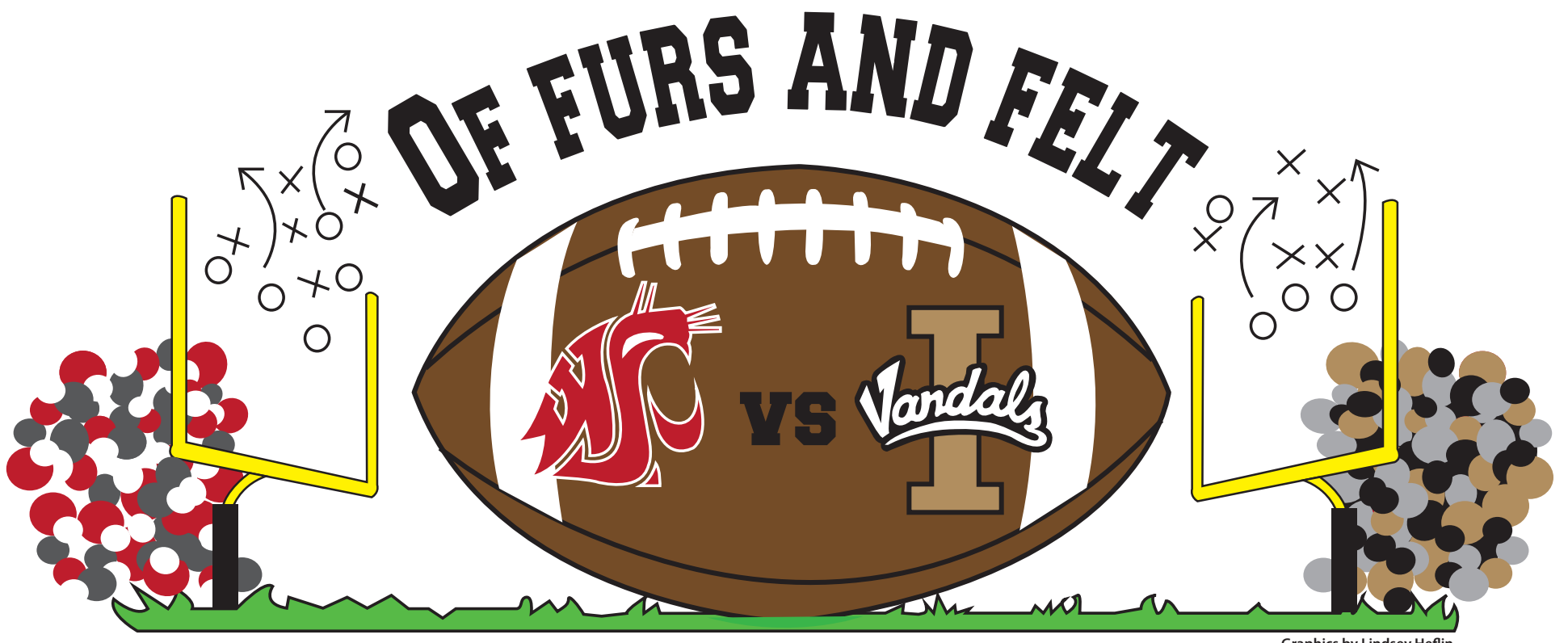


THE ARGONAUT

THE VANDAL VOICE SINCE 1898

uiargonaut.com

Friday, September 16, 2016



Graphics by Lindsey Heflin

UI and WSU mascots bring school spirit and high energy to games and events



Jack Olson
Argonaut

For the last four years at University of Idaho home games, Rob Gibson was called by a different name.

During football, basketball and volleyball games, Gibson could have been easily mistaken for a different character every Vandal is familiar with. He is seven feet tall, energetic and always wears a smile.

Seeing the Joe Vandal mascot in person means a lot to fans, Gibson said. He said people are always excited to see and interact with Joe. Despite all the changes over the years, he said Joe is a constant.

"Joe is there to be a friendly, 'Welcome home' face," Gibson said. "It's like, 'Oh, I am a Vandal, and that's why.'"

Joe is there for the fans and the team, and Gibson said Joe's goal is to initiate and encourage fan support. He said he spends most of his time engaging with fans personally, and a lot of improvisation is involved in his interactions.

"You have no form of verbal communication," Gibson said. "You have no idea what these people are doing, what they're thinking, how their day's been, but you have to figure that out."

But Joe isn't the only mascot on the Palouse, as 30,000 cheering fans at Washington State University will attest to.

Shane Thompson graduated from WSU and portrayed Butch T. Cougar last year. He said certain moves he would do as Butch capture what the mascot means to the university.

"Think about what happens when Butch does 'Go Cougs,' and the whole stadium is following his every movement," Thompson said. "He points to one side, and 15,000 fans cheer, and he points to the other side and another 15,000 fans cheer."



SEE FURS, PAGE 5

COMMUNITY

Relationships among rivalry

Couples composed of UI and WSU students experience different sides of the same rivalry

Corrin Bond
Argonaut

Trevor Kauer met his boyfriend, Derek Thompson, at the Moscow Farmers Market last July.

Kauer, a University of Idaho student and EMT, was presenting CPR lessons when he met Thompson, a Washington State University student, who was at breakfast with a friend. The UI and WSU seniors connected right away.

Since then, the two have spent plenty of time on the campuses of their respective schools and have experienced different takes on the local university rivalry.

"They hate us, but we're totally fine with them," Kauer said. "Although, I like to think of it as 'They're trashy, we're classy.'"

Thompson said he was even surprised when he found out how the UI population responds to WSU visitors.

"It's true, you guys are super nice," Thompson said. "The Vandals shirts he gives me? I have no problem wearing them, but I don't wear them on my campus."

Kauer said part of the difference is that the student populations of each campus express their school pride in differing ways.

"We've gone out before, and Derek will start yelling 'Go Cougs' out the window," Kauer said. "That's a thing they do on the WSU campus, you'll just be walking down the street and they just yell, 'Go Cougs.' You don't see that here."

Both Kauer and Thompson are passionate about their universities. Kauer said they don't just experience the rivalry externally, but they also sometimes perpetuate it within their relationship.

"I'm the president of the Student Alumni Relations Board, and there's a pre-game party for the game on Saturday," Kauer said. "I get a plus-one, but he won't go with me because he wants to wear WSU gear and I won't let him."

SEE RIVALRY, PAGE 5

EDUCATION

A bite out of the Palouse

WSU and UI's joint food science program excels despite transportation challenges

Luis Torres
Argonaut

Fifty years of work continues to flourish for the University of Idaho and Washington State University's School of Food Science.

Both universities originally had independent food science departments, but in 1996, students from both schools were allowed to take classes from the other campus. From then on collaboration increased, leading the departments to merge in 2008.

School of Food Science director Barbara Rasco said the collaboration between schools helps the future of the program.

"It's critical for both schools to work together," Rasco said. "It adds resources,

opportunities, more facilities and a greater diversity of students, and I think more programs should merge across the border."

UI alumnus and professor Brennan Smith said the food science program is beneficial for everyone.

"It's a win-win situation for faculty and students," Smith said. "From a research point of view, it makes it a lot easier than it would've been if the schools were unjoined."

Smith said transportation difficulties have been challenging for students in the last few years. The program faced a roadblock in 2012 when bus transportation was canceled, which created an obstacle for students who had to travel between campuses.

"The only thing that's a little bit tricky sometimes for students is to drive back and forth," Smith said. "Since there's isn't bus transportation anymore, students carpooling is their only solution."

SEE BITE, PAGE 5

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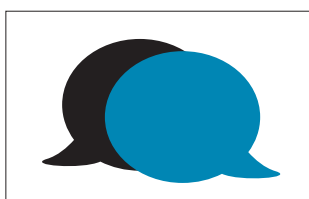
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Campus Recreation

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

Wellness Program



September 19-22
ZUMBA
Free Classes Next Week

6:30am T/Th
7:30pm M-Th
SRC West Classroom

view class schedule at uidaho.edu/wellness

Outdoor Program

KAYAK TOURING CLINIC & SERVICE PROJECT

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"We Got Your Back" 5K

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5K

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Hosted by University of Idaho Counseling and Testing Center

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Upcoming Entry Due Dates

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Co-Rec Softball	Thurs, Sept 22
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Dodgeball	Tues, Oct 11
Kickball	Tues, Oct 11
Volleyball	Wed., Oct 12

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UI Campus Rec

A Crumbs recipe

Bean and quinoa burgers

These burgers are a great substitute for any vegetarian at a barbeque

Ingredients

- 2 cups quinoa
- 1 cup canned beans
- 2 eggs
- 1/2 cup bread crumbs
- 3 tablespoons chipotle
- Pepper to taste
- Salt to taste
- 1/8 cup olive oil
- 1/2 onion
- 1 whole garlic clove

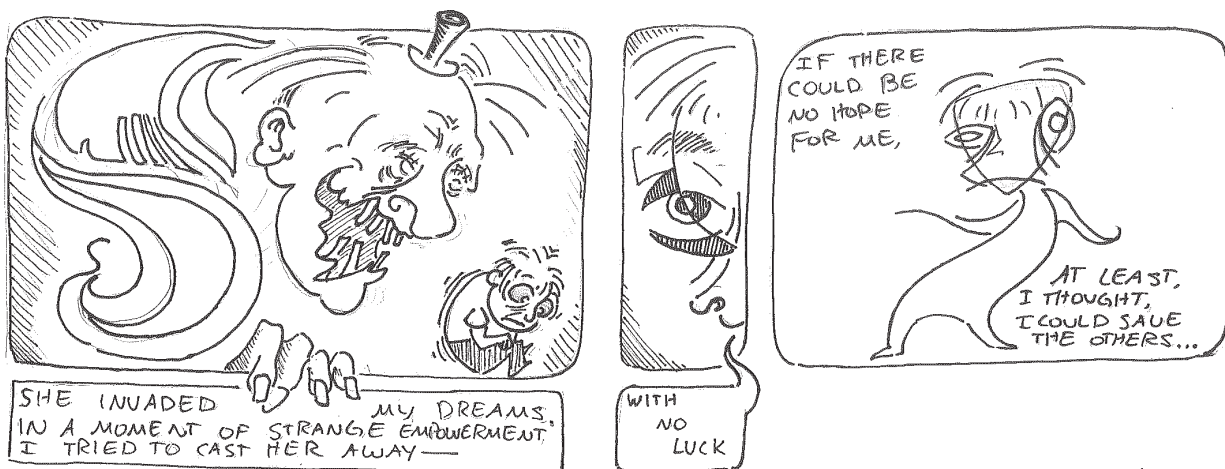
Directions

1. Make quinoa on stove or in a rice maker
2. Finely chop onions and garlic and mix together in a small bowl
3. Add 1/8 cup of olive oil to same bowl
4. Add three tablespoons chipotle to bowl
5. Add two eggs to bowl, whisk together
6. Mash up beans in a mixing bowl until they are a paste
7. Add quinoa to beans in mixing bowl
8. Add bread crumbs to quinoa and bean paste
9. Add salt and pepper to taste
10. Add the egg mix and blend together with a mixer
11. Cool in refrigerator for one hour
12. Form paste into patties
13. Bake at 375 degrees Fahrenheit for 45 minutes
14. Add burger toppings



Kevin Neighbors
can be reached at
crumbs@uidaho.edu

Cassandra's Army



SHE INVADED MY DREAMS IN A MOMENT OF STRANGE EMPOWERMENT, I TRIED TO CAST HER AWAY—

WITH NO LUCK

IF THERE COULD BE NO HOPE FOR ME, AT LEAST, I THOUGHT, I COULD SAVE THE OTHERS...

