



Joleen Evans | Argonaut

Sophomore Jack England pets one of the therapy dogs from Palouse Paws Wednesday in the Idaho Commons Whitewater Room.

HEALTH

Supply and demand

Counseling and Testing Center seeing more students every year

Nishant Mohan
Argonaut

Counseling and Testing Center (CTC) Director Greg Lambert doesn't want students to sit on a waitlist for their first appointment for more than a week.

"We see every student who schedules an initial appointment," Lambert said.

Every year the University of Idaho CTC sees more people, including about 11 percent of the UI student body, who make appointments faster than the center's staff can grow.

Lambert said these increases are not

unique to UI's counseling center.

"There is increased demand for counseling centers around the country," Lambert said. "The increase has been a steady climb for the last 10 to 15 years."

According to the center's data, the center has seen an overall 12 percent increase in the number of students who scheduled at least one appointment with the center each year.

"It used to be slow at the start of the year as people got to know our center existed," said Sharon Fritz, licensed psychologist at the center. "Now, we're busy right from the start."

Lambert said there are a variety of reasons counseling centers are seeing more people. For one, he said people who

want to see a counselor are becoming more aware that the CTC is available to them.

For another, he said the stigmas that have kept people from realizing they want to see a counselor are decreasing through information and advocacy.

Fritz said stigmas have also been diminished by a greater need from the students.

"Rarely do I meet a student who is just going to school anymore," Fritz said. "They're working or in a relationship or have family issues or are dealing with less financial aid."

She said with advances in technology, students not from the Moscow area tend to remain better connected with their home

ARG
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communities than students did in the past and don't get to know their new community as soon. She said this results in more homesick students.

Lambert said the contentious presidential election had no significant effect on the number of appointments that were scheduled at the center.

"People aren't coming in just about the election," Fritz said. "But the people who came in, we heard from a lot about the election."

Lambert said the center has added a new faculty member to the staff every year for the past few years.

SEE SUPPLY, PAGE 4

DADS' WEEKEND

One special dad

Dad of the Year Award presented to Dennis Cochems

Nicole Etchemendy
Argonaut

Dennis Cochems, father of two Vandals, was awarded the Dad of the Year Award Dec. 2 during the halftime show of the University of Idaho vs. Georgia State football game.

"He treats this school like his own. I see him having more Vandal pride than half the students in my classes," Dennis' son, Cameron, wrote in his application essay.

Cameron and his brother Connor, both seniors at UI, accompanied their dad out onto the field, where Kathy Bernard, executive director of the Office of Alumni Relations, presented the award.

This award is given to one father every Dads' Weekend, and Kristina Godinez, Dads' Weekend committee chair for the Student Alumni Relations Board (SARB), said the board was proud to carry on the tradition.

"My dad shouldn't be dad of the year. He should be dad of the decade," Cameron wrote in his essay.

Godinez said the winner of the award is decided based on the essay written by the student. She said the student must explain the impact their dad has made in their life and how he inspires them.

The award is a way for the SARB to shine a light on fathers who go above and beyond to be there for their children, and there is no better time to do so than during Dads' Weekend, Godinez said.

"Thinking of who my dad is, and of all the things he's done in his life, and what kind of amazing person he is, I just hope I'm half the man he is," Cameron wrote in his essay. "I can't think of any person more deserving of this award."

Cameron wrote about how his father had a tough life as a child growing up in a dangerous area of San Bernardino, California, but he rose above all obstacles to pursue an education at his local college where he met his wife.

SEE DAD, PAGE 4

ASUI

New vacancy

ASUI Senate hears latest updates from cabinet, Botello

Taylor Nadauld
Argonaut

ASUI President Cruz Botello announced new vacancies in the organization at Wednesday's senate meeting, including one that will be of great importance come January — the ASUI lobbyist.

The position is currently held by Rachael Miller, who will graduate this semester. Botello said he wishes Miller well, and is now searching for someone who is qualified and ready to travel to Boise next semester to lobby for ASUI at the Idaho State Capitol.

Miller has been working on legislation to mark student transcripts in the case of Title IX violations and a bill, sponsored by Rep. Caroline Nilsson Troy, to grant residency fishing, hunting and trapping licenses and permits to nonresident, full-time students attending an accredited college or university in Idaho.

Sen. Tanner Beymer encouraged his fellow senators to be on the lookout for students who may be qualified and interested in the position.

"Rest assured that between President Botello and Director (McKenzie) MacDonald, things are being handled and taken care of and not to worry about it," Beymer said.

Botello said he has people in mind to take over the position, and will have a better idea of who he might appoint this week.

