

"I want students to want to participate instead of feeling obligated," Holt said. "I hope we can find ways to make the program more engaging and fun while still getting to the important information."

Holt said she is also hoping to provide free self-defense classes to students during Sexual Assault Awareness month in April.

"There is a PEB (Physical Education Building) self-defense class here on campus, but it comes with a fairly hefty fee that some students can't afford," Holt said. "I want to make some free classes available that are tailored toward how to be safe on our campus."

One way Holt said she hopes to tailor the

class is by getting in touch with the Moscow Police Department and consulting safety measures with them.

"The police department knows our campus really well and the target points that students have identified as being unsafe," Holt said.

Holt said she also hopes to improve student safety on campus by providing lighting to dark areas where students may feel vulnerable.

Though Holt said leaving her senate position was hard, she is happy to continue her work with ASUI in this new role.

"I hope nothing but the best for whoever fills my shoes in senate," Holt said. "I look forward to seeing where the new senators take their position."

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



DIVERSITY

A date night with Nepal

Nepali tradition and culture on display at Taste of Nepal

Marisa Casella
Argonaut

After renditions of the Nepali and American national anthems, performed one after the other, Tenzin Dulal told audience members she didn't want Taste of Nepal, held Saturday evening in the International Ballroom, to feel like a history lesson. Still, in order to understand Nepali culture, she said it's important to understand the history.

Dulal, who hosted the event with Anushka Karki, said Nepal is located between India and China with Kathmandu as its capital. It has a population of 29 million with over 100 languages and ethnic groups. In 2015, it created a new constitution, making it a democratic country. It is

also the only nation represented by a non-rectangular flag.

As Dulal explained the five regions of Nepal, University of Idaho and Washington State University students performed Nepali dances in traditional clothing to represent each region.

Song and musical performances also aimed to teach the audience about Nepali culture.

In order to keep the audience engaged, Dulal asked questions about the culture or history of Nepal after a performance. If a member of the audience got the answer correct, they would receive a prize. There was also a ticket raffle that gave audience members another chance to win prizes.

About halfway through the event the

audience received a dinner of traditional Nepali foods, including momos, mixed vegetables and aalu aachaar — a dish made up of potatoes, cucumbers, sesame seeds, green chili and lemon juice.

A dessert of dudhbari followed dinner, which is made with milk, ricotta cheese and cream, along with the dessert-drink lassi, which is milk, yogurt, mango nectar and cardamom.

After dinner were more musical performances, along with a traditional costume show and an open dance for the audience members.

Anup Chitrakar is the president of the Nepali Student Association (NSA) and helped coordinate this year's Taste of

Nepal event. He joined NSA last year as the dance coordinator and became the president of the organization this year.

Chitrakar said organizing the event could be hectic, but the team of student volunteers was a great help. He said he didn't just manage the teams but also helped the team by providing hands-on work with them.

Chitrakar said he hopes the event will educate the audience about Nepal and help them know more about Nepali culture and traditions.

"Food was just a medium to bring them all together here," Chitrakar said.

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





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CITY

Look before you lease

For first-time tenants, renting process can seem daunting online

Matthew Rueger
Argonaut

Transitioning to off-campus life can be a tricky, and it is possible first-time renters can miss red flags as they look for the perfect place to live.

Chuck Bond, a Moscow landlord, said his first tip when calling about an apartment for the first time is to note whether it is a machine or a person that answers.

"If your furnace breaks down and it is zero outside, then you are

going to want to speak to a person," Bond said.

Bond said prospective tenants should take the time to read everything in the lease, rather than just glancing over it. He said it is not uncommon to have a lawyer or somebody else look over the lease as well.

Bond also said to be aware whether the student or rental company is held liable for damage or failures on the property.

"I had couple of tenants last year that said previously their plumbing failed and the management company told them to call a

plumber," Bond said.

ASUI Vice President Stetson Holman is the student chair on the Fair and Affordable Housing Commission. He said many

students miss one of the most important aspects of the rental process.

"Fill in the sign-in sheet," Holman said. "Document all of the damage, and take pictures."

Holman said it is up to the lessor to complete the sign-in sheet, otherwise they may be held liable for previous damage.

Holman also said while it may be tempting, it isn't always the best

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If you furnace breaks down and it is zero outside, then you are going to want to speak to a person.

Chuck Bond,
Moscow landlord

idea to move in with a best friend.

"You may be fine with each other, but when you move in with each other there may be little

things that get on your nerves," Holman said. "Maybe their financial situation is not right, and you may have to tell your roommate to pay rent, or they will be kicked out," Holman said.

To help students with this process, Holman said ASUI will host Leases and Landlords, an event for first-time renters at 6 p.m. Tuesday in the Clearwater Room of the Idaho Commons. This event will be a forum workshop where students can talk to a local landlord and ask questions about renting for the first time.

Matthew Rueger can be reached at arg-news@uidaho.edu

RESEARCH

Rings, moons and the age of the universe

UI researcher measures mass of Saturn's brightest ring

Carly Scott
Argonaut

University of Idaho physics professor Matthew Hedman and others from NASA's Cassini mission have discovered how to weigh Saturn's rings — no giant scale necessary.

"What we did was literally weigh the rings, in the sense that we were figuring out their mass by measuring the gravitational interactions between the rings," Hedman said.

Hedman said to do this, he and his colleagues measured the spiral waves caused by different gravitational pulls.

He said Saturn has many moons, and while Saturn's rings might only make three orbits around the planet, the moons might make four or five. Due to this, the particles in the rings are pushed and pulled, and their orbits are distorted.

"As it distorts the orbits of the particle, they start pulling and pushing against each other, creating what are called spiral

waves," said Hedman. "Just like sound waves in air, these propagate through the rings."

These waves function much like sound waves behave in the air. He said just like sound waves depend on the density of air and things like that, these spiral waves depend on the mass of the rings.

What made this mission unique was that Hedman was able to find some of these waves that no one had been able to detect before. He said there are three main parts of Saturn's rings — the A ring, B ring and C ring.

Hedman said he and his colleagues were measuring spiral waves originating from the B-ring, Saturn's brightest ring.

To do this, Hedman said they used a type of observation called an occultation.

"An occultation is when you watch a star as it goes behind the rings, so the rings block some of the starlight — basically, the more ring there is, the more light gets blocked," Hedman said.