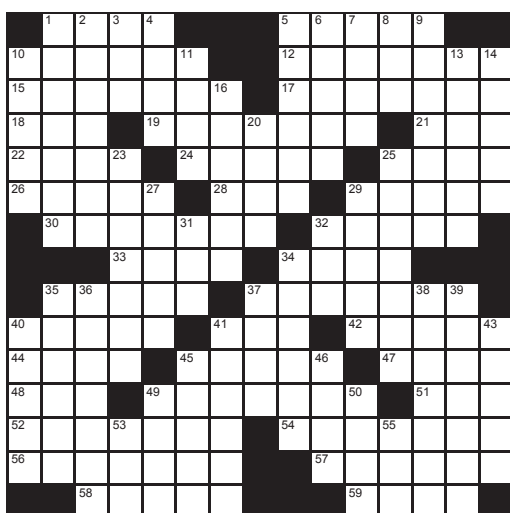
JP Hansen | Argonaut

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SUDOKU

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THE FINE PRINT

Corrections

Find a mistake? Send an email to the editor.

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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 M. Pitman Center
Moscow, ID, 83844-4271
or arg-opinion@uidaho.edu

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FACULTY

Stress and adaption

Multiple UI faculty compete in Ironman Triathlons

Catherine Keenan
Argonaut

The Ironman Triathlon is considered the most grueling one-day endurance race in the world.

Several University of Idaho staff members have competed in the race. Jim Zuba, director of development for special projects, and Tony Roubal, Marine officer instructor both participated. June 21, Roubal first attempted the race in Coeur D'Alene when he ran the half-Ironman event.

"Coeur D'Alene was neat because ... there's a few people you know," Roubal said. "It was a fun environment. It's crazy when you put several extra thousand people in Coeur D'Alene. Shuts the whole thing down — just packed."

Preparing for the Ironman events was one of his main focuses, he said. Roubal said he routinely trained to

“

Fitness ethos is a part of my nature from 21 years in (the) Army

Jim Zuba, Director of development for Special Projects

perfect his swimming and cycling skills.

"My cousin and his wife are both doctors in Coeur D'Alene," he said. "And he made the comment my first year up here, 'You should run the race.' To which my response was, 'That's a really terrible idea.'"

Overtime, Roubal said he found the challenge more appealing. His knees and back needed rehabilitation due to his duties as a Marine, so he was coached in swimming and cycling.

Zuba said one of the toughest challeng-

es in an Ironman event is the time management demanded by the competitors.

"Fitness ethos is a part of my nature from 21 years in (the) Army," Zuba said.

Zuba has competed in seven Ironman races in Coeur D'Alene, one in Canada and about 20 other Ironman events scattered around. He also qualified for the world championship 70.3 in 2013.

This year, Roubal participated in one of these world championships in Australia Sept. 6.

"You don't have the giant cheering section that you did in Coeur D'Alene," Roubal said. "In Australia ... it was like everybody had to be qualified to get there and it was a lot more serious environment."

Roubal said there were around 3,000 contestants ready to race the half-marathon. He said he considers the half-marathon more strenuous because the body needs to work faster in a shorter amount of time.



Zuba said that he mentally and physically challenges himself in such races because it helps improve his mental health overall.

Roubal completed a full, Ironman 70.3 Aug. 26 with a swimming time of 33:37 in a distance of 1.2 miles. He then transitioned to cycling with a 2:37:55 time in a length of 56 miles and finished the race running in 1:30:41 by 13.1 miles.

Roubal said he has gone through similar challenges as the Ironman when he was deployed in a desert region.

"In deployment, your normal load out is 130 to 140 pounds ... (and) everyday that's what you're used to walking around," Roubal said. "You stress it, and let it adapt. I mean the principles are all still the same, it's just a much different challenge. A little different mentality there."

Catherine Keenan can be reached at arg-news@uidaho.edu

GREEK LIFE

A goal for charity

Kappa Delta's annual soccer tournament philanthropy event raises money for the community

Nicole Etchemendy
Argonaut

This Sunday, many students will wake up early and put on their game faces for charity.

Kappa Delta Sorority's yearly philanthropy event, the Shamrock soccer tournament, will take place from 9 a.m. to 4 p.m. Sunday at Guy Wicks Field.

The name "Shamrock" is nationally claimed as Kappa Delta's philanthropy event, which has taken place since 1954, said Rachael Wilkinson, vice president of community service for Kappa Delta.

Shamrock is a single-elimination tournament. There is a champion for the women's bracket and for the men's bracket — each champion is awarded a trophy and bragging rights, Wilkinson said.

Eighty percent of the proceeds from the event will go to the Boost Collaborative Foundation based out of Pullman, Wilkinson said. The Boost Collaborative Founda-

tion strives to better the lives of people and children with disabilities.

The other 20 percent will go to Prevent Child Abuse America (PCAA), which aims to promote the healthy development of children and prevent child abuse from occurring. With both Greek and non-Greek groups participating, somewhere around 20 teams are anticipated to take part in the event.

Wilkinson said residential advisers, the Vandaleers choir and the Washington State University chapter of Kappa Delta will join University of Idaho Greek houses on the field to play.

"I think it's a good way to start bridging the gap between Greeks and non-Greeks," Wilkinson said. "I'm brand new. I just kind of want to put my own take on it and I want to make it something special."

The attendance for this year's tournament is predicted to be one of its highest,

so some Greek houses have created two teams, Wilkinson said.

"I'm super excited, because I think we will have more participation this year than the past few years that I've seen it," said Katie Mosier, president of Kappa Delta. "Being able to build better bonds with the other sororities and fraternities is really cool to see."

Wilkinson said food and beverages will be sold and attendees can participate in their own games on the space beside the main tournament with "Battle Balls."

A key platform for Kappa Delta is confidence, and the charities the women choose they support fall in line with their platform, Wilkinson said. She said the foundations highlight the healthy and safe upbringing of children in order to give them confidence in their life.

"We feel strongly that children that go through physical, mental, emotional and

“

I'm super excited, because I think we will have more participation this year than the past few years that I've seen it

Katie Mosier, president of Kappa Delta

sexual abuse can't be at their full potential without somebody somewhere along the line reinstalling that self confidence in them and letting them reach their full potential," Wilkinson said.

Nicole Etchemendy can be reached at arg-news@uidaho.edu

Police Tips



Police log

Sep. 8
400 block Grant Street, 6:02 a.m.
Complaint of a neighbor loudly chasing a cat outside.

Paradise Creek Street, SRC, 11:37 a.m.
Student Recreation Center (SRC) staff reported someone with suspicious behavior. The suspect wasn't located, but had reportedly been wiping his boogers on the floor.

Sep. 9
Stadium Drive & West 6th Street, 3:08 p.m.
A large logging truck rear ended a small vehicle, but managed to leave only a few minor dents.

Rayburn Street, UI Library, 4:00 p.m.

The same individual reported at the SRC was reported for disorderly behavior. The same incident occurred several other times this week.

Sep. 10
West Pullman Road, McDonald's, 2:50 p.m.
Someone forgot their wallet at McDonald's and returned to get it after the wallet had been given to the manager. Owner then reported \$700 missing from his wallet.

Sep. 11
Idaho Avenue, Delta Tau Delta, 12:10 p.m.
Someone reported their Xbox One and laptop as stolen.

Sep. 12
200 block East Southview Avenue, 5:28 p.m.
Complaint of a car owner's "TRUMP" bumper sticker being stolen or removed from their vehicle.

How to prevent and report bike theft

- Lock your bikes
- Take photos and record the serial number
- Inscribe it somehow to make it identifiable
- Register your bike with the City of Moscow
- If your bike is stolen, report it to the police
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— Corporal Casey Greene

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FACULTY SENATE

Modifying morale

Faculty Senate addresses concerns about morale and Code of Conduct

Nishant Mohan
Argonaut

University of Idaho Faculty Senate Chair Liz Brandt said at the start of the year, faculty expressed to her concerns about low faculty and staff morale.

At Tuesday's meeting, members of Faculty Senate took a moment to address those concerns.

Brandt said Faculty Senate and the administration are trying to increase morale with the efforts to bring salaries up to market value, starting with the staff.

"For example, I personally have had since 2008 about 4 percent in raises," Brandt said. "Most of us aren't in it for the money, but you get to the point where that becomes demoralizing. It feels like the state is saying they don't value what we're doing,

and I know that's not the message the state intends to send."

She said it becomes difficult for faculty maintain a high quality of work without being rewarded.

Brandt said another morale issue stems from the effort to increase enrollment. She said most faculty understand the need for higher enrollment and do not oppose it, but growing pains still exist.

"When we increase enrollment, we have to either increase class sizes or the number of sections, or both," Brandt said. "For faculty, it's a chicken-or-egg problem. Do we increase enrollment and then these things or the other way around?"

Another danger to morale, Brandt said, is the hiring process. She said getting permission to hire someone is painstaking.

She said there have already been

changes to the hiring process, but it is not something individual faculty members go through every year, so many have not yet seen the changes.

Sen. Annette Folwell of the College of Letters, Arts and Social Sciences suggested additions to the Student Code of Conduct about how it is implemented.

Folwell said she is aware of at least one student who, though punished each time, was allowed to stay on campus despite making multiple discriminatory comments. "After multiple times, there has to be some recourse," Folwell said.

She said she would like to see the Code of Conduct or its implementation include online classes where such comments might not seem as obviously obstructive

to the learning process.

Brandt said she could see the importance of protecting students and faculty from harm, but that implementing substantive policy might prove difficult at a public institution.