He said he is also looking for someone to fill the student defender position, who would be responsible for protecting students' rights under the Constitution, and the Idaho Commons and Union Board chair, who would be in charge of issues involving the Commons. The position could be of relevance soon, since Botello decided to move forward with plans to convert a space in the Commons into a student lounge.

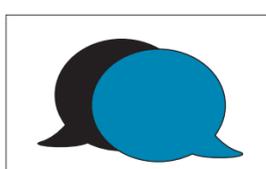
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Department of Student Involvement

GET INVOLVED!

Commons 302
www.uidaho.edu/getinvolved

CAMPUS CONVERSATIONS

let's talk!

CAMPUS CONVERSATIONS provide an opportunity to discuss controversial issues facing our community in a civil environment.

Dec. 1st | 12:30 pm - 1:30 pm
Idaho Commons Clearwater room



ASUI VANDAL ENTERTAINMENT presents "The Magnificent Seven" (PG-13) Seven gun men in the old west gradually come together to help a poor village against savage thieves

Dec 2nd | 8 PM - 10 PM
Pitman Center | Borah Theater

Town & Gown Soirees

ASUI TOWN & GOWN SOIREE

ASUI and the City of Moscow host an informal opportunity to strengthen connection as university, community and student leaders.

Dec. 6th | 5:30 PM
City Hall Council Chambers

REFLECTIONS GALLERY

College of Art and Architecture

MFA Art Seminar

Dec. 7th | 4:00 PM - 6:00 PM
Idaho Commons - Reflections Gallery

Senate Meetings

ASUI SENATE MEETING

ASUI Official Business is conducted, open to the public

Dec. 7th | 7 PM - 8 PM




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Check out what events are happening here at campus. Go to vandalSync.orgsync.com

A Crumbs recipe

Langkal

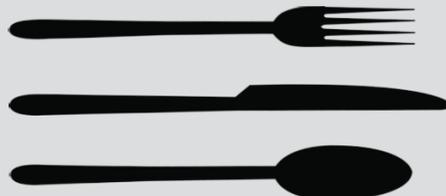
With the holidays coming up, it is easy to get caught up in traditions, be it your own or those of others. "Langkal" is a traditional, healthy holiday dish with Swedish origins.

Ingredients

- 2 bunches of kale
- Vegetable or beef buillon
- 2 tablespoons butter
- 2/3 cup cream
- Salt
- White pepper to taste

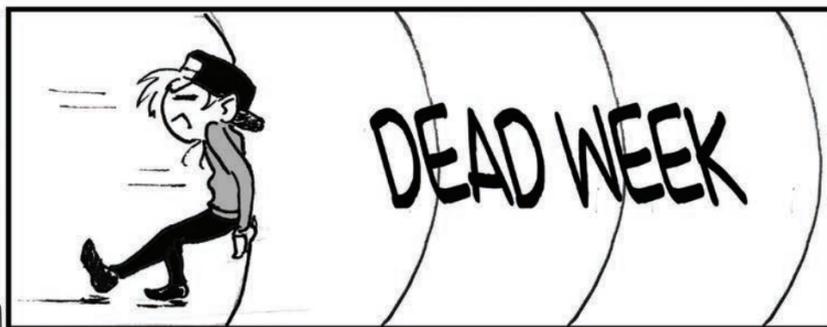
Directions

1. Rinse kale and tear leaves off the stems
2. Boil or steam in bouillon water for about 30 minutes. Drain the kale
3. Chop kale coarsely
4. Melt butter in frying pan
5. Mix in buillon
6. Mix in kale
7. Add cream
8. Add white pepper
9. Enjoy with ham and sausage
10. Freeze any surplus
11. Warm in frying pan with cream
12. Enjoy!



Nina Rydalch
can be reached at
crumbs@uidaho.edu

Snapback



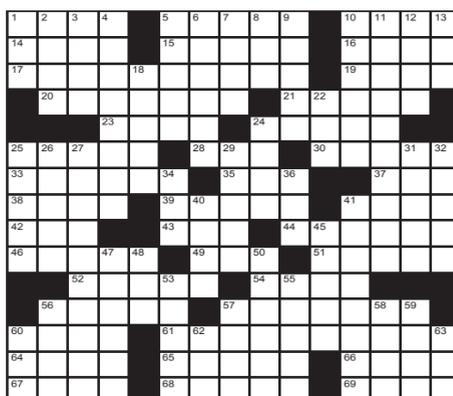
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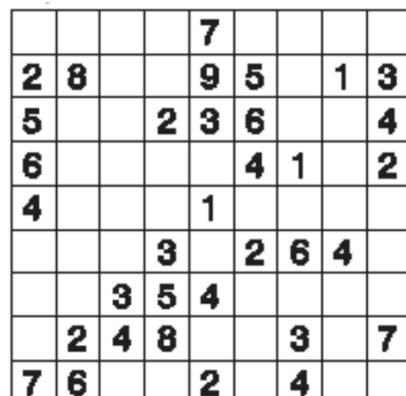
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SUDOKU



THE FINE PRINT

Corrections

Find a mistake? Email arg-opinion@uidaho.edu

UI Student Media Board

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public.