"You watch the star go behind the ring, and if its brightness varies you get a measure of how much material there is in the ring."

He said the nice thing about using occultation is that the resolution is set by how big the star is, so they can obtain high-resolution data from this method. This is useful for studies like this because the wavelengths they're measuring are kilometers long, and very difficult to ascertain through imaging.

Hedman said UI researcher measures mass of Saturn's brightest ring here are many significant things about this research. First and foremost, he said it gives scientists more basic numbers about how things behave. Yet, it is just as important in determining factors in the age and creation of the universe.

"Knowing how much stuff is in the rings is important for trying to understand where they came from," Hedman said.

It was originally assumed that because the B-ring was more opaque, there was more stuff in it, he said. However, Hedman said he and his colleagues found this might not be true. They found the mass of the rings to be much lower than what was expected.

Hedman said he couldn't be more excited

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Knowing how much stuff is in the rings is important for trying to understand where they came from.

Matthew Hedman,
UI physics professor

for the year 2017, the end of the Cassini mission. At that time, it will go from flying outside the rings to doing 20 orbits between the rings and the planet.

"The way the spacecraft moves as it passes through the rings will depend very much on the planet and the ring's gravity field," he said. "That gives you a completely independent way to measure the mass of the rings."

Carly Scott can be reached at arg-news@uidaho.edu



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HOME
FROM PAGE 1

Popoola said she has found a home in Moscow, and praised the community for being safe and welcoming to her. The most jarring change for her, she said, was the American focus on the individual.

She said unlike in Nigeria, where life is centered around the community, building a community in America is an active process. Popoola said this can make integration difficult.

Afantchao said mental health can be an enormous issue, particularly when refugees have gone through traumatic experiences.

“People who have witnessed rape, who have witnessed unbelievable suffering, they need special counseling,” Afantchao said.

Refugee patients have often gone months with neglected health issues, both physical and mental, and when they do see doctors, they often deal with years of problems, Afantchao said.

Integration across cultures

Following terrorist attacks in Paris and San Bernadino, Idaho Governor C.L. “Butch” Otter called on President Obama to halt the U.S. Refugee Resettlement Program due to security concerns.

“I am duty-bound to do whatever I can to protect the people of Idaho from harm,” Otter wrote.

Still, refugee resettlement has been far

more successful in the United States than in Europe, Afantchao said. He said he has friends who fled from violence in Togo in the 1990s, and are still in refugee camps in places like Luxembourg, Belgium and Germany — they cannot be resettled until a lengthy trial process.

Denmark, a country more than fifty times smaller than the U.S., spends more per individual refugee than any other country in the world. Yet Danish Ambassador Rolf Holmboe, who visited UI earlier this month, said the country has faced challenges integrating people of a different culture into a country that has historically lacked diversity.

He said nativist, nationalist politics have thrived with the surge of foreigners and the tremendous amount of welfare the state gives them. Where young people in the U.S. turn to the left when frustrated with government institutions, the European youth go right. He said some feel Danish culture is under attack.

“We’re mostly blonde and Lutheran,” Holmboe said. “We’re not like the U.S. or Canada, with years of experience with integration.”

In some parts of Europe, immigrant populations have grown separately from the rest of country, often in communities facing higher crime. These numbers were distributed to audience members at Friday’s panel.



Lawrence Moran, who attended the forum, said the numbers presented were misleading. He said since crime rates inside refugee camps were excluded, the numbers are actually much higher than the fact sheet claimed.

Ogbuehi said there were not enough people investigating crimes inside refugee camps and building reliable data, but, referencing Holmboe, crime rates in Danish refugee camps are still high.

Ogbuehi said this is addressed by a security presence in the camps.

“Let’s not walk away with the impression that these refugee camps are lawless,” Ogbuehi said.

Ogbuehi said increased crime rates are a challenge that comes with integrating foreigners into a new culture.

He said, for example, if tragedy struck the Pacific Northwest and thousands of people were streaming into Argentina, the Argentinian natives would not be appreciative of the Washingtonians’ fondness for recreational marijuana.

“People will come with their issues,” he said. “We should be prepared for it.”

Yet Moran wasn’t buying it.

Moran, a member of the U.S. Army, said he worked as military police with a number of refugees, and stressed the importance of assimilation. He said much of refugee crime comes from being sequestered in subpar living conditions instead of interacting with

the rest of the country.

More to be done

While the United States does a decent job of handling the transition to a new country, Afantchao said more could be done.

Afantchao said when the Danish government asked people to take in refugees, more than 1,500 people stepped forward. From there, everyone was able to fully participate in making the transition more comfortable.

He said there is a similar desire to help in Idaho. One person in the audience asked what could be done to directly assist refugee families, saying the paperwork needed to adopt a family looked impossible, and it was easy to feel distant and helpless.

Kestle said simply being knowledgeable helps. Afantchao mentioned several non-governmental organizations working out of Boise. McDermott suggested a letter-writing campaign run by Moscow, Idaho, Supports Refugees.

Still, Kestle said there are few great options for someone living in Idaho, a state that has taken in less than 8,000 immigrants since 2007.

However, Afantchao said he was optimistic the evening opened up new conversations and humanized a group of people often seen as distant and different.

“Remember,” Afantchao said, “Refugees are people too.”

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POSITIVITY
FROM PAGE 1

She said the message of this week may go on longer and could grow into a bigger development at UI.

“We really want this to be not just one week of events, but to really be spreading a movement on campus,” she said.

Though the focus of the week will be different, Rudley said many of the events will be similar to past years. The Counseling and Testing Center will hold eating disorder screenings in the Idaho Commons Thursday, and Vandal Health Education and the Women’s Center will have a body positive table at the Idaho Commons Wednesday 10 a.m. to 2 p.m.

UI senior Nathan Stark is in charge of the tabling event, and is involved in many

other events for Body Positive Week. Rudley said she’s enjoyed the different perspective Stark has brought to the week as a male and a track athlete.

“He, I think, understands sometimes the pressures — males experience the pressures, too, of fitting certain body norms,” she said.

Stark acknowledges that more women struggle with body image issues than men, but said that some men do have issues with their body. He said he never struggled with body image himself, but said he noticed the impact body image issues had early on in his life when he got involved in sports.