"The civil libertarian in me says that as a public institution, this is going to be really tricky," Brandt said.

Brandt said many concerns raised at Faculty Senate's start-of-the-year retreat are concerns she has seen every year.

"Hopefully we'll have a retreat next year where we won't have as many repeats," she said.

Nishant Mohan may be reached at arg-news@uidaho.edu or on Twitter @NishantRMohan

TOBACCO

Tobacco in retrospect

A look back on what brought UI to be tobacco-free

Jack Olson
Argonaut

UI President Chuck Staben began discussing tobacco with a group of students in 2012 who wanted to pursue a tobacco-free policy at the university.

They proposed a plan to ASUI and in the spring of 2013, ASUI passed a resolution to review tobacco policy, Staben said.

Former ASUI President Max Cowan said a group called the Tobacco Task Force was appointed by Interim UI President Don Burnett to gather data and opinions about pursuing a revised tobacco policy. He said a draft of the tobacco-free policy came to the Faculty Senate twice to receive revisions.

During this time, Cowan said open forums, debates and many opportunities for input were provided for students, faculty and staff. He said ASUI commissioned a statistically sound poll in the fall

of 2014, which found 62 percent of students favored a smoke-free policy, while 51 percent favored a completely tobacco-free policy.

In the fall of 2015, Staben tasked Cowan and a committee to write an implementation policy. Staben signed the policy in spring of 2016 and it went into effect July 1, as is customary of administrative procedures.

Cowan said there is a vocal minority of people who criticized the process and said there were not enough opportunities for their voices to be heard. He said these people were often displeased, not with the process, but with its outcome.

Staben said this process was the most appropriate way to implement the policy. He said alternatives included going through the State Board of Education or through Faculty Senate. He said he felt comfortable moving forward with the administrative procedure

because so many stakeholders had already voiced their opinions.

"It had been widely discussed on campus really by three different committees of people," Staben said. "We thought there was significant buy-in and we were really comfortable moving ahead with it."

Economics faculty member Steven Peterson did not buy into the policy. He is a member of a group called the Idaho Tobacco Compromise that opposed a full smoking or tobacco ban at UI.

He said the group made three main points. The first of which is that after looking at the research, they found that outside incidental second-hand smoke does not constitute a health risk. He said the second is that the policy will infringe on personal liberties.

"And three, is it ultimately will not be effective in reducing tobacco use," Peterson said. "When you put it underground, it has

the unintended consequences of intensifying heavy use while discouraging the occasional users."

Peterson said the group would have liked to see a policy that included designated smoking areas, which he said would allow space for personal liberties in addition to discouraging smoking.

"Watching somebody freeze and smoke a cigarette outside is not going to encourage the behavior, just the opposite," Peterson said.

Staben said he thinks the policy will have a relatively small, but positive effect on the university.

"I think there is a benefit to encouraging smoking cessation," Staben said. "And I think it basically is consistent with the image we have as an educational institution that promotes good health and wellness."

Jack Olson can be reached at arg-news@uidaho.edu



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Argonaut Religion Directory

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www.vandalcatholic.com

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Diamond Koloski | Argonaut

WSU graduate student Kelsey Nash laughs as her UI boyfriend Matthew Rueger describes how his team will beat the Cougars this weekend.

RIVALRY

FROM PAGE 1

While Kauer and Thompson found each other in Moscow, Matthew Rueger and Kelsey Nash first met through their job at Zeppoz, a bowling alley in Pullman.

Rueger is a fourth-year accounting major at UI and Nash is a UI graduate who is currently pursuing her graduate degree at WSU.

Unlike Kauer and Thompson, Rueger and Nash said they haven't experienced much of the rivalry between the two schools.

"It's like the time for the season. The day is nigh for the battle of the Palouse, so it might be heightened a bit," Rueger said. "I haven't really experienced it. Zeppoz is in Pullman and I wear Idaho gear every day almost — I feel like they're too geographically close to be such a heated rivalry."

Kauer and Thompson said they believe the rivalry between the schools exists, but that it doesn't rank the highest in the rivalry hierarchy.

"One commonality is we both hate BSU. We hate BSU all of the

time, but WSU and UI? We're good," Kauer said. "BSU is like what UW is to WSU — I hate blue and orange, he hates purple and gold."

When WSU plays the University of Washington or Boise State University the two schools tend to band together and root for a common cause, Kauer said.

While Rueger and Nash don't play into the rivalry anymore, they said they both used to dislike UI because of where they grew up. Rueger is from southern Idaho, where more pride is sported for BSU and Nash, a Pullman native, grew up cheering for WSU.

"I remember when I was growing up, I hated UI," Nash said. "It was then that they played each other a lot and I thought UI was the worst. Then I came to school here."

Now, Nash said she is going to make a shirt that represents UI and WSU so she can support both of her universities at tomorrow's game.

Corrin Bond

can be reached at arg-news@uidaho.edu or on Twitter @Corrbond



FURS

FROM PAGE 1

Butch is everybody's best friend, Thompson said.

"You can go up to anybody and they'll love interacting with you," Thompson said. "And they just wanna be with Butch, because they know Butch means WSU and they want to, like, feel the school spirit."

Thompson said Butch's goal is to energize people and bring out school spirit, especially during rough patches. Even if a play on the field goes badly and the crowd gets upset, Butch stays positive, he said.

The same is true for Joe Vandal. Gibson said everyone has energy highs and lows, and Joe has to help keep up the enthusiasm. He said he often stole cheerleader's pom-poms or took selfies with people who didn't own the phone he was holding.

At a volleyball game, Gibson said Joe grabbed a napkin dispenser from concessions and handed napkins to half the fans in the Memorial Gym.

"The mindset is, and you can't really say this, but Joe's a jackass," Gibson said. "The best part is no one really takes it personally. Everyone's there to have fun. By going out and having fun myself, everyone around me has fun."

Joe is also a big flirt, Gibson said. He said he proposes to one to three women a game, and is often accepted.

Thompson said Butch acts in a similar fashion.

"The way it was told to me, Butch is about 50 percent flirt and 50 percent prankster," Thompson said. "He'll steal people's hats, switch people's hats, stuff like that. If he sees a cute couple he'll kinda wiggle his way into the middle of them and make sure that the guy knows that his girl has a new guy."

A third-generation Cougar, Thompson said he understood that whether things were going well or going rough, Cougars stay true. He said when games are going poorly, fans will watch Butch more, requiring him to keep up the positive energy.

"It was cool to really see that from the personality of Butch and to be the personality that kept people at the games," Thompson said. "Butch kind of just embodies the friendly school spirited, Coug-loving personality that a lot of the students on the campus embody."

Thompson said he auditioned to be Butch the spring before his senior year. He said the idea hadn't crossed his mind until he went to cheer tryouts, where he learned of the opportunity to be Butch.

"And I was like, 'That sounds pretty sweet,'" Thompson said. "Who wouldn't want to be Butch? Like, that's the coolest person in the whole school."

To help an acquaintance, Gibson became Joe for the second half of a volleyball game four years ago. Despite his experience as the

Chick-Fil-A cow in high school, Gibson said he was terrified and wasn't entirely sure what to do.

He said he began dancing to the music, and it was a big hit with the fans. He said the basketball coach approached Joe afterward and told him that because of that night, Joe was now a dancing mascot.

"Every person that brings Joe to life brings something new, and leaves something of themselves in Joe," Gibson said. "Always provide him with more character, more love and appreciation and confidence and all of these positive things that have now built to become what we know today as Joe."

Some fans have seen Joe develop over the years. Gibson said Joe began to visit all of the accessible seating areas in the Kibbie Dome during football season last year, where he said many older Vandals watch the game.

"This university made a large and positive impact on their lives and that has encouraged a loyalty over years and generations," Gibson said. "When all is said and done, it's those stories and those compliments that really feel honoring and privileged. It reminds me that we are privileged when we can be Joe Vandal and represent such great loyalty."

Mascots often develop a loyal relationship with specific fans. Gibson said Joe proposed to a girl last year and afterward she took mock offense to Joe's flirtations with

other women the whole season. Thompson said it was cool to see the development with fans over a season.

"It puts a smile on my face," Thompson said. "A little kid that was scared of Butch the first two games will come running up for a hug the third game when they wouldn't even stand in eyesight of Butch a game or two earlier."

The identity of the person in the mascot uniform must remain a secret. This way, Gibson said, fans relive the same mascot experience year after year. Once a mascot's identity is revealed, Gibson said they are considered retired.

Thompson said spending his final year at WSU as Butch was probably the best senior year he could have had.

"It was just crazy to live that life senior year and really get to embody the school spirit as somebody who's been a big fan my whole life," Thompson said

Gibson said being Joe helped him come out of his shell. He said it taught him to be confident, to trust himself and to enjoy life. He said it's a part of who he is now.

"Fans, staff, faculty, students all mention to Joe how he touches their lives and the opposite is true as well," Gibson said. "Every fan that he interacts with touches his life — he just can't express that."

Jack Olson
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BITE

FROM PAGE 1

Smith said the program has tried scheduling different forms of transportation, but the lack of commitment from students prevented the option from going forward.

Rasco said transportation is key to the program's success.

"We need to get the bus back," Rasco said. "Students have to find their own transportation, which is a major hassle and expense. It would seem to me the Moscow-Pullman bus would benefit a lot of students and community members."

Rasco said there has been interest in bringing back transportation from the respective city councils, but a university movement has yet to be made.

The program includes both schools, but some facilities are exclusive to UI or WSU. Smith said some of his research is con-

ducted at WSU's pilot processing facility because UI doesn't have the same resources on campus.

"A piloting processing facility is kind of in between binge-top and what we use in the food industry," Smith said. "It's the smallest version of something that can be accurately scaled up to a full-scale processing system, and that's what I mostly used so far."

Like several faculty members, Smith teaches at both schools. Smith said his experience has been surprisingly positive.

"Teaching a larger enrollment course like Washington State, people would think there would be general issues than it has been," Smith said. "I haven't really experienced anything that negative, which I think says a lot for the student body on both campuses."

Luis Torres
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QUOTE OF THE DAY

“All bear down for Idaho, come on ol’ Vandals go! I-D-A-H-O, Idaho, Idaho, go-go-go!”

MUSIC



Illustration by JP Hansen | Argonaut

Battle of the Palouse

Washington State University marching band is tuning and warming up its battle cry

Nicole Etchemendy
Argonaut

Washington State University was founded in 1890 only a year after the University of Idaho, and here it is 126 years later with a rivalry ringing out louder than ever.