Questions? Call Student Media at 885-7825, or visit the Student Media office on the Bruce Pitman Center third floor.

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

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Letters Policy

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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CITY

No matter the weather

Moscow Winter Market provides local goods for the community

Savannah Cardon
Argonaut

Despite the cold December temperatures, the Moscow Winter Market continues to play a large part in the community, offering a wide variety of homemade goods, knickknacks and food for the community to enjoy.

With more than 30 vendors from all around the Palouse, from 10 a.m. to 2 p.m. Dec. 10, Feb. 4 and March 4, the Moscow community can buy local hand-made goods and fresh produce.

Whether it be freshly made tamales or hand-crafted necklaces, Moscow locals dedicate their time at the market to visit with friends, browse through vendors or simply sip a warm cup of hot chocolate.

Scattered around the 1912 Center in various rooms and balconies, vendors set up their stands, ready to talk to anybody who walked by.

Much like the Moscow Famers Market, which takes place during warmer months with vendors

lined down Main Street, the winter market takes place indoors so shoppers can keep away from the cold. But Dec. 3, the sunshine allowed some produce vendors to set up their stands outside.

The winter market brings local businesses and the community together, but it also provides individuals with the opportunity to listen to music and donate to local charities.

One of the local vendors that set up at the market, the Purple Paisley Quilters, is well-known for its handmade quilts, but the vendor also sells knitted gloves, hats and scarves.

"Whatever inspires us during the year, we sell," said Mary George, member of the Purple Paisley Quilters.

The Christmas spirit shines bright with the Purple Paisley Quilters, as all of the proceeds from the winter market are donated to local charities, George said.

"All the money that we make from what we do with our hobby here, we give to charity. So most are local charities like the Humane Society of the Palouse, the Moscow Food Bank and the Village Bicycle Project," said Judy LaLonde, another member of the Purple Paisley Quilters.



Diamond Koloski | Argonaut

Local businesses showcase their products at the Moscow Winter Market 1 p.m. Dec. 3 in the 1912 Center.

A different vendor at the market provided a unique spin on the market goods. Elinor Michel and Kathy Dawes, both members of the Moscow Sesitshaya Marimba Ensemble, set up their stand at the market to sell CDs to raise money

for a scholarship fund that benefits University of Idaho and Washington State University students.

Dawes said the Marimba Ensemble creates music from marimbas, drums and singers to produce CDs for a good cause.

"Our second CD just came out, it's brand new," Michel said. "We thought this would be a perfect Christmas gift."

Savannah Cardon
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arg-news@uidaho.edu

FACULTY SENATE

Reaching research goals

Janet Nelson aims to co-fund research start-up packages

Nishant Mohan
Argonaut

Janet Nelson said her office is working on a proposal for a centralized funding source to assist University of Idaho researchers in an update to Faculty Senate Tuesday.

Nelson, vice president for research and economic development at UI, said she will submit the proposal for a fund to match one-to-one funding put forward by colleges for start-up packages to the University Budget and Finance Committee next month.

Start-up packages are funds research colleges must provide, before a researcher has the preliminary results necessary to obtain grant money.

Vice Chair of Faculty Senate Patrick Hrdlicka said he knows firsthand some of the hardships involved in obtaining funding for research.

"It would be wonderful if there were opportunities for groups of various sizes," Hrdlicka said. "In the past five to 10 years, it has been very, very tough to grow from a small kernel of people into something bigger at this university."

Nelson said there is space for all sizes of research team in her plans.

Chair of Faculty Senate Liz Brandt said she noticed faculty in humanities often feel discouraged from doing research, not having done research before and not knowing where to start to obtain funding.

"The sort of cliff you fall off of when

you want to understand the whole research machine is massive," Brandt said. "I think there's more opportunity there than we have taken advantage of."

Nelson said her office can help faculty who have never been involved in grant-funded research to find funding.

Nelson said her office plans to focus on securing grants for research in fire science, dairy and cyber security and to work more with Idaho National Laboratories.