“There’d be guys who were hesitant to take their shirts off,” Stark said. “Or even with swimming, they’d swim with like the bodysuits or upper body things.”

UI Alumna Amy Pence-Brown will give the keynote address for Body Posi-

tive Week at 7 p.m. Thursday in the International Ballroom of the Bruce Pitman Center. Body image activist Pence-Brown is renowned for standing blindfolded in a bikini in the middle of a Boise farmers’ market and allowing strangers to draw hearts and other messages on her body.

Pence-Brown said she became an activist when she realized that she was content with being overweight, but no one else she knew seemed to be confident with their size.

“I Googled the words, ‘Why am I fat and happy?’ Because I was literally the only person I knew who was content with my body at 250 pounds,” Pence-Brown said.

When Rudley asked Pence-Brown to be the keynote speaker, she said she agreed because she knows college is an



impressible time for many people. Pence-Brown said she is excited by the opportunity to help students feel confident about the feelings they have about their bodies.

Rudley agreed that college is a crucial time for individuals where many of their life values are formed. She said she hopes through Body Positive Week, students may learn to promote positivity within themselves and in others.

“If you do not believe that your body has self-worth or that you appreciate your body, it is very hard to treat it well,” Rudley said.

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COURAGE
FROM PAGE 1

Tschida said rock climbing not only provides a way for students to get involved with a university event, but it also helps students develop coordination and planning skills.

“I’m excited to see it come to fruition,” Tschida said. “I’m excited to see all the kids and all the pieces come together, all the volunteers.”

Tschida said the event will need about 20 student volunteers, and that she hopes students from all walks of life sign up to work the event.

“I really want students to get involved because this is not the typical experience that most students would have,” Tschida said. “Not all students on campus work with students with disabilities or know a lot about the disability community, so I kind of want to reach out so volunteers can benefit from being a part of something they normally wouldn’t have been a part of.”

Volunteers aren’t required to have any rock climbing experience, and Tschida said after requesting to sign up for the event by emailing her at alexist@uidaho.edu, their rock climbing training at the SRC is free.

“My goal is to give people awareness,” Tschida said. “Anyone can volunteer, you don’t need to have any experience with rock climbing or students with disabilities.”

In addition to the Courageous Kids Climbing events, Jill Garnett, development coordinator with the College of Education, said Reichmann also recently reached out to UI’s College of Education with a scholarship proposal.

Garnett said the scholarship, which became official Feb. 1, will present a student with a learning disability an award of \$1,000 to help them fund their higher education.

“It’s a nice program — it definitely will help keep students with disabilities involved with the university and give them opportunities they not have already had,” Garnett said. “The scholarship will also benefit a student with learning disabilities and help them attend the university.”

Like the Courageous Kids Climbing event, Tschida said the scholarship will help students with disabilities maintain their independence.

“This is a way for kids to feel like, ‘I can be independent, you know, just because maybe I have a certain disability that does give me some limitations, there’s always a way for me to do whatever I want,’” Tschida said. “That’s always kind of the goal of the program — to give kids the opportunity to succeed.”

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CAUSE
FROM PAGE 1

MillerMacPhee said the play is about empowerment and social justice.

“I think people can read the title and be like ‘What? What is that?’” MillerMacPhee said.

Part of the reason Ensler named the play “The Vagina Monologues,” MillerMacPhee said, was because she felt it was important for people to name what we need to talk about.

“How can we talk about violence against women and girls if we can’t talk about female anatomy?” MillerMacPhee asked. “If we can’t talk about violence against women and girls, it’s not going to get any better.”

“The Vagina Monologues” will be held at 7 p.m. Thursday through Saturday at the Kenworthy Performing Arts Centre on Main Street in Moscow.

Tickets can be purchased in advance in the Idaho Commons or at Eclectica, located downtown inside Safari Pearl. The tickets are \$8 for students and \$10 for general admission if bought in advance. At the door, the tickets are \$10 for students and \$12 for general admission.

Some of the money goes towards the V-Day Campaign and the Women’s Center. Most of the proceeds go toward Alterna-



How can we talk about violence against women and girls if we can’t talk about female anatomy? If we can’t talk about violence against women and girls, it’s not going to get any better.

Bekah MillerMacPhee,
assistant director for programs
at the Women’s Center.

tives to Violence of the Palouse (ATVP).

ATVP is the local rape crisis and domestic violence shelter. They provide direct services to victims and survivors of sexual domestic violence and UI students who are victims here on the Palouse.

“Every ticket someone buys, they are directly helping people right here in our community,” MillerMacPhee said. “That’s a huge part of this.”

Marisa Casella can be reached at arg-news@uidaho.edu or on Twitter at @marisacasella1

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SPORTS



Women's club hockey reaches Palouse Care Cup championship

PAGE 8

MEN'S BASKETBALL



Alex Brizee | Argonaut

Sophomore forward Arkadiy Mkrtychyan drives the baseline against North Dakota's Carson Shanks Saturday at the Cowan Spectrum. Idaho earned a 65-64 win.

Surprise appearance

Callandret returns to court, Vandals squeak by North Dakota

Josh Grissom
Argonaut

With both Idaho and North Dakota vying for a first round bye in the Big Sky postseason tournament next month, the Vandal men's basketball team entered Saturday's game seeking a pivotal conference victory.

Idaho rallied behind the surprise return of junior guard Perrion Callandret to earn a thrilling 65-64 win in front of a home crowd of 1,500 at the Cowan Spectrum.

"It was a game-time decision on Callandret," said Idaho head coach Don Verlin. "It was great to have him back in the lineup. We were very fortunate to win that basketball game with the way we turned it over."

Callandret made the return to the court Saturday after sitting out the previous month with a foot injury. The junior last played Jan. 9 in a 74-60 loss to Eastern Washington.

The Fighting Hawks opened the game with a 9-1 run, but a scoring drought of two and a half minutes for North Dakota allowed Idaho to cut the deficit to five points.

The Vandals later capitalized on consecutive 3-pointers from sophomore guard Chad Sherwood and Callandret to tie the game at 18-18. After a low-scoring first half, the two programs entered the break locked in a 22-22 tie.

Callandret led the Vandals in the first half with five points and three rebounds. Senior forward Nahshon George added another five points and collected four rebounds for Idaho.