On Saturday, these rival teams of the Palouse will meet once again on WSU territory to play a friendly game of football. But some will come only to hear and see the marching bands do their thing.

The WSU marching band performs a new piece for every single game. They have been practicing the piece and routine for this game for about a week now, said WSU Band Director Troy Bennefield, who has been the director for three years.

During the halftime show Saturday, the bands will be performing their own individual pieces, and then will also come together as one to perform.

“This is unique because instead of just working for our own performance, we are working to get something together with another institution,” Bennefield said. “Musically, it’s not much different, other than just making sure we are as prepared as possible.”

This is the first time in Bennefield’s career the university has collaborated with its college neighbor, UI.

Music is a bonding force, but this rivalry may be in more depth than just athletics.

These two teams will not meet up again until 2020 because of the way the game matches have worked out, so this game has tremendous importance to the bands, the players and the students from both schools.

And while the game is up in the air, it is certain that both marching bands will bring all its in trying to win the crowd for their team.

Spencer Martin, the Vandal Marching Band director, and Bennefield have been communicating about this duo performance for quite some time.

Bennefield and Martin said they met during the summer to decide what

“

This is unique because instead of just working for our own performance, we are working to get something together with another institution. Musically, it’s not much different, other than just making sure we are as prepared as possible.

Troy Bennefield,
WSU Band Director

the music for this game would be. Bennefield said they decided on grunge for the theme with an emphasis on the band Nirvana, the main song being “Smells like Teen Spirit.”

The WSU marching band consists of 180 students this year, 85 of whom are freshmen and only 15 percent being students from the school of music.

“The neat thing about college band is the thing that makes our organization great is the same thing that makes your organization great, any good marching band is going to have a family atmosphere,” Bennefield said. “This is a place where students can put away the stress of the day and come together and work towards something where we’re entertaining audiences, we’re supporting our football team and we’re representing the university when we travel.”

Every band carries the image of their school on their shoulders everywhere they go and that is no different at WSU.

“We want to make sure we are the best ambassador for WSU wherever we go,” Bennefield said.

The bands will have only an hour to practice together the day before the game. The question is whether or not one band will shine brighter than the other in what might be considered a battle of the Palouse marching bands.

Nicole Etchemendy
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arg-arts@uidaho.edu

Not about winning

Vandal Marching Band director focuses on importance of establishing a community

Luis Torres
Argonaut

School rivalry is the least of Vandal Marching Band director Spencer Martin’s concerns. His mindset is on building a new tradition that will establish newer connections between Idaho and Washington State University.

“I will not say that we’re better or they’re better, but I will say that we are both confident in the styles that we play,” Martin said. “Musicians are not competitive in that way, and it’s not about winning. To me, the coolest thing that we could’ve done was collaborate together and we’re finally able to do so.”

In his fifth year leading the marching band, Martin said the collaboration is special for both schools and thinks the competitive nature a rivalry brings is an ineffective use of time.

The Vandal Marching Band will perform Saturday at Martin Stadium in a collaborative effort with WSU.

The idea came about after Washington State Band Director Troy Bennefield contacted Martin this summer and the directors decided to do a halftime presentation.

After the decision was made, Martin was excited about the idea and has wanted to make it possible since he became band director.

“I’ve always wanted to do a collaboration,” Martin said. “I was really excited when Dr. Bennefield asked and I said ‘absolutely, it will be really great to get the bands together.’”

Martin said it’s the first time both schools are collaborating and wished it would have been done before.

“The disappointment is that all of the years (the football teams) played, we’ve never been able to do a collaboration before,” Martin said. “The fact that we’ve done it now, I hope that if and when we ever get to play again that we do it again and becomes a tradition.”

Both bands will come together Friday and prepare for the halftime show. The concept will consist of three segments.

Idaho will lead off the show performing toward the press box until they run off the field and hand it over to WSU and perform toward the opposite side of the stadium.

After both bands perform their solos, the two will come together and do their collaborative piece towards the press box.

“I don’t think our schools collaborate enough,” Martin said. “Everyone gets going in their own world and you have your job to do. But sometimes it’s really easy to forget that you have colleagues doing your exact same job eight miles away.”

Martin said they’ve been preparing their own drills and been rehearsing the third segment before their hour meeting Friday evening.

“It’s going to be a very fast pace and busy rehearsal,” Martin said.

“But there’s positive energy and excitement to that. It’s really special that we’re doing this and happy that Troy contacted me. It’s been fun because I got to know him and his staff well and they’re great people. Troy’s doing a great job and at a professional level, it’s nice to work with more colleagues. For the students, it’s a cool event because there’s more important things than ‘who’s winning’ and a reminder that collaboration is more important.”

Martin added that he and Bennefield are making it possible because of the importance of two schools joining forces and creating a positive community eight miles apart from each other.

Martin said he does hope the halftime performance can lead to something special for both communities.

“Musically, I certainly hope that getting together and having our students meet theirs and work together can lead to future collaborations,” Martin said. “I think whether or not it is special, we’re going to make it special because it’s something that needs to happen. It’s important unique to the band, the University of Idaho and Washington State University. To not take advantage of that, it’s really sad and I’m excited to take advantage of this.”

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THEATER

Storytelling on stage

UI Theatre Department presents a staged reading of 'The Road Through Damascus'

Corrin Bond
Argonaut

When Cesar Reyes explains the plot of "The Road Through Damascus," he keeps the narrator of the play's identity a secret. For Christina Holaday, the secret is the place where the characters converge. There are some surprises within the play, the two said, that are too good to spoil.

The play is an original work written by University of Idaho graduate student Robert Macke. Macke said he first wrote the play in 2014 while attending Northern Kentucky University and has been expanding on it since.

To further the play's development, the UI Theatre Department is hosting a staged reading in the hopes of gauging audience interest.

The reading will be held at 7:30 p.m. on Sept. 16 and 17 as well as at 2 p.m. on

Sept. 18 in the Forge Theater. Admission is free for UI students and \$10 for the general public. Tickets are available 30 minutes before curtain.

Holaday, a UI graduate student and the director of the play, said staged readings focus more on the telling of the story rather than the visual elements of the play.

"This is a unique situation — there's not like a set or props or all the things you think about with a full show," Holaday said. "The actors will have their scripts, they'll be on stage with chairs facing the audience and they'll read the play. The point is to focus on the words that are being said."

Cesar Reyes, a UI graduate student and actor within the play, said "The Road Through Damascus" is similar to Thornton Wilder's play, "Our Town," in that it tells the story of a single place and the people who live in it.

Holaday said the play also questions the existence of fate and the human experience. "The play follows eight people who find

themselves in this specific place and they're recollecting on the events that led them to being in this place," Holaday said. "They're constantly stepping in and out of memories. One of the major themes is whether our lives and the events of our lives are determined by fate or if they're just a ripple of other people's choices."

The exploration of fate within the play is subtle, Holaday said and prompts the audience to question their own lives and the ways in which they live them.

Despite heavy subjects like fate, life and death, Reyes said the play is engaging and explores life in a more comedic and touching way.

"It deals with life and death and also, what it means to live and look back on our lives and how we live those lives," Reyes said. "It's a really smart play, it's got a lot of good comedy in it and I think audiences will enjoy it very much."



Reyes said the play's presentation as a staged reading rather than a complete production makes it a special experience, as audiences are able to be a part of something in development.

"I love staged readings," Reyes said. "It's really humbling to get picked for something like this because you're dealing with someone's work that's still in its infancy, so you're kind of taking care of someone's child and they're entrusting you with it, so it's pretty awesome."

Holaday said the lack of set design and physical acting also allows the cast and audience to gain a better understanding of the story being told.

"The focus is honoring the playwright and their words," Holaday said. "We're making sure that we, as an ensemble, understand the story."

Corrin Bond can be reached at arg-arts@uidaho.edu

REVIEW

Eight long miles of 126 years of rivalry *Disbanded UI-WSU tradition lives on in spirit*

Only eight miles apart, there's quite a bit of interaction between Washington State University and University of Idaho. Both universities were established only a year apart, so UI has literally shared their entire existence with WSU. It's only natural that the two universities saddle the Idaho-Washington border would grow to have a friendly rivalry.

Quite a bit of the rivalry spawned from when they began to play sports, more specifically football, against each other. Then in 1938, nearly 50 years after the institutes were established, a sports editor

for the Argonaut, Bill McGowan, challenged the WSU students. This resulted in what was deemed "Loser's Walk."

Many students know very little about this tradition, most say something along the lines of, "Isn't that when students of the losing team have to walk the eight miles back to their campus after the game?"

While that's a good guess, that technically wouldn't work. The Vandals haven't played on their own turf since 1966, 50 years ago. That means the Vandals would be the only students to walk back to their home, while

the Cougars wouldn't have to walk a single mile.

Fans from the losing team would have to walk what is now deemed the "Chipman Trail" to the winner's campus and face a certain challenge, whether it is foot washing or getting coffee.

In the past, the editor-in-chief of The Argonaut and their rival chief from the WSU Daily Evergreen have challenged each other with these traditions.

They've also collaborated with ASUI and ASWSU to get larger groups of students involved. This year, no word has been given on whether this tradition will stay or go, though it was officially disbanded back in 1969.

According to a UI traditions booklet, you can still find traditionalists walking the trail, but there hasn't been a mass exodus of students participating in decades.

Students have attempted to band together for the past few games, such as in 2013 when the staff of The Argonaut got together with ASUI to walk the eight miles to WSU. Just before the students arrived, one of them received a text message from a WSU student saying that there would be nobody at the entrance of the campus to finish off their journey.

In the recent past, UI hasn't been challenging WSU to the Loser's Walk, but if you look at UI's record of winning and losing,

it could be assumed that an organization wouldn't bet on winning.

If a student is looking for a tradition to participate in, this year would be a perfect opportunity to challenge WSU students to this walk of shame, but keep in mind, you may be on the losing end.

The Battle of the Palouse is coming ever closer and WSU should be preparing itself for the mighty Vandals. While the Vandals are not favored to win, UI could surprise us and force the WSU students to face humiliation.

Lizzy Diana can be reached at arg-arts@uidaho.edu



Lizzy Diana
Argonaut

<https://uicrums.wordpress.com>

Safety I Week

Get Your Back

Sunday, September 18th
Green Dot Day of Action & Vandal Green Dot Bystander Training
Albertson 101, 9:45 a.m. to 4:00 p.m.
Registration required: uidaho.edu/green-dot

Monday, September 19th
How to Respond in an Active Shooter Situation
Vandal Ballroom, 7:30 p.m. to 9:00 p.m.