Nelson said while small project grants are still important, she wants to make sure her office secures a few of the available larger grants.

Sen. James Foster of the College of Science said he would like to see grants from the National Institutes of Health (NIH) included in the list of larger grants.

Foster said the two main NIH grants provide around \$10 million and \$60 million each, as opposed to most grants, which come in at a few million dollars at most. He said the NIH has the second largest grant budget next to the Department of Defense.

"We're extremely good at that research, too," Foster said. "We have experience doing them."

Foster said he thinks it was largely due to an NIH grant that the university passed the milestone of \$100 million in research expenditures that UI President Chuck Staben announced in his State of the University Address earlier this year.

Nishant Mohan
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News briefs

The University of Idaho will continue the suspension of Delta Sigma Phi fraternity for the remainder of the 2016-2017 academic year after finding that the organization violated university policies.

After initial allegations made in October about the fraternity's behavior, an investigation and review by Greek Community Standards Board found that the organization violated UI policies on drug and alcohol use, as well as hazing.

"Our Greek system is an important part of student life at UI, but we will not allow behavior that violates policy, and

our primary mission of education in a safe student environment," said Blaine Eckles, dean of students.

The policies had been previously agreed on in the Relationship Agreement signed by the fraternity and the university, which allowed first-year students to live in the house. As a result of the violations, first-year students cannot live in the house during the time of the chapter's suspension. First-year members who are under 21 must still live on campus.

The suspension could be lifted for the following academic year if the fraternity has an approved live-in advisor and fulfills other organizational requirements.



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Jazz Choirs Holiday Concert

December 9, 2016

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

Supported by Local area businesses and community volunteers

December 9, 2016
7:00 p.m.
ASUI Kibbie Activities Center
(North Concourse entrance)

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

University of Idaho



CRUMBS
on page 2

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HEALTH

Sweat off the stress

Student Recreation Center offers free yoga classes to reduce stress during dead week

Catherine Keenan
Argonaut

During dead week, student stress increases along with the number of responsibilities they have.

"During dead week ... students don't realize how much they deteriorate," said Peg Hamlett, fitness and wellness director. "It's kind of easy to get into a rut."

To combat the stress during dead week, the Student Recreation Center (SRC) will offer free yoga classes for students Monday through Friday. The hourly schedule is available on the SRC webpage.

"Everything is just so over-stimulated," Hamlett said. "Yoga is just so good, because it lowers the pressure."

Yoga gives students a chance to press pause during their chaotic schedules and focus on the moment, she said. Vinyasa yoga is her exercise of choice to de-stress, since it focuses on flow and relaxation.

"The focus will be on relaxation and balance," said Bella Pekie, faculty lecturer and instructor. "There will be no strenuous poses and students will be encouraged to let go of the critical nature of their egos and to focus on breath and enjoyment in the present moment."

Pekie said she will instruct Vinyasa yoga sessions extending to finals week from 11 a.m. to 12 p.m. and 12:15-1:15 p.m. Dec. 13 and Dec. 15 in the Memorial Gym.

Vinyasa offers a calming routine to unhinge any stress points on the body, while Tai Chi is an intense exercise that forces the participant to focus on the moment, Hamlett said.

"Sometimes, what (students) need is a

really hard exercising class," she said. "Tai Chi is something so hard that they don't have time to think about their tests."

The Counseling and Testing Center (CTC) welcomes students all semester, including dead week and finals week, said Sharon Fritz, licensed psychologist at the CTC.

A session on reducing stress will be provided 3-6 p.m. Tuesday in the Idaho Commons as well.

"We will teach students different stress-management techniques," Fritz said.

Hamlett said there are different methods that can be used outside of yoga or counseling to limit stress.

"Every hour, when you're studying a lot, get up for at least five minutes," Hamlett said. "Get away from the computer screen. Open up your back and chest."

During a test, stressing out is common, she

said. If a student does not know an answer to a question, she suggests to just breathe and simplify.

"We sometimes analyze ourselves into the worse test grade," Hamlett said. "Just relax. What's going to happen is going to happen. When we replay things over and over again in our heads, we just (add to the anxiety)."

She said when a student studies excessively, their mind closes. But taking a break can help recall important information. Sometimes students want to memorize material enough to regurgitate it, Hamlett said.

"What's important is that you take charge of feeding and nurturing your ... well-being," Pekie said.

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

DAD

FROM PAGE 1

Cameron wrote that he admired his father's job at the Orange County Juvenile Hall, as well as the time he spent with his children instead of taking time for himself.

Dennis was presented with a plaque as well as an autographed Vandal football, which he held with pride while taking photos with his two sons.