Junior guard Corey Baldwin finished the first half with eight points for the Fighting Hawks, while junior guard Quinton Hooker provided three assists.

The Vandals received 14 points from bench players during this span, compared to just four for the Fighting Hawks.

The two teams posted nearly identical shooting percentages in the first half. Idaho shot 37.5 percent from the field, while North Dakota fin-

“

We feel like we belong in the top four of this conference. Going ahead, we know what we're capable of.

Nahshon George,
senior forward

ished the period shooting 36 percent.

"There's not really a lot of adjustments (at halftime), we knew Bernstein was a heck of a rebounder," Verlin said. "We just talked about keep going at it and keep doing what we do and to be ourselves."

North Dakota opened the second half with back-to-back treys from Corey Baldwin to take a 28-24 lead over the Vandals.

The Vandals regained the lead later in the period when sophomore forward Arkadiy Mkrtychyan nailed a 3-pointer from the right side of the perimeter. The basket gave the Vandals a 42-41 advantage.

A three-minute scoring drought by North Dakota allowed Idaho to take a 49-44 lead.

Sophomore forward Drick Bernstein tried to rally North Dakota in the final minutes of play, drawing a foul on Callandret with 1:21 left in regulation. Bernstein converted one of the attempts to reduce the Vandal lead to 59-54.

North Dakota capitalized on an Idaho turnover on the following play. Bernstein hit a short-range jumper from the block to cut the Fighting Hawks deficit to three points.

Freshman guard Nick Blair responded for the Vandals with a spin move and layup from the post to extend Idaho's lead to five with 50 seconds on the clock.

North Dakota freshman Adam McDermott drew a foul on the other side of the court to earn a pair of free throws. The guard went 2-2 from the charity stripe to pull the Fighting Hawks to within three points with 39 seconds left in regulation. North Dakota elected to foul Mkrtychyan on the following inbound play in an attempt to conserve time. The sophomore made both attempts from the charity stripe to give the Vandals a 63-58 lead.

Quinton Hooker responded with a deep 3-pointer for North Dakota on the ensuing possession with 30.7 seconds left, reducing Idaho's lead to 63-61.

North Dakota fouled Blair on the following inbound play to send the strong forward to the line with 29.5 seconds on the clock.

The freshman converted one of the two free throws to regain a three-point lead for Idaho.

Crandall attempted a deep trey for North Dakota, but the shot was wide and rebounded by Nate Sherwood. The redshirt freshman was immediately fouled with 16 seconds left in and made one free throw to increase Idaho's lead to 65-61.

Hooker received the inbounds pass for the Fighting Hawks and converted a shot attempt from the key as he was fouled by the Idaho defense. The junior converted the free throw with 7.5 seconds to cut the deficit to one point.

Chris Sarbaugh received the ensuing inbounds pass for the Vandals and was immediately fouled with 5.8 seconds left in the game.

The senior guard missed both attempts, and the Fighting Hawks gained possession of the basketball. Instead of taking a timeout, North Dakota head coach Brian Jones elected to let his



offense employ fast break push in waning seconds of the game. Freshman forward Josh Collins attempted a shot at the buzzer from ten feet out, but the shot was too high and clanked off the backboard, giving Idaho a 65-64 win.

"I was so unbelievably relieved when he missed that," Sarbaugh said. "It goes from the worst feeling in the world to the best feeling in the world in five seconds."

George finished the game as the leading scorer for the Vandals with 11 points. Sarbaugh added another eight points and collected nine rebounds, while providing Idaho with seven assists.

Baldwin led the Fighting Hawks with 15 points, while Bernstein recorded a double-double that consisted of 15 points and 11 rebounds.

"(Bernstein) is the one who really gets after it on the boards, but I thought our bigs stepped up to the challenge," Sarbaugh said.

The Vandals relied on a 66.7 shooting percentage from the field in the second half to clinch the win over North Dakota. Idaho converted on 14 of 21 shots to score 43 second-half points.

With this win, the Vandals claim sole possession of fifth place in the Big Sky Conference standings. Idaho sits a half game out of fourth place behind Idaho State and one game out of third behind Eastern Washington.

"We want that first-round bye, that's what we're shooting for," George said. "We feel like we belong in the top four of this conference. Going ahead, we know what we're capable of."

The Vandals will be on the road to face Portland State Thursday at 7:05 p.m. at the Peter Stott Center.

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

Athletes of the week

Jake Straughan – Men's Basketball

In Thursday's game against Northern Colorado, redshirt freshman Jake Straughan led the Vandals with a game-high 23 points. The guard played just 15 minutes, but went 6-7 from behind the arc, including four consecutive 3-pointers. Straughan's performance helped the Vandals gain momentum and earn a 73-67 victory over the Bears.



Straughan

Kaizer Gillispie – Track and Field

Idaho true freshman Kaizer Gillispie led the Vandals in the Husky Classic over the weekend. The freshman sprinter finished second in the 400m dash with a time of 50.07 seconds. Gillispie finished 19th overall against opponents from both Pac-12 and Big Sky Conference schools.



Gillispie

A.J. Gravel – Men's Lacrosse

The men's club lacrosse team hosted Gonzaga Saturday night on the SprinTurf. Team captain A.J. Gravel led



Gravel

the Vandals in their opening match of the spring, scoring three goals in the first half of play. Gravel's play allowed Idaho to enter halftime in a 6-6 tie with the Bulldogs. Despite the impressive showing from the captain, Gonzaga pulled away in the second half to earn a 12-7 win over the Vandals.

Maria Tavares – Women's Tennis

The Vandals traveled to Las Vegas over the weekend for a three-game road trip. On Friday, Tavares earned a 4-6, 6-2, 6-3 victory over Youngtown State's Longi Msimba. On Saturday, the freshman paired with Rita Bermudez to defeat Anna Bogoslavets and Mercedes Lopez Velez of UNLV. Later that



Tavares

night, Tavares earned a 6-0, 6-2 victory over Southern Utah's Laura Martin.

Keanna Hawk – Women's Hockey

Junior right wing Keanna Hawk led the Vandals in the Palouse Care Cup in Lewiston over the weekend. The junior earned a hat trick in the team's 5-4 opening win, and then provided two goals and four assists in the Vandals matchup against the Lewiston-based U19 Polar Bears on Saturday. The early victories for Idaho secured a berth for the Vandals in the championship on Saturday, but the team fell 3-2 to Eastern Washington.