Tuesday, September 20th
ATVP & Violence Prevention Tabling
"No More: Commit to End Domestic & Sexual Violence" Tabling
Idaho Commons, 10:00 a.m. to 2:00 p.m.
Red Watch Band Alcohol Poisoning Bystander Training
Crest Room, 7:00 p.m. to 8:00 p.m.

Wednesday, September 21st
Vandal Health Hut & Public Safety Tabling
Idaho Commons, 10:00 a.m. to 2:00 p.m.
QPR Training: Question, Persuade, Refer for Suicide Prevention
Panorama Room, 4:00 p.m. to 5:00 p.m.
"Lo que tú Mamá no te dijo" (Things your mother never told you)
Vandal Ballroom, 5:30 p.m. to 7:00 p.m.

Thursday, September 22nd
Alcohol Screenings
Idaho Commons, 10:30 a.m. to 2:30 p.m.
OUT Lunch: A conversation on national tragedies, community safety & being queer in a hostile world
TLC 229, 12:30 p.m. to 1:30 p.m.
Take Back the Night Rally, March, Speak Out
Ag Sci Auditorium, 7:30 p.m.

Friday, September 23rd
Katy Benoit Safety Forum: Speaker Juliette Grimmett
Horizon/Aurora Rooms, 11:00 a.m. to 1:00 p.m.
"We Got Your Back" Suicide Awareness 5K
Student Recreation Center, 6:00 p.m.
Registration: uidaho.edu/5k

SPORTS

IT'S VANDAL COUNTRY



Tess Fox | Argonaut

Senior tight end Trent Cowan tumbles through the end zone Sept. 10 against Washington in Seattle. Before touching the end zone, Cowan's foot slipped out of bounds. The pass was ruled incomplete and the touchdown was not counted.

Saturday showdown

Vandals prep for regional rivalry against Pac-12 foe

Josh Grissom
Argonaut

On Saturday, Idaho squares off with Washington State in the 91st meeting of the Battle of the Palouse.

The rivalry dates back to 1894 and Idaho senior tight end Trent Cowan said the physical battle between the two regional programs has increased over the years.

"You definitely embrace it, they're some of the best athletes in Division I football," Cowan said. "(When) you play against better teams in the Pac-12, you want to play up to their level and show that you're capable of playing at that level."

The Vandal defense is tasked with

defending the notorious air raid offense of Washington State (0-2) led by quarterback Luke Falk. He averages 61 attempts, 459 yards and four touchdowns per game.

"They've got a really great quarterback and really good receivers," Idaho head coach Paul Petrino said. "They're going to score points, so we've got to score points."

The Vandals (1-1) will look to junior quarterback Matt Linehan to put Idaho on the scoreboard Saturday. Idaho quarterback coach Charley Molnar said Linehan's strong performance against No. 8 Washington was due to quick passes early in the game to establish a rhythm.

"We really just have to take care of ourselves, it doesn't matter who the opponent is," Molnar said. "If we don't do our jobs correctly, we'll have a long

day at the offense. If we can come out and get our rhythm going, get our confidence going, we feel like we can play with a lot of different schools."

On the other side of the border, Washington State head coach Mike Leach said he was concerned about the energy level of his team after a 31-28 road loss to Boise State Sept. 10.

"We have the atmosphere of a JC softball game," Leach said. "It's not whether you win or lose, it's like the team that wins is the one that has the most fun."

Leach criticized various aspects of his team's offense and said he is disappointed in the results of the first two weeks of the season.

"I've got receivers running routes that don't resemble anything that we teach," Leach said. "We don't tuck the ball and go straight up the field, we do all these stupid moves. We run out

of bounds more than any team in the country."

Idaho senior tight end Deon Watson said he is prepared to meet a fired up Washington State team.

"They're going to come out and compete, try and get their first win," Watson said. "They're going to be fighting and scratching also. We take them very seriously, but (we) realize we can definitely utilize some mismatches."

Cowan said the team will stay true to itself and its offense.

"We just need to go out and execute the plays that the coaches call. If we do that, good things will happen," Cowan said.

The teams take the field at 11 a.m. Saturday at Martin Stadium in Pullman.

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

HISTORY

The 'once-in-a-while thing'

Idaho and Washington State share an odd history

Luis Torres
Argonaut

For over 120 years, Idaho and Washington State have shared the thrill and agony of a tense regional rivalry.

Since 2007, the two football teams have only met once. In 2008, The Seattle Times reported that former Idaho coach Robb Akey preferred games to be a "once-in-a-while thing" instead of playing annually.

Idaho head coach Paul Petrino replaced Akey four years later. Saturday's

game will be the second matchup between Washington State head coach Mike Leach and Petrino. The last time the two faced each other, Idaho lost 42-0 on Sept. 21, 2013, in Pullman.

Idaho hasn't won the rivalry since Sept. 23, 2000, when the Vandals won 38-34 in Pullman. It was the first win of the year and marked the most points the Vandals have scored in the rivalry. In 90 meetings, the Vandals have won 16 games.

Former Idaho head coach Matty Mathews is the only Vandal coach to win three games against Washington State.

In 1926, former Washington State

head coach Babe Hollingbery started a 27-game win streak. Hollingbery never lost a game to Idaho.

The next time Idaho won was a 10-0 victory in 1954.

Both teams shared an odd bond after devastating blows from November 1969 to April 1970.

Idaho's Neale Stadium and WSU's Rogers Field both burned down between November 1969 and April 1970, leaving both teams without a home.

The teams traveled to Albi Stadium in Spokane to renew the rivalry Sept. 19, 1970. It was dubbed the Displaced Bowl. The Cougars won 44-16, ending Washington State's 10-game losing streak.

VN
For more sports content, visit thevandalnation.com

OPINION

Palouse border war
Lucky No. 91 I-D-A-H-No

Idaho's offense will be deciding factor in Battle of the Palouse

In November 1894, the Idaho Vandals and the Washington State Cougars stepped onto the field to compete in the first Battle of the Palouse. Washington State defeated Idaho 10-0, sparking a now 122-year rivalry.

Last time the two teams faced off in 2013, the Cougars topped the Vandals 42-0.

Since then, the Vandals have revamped their coaching staff and added talented recruits on both sides of the ball.

Current statistics list multiple Vandals at the top of the Sun Belt Conference, including junior quarterback Matt Linehan and senior tight end Deon Watson.

Linehan holds third place in yards per completion (11.67), while Watson sits in fourth in yards per reception (21.6). Senior safety Russell Sivvii leads the league in pass breakups, averaging two per game.

Senior kicker Austin Rehok's performance has given Idaho the lead in the Sun Belt in net punting (43.00), which ranks them 15th nationally.

Idaho is also the leader in fewest penalties per game.

The rookies have started to make their mark on the field as well. Freshmen quarterbacks Gunnar Amos and Mason Petrino made their collegiate debut against Washington Sept. 10. Amos scored his first touchdown of his collegiate career and Petrino led Idaho's ground game with 48 yards on nine carries.

All of these performances helped Idaho earn a 1-1 record.

On the other end of the field, Washington State comes to the game 0-2, with losses to Eastern Washington and Boise State.

The Cougars gained 515 yards against the Eagles and earned 32 first downs.

Despite large offensive numbers, the Cougar defense could not stop Eastern Washington from gaining 605 yards and 28 first downs.

The Washington State defense also couldn't stop quarterback Gage Gubrud from throwing 474 yards and completing five touchdowns.

Against Boise State, the Washington State offense completed 520 yards and 26 first downs — yet the Cougars were unable to stop the Bronco offense.

With Cougar quarterback Luke Falk throwing 480 yards and completing four touchdowns against Boise State, there is no question that Washington State's offense is strong.

It is just a matter of whether or not the Washington State defense can improve its performance. With the numbers the Idaho offense has posted in the last two games, it may prove difficult for the Cougar defense to keep up.

According to ESPN's Football Power Index, the Idaho Vandals only have a 5 percent chance of defeating the Washington State Cougars.

But, if the Vandals can continue the offensive momentum they have built over the last two games, then Saturday could be anyone's game.

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Mihaela Karst
Argonaut

VN

For more sports content, visit thevandalnation.com

FOOTBALL

Game day parking guide

Guide to parking, navigating Washington State on game day

Brandon Hill
Argonaut

If there's one thing college students know, it's that parking on any campus can be a nightmare.

With Idaho playing Washington State this weekend, Vandals may not know where to park.

Luckily, there are a few options to help ease the pain of finding Martin Stadium come Saturday.

Paid parking

A general parking permit can be bought from Washington State Transportation Services before game day for \$15. These permits work in a number of parking lots scattered throughout campus. Some lots require permits to be purchased online before the game. If permits are bought the day of the game, the cost is \$20.

The lot on Ott Road, off Grimes Way, is closest to Martin Stadium, but is available only through online pre-sale. The closest lot that does not require an online purchase is on Olympia Avenue, north of Hitchcock Equine Track.

Stadium Way will be closed between Grimes Way and Orchard Drive Saturday, so an alternate route to these locations should be determined.

If bringing an RV to the game, there are three lots available. Parking

regions three through six are available for general purchase. Lots three, four and five can be found northeast of Martin Stadium on Ferdinand's Lane. Region six is southwest of the stadium on College Avenue.

RV parking permits can be purchased at parking.wsu.edu. These permits will only be valid in regions three through six.

Free parking

A number of churches will offer off campus parking to the general public. Community Congregational United Church of Christ can be found at 525 NE Campus Ave.

Presbyterian Church of Pullman is on 1630 NE Stadium Way. Sacred Heart Church is on 400 NE Ash St.

Trinity Lutheran Church can be found on 1300 NE Lybecker Road. In all locations, a small donation is recommended out of courtesy.

Park and ride

The City of Pullman and Washington State Athletics will offer game day transit to the stadium for free.

Cougar Express One will arrive at the Pullman Aquatic Center, Pizza Hut, Wal-Mart, Living Faith Church, Bishop Boulevard and Harvest Drive and Bishop Boulevard and Bleasner Drive. The shuttle runs from 8 a.m. to 3:20 p.m. and picks up passengers

The Cougars will dominate the Palouse again

The 2016 football season is off to a rocky start for Idaho and Washington State as they face off Saturday in Pullman in the 91st Battle of the Palouse.

The Cougars came into the game with a 0-2 record following two hard losses. The first loss came in their home opener against FCS opponent Eastern Washington Sept. 3 and the second against Boise State Sept. 10 on the road.

This is the second Pac-12 team Idaho has played in two weeks, after losing to Washington 59-11 in Seattle Sept. 10.