Since Dads' Weekend took place at a different time of year than normal, the students of SArb had to work extra hard this year to put together a new schedule of events to accommodate the weather. The change was both fun and challenging for the students, Godinez said.

"He's been to about 10 football games over my college career, and he's hoping to see his first win this weekend against Georgia State," Cameron wrote in his essay.

Dennis' wish came true as UI beat Georgia State 37-12.

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



Tess Fox | Argonaut

Office of Alumni Relations Executive Director Kathy Barnard congratulates Dad of the Year Dennis Cochems, as his sons Cameron and Connor laugh. The award was given during halftime of Saturday's football game in the Kibbie Dome.

SUPPLY

FROM PAGE 1

Lambert said although keeping up with staffing is important, there are other ways counseling centers can cope with the higher demand.

The International Association of Counseling Services recommends counseling centers keep one full-time faculty to every 1,000-1,500 students. Lambert said the center's nine full-time faculty maintains a ratio 1 in 1,280 students.

Lambert said special programs that approach mental health differently than general one-on-one counselors can help alleviate the burden on the counseling center.

He said the center has plans to hire or promote a clinician

to serve as a case manager to handle walk-in appointments and work with the community.

Lambert said the center already does a variety of preventative community outreach through its programs. These activities have included community screenings that Lambert described as "sophisticated self-evaluations" to help people determine if they should see a counselor.

He said he would also like to see a group counseling program set up to help more students at once who may not need one-on-one help. Lambert said for most, group sessions are just as effective as one-on-one sessions.

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

VACANCY

FROM PAGE 1

Botello said the cabinet has discussed possibly making improvements to the campus, including increasing lighting to improve student safety and addressing parking concerns.

"We will be exploring options as far as improving the parking situation," Botello said.

Beymer also announced that the Finance Committee will meet on Tuesday at 8 a.m. in the Well-spring Room to discuss a bill to allocate \$106.25 from the senate budget to the Office of the Presi-

dent. According to the bill, the money will go toward funding three rental buses to transport students to UI's men's basketball game at 6 p.m. Dec. 7 in Pullman.

Taylor Nadauld can be reached at arg-news@uidaho.edu and on Twitter @tnadauldarg

Argonaut Religion Directory

BRIDGE BIBLE FELLOWSHIP

Sunday Service 8:30 a.m. & 10:30 a.m.

Pastors:
Mr. Kim Kirkland Senior Pastor
Mr. Nathan Anglen Assistant Pastor

960 W. Palouse River Drive, Moscow
882-0674
www.bridgebible.org

Moscow Bible CHURCH

Meeting at Short's Chapel
1125 E. 6th St., Moscow

Sunday Worship Service — 10 a.m.
Christ Centered
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www.moscowbible.com

Pastor Josh Shetler. 208-874-3701

THE CROSSING

"Fueling passion for Christ that will transform the world"

Service Times
Sunday 9:00 am - Prayer Time
10:00 am - Celebration
6:00 pm - Bible Study
Thursday 6:30 - Bible Study on UI Campus - Commons Horizon Room

715 Tenth Way
Email: office@thecrossingmoscow.com
www.thecrossingmoscow.com
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Unitarian Universalist Church of the Palouse

We are a welcoming congregation that celebrates the inherent worth & dignity of every person.

Sunday Services, 10:00 am
Coffee After Service
Nursery & Religious Education
Interim Minister: Rev. Elizabeth Stevens

430 E. 2nd St., Moscow
208-882-4324
For more info: www.uu-palouse.org

First Presbyterian Church

A welcoming family of faith

Sunday Worship 10:30 am
Sunday College Group 6:30 pm
at Campus Christian Center
Wednesday Taizé Service 5:30 pm

405 S. Van Buren fpcmoscow.org
Moscow, Idaho 208-882-4122
Pastor Norman Fowler

ST. AUGUSTINE'S CATHOLIC PARISH

628 S. Deakin - Across from the Pitman Center
www.vandalcatholics.com

Sunday Mass: 10:30 a.m. & 7 p.m.
Reconciliation: Wed. & Sun. 6-6:45 p.m.
Weekly Mass: Mon. - Thurs. 8:30 p.m.
Saturday Mass: 9 a.m.

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

Evangelical Free Church of the Palouse

12/18, 12/25, 1/1
NO Sunday Classes
Sunday Worship & Children's Church: 10:10am

NO Youth Ministry on 12/25, 1/1
Middle School, 4-5:30pm
High School, 6-8:30pm

NO College Ministry
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SPORTS



Ernie Kent will be on the Idaho bench Wednesday.