Hawk

WOMEN'S TENNIS

Idaho leaves Vegas with two wins

Idaho ends weekend in Las Vegas, improves their conference record

Luis Torres
Argonaut

The Idaho women's tennis team wrapped up a weekend road trip to Las Vegas with the first outdoor matches of the spring season.

After hours of intense play and three meetings in two days, the Vandals ended the weekend with a pair of victories to improve their record to 6-4 overall.

Idaho began the trip by defeating Youngstown State 6-1 on Friday to extend the team's win streak to four games. Cobra said winning in doubles was one of her goals to accomplish in Las Vegas.

"Recently, we have put a lot of focus on the doubles point," Cobra said. "To have the last four doubles points is definitely an improvement. It shows that we are starting to translate what we are doing in practice to our matches."

Rita Bermudez and Maria Tavares got

things going for the Vandals, as the pair earned a 6-3 win over Annina Brendel and Noëly Longi Nisamba from the No. 2 court.

Youngstown State bounced back with Dominka Lackova and Sofia Macias claiming a 6-4 victory over Belen Barcenilla and Marianna Petrei on the No. 1 court.

The Vandals earned the doubles point when Lucia Badillos and Ana Batiri defeated Julianna Heino and Nehel Sahni 7-6 (3-0) in a hard fought match on the No. 3 court.

From there, Idaho won five of their six singles matches, which included a two-set 6-0, 6-0 sweep by Petrei over Brendel.

Bermudez clinched the win for Idaho after defeating Lackova 2-6, 6-2, 6-1 on the No. 2 court.

Cobra said she was thrilled with the team's performance outdoors after the team opened the season on indoor courts.

"It was great to get a win in our first outdoor match of the season," Cobra said.

VN

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"We were more disciplined today and played smarter in the important points."

The Vandals had difficulty carrying the momentum into Saturday, as the team was shut out by UNLV in a 4-0 loss.

Idaho would respond to the loss by handing Southern Utah a 6-1 defeat to wrap up the weekend in Las Vegas.

Cobra said their loss against UNLV in doubles proved difficult for Idaho to overcome, but she said she was pleased with how the team was able to brush it off and earn a second Big Sky Conference win of the season.

"We had our chances in doubles against UNLV," Cobra said. "It is tough going down 1-0 to a solid team like UNLV. We were able to bounce back and stay focused against Southern Utah."

Bermudez and Tavares made business quick on Saturday by defeating Southern Utah's Evgenia Marushko and Teresa De Enrique 5-4 on the No. 2 court.

The Vandals won all three of their matches in doubles against the Thunderbirds.

In singles play, the Vandals won five matches, including Barcenilla sweeping Megan Bell 6-0 in both sets on the No. 5 court to provide momentum for Idaho.

Batiri defeated De Enrique 6-2, 6-0 on the No. 3 court to clinch Idaho's second win of the weekend.

The Vandals will travel back to the Evergreen State for two matches. The team is scheduled to face Utah State Friday at 2 p.m. in Pullman, and Gonzaga the following day in Spokane.

Cobra said her goal is for the team to perform strong for the remainder of the season.

"Our goal is to keep improving every match," Cobra said. "We want to make sure we peak at the right time and I think we are in good position to do so."

Luis Torres
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or on Twitter @TheLTFiles

Sports briefs

Keo charged with DUI

Former Vandal safety and recent Super Bowl champion Shiloh Keo was arrested and charged with driving under the influence early Saturday morning, according to Ada County Sheriff Stephen Bartlett.

Idaho State Police initially stopped Keo on the Interstate 184 Connector in the Boise metropolitan area for a broken tail-light. The Denver Broncos backup safety failed field sobriety tests and was taken into custody at 12:48 a.m.

Keo refused a breath test and troopers obtained a warrant for a blood alcohol test, an Idaho State Police spokeswoman said. The blood alcohol results were not immediately available to the public.

Keo was booked at the Ada County Jail at 2:19 a.m. He later posted bail and was released.

"We're aware of the matter involving Shiloh Keo and are in the process of reviewing it," the Broncos said in a media statement released to CBS.

Keo attended the University of Idaho from 2006-2010 and set program records in both punt return average and punt return yardage.

The safety was selected in the fifth round of the 2011 NFL Draft by the Houston Texans and spent three years with the team before he was released.

Keo began training camp in August with the Cincinnati Bengals, but was cut at the conclusion of the preseason.

Keo signed with Denver on Dec. 9 after contacting Broncos defensive coordinator Wade Phillips on Twitter to lobby for a spot on the roster.

The safety recorded an interception against San Diego to clinch the No. 1 seed in the AFC playoffs for Denver. Keo also recovered the game-deciding onside kick in the final seconds of Denver's 20-18 win over New England in the AFC Championship.

Vandals shine in tough field

The Idaho track and field team traveled to Seattle over the weekend to compete in the Husky Classic – the last meet before the Big Sky Conference championships. The Vandals competed against athletes from both Pac-12 and Big Sky universities.

On the women's side of competition,

Kinsey Gomez finished 32nd in the mile run with a time of 4:52.43, and 25th in the 5000m run with a time of 16:27.61.

Junior Faith Eruwa finished 11th in the triple jump with a mark of 11.37 meters. Junior thrower Kolcie Bates finished first in her flight with a distance of 12.61 meters.

Idaho senior Ben Ayesu-Attah had two top ten finishes over the weekend.

In the 200m dash, Ayesu-Attah ran the event in 21.98 seconds to earn a sixth place finish. In the 400 meter dash, the senior finished third with a time of 47.76 seconds.

In the field events, redshirt sophomore Dusan Jevtic finished 16th in the high jump with a height of 2.01 meters. Matt Sullivan landed a fifth place finish in the pole vault with a vault of 5.23 meters.

The Husky Classic marked the conclusion of the regular indoor season for the Vandals.

Qualifying Vandal athletes will travel to Bozeman, Montana, to compete in the Big Sky Conference championships Feb. 25-27.

Men's tennis earns regional victory

The Idaho men's tennis team competed in a doubleheader against Lewis-Clark State College (LCSC) and Whitman in Lewiston Saturday.