Although Idaho showed signs of strength in previous games, Washington State will take the win Saturday. A key factor will be the offense. The Cougar offense is No. 5 in the Pac-12, with the second best passing offense in the conference.

This strong offensive team is led by Cougar quarterback Luke Falk, who averaged 78 percent pass completion and scored eight touchdowns.

Adding to Falk's success is wide receiver Gabe Marks, who has three touchdowns this season and running back Jamal Morrow with one touchdown and 67 rushing yards.

While two losses looks bad, the strength of their opponents is not to be underestimated. Eastern Washington has the No. 1 ranked total offense in the Big Sky conference, a tough match for the Cougars and their No. 11 defense in the Pac-12.

Defense was a point of weakness

against Boise State as well. The Broncos are averaging 38 points per game. With a weak defense pitted against a strong offense, Washington State fought hard to just fall short in the end.

However, when faced with an opponent with weak and unprepared defense, Washington State will be able to pull out the victory.

Idaho's offense pales in comparison to that of the Cougars. Idaho struggled against Washington to find consistency in the offense, playing three different quarterbacks. Junior quarterback Matt Linehan started for the Vandals but was switched out with redshirt freshman quarterback Gunnar Amos and freshman quarterback

Mason Petrino. Between the three, Idaho managed one touchdown and two interceptions against the strong Washington defense.

Washington State ended the 2015 season with a strong win against Miami in the Hyundai Sun Bowl and finished 9-4. The 2016 season has potential to be a strong year for the Cougars. Despite starting with a 0-2 record, Washington State will head into this game with more determination to over power and get a win against Idaho.

The Cougars are one of two Pac-12 teams starting the season as losers. But they will have the home field advantage at Martin Stadium in Pullman.

This advantage will allow them to take the victory over the Vandals and finally claim a victory.

Meredith Spelbring can be reached at arg-sports@uidaho.edu



Meredith Spelbring
Argonaut

GUEST OPINION

Chance to regroup

The Washington State football program does itself a disservice by scheduling games against teams with grossly underfunded athletic departments like Idaho.

The least-funded of all FBS schools, the Vandal football program has been victimized by expansion efforts of Power Five conferences, apathy among its fan base and a change in recruitment trends.

Even though Washington State (0-2) has no business making a habit out of annually playing two games against lesser opponents, the timing of this matchup could not be better.

Pullman is reeling as the Cougars sit defeated after losses in winnable games. On Sept. 3, 12 penalties for over 100 yards and over 600 yards on defense gave Eastern Washington a 45-42 win over Washington State. Eagles quarterback Gage Gubrud ran unchecked. After the game, Washington State linebacker Isaac Dotson said there were plays where not all defensive players received the play call.

Washington State's second game didn't go well either.

Three failed fourth down conversions, a missed field goal attempt in the second quarter and redshirt junior quarterback Luke Falk's pick-six on the team's opening drive virtually handed the Broncos a 31-28 home victory Sept. 10.



Braden Johnson
The Daily Evergreen

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VOLLEYBALL

Five set fury versus Wyoming

The Idaho volleyball team starts home tournament with a five-set loss

Luis Torres
Argonaut

The Idaho women's volleyball team started their last nonconference tournament Thursday at home.

The Vandals fell 3-2 (24-26, 25-21, 25-23, 20-25, 11-15) to open the Idaho Volleyball Classic. Three of-

fensive players earned over 10 kills. Sophomore outside hitter Sarah Sharp led with 18.

Senior defensive specialist Terra Varney grabbed 19 digs and surpassed Heather Kniss for fifth all-time in career digs. Varney and junior outside hitter Klaree Hobart led Idaho with two aces.

Wyoming (6-5) scored first after an attack error from Idaho. Idaho continued to fight with six kills from Sharp in the first set.

A 5-0 run from Wyoming gave the Cowgirls a 26-24 first set win.

After kills from junior outside hitter Becca Mau and an ace by freshman setter

Megan Ramseyer, Idaho took the lead. The Vandals won the set 25-21. The Vandals took control in the early stages of set three with a 12-5 lead. Wyoming responded on offense with an 11-3 run putting the Cowgirls in front 16-15. A kill from Sharp helped Idaho regain the lead. The teams went back and forth, but Idaho escaped with a 25-23 win.

The fourth went Idaho's way with an early 6-1 run. The Vandals held the lead for a majority of the set. However, Wyoming bounced back and won the set 25-20.

The Cowgirls started the fifth set ahead. A kill by sophomore outside hitter DeVonne Ryster and an ace by freshman defensive specialist Tara Eaton helped close the gap on the board.

Errors plagued the Vandals and Wyoming took the 15-11 win.

Idaho plays Tennessee Tech 12:30 p.m. Friday and Oregon State 7 p.m. Friday.

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Sports briefs

XC preps for Gonzaga

The Idaho cross-country team runs in its first dual meet Saturday in Spokane against Gonzaga. The Idaho women head into the meet after a first place finish at the Clash of the Inland Northwest Sept. 1. The men's team took second.

Big save, big reward

Senior goalkeeper Torell Stewart was voted this week's Big Sky Defensive Player of the Week Monday.

Stewart made five saves against Boise State Sunday.

Idaho women's soccer coach Derek Pittman said he is happy for Stewart.

"It's a testament to the work that she has put in up to this point," he said in a news release. "I thought she came in exceptionally prepared for the preseason. She's playing with a lot of confidence right now, directing and doing all of the things that we're asking of her behind the back line."

Stewart made 14 saves in two games Sept. 1 and Sept. 4 in Hawaii. She has a 0.81 save percentage and 0.94 goals against average this season.

Second in the first

The Idaho men's golf team tied for 11th Tuesday during its first tournament of the year, the Itani Quality Homes Collegiate at Palouse Ridge Golf Course in Pullman.

Freshman Ethan Atherstone tied for second in his first tournament for Idaho. Atherstone stayed consistent with rounds of 70-71-70

Idaho men's golf coach David Nuhn noticed progress through the 54-hole event.

"We're starting to see glimmers of what I've been trying to get them to focus on," Nuhn said in a news release. "I like the fight I saw out of a lot of guys."

Senior Ryan Porch tied for 18th with three-over 216. Porch went 72-70-74.

Atherstone was selected Wednesday as Big Sky Golfer of the Week for his performance.

FOOTBALL



Tess Fox | Argonaut

Sophomore running back Isaiah Saunders hurdles over a Husky Sept. 10 in Seattle.

REGROUP

FROM PAGE 9

"We have to be a tougher football team and right now we're not," Washington State head coach Mike Leach said after the loss. "Right now we've got a bunch of jolly guys who will work their asses off at times, but as soon as anybody hits them or there's any adversity, we fold."

As the program rumbles its way to week three, this is the best time for a home game against Idaho. The Cougars need a win to inject some air into both a deflated program and community.

To Idaho's credit, the Vandals took care of business with a 20-17 win against Big Sky opponent Montana State Sept. 1. Saturday's game is over by halftime if Washington State plays at full potential. Idaho isn't efficient or deep enough at either end to keep pace with Falk and the team's aerial assault.

Washington State underwhelmed in last season's 31-14 win over Wyoming. The week three game had a similar feel and the same season implications as this year's week three.

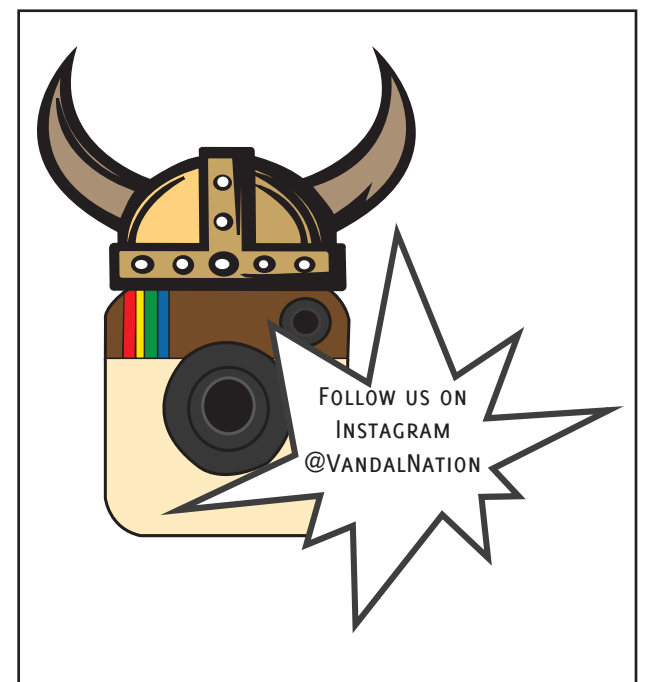
Washington State students and alumni may be stunned by Idaho's performance Saturday as the Vandals follow the Cougars closely. I won't be surprised though. Despite advantages in almost every aspect of the game, Washington State hasn't established a consistent winning culture.

For the Cougars to win and be a household name in the west coast elite, Saturday's game must be used as a stepping stone.

A winning program thrashes its lesser opponents as a tune up affair and does not need its head coach calling out players for having a lack of strength in order to salvage a season.

Against the Vandals, Washington State can get by on raw ability alone, but the Cougars struggle to play tough. It's important the team exceeds expectations on the field and beats a team the program had no business scheduling.

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SOCCER

Boogie boarding businesswoman

Megan Goo finds inspiration, advice in older brother

Tess Fox
Argonaut

Sophomore midfielder Megan Goo started playing soccer at 5 years old.

"I just remember being really little," she said. "One of my coaches' daughters was teaching us moves and footwork stuff. I remember it being so hard and then growing up and thinking like, 'I got that.'"

Megan and her brother Nick grew up playing soccer in their front yard in Kaneohe, Hawaii.

"We still do that, even though he's graduated," she said.

Megan said Nick's critiques have helped her improve her game.

"He would always give me pointers and come to my games," she said.

In high school, Megan planned on majoring in exercise science. Now, she's contemplating a business degree.

"I'm not sure exactly where it's going to take me," she said. "I just figured it's pretty practical and it

can branch out to a lot of things. My interest for business was just greater. (Exercise science) became less of an interest for me."

Megan enjoys spending her free time outdoors.

"I like just going on adventures and finding things to do," she said. "I love just going to the beach especially with my dad. He'd take me Boogie boarding and it was just so much fun."

This year, Megan currently lives with several other teammates. Spending most of their time together, Megan said they are all very close.

"We all get together and just chill," Megan said. "I just like to lay in bed and watch TV (after a stressful game)."