PAGE 7

FOOTBALL



Top left: Junior quarterback Matt Linehan runs the ball during Saturday's game against Georgia State in the Kibbie Dome. **Top right:** Senior punter Austin Rehkow hugs his mother, Kim, before Saturday's football game in the Kibbie Dome. **Bottom left:** Senior safety Russell Siavii presents flowers to his mom before Saturday's game in the Kibbie Dome. **Bottom right:** Sophomore runningback Isaiah Sanders breaks through the defense during Saturday's game against Georgia State in the Kibbie Dome.

Tess Fox | Argonaut

Experience matters

Idaho ends the regular season 8-4 with a win over Georgia State

Brandon Hill
Argonaut

For 20 Idaho football players, Saturday was their last chance to show Moscow what they're made of.

The Vandal seniors put on a show during their final Kibbie Dome appearance, blowing out Georgia State 37-12.

"Nobody outside this building thought we could do what we did this year," Idaho head coach Paul Petrino said. "We went through some tough times but everybody kept fighting and everybody kept working. Today was a great day."

Wildcat quarterback Conner Manning made a mistake early when he fumbled on a run up the middle. Sophomore linebacker Kaden Elliss scooped up the loose ball and took off 54 yards to the Georgia State 14-yard line.

Junior quarterback Matt Linehan took

advantage of the short field by tossing an 11-yard touchdown pass to senior receiver Callen Hightower.

Manning responded with a 63-yard bomb to receiver Jawan Nobles, who caught the ball in stride and streaked to the end zone. A missed field goal by the Panthers kept Idaho in the lead 7-6.

Linehan spread the ball around.

After rolling right, he found senior tight end Trent Cowan leaping over a defender to haul in another Vandal touchdown.

Georgia State receiver Robert Davis started the second quarter with a bang. Davis bounced outside an underneath route and hurdled an Idaho defender to cap off a 20-yard run.

Manning threw an 11-yard touchdown pass. The Panthers missed the extra point again, and Idaho's lead stayed at two.

Senior tight end Deon Watson extended the Vandal's lead after catching a touchdown pass from Linehan.

On the next drive, Manning tried to fit the ball in a tight window between his receiver and senior safety D.J. Hampton. Both players simultaneously grabbed the ball, but

Hampton ripped it away for the interception. The turnover led to an Idaho field goal.

Georgia State attempted its own field goal, but the kick sailed wide right.

At the end of the half, Idaho led Georgia State 24-12.

Troubles in kicking seemed to be contagious. Senior kicker Austin Rehkow missed his 44-yard attempt in the third quarter. The miss was Rehkow's first since Idaho's game against Washington State Sept. 17.

Idaho's defense made up for the mistake after senior cornerback Jayshawn Jordan hauled in a bobbling interception.

Rehkow rebounded with a 23-yard attempt to put Idaho up 27-12.

Shortly after, the Panthers were forced to punt. Before the kicker could put the ball away, freshman defensive back Lloyd Hightower broke through the line and swatted it out of the air. Hightower scooped up the ball and ripped past the Panthers for a touchdown.

Jordan came up with his second in-

terception after a Panther receiver attempted a one-handed grab and tipped the ball in the air.

"I couldn't ask for a better way to end the season," Jordan said.

Rehkow punched another field goal to keep Idaho in front

37-12.

Elliss snagged his second turnover after Manning's pass was tipped by senior defensive lineman Tueni Lupeamanu.

After the game, Elliss said he thinks highly of Jordan.

"It's something special," Elliss said. "This is one of the last times I get to play with him. He's one of the best players I've ever played with."

Jordan had the second most tackles for Idaho with five, along with two interceptions.

"To go out on a win, it's a blessing," Watson said.

Idaho plays in the Famous Idaho Potato Bowl 4 p.m. Dec. 22.

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For more sports content, visit thevandalnation.com

WOMEN'S BASKETBALL

Vandals come up short

Vandals go 0-2 in the Maui Wahine Classic

Meredith Spelbring
Argonaut

The Vandals headed to the big island Friday and Saturday for the Maui Wahine Classic. Idaho matched up against No. 24 Oregon State (4-1) and UNLV (6-1) and fell short in both games.

Idaho faced off against Oregon State Friday, losing 60-49. The Vandals fought through the first half, heading into half time with a two-point lead with a score of 31-29. The Vandals lead the way by as many as 13 points in the second quarter.

However, the second half was controlled

by the Beavers. Oregon State earned an early lead minutes into the second half and held tight through the rest of the game. The Beavers limited Idaho to just 20 points.