The Vandals earned consecutive 5-2 victories over LCSC and Whitman which improved their spring season to 4-1.

Senior Odon Barta, senior Jackson Varney, sophomore Mark Kovacs and freshman Lucas Coutinho all earned singles victories for the Vandals against LCSC.

On the doubles court against the Warriors, Coutinho and Kovacs combined to earn a 7-5 victory on the No. 3 court to clinch the doubles point for the Vandals.

After an opening loss on the No. 1 doubles court against Whitman, the Vandals responded by claiming the next two doubles matches and four of the six singles matches to claim a victory over the Missionaries.

Varney earned a 6-3, 6-1 victory over Whitman's Robert Carter to spark the Vandals in singles play.

"It was good to get the wins today," Idaho head coach Abid Akbar said. "We did not quite play to our potential in either match. We will need to up our play moving forward."

WOMEN'S BASKETBALL

Salvatore moves up

Idaho women's basketball ends North Dakota's win streak Saturday

Tess Fox
Argonaut

The Idaho women's basketball team entered Saturday's matchup on the road at North Dakota hoping to remain near to top of the conference standings.

After a 65-59 win in Grand Forks, the Vandals handed North Dakota its first loss in seven games, moving the Vandals to 10-3 in Big Sky play.

Senior guard Christina Salvatore moved to 10th all-time in school history for scoring. She led the Vandals with 20 points against the Fighting Hawks and shot 50 percent from three-point range.

During the first quarter, the Vandals shot 57.1 percent from the field to take a 22-18 lead. North Dakota fought back during the second quarter to take an 11-point lead. Idaho failed to score any points until senior post Ali Forde added a layup midway through the period.

The Vandals took advantage of a 7-2 run to cut the deficit and enter halftime

trailing 35-29.

Salvatore opened the third quarter with eight points from two treys and a layup.

Both teams battled for the lead in the third quarter, as the two programs exchanged the lead five times.

Forde scored six points to regain the lead for Idaho.

Wilson and freshman guards Mikayla Ferez and Taylor Pierce added to the Vandals lead to help Idaho enter the fourth quarter with a 52-47 lead.

Pierce opened the fourth period with a deep 3-pointer to give the Vandals an eight-point lead.

The Fighting Hawks attempted a late offensive push, but the deficit proved too much for North Dakota to overcome.

Ferez sunk four free throws in the closing seconds of the game to notch a win for Idaho.

Idaho collected nine defensive rebounds and notched four steals during the final quarter of play to hold off the Fighting Hawks.

The Vandals are scheduled to face Portland State at 6 p.m. Thursday at the Cowan Spectrum.

Tess Fox
can be reached at arg-sports@uidaho.edu
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CLUB SPORTS



Josh Grissom | Argonaut

Defensemen Brianna Smith attempts to score off a deflection during Idaho's opener of the Palouse Care Cup.

Vandals fall in championship

Tess Fox
Argonaut

After a blowout loss to Eastern Washington on the road two weeks ago, the Idaho women's club hockey team responded with a strong performance over the weekend in the Palouse Care Cup in Lewiston.

The Vandals earned three straight tournament wins before falling to the Eagles in the championship game on Sunday.

In Idaho's opener on Friday against the Rink Divas, defenseman Brianna Smith scored the first goal of the tournament for the Vandals just two minutes into the game. The defenseman capitalized on an earlier deflection and shot the puck past the goaltender into the left side of the net.

"Scoring at the beginning actually plays a really big factor because usually the game might slow towards the middle because everyone gets tired," Brianna Smith said. "It really helped us getting a few goals on the board before they did."

Right wing Keanna Hawk scored a second goal several minutes later. The junior converted a deep shot from the left side of the rink to find the upper right corner of the net.

Hawk's goal gave the Vandals a 2-0 lead.

The Rink Divas responded by scoring with three minutes remaining in the first period, following a cluster in front of the Idaho net.

With just sixty seconds left in the period, Hawk scored Idaho's third goal of the period to give the Vandals a 3-1 advantage.

Midway through the second period, the Divas converted a breakaway scoring attempt on a counterattack after stealing the puck near center ice.

Later in the period, the Divas mounted another offensive push to tie the game at 3-3.

With six and a half minutes left in the third period, the Divas took advantage of a confusion in front of

the net to score again and claim a 4-3 lead.

With just under four minutes left to play, Hawk sniped a shot from 22 feet out to tie the game at 4-4.

With just 2:10 remaining in the game, right wing Alena Lee found center Heroku Smith with a breakaway pass. Heroku Smith took advantage of a one-on-one opportunity to score the game-winning fifth goal for the Vandals.

"Alena found me in the high slot for the pass, and it was nice to come away with the game-winning goal," Heroku Smith said.

Hawk led the Vandals with three goals, while Brianna Smith added one and Alena Lee finished with an assist.

On Saturday morning, the Vandals squared off against the Lewiston-based U19 Polar Bears

Team captain Lizzie Jossie scored for Idaho two minutes into the game following an assist from Hawk.

Hawk added the team's second goal eight minutes later with a backhanded shot, and Jossie scored again in the closing minutes of the first period on a defensive counterattack to increase Idaho's lead to 3-0.

Alena Lee continued the streak for the Vandals with a fourth goal during the second period.

Mikki Fritz scored another goal for Idaho two minutes into the third period to give the Vandals a 5-0 advantage.

Hawk found the net a second time midway through the period, and Jossie added a third goal to give Idaho a 7-0 lead and earn a hat trick.

The U19 Polar Bears scored in the closing seconds of the game during a line change for the Vandals. Idaho won the match-up 7-1.

Jossie led the Vandals with three goals while Hawk finished with two goals and four assists. Lee and Fritz both finished the game with one goal each.

Later that evening, the Vandals took the ice against Eastern Washington in a

regional rivalry matchup.

Fritz put Idaho on the scoreboard in the first period with a forehand goal.

Jossie used another breakaway in the second period to add a second goal for the Vandals. Freshman Katie Sholty added the third goal for Idaho in the second period to give Idaho a 3-0 lead.

The Vandals held the Eagles scoreless through 45 minutes of play. The win qualified Idaho for the championship on Sunday afternoon.