As a freshman, Megan started three games and made appearances in 21. She made her first collegiate assist against Indiana State Aug. 21, 2015. Her first goal came during the Vandals' 3-2 win against Montana in the Big Sky Tournament semifinal Nov. 6. She attempted 14 shots during the season.

"Scoring your first collegiate

goal, it's something very memorable," Megan said. "At the time I was just like, 'Woah, did that actually happen?' But I think it's an amazing feeling."

In high school, Megan played for the Lolani School and led the team to back-to-back Leahi Women's Championships in 2013 and 2014. Goo earned Hawaii Interscholastic League First Team honors in 2013 and second team in 2012.

Nick played collegiate soccer for Northeastern. Megan watched him go through the recruiting process, which led her to pursue soccer as well.

"Seeing him getting a lot of success from that I figured maybe I could do the same," she said. "He definitely had a really huge influence on the college process. The one pointer he had for me was to make sure I liked my coaches a lot."

Megan met Idaho head coach Derek Pittman at a soccer camp, just a few months before Pittman received the job at Idaho.

"There was a few people I had on my list of players to immediately go after and Megan was one of



Tess Fox | Argonaut

Sophomore midfielder Megan Goo drives down the field during Friday's game against Gonzaga at Guy Wicks Field.

those," he said. "I upped my interest when I got here to Idaho because I thought she would be a tremendous addition to our roster because she just brings so much creativity."

Pittman described Megan as a dangerous player during the attack.

"I think as a freshman coming in last year she struggled a little with the physicality of the game,"

he said. "Often in the position she plays for us she gets matched up against a bigger, stronger athlete. It took her a little while to learn how to use her quickness and her awareness of space to her benefit."

Tess Fox

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MEN'S TENNIS

Men's tennis takes over Cheney *Idaho men's tennis team prepares for EWU Fall Classic*

Brandon Hill
Argonaut

Tennis is usually considered a spring sport. However, this is not the case.

The Idaho men's tennis team starts its fall season Friday at the Eastern Washington Fall Classic in Cheney, which ends Sunday.

The Vandals prepare to take on conference and non-conference opponents, like Eastern Washington, Idaho, Gonzaga and Seattle U.

Last season, Idaho went 16-7 overall, with a 9-2 Big Sky record and an 11-6 away record.

The Fall Classic will be a test for the young team with no seniors.

Odon Barta and Jackson Varney graduated in May. Barta competed at the No.1 singles position in almost every match.

Six of the eight players on the roster are underclassmen. It will be up to juniors Felipe Fonesca and Mark Kovacs to take up the leadership roles left behind by Barta and Varney.

Kovacs had a strong performance in last year's Fall Classic. He made the finals in the No. 4 singles slot before falling to Eastern Washington's Robert Dula.

Fonesca saw the most success when he teamed up with Barta on the doubles court. The pair won third place, going 2-0 before

falling to Gonzaga.

Sophomore Lucas Coutinho impressed his coaches as a freshman in doubles play. Coutinho often teamed up with Kovacs. The two found success late last season and helped Idaho defeat Northern Arizona in the Big Sky tournament semifinals.

Kovacs and Coutinho were named Intercollegiate Tennis Association Scholar-Athletes over the summer.

During the offseason, Idaho added four freshmen to the team — Kooper Crow,



Carlos Longhi Neto, Esteban Santibanez and Guilherme Scarpelli. Without seasoned veterans leading the way, the team looks very different from the team who won second place at the Big Sky Conference tournament last season. After the Fall Classic, Idaho plays the Purdue Fall Invitational Sept. 23-25 in West Lafayette, Indiana.

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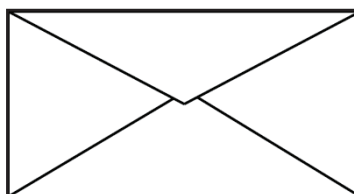
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OPINION



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OUR VIEW

Only eight miles

Friendship and rivalry aren't far apart for UI and WSU

The Vandal and Cougar football teams square off Saturday at Martin Stadium in Pullman, and the rivalry between the two teams has been a legacy of the Palouse for over 122 years. Still, the word “rivalry” implies bad feelings and heated match-ups — like what can be expected of the Vandals and the Broncos from down south.

While the Idaho/Boise State rivalry serves as an in-state clash of ruthless proportions, the rivalry on the Palouse is a different story because it is based solely on the proximity of the schools.

In reality, Idaho and Washington State have a beautiful friendship — a friendship where the football teams occasionally face off and the good-hearted nature of the two

programs livens up a weekend.

UI's relationship with WSU doesn't end with periodic matchups or close proximity. There are tangible connections that occur every day between the universities that many don't realize.

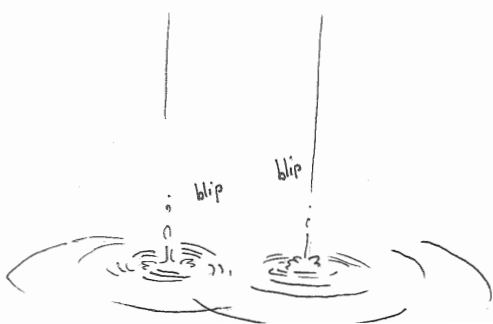
By pooling resources, the universities formed the joint School of Food Science in 2008. Students from both UI and WSU benefit from the merger, as it propelled the program to one of the best in the nation due to the combination of staff, facilities and research resources.

The universities have also coordinated study abroad programs so that students of both universities can take part. For the last two spring semesters, criminology students from UI have traveled abroad with criminal justice students from WSU. In the past, the groups have gone to London and the Netherlands in the company of professors from both institutions.

Beyond professional relationships, Vandals and Cougars have found trans-border friendships — sometimes even love. With only a handful of miles between us, having another pool of college students so close is almost like attending a sister campus. The Palouse is teeming with 20-somethings, among other age groups seeking a higher education, and the result is an extended community of compatible people.

It'll fun to pick sides this Saturday. School loyalty is a staple of college, and the fact that Vandals and Cougars are friendly neighbors makes it that much more fun to wage bets and trash talk. Let this Saturday be a reminder that Moscow is lucky to have Pullman so close, and vice versa. It's a battle and a friendship that will persist for the benefit of all.

— LK



JP Hansen
Argonaut

Weeding out dishonesty

This fall, California and Canada threaten to join Alaska, Washington and Oregon in legalizing recreational marijuana from the Arctic Circle to the Mexican border.

Those states — in addition to 25 others with medical marijuana programs — violate federal law.

According to the Drug Enforcement Administration, marijuana is a Schedule I controlled substance. It has a high potential for abuse and no accepted medical use. However, the White House has decided to not enforce the law and allow states to experiment with legalization.

The federal government's decision to look the other way instead of shifting to a policy that accommodates legal marijuana is representative of a drug enforcement apparatus defined by contradiction, inequality and intellectual dishonesty — born of drug prohibitionists and anti-prohibitionists alike.

Anti-prohibitionists have long argued that marijuana should be legalized and regulated like alcohol — as though the drug is some sort of success story. Alcohol distracts and kills in ways that we should all be familiar with on this campus.

In many ways, marijuana is not consumed like alcohol. Ingesting weed is fundamentally about becoming intoxicated in a way that drinking a glass of wine is not. Marijuana users more closely fit the profile of tobacco users than alcohol drinkers. The Washington Post reports a landmark study that found a poorer, less educated swath of Americans who smoke multiple times a day use a majority of the country's pot.

The idea of Marlboro pumping out spliffs and placing them in every corner store next

to the lottery tickets and malt liquor concerns me. Poor Americans do not need another way for corporations to suck money out of their chemical dependence.

Anti-prohibitionists appeal to personal freedom in order to dodge the difficult questions of how society manages more widely available marijuana. How can people be prevented from driving while high?

Are companies free to capitalize on addiction? Who is responsible when poor, marginalized people turn to marijuana?

Legalization comes with complex consequences that proponents are all too willing to ignore.

On the other hand, prohibitionists stifle crucial research and rely on outdated scare tactics in place of effective harm reduction. The DEA claims marijuana has higher abuse potential and lower medical value than cocaine and methamphetamine. It severely restricts research about marijuana while asserting that there is not enough research about marijuana to change policy.

Marijuana legalization shifted from a leftist pipe dream to a stark reality so fast that prohibitionists still rely on a style of fear mongering and demonization. This is quickly debunked when a young person meets someone who smokes marijuana and still manages to avoid homelessness and insanity.

The conversation needs an injection of science, and more broadly, an injection of honesty. It needs an honesty that accepts that marijuana is likely no more harmful than alcohol or tobacco — but that thousands

America needs honesty and science before marijuana legalization



die as a result of our collective failure to effectively manage those legal substances. It needs an honesty that recognizes the challenge and complexity in crafting sound drug policy. It needs an honesty that acknowl-

edges the ubiquity of class in how we talk about drugs.

No conversation about contradictory federal drug policy can be honest without acknowledging the human cost of the “war on drugs.” Minority communities bear the brunt of humiliating pat-downs, terrifying raids and constant suspicion despite, according to the U.S. Department of Health and Human Services, using drugs at rates similar to richer, whiter communities — communities like ours, where every weekend, students are free to drink, smoke and snort with relative impunity.

The current marijuana policy is insane in its inequity and irrationality. The solution is not unmoored legalization, nor is it the militarized prohibition that disrupts lives and families without lowering drug abuse rates.

I don't know what the answer is. But whatever it is, I'm sure that honesty will lurk in the background.

Appeals to a limitless personal freedom or a fundamental immorality in drug use do not matter to those who have seen the corrosive effects of alcoholism and drug abuse. They understand that reducing harm is far more important than tallying points in a meaningless culture war.

Danny Bugingo
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OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

A winning decision

Two years ago I visited both the University of Idaho and Washington State University, thinking that WSU would be “the one.” Needless to say, UI will always be a winner to me.

— Hailey

Rivalries

One of the best parts of the college experience.

— Josh

Football rivalry

Time to break out my temporary Idaho face tattoos and my silver and gold. It's college football.

— Mihaela

Trump

Not sure Dr. Oz is the best place to go to release your medical records, but I guess you already knew that.

— Erin

It's just pneumonia

If Hillary Clinton is deathly ill and uses her last years on Earth to save America from bigotry, her head better get chiseled into Mount Rushmore.

— Tess

Politics

Want to know what I think of the elections? Well, I will never spill the beans because I like to keep it to myself. Private thoughts are meant to be private.

— Luis

Science, nerds

China launches a second space-lab in hopes of creating a permanently staffed space station, a new planet is being born near TW Hydrae and Hawaiian crows can use tools. Who knew?

— Claire

Feelings, part 4/6

Pain, rage, fear all again it comes from within. You must play your part.