Idaho shot just 32.3 percent from three-point range and 18-of-58 from the field.

Leading the way for the Vandals was sophomore guard Mikayla Ferenz with 10 points with four assists on the night.

Junior post Brooke Reilly made an impact in the first half with eight points in her 17 minutes of play.

Idaho head coach Jon Newlee said the Beavers wore the Vandals down in the paint.

"I liked what we were doing early," Newlee said in a press release. "I thought we were making some hard cuts and really executing our offense. Defensively, we were giving up too many points inside. I was dis-

appointed with our shot selection after we gave up the lead. It was still a four-point game with five minutes to go against the No. 24 team in the country. We were right there. I was really proud of our effort tonight."

Idaho came up short against UNLV with a 73-61 — its fifth consecutive loss of the season.

Idaho played a strong first half finishing with a 35-33 lead. At several points in the half, the Vandals extended its lead to double digits, with as many as 13 points on the Rebels.

It was a weak second half that gave the Rebels the win. UNLV kept Idaho to 28 points in the second half.

Junior post Geraldine McCorkell led the way for the Vandals with 14 points and 4-of-12 shots from three, giving her two

new career highs.

Reilly added 12 points including three 3-pointers and six rebounds.

"UNLV played harder than we did," Newlee said. "They wanted it more than we did in that fourth quarter and that has to change going into the Big Sky. I thought we did a really good job of executing our offense in the second and third. We were getting all the looks we wanted. We ran our sets and ran our plays great. Defensively, we just could not shut them down."

Idaho heads on its eighth road game of the season against Wyoming at 5:30 p.m. Friday in Laramie.

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

MEN'S BASKETBALL



Dean Hare | Courtesy

Washington State men's basketball coach Ernie Kent talks to team members during the Jan. 9 game against Washington at Beasley Coliseum in Pullman. The Cougars lost 99-95.

Greater than the game

Idaho and Washington State men's basketball coaches raise awareness for cancer

Tess Fox
Argonaut

Wednesday's men's basketball game is more than a sports event.

The Vandals play Washington State in the Battle of the Palouse, the longest standing basketball rivalry on the western side of the Mississippi River.

In September, the game received another twist.

Idaho men's basketball coach Don Verlin served as the honorary chairman of the 15th annual Coaches vs. Cancer Gala Sept. 24 in Spokane. Verlin offered a Vandal basketball package, giving the highest bidder the chance to be an honorary Vandal basketball coach. The item included pregame hang-time, sitting on the bench during the game and calling the first play in the game.

The live auction for Verlin's item was holding at \$600, when seconds before the auctioneer said "Sold," someone bid \$2,000 for the item.

The bidder? Washington State men's basketball coach Ernie Kent.

"When it got kinda stalled, I didn't think it was going for enough," Kent said. "Here's the chance to do something coaches very rarely do — allow other people to step into their environment, around their team, on the day of a game, sit on the bench. That's a lot."

Kent said he hoped to drive the bid up and encourage others to continue bidding. "And, I thought it would be pretty funny," Kent said. "It was just a spur of the moment thing. I was just sitting there like, 'I think I'm going to bid on this. I think it'd be pretty funny.'"

Verlin didn't immediately realize who had bumped up the bid almost \$1,500 on his item.

Then he turned around.

"He was sitting behind me and when the bid came in ... and I just laughed," Verlin said. "I thought, 'Wow, what a great thing to do.' I thought Ernie did a great job stepping up."

If Kent puts a similar item up for bid next year, Verlin said he plans on bidding on it.

Verlin and Kent have known each other for over 20 years.

"He's a great guy who stands for the right stuff," Verlin said. "I really believe it was a great moment in that event."

Kent said using the rivalry game will help bring even more awareness.

"For something like this to be brought to the national attention level, it would take two coaches," he said. "For a brief moment, we can put the winning aside to bring awareness that will be greater than the game. What a better way to bring awareness."

The event raised \$110,000 in support of the Spokane American Cancer Society.

Coaches vs. Cancer is a collaborative program between the National Association of Basketball Coaches and the American Cancer Society to make a difference in the fight against cancer by empowering coaches, teams and local communities.

The duo hosts Suits and Sneakers annually in the last week of January. Coaches and staff members dress in suits and sneakers at games throughout the week, across the country.

Verlin and Kent's involvement with Coaches vs. Cancer is personal — both men lost their fathers to cancer.

"I lost my dad in 2000," Kent said. "It's an event we put together to raise awareness for the fight against cancer. It also brings awareness to what we do as coaches."

Verlin said he didn't realize they shared this.