After fighting through the losers bracket Sunday morning, Eastern Washington earned a berth in the title game against the Vandals. Despite a win over the Eagles the day before, Idaho fell in the championship match of the Palouse Care Cup Sunday afternoon.

Brianna Smith put Idaho on the scoreboard first with a goal during first period, and Sholty scored another midway through the second period to give the Vandals a 2-0 lead.

Eastern Washington responded with a late goal in the second period to cut the deficit to one, and then added two more in the third period to take a 3-2 lead.

Hawk appeared to score the equalizer in the closing minutes of the game, but officials waved off the goal, which gave Eastern Washington the championship.

The Vandals finished the tournament with a 3-1 record, improving the team's spring record to 3-2 overall.

"Moscow is here to play hockey," Hawk said. "I know we are a girls' team and that we are club, but we do have a care for hockey and we do love playing it."

The next scheduled tournament for the Vandals is from March 5-6 in McCall. Idaho will compete in the Chix with Stix tournament with regional opponents.

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CLUB SPORTS

Bulldogs bite Vandals in season opener

Idaho's lacrosse team fell against Gonzaga 12-7 in a hard fought season opener

Luis Torres
Argonaut

The preparation of the fall semester was put to the test for the Idaho men's lacrosse team Saturday, as the Vandals faced Gonzaga.

In front of a rowdy SprinTurf crowd, the Vandals played a physical and competitive match, as both teams became more aggressive down the stretch.

In the end, the Bulldogs got the better of the Vandals, as Idaho fell 12-7 to Gonzaga on a cold and rainy season opener.

The victory was Gonzaga's first win of the season. The Bulldogs previously lost to Washington 11-8.

Idaho coach James Courter said he's proud of the team's performance Saturday.

"They came out and put on a great effort," Courter said. "Gonzaga came out and played a tough fought game and possessed the ball really well."

The Idaho head coach said the team must manage each possession effectively.

"If we can take care of a few things such as possession and stay out of the penalty box we'll be fine this season," Courter said. "We need to continue to focus on ground balls and work hard every day at practice. If we focus on what we need to do rather than what our opponents do on the field, we'll find success this season."

Senior captain A.J. Gravel said the crowd's interaction was a staple of the men's club lacrosse program.

"It's Vandal lacrosse, you get all the frats coming out and they get rowdy," Gravel said. "Gonzaga was feeding off from it and it's great to see everyone out to support our team."

Idaho started off the game by scoring early, but Gonzaga fought back to tie the game 4-4.

In the second quarter, the Vandals had an alarming moment when Gravel attempted to shoot the ball around the net, accidentally striking teammate Calvin Burton.

Burton lay on the ground for five minutes, but was able to walk off the field and sat out the rest of the game.

"When I took that shot, Calvin got in front of the cage and took it off the head," Gravel said. "But he's doing really well and should be back within a week. He took a hard shot so I hope he's OK."

Gravel said Burton may have concussion, but could not discuss his condition any further.

Both teams scored a single point in the second quarter to enter halftime locked at 6-6.

The pace of the game changed in the second half,

“

A lot of our freshman weren't used to seeing collegiate level zone. The first home game was a big experience for them. But the collegiate game is a lot faster, (with) bigger guys and bigger hits.

A.J. Gravel,
Senior captain

as fatigue took a toll on Idaho, allowing Gonzaga to score four unanswered points in the third quarter.

Late in the game, Grant Hill brought some momentum for the Vandals and rallied the team to keep the game close. But the comeback attempt fell short as the Bulldogs scored three more points to earn the victory.

Gravel led the Vandals in goals with three, with Hill adding another two. Drew Welch and Drew Pickins each scored a goal for Idaho.

Goalie Noah Kubowitsch made 12 saves in Saturday's loss.

Gravel said he was proud of the team's performance, especially of the freshmen that played in their first collegiate game.

"A lot of our freshman weren't used to seeing collegiate level zone," Gravel said. "The first home game was a big experience for them. But the collegiate game is a lot faster, (with) bigger guys and bigger hits."

Gravel added there were not many substitutes for the Vandals as the result of Burton's injury. The College Lacrosse Association requires 12 players on a roster to compete, and Idaho had 15 on Saturday.

"A lot of the guys were gassed Saturday," Gravel said. "Going along with those bigger hits and faster players, it's hard to keep up when you don't have any breathing time."

Gravel said conditioning and ball handling are the two things the Vandals need to improve on before playing Washington State this weekend.

Idaho begins a five game road trip, beginning with Washington State Saturday.

Luis Torres can be reached at arg-sports@uidaho.edu or on Twitter @TheLTFiles



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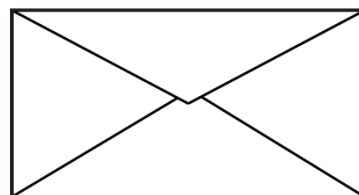
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OUR VIEW

The gift of scholarships

UI and FAFSA aren't the only financial aid options

College is one of the largest investments people face in their lives, and unfortunately, a higher education is becoming harder to pay for.

The priority deadline for the Free Application for Federal Student Aid (FAFSA) was Monday, which a lot of students depend on to make their college education affordable every year.

However, FAFSA shouldn't be the only option students turn to when it comes to financial aid. Scholarships are a beautiful gift for students — one that doesn't have to be repaid — and the University of Idaho offers a variety of scholarships to students. This can encompass general admission students or minority scholars, and specific colleges or departments also offer scholarships to students within their major.

Some scholarships are aimed directly at out-of-state and international students. There are some that students have to receive upon acceptance to UI, but some are also available to students already at the university.

Scholarships can also be awarded based on military service, honors programs or living groups at UI, including residence halls. Sometimes clubs and organizations have opportunities for financial aid.

Students who volunteer can receive certain scholarships and taking part in student government or ASUI opens students up for financial aid opportunities, too. There are even awards available for people who take part in intramural sports.

There are many other opportunities for students to receive financial aid from completely outside the university as well. Gritman Medical Center offers several scholarships for students pursuing an education in healthcare and there are some local scholarships offered from other institutions in Moscow.

Financial aid isn't only for first-year students or those who come to college right out of high school, either. Some scholarships are meant specifically for upperclassmen in certain degree fields, students who are completing undergraduate research or students who are choosing to study abroad. There are also scholarships

for non-traditional students and students with children.