— Jack

Weekends

Expectation: get caught up, relax and start next week feeling refreshed.

Reality: relax, binge watch Netflix, start next week feeling more stressed than the last.

— Diamond

Layers

Fall is slowly coming, time to get new plush blankets and outfits.

— Catherine

Homework

A blanket fort you made at the beginning of the week — that you are still sitting in — just waiting for it to collapse on top of you.

— Nick

Facts for life

Ostriches have the largest eyeballs of any land mammal. Despite this they are notorious for running into obstacles. This is a metaphor for your brain when you graduate college. That is, if this Wikipedia fact is true, which is another metaphor ... for something.

— Kevin

Sleeping in

I'm still in bed at 3:30 p.m. I can't tell if I'm lazy or taking advantage of free time.

— Tea

My mom's favorite emoji

The salsa dancer.

— Lyndsie

Mainstream voter

Third parties threaten democracy

Winston Churchill once said that democracy was the worst form of government "...except for all those other forms which have been tried before." This election cycle more than ever has proven Churchill's words to be true. The democratic process has failed us, not because anything was rigged or pre-determined, but because the process was too democratic.

Donald Trump is not a byproduct of the Republican Party as a whole — many in the party viewed him unfavorably during the primaries and today still view him unfavorably, some even to the extent of endorsing Hillary Clinton.

The Republican Party, like the Democratic Party, is largely made up of reasonable people. The problem is that there was a massive over-saturation of nominees in the Republican primaries. Seventeen Republicans in total vied for the right to be named the official Republican presidential nominee, and many of the seventeen would have made, at worst, decent presidents and at best very good presidents.

Because most of the seventeen were rational people, all of the rational Republicans found themselves supporting differing candidates. Truth be told, there is very little difference between someone like Marco Rubio and Jeb Bush. The major difference is between Rubio/Bush and Donald Trump. If the establishment wing of the Republican Party had endorsed one candidate, the American people would be seeing a Republican president in office this November.

For instance, in a recent CBS poll, Republican nominee hopeful John Kasich was predicted to trounce Clinton in the general election if made the nominee. But the party did not find one reasonable candidate to back, and instead spread the election so thin that the angry, nationalistic mob has voted in a man completely unqualified to be president.

Many have said the solution to such a problem is to vote third party, yet this would simply perpetuate the same mistake. The sad reality of modern day America is that a large number of uneducated and uninformed people have the same right to vote as those that have

a semblance of an education.

These uneducated people are Trump's most fervent supporters, according to recent polls from Bloomberg created to better understand why people are backing the billionaire real estate mogul.

Now imagine a multiple party system where these uneducated, ultra-nationalists have their own party with a spot on the ballot every year. It has already happened historically, such as in 1932 Germany where six parties received more than one million votes, the most famous of these parties being the Nazi Party, which only received 37 percent of the vote but managed to dominate the five other fragmented parties.

This is the greatest cause for concern in a multi-party system. Although in theory, it is nice to have everyone's voice be heard, in practice the reality is the average person is woefully unqualified to be making such judgments. The average human is prejudiced against those of different religion, color, sexuality or regional origin, and many multi-party governments across the globe have entire political parties specifically constructed around racial identity.

One example stems from the United Kingdom in 2009, when the British National Party, a party of ultra-nationalists keen on sending immigrants and their descendants "back to their country of origin," won two seats in the British Parliament.

This does not mean I am anti-democracy. Democracy is thus far the safest and sanest form of government. But democracy has its weaknesses, and even our founding fathers recognized its ability to be tainted and corrupted by mob rule.

The two-party system has allowed this great nation to thrive for as long as it has. It creates a system where half of the country lays aside minor ideological differences for the sake of choosing one nominee to pit against another. This limits the possibility of the more radical parts of American society to undermine the entire nation, and ensures that both parties remain relatively moderate and rational.

If there is anything that this crazed, over-saturated election desperately needs, it's a little moderation and rationality.

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Sam Balas
Argonaut

For more opinion content, visit uiargonaut.com

Mailbox

Cat'astrophe

Cats are being killed on Moscow's University of Idaho campus. According to an article in the Idaho Statesman: "Two state agencies say the University of Idaho failed to seek approval for a program that trapped and euthanized feral cats on campus."

In a UI Argonaut article, Veterinarian Autenried said that the cats are trapped because they are wild, sick, "completely feral," and unmanageable. "The captured cats were a mixture of kittens and adults."

Feral: ferocious, vicious, savage. Savage kittens, then. Autenried claims he

"gives each cat a check-up." After which they are gassed, lethally injected and incinerated.

"I am a veterinarian, and I can tell a pet cat from a feral cat without a long evaluation."

That does not mean merely visual. That does not mean, "I spy with my little eye a cat in a trap who needs to die."

I see a grand irony worth mentioning. Cats are being killed on a college campus that has adopted the book "Soul of an Octopus" as their common read this academic year. The author, Sy Montgomery, will be on our cat-killing campus on Oct. 3. Montgomery talks about learning humility, compassion and empathy from getting to know and understand these marvelous

creatures named octopus. Accepting the challenges and differences between species is something that can only benefit and enrich the lives of our university students. Killing animals with no accountability is not the lesson I want my students to learn.

I have a Richard Feynman quote posted for my students on our BbLearn site:

"I'd rather have questions that can't be answered than answers that can't be questioned."

There are legitimate questions to be asked, from both sides of this issue. But trapping and killing cats on a college campus as an answer is indeed something that needs to be questioned.

- Elizabeth Sloan

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•Don't Breathe
R Daily (5:10) 7:40 9:55
Sat-Sun (12:20) (2:50)

•Mechanic Resurrection
R Daily (5:00) 7:30 9:50
Sat-Sun (12:10) (2:40)

•Bad Moms
R Daily 6:40 9:10

•Kubo and the Two Strings
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Sat-Sun (12:10) (2:40)

•Bridget Jones's Baby
R Daily (4:00) 7:00 9:40
Sat-Sun (1:10)

•Snowden
R Daily (3:50) 6:50 9:45
Sat-Sun (1:00)

•Hell or High Water
R Daily (5:05) 7:25 9:50
Sat-Sun (12:15) (2:45)

•Sully
PG-13 Daily (4:50) 7:20 9:50
Sat-Sun (12:00) (2:30)

•When The Bough Breaks
PG-13 Daily (4:20) 7:10 9:35
Sat-Sun (1:30)

•Light Between the Oceans
PG-13 Daily (3:30) 6:30 9:30
Sat-Sun (12:40)

•Don't Breathe
R Daily (5:10) 7:40 9:55
Sat-Sun (12:20) (2:50)

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UIDAHO.EDU/5K
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GUEST VOICE

Getting rest is best

Proper sleep is vital for students to get the most out of college

Sleep is not exactly synonymous with college students. Whether a student is staying up late to cram for an exam, to party or just to hang out, poor sleep hygiene can affect anyone's health, grades and moods.

According to the Centers for Disease Control (CDC), 31 percent of adults reported that they do not get adequate sleep in a 24-hour period. Sleep is one of the most underrated ways to improve a person's well-being. Whether it is mental or physical distress, sleep could be the answer to the problem.

According to the Sleep Foundation, sleep hygiene is defined as "a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness." The benefits to adequate sleep are enormous and can make a positive impact on grades, health and overall well-being. The CDC states that seven to nine hours of sleep every night is considered adequate sleep for people between the ages of 18-26.

Some practices that can help achieve this level of sleep include habits such as sleeping in a dark, cool room on a comfortable bed, finishing food two to three hours before bed, shutting down electronic devices (cell phones, tablets, computers and TVs) an hour before bed time, minimizing sounds and working out regularly, but no less than two hours prior to sleep. Sleep is the time that a person's body repairs itself, fighting off infections, repairing and building muscle tissue and consolidating working and short-term memory into long-term memory.

Snoozing, while it may seem like a waste of time to some, is vitally important to living a happy and healthy life. A lack of sleep can lead to many negative side effects, such as mood swings, weight gain, poor cognitive function and increased risk of illness. Some of the largest contributors to a lack of

sleep on a college campus are studying, staying out late or partying, and electronic media use.

In order to get a decent amount of sleep, it is important for students to prioritize their time and make sure that they try and get their work done early in the day, or well before the due date, not the night before it is due.

In regards to staying out late, it is not bad to do so once in a while, but it is important to wake up at the same time every day so that a normal sleep schedule can be maintained. Drinking alcohol may seem like it allows a person to sleep deeply, but it actually inhibits the body from reaching the deep REM cycle that is necessary to feel rested in the morning, so drinking alcohol should not be done right before bedtime.

Last but not least, some people do not realize the impact that technology has on sleep. Cellphones, tablets, computers and TVs give off "blue light" which stimulates a person's brain, allowing them to feel more awake than they would otherwise feel. Therefore, electronic devices should be shut off 30 minutes to one hour before bed, allowing the mind to relax and prepare for sleep.

There is a plethora of benefits for students when it comes to getting enough sleep. Higher GPA, increased energy, less weight gain, better moods and overall well-being are just a few. Taking the time to get some extra sleep is well worth it, and in doing so, college is bound to be a more enjoyable experience.

To learn more, come check out our Well-being Wednesday workshop on Sept. 28, 3:30-4:30 p.m. in the Commons Clearwater Room. Vandal Health Ed peer educators will guide students through a "Zzzs Get Degrees" workshop. Participants will learn more about the benefits of good sleep, why it is so important and ways to start taking steps to enhance sleep health.

Ian Middleton is a peer educator and can be reached at vandalhealthed@uidaho.edu

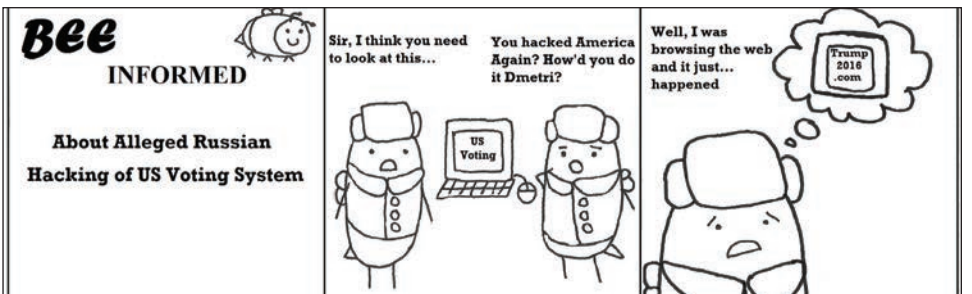


Ian Middleton
Vandal Health Ed

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