According to the university website, more than \$25 million in scholarships is awarded by UI annually. However, it is still important for students to check outside sources in order to receive the financial aid they need.

College is expensive, but students shouldn't be discouraged when it comes to paying for school. There are many options available and they should explore them all and utilize the department-specific scholarships and talk to a financial aid counselor.

For many scholarships, UI students are automatically eligible, which makes it easier on students. Students should still talk to an academic adviser about opportunities within a department. Showing ambition early can often be beneficial.

There are so many different opportunities for scholarships — any student can find one that fits them if they just do a little bit of research. The money isn't all that hard to find, it just takes some effort to actually get it.

— CW

For more opinion content, visit uiargonaut.com

FEBRUARY 17



Megan Hall
Argonaut

Blurring the lines

Body positivity is great, but eating disorder education isn't just about self-image

Three years ago, I sat in a Starbucks on a brisk February night and mindlessly stared at a laptop screen in front of me.

My vision was blurring and my head was pounding. I didn't know it at the time, but my kidneys were starting to shut down. I scrolled through Facebook, almost on auto-pilot, until something caught my eye. It was a post from a friend of mine in California. She shared a link to an article about National Eating Disorders Awareness Week.

The post was simple and sweet, but something about it struck a chord with me. That night, I went home and told my parents. With a single Facebook post, a close friend who was miles away had unknowingly saved my life.

I struggled with an eating disorder for nearly five years, and in all that time I had no idea there was even such a thing as Eating Disorders Awareness Week.

The week runs from Feb. 21-27 and often centers around a theme that helps promote awareness of eating disorders and encourages those who suffer from eating disorders to seek help. This year's theme, as posted on the National Eating Disorders Awareness website, is "Three Minutes Can Save a Life," which encourages individuals to undergo a

brief eating disorder screening.

This year, the University of Idaho has rebranded their participation in Eating Disorders Awareness Week as Body Positive Week on campus.

While body positivity is absolutely something that should be encouraged and promoted in every individual, there is a difference between promoting a positive self-image and encouraging eating disorder awareness.

The consolidation of the two weeks makes sense on a certain level. It's argued that by helping individuals maintain a positive self-image it's possible to prevent eating disorders from developing in the first place.

However, spinning Eating Disorders Awareness Week to be about body positivity trivializes the scope and complexity of eating disorders. Not only are there a variety of different eating disorders, but having a negative body image is not the sole cause of such disorders.

Eating disorders are often accompanied by anxiety and depression, and while body image might be a factor in some cases, these disorders can also serve as a way for individuals to cope with tremendous amounts of stress or

other negative emotions.

College is a time when many students may develop eating disordered behaviors — such as purposefully skipping meals or obsessing about food — without even knowing it. It's also much easier to

hide eating disordered behaviors in college, when students are on their own and away from their families.

Body Positive Week is a great idea, and encouraging individuals to love their body and maintain a positive self-image is important. Yet, body positivity should stand as its own separate event.

While there are events geared toward promoting eating disorder awareness throughout this week, the focus still remains on building a positive self-image, essentially obscuring a set of days dedicated to promoting a kind of awareness that can, and has, saved lives.

Had I come across a Facebook post about body positivity three years ago, I can't say it would've had any effect on me. It wasn't my body I was having a problem with, it was my brain.

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For more opinion content, visit uiargonaut.com



Corrin Bond
Argonaut

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Senators

Even if the Republican Senators delay the SCOTUS nomination until there's a new president, do they realize that new president could be a Democrat? It's a bad gamble.

— Tess

Presidents in love

The Valentine's/President's Day is officially my favorite three-day weekend holiday combination.

— Corrin

Love acceptance

If I don't show you love right away, it means I may have animosity with you or I'm waiting for the right time to know you. If the latter happens, it means you're cool with me.

— Luis

Body love

Shout out to tummies everywhere for working hard and being adorable.

— Hannah

Yogi in the making

Body Positive Week has me reflecting on what has encouraged me to treat my body like the temple it is. Yoga comes to mind.

— Lyndsie

Dear science

Why haven't you figured out how to make my computer battery last forever? I have editing to do.

— Austin

Go online

Read the paper on our website. Your phone, tablet or laptop are good options. It'll scale for them all. It's a much more superior format.

— Totally not the web manager

Spring training

Pitchers and catchers report today. I've already booked Mariners tickets for my trip to Arizona next month.

— Josh

Dear Mattel

Why didn't you make a game designer Barbie when I was young?

— Claire

Outlook not so good

Taller people apparently get paid more. This does not help me.

— Jessica

Sleepy

I am trying to have a set sleep schedule and it has been rough. I could barely get through my classes.

— Jordan

U.S. Census Bureau

They picked me! They picked me! This isn't like kickball at all!

— Jack

Winner winner

Impatiently waiting to win the lottery so I can drop out of school and travel the world.

— Tea

Too expensive

Life in Moscow is nice and sweet when looking at journeying into the rest of the world.

— Katelyn

Kudos Kasich

It's rare when I agree with Republican presidential candidates, but I'm with John Kasich here. The other GOP candidates are eating each other's chances of getting the nomination with their terrible attitudes.

— Erin

Oppenheimer ETHICS Symposium

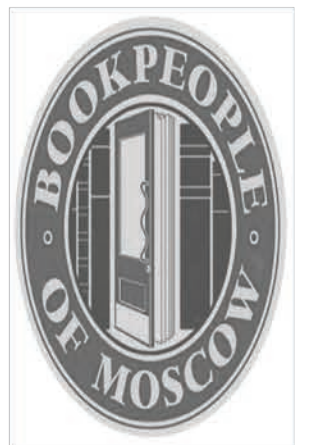
Leonard Pitts Jr. on “The Broken Pendulum”

Thursday, Feb. 18, 7 p.m., International Ballroom,
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Leonard Pitts Jr. is a best-selling author and Pulitzer Prize-winning syndicated columnist. He will address the media's coverage of racial issues in the context of the 2016 presidential election, delving into the roots of racism on a national scale.

Following his talk, Leonard Pitts Jr. will be available to sign copies of his new novel, “Grant Park” and his collection of Pulitzer Prize-winning columns, “Forward from This Moment: Selected Columns, 1994-2008.” Book sales and the signing managed by BookPeople of Moscow.



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