"It's really cool for it to come full-circle," Verlin said. "We both have a passion for raising money for cancer because it's affected

our families greatly."

Verlin was the honorary chairman for the September event. Kent was the event's honorary chairman in 2015.

Kent said he is looking to give some of the original package he won to the next highest bidder.

"Let them go to practice, let them shoot around, let them spend the day with the team," he said. "I think that's something neat for them to do since they bid on initially. What I would hope to do, and what we would hope to do in all this, is sit on his bench for the jump ball and then go about coaching our teams."

Kent said being on the bench, even for a moment, will bring awareness to cancer.

"I don't think it's ever been done in college basketball," Kent said. "I've never seen that before."

Verlin said he doesn't know what the exact game-plan is yet.

"Whatever it is, it's for a greater cause," he said. "Obviously, the game's a big deal. But the focus — at the start of the game anyways — needs to be on cancer research, cancer awareness, cancer survivors. That's what we're really trying to do."

Kent said he doesn't know if Verlin will let him call a play.

"I'd be more than happy to call a play," Kent said. "I can tell you we're going to score on that play, but I don't know if he'll go that far. We'll have to wait and see."

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Tess Fox | Argonaut

Idaho men's basketball coach Don Verlin watches Saturday's game in the Memorial Gym.

HISTORY

Some familiar foes

The Battle of the Palouse has stood the test of time in Moscow and Pullman

Brandon Hill
Argonaut

Crimson vs. gold., West vs. East., Cougars vs. Vandals.

The rivalry between Idaho and Washington State hold a special place in the heart of many Palouse residents.

Separated by eight miles of farmland, Pullman and Moscow are similar. Both cities revolve around their respective schools and have a strong student community.

Naturally, the proximity gave birth to one of the longest running rivalries in American sports.

The bitter feelings between the two school don't reach the levels of Idaho and Boise State or Washington and Washington State, there is still little love lost between the neighboring universities.

The rivalry began in 1906. The Vandals paid a visit to then-Wash-

ington State College. According to the Washington State website, a crowd of 800 was in attendance for the first game.

By today's standards, the game was a defensive spectacle. The Cougars outscored the Vandals 28-11 in the first annual meeting.

The Vandals finished the year 3-3. For the Cougars, the win led to a 5-4 finish.

The teams met every season thereafter for 110 years, making it the sixth longest running rivalry in NCAA basketball.

The Cougars lead the series 162-109. The Cougars have the longest win streak with 12 consecutive wins, dating back to the mid-1910s.

Commonly referred to as the oldest rivalry west of the Mississippi, the Battle of the Palouse continues Wednesday in Pullman. The game will be the 272nd meeting between the Vandals and Cougars.

Idaho pulled two consecutive upsets against Washington State in 2014 and 2015. The win at Cowan Spectrum broke several streaks for the Vandals.

Idaho had failed to win back-to-back meetings against the Cougars since 1990. The Vandals also could not protect their home floor, as Washington State won every meeting in Moscow since 2002.

The rivalry stands as the one consistent opponent for the Vandals. Since the "nasty and inebriated" incident with Boise State, the rivalry between the Broncos and the Vandals ceased to exist.

The meetings for the two football programs have become a chance passing between two old acquaintances. The Vandals lost 56-6 Sept. 17 in Pullman.

No matter who comes out on top, the rivalry still stands as one of the most durable in the west, and will continue to bring excitement and enthusiasm to the Palouse for years to come.

Idaho and Washington State tip-off 7 p.m. Wednesday in Pullman.

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PARKING

Navigating Pullman

Fans have options for Wednesday's basketball game in Pullman

Colton Clark
Argonaut

Pullman, and Washington State, are foreign entities to most Vandal fans. There are several ways to get tickets and find a way to Pullman.

Tickets

Tickets for sections 22, 23 and 24 can be purchased for \$8, cash only, from 5-5:45 p.m. at the Kibbie Dome pregame rally in the gravel parking lot.

Washington State is selling tickets at wsucougars.com and Idaho is selling tickets on govandals.com. Tickets are between \$8 and \$14.

Bus

ASU is hosting three shuttles to Pullman. The buses leave at 6 p.m. from the Kibbie Dome tailgating lot. The bus seats are limited. To ensure a seat, plan to arrive early. There will be free hot dogs in store for the first 170 people. Be sure to bring a valid student ID, Vandal apparel and a ticket to the game.

Parking

Pullman seems confusing when compared to UI, but many rules are similar. Arriving early will ensure a favorable, free spot.

The lot south of Johnson Hall on Stadium Way has free parking after 5 p.m. and is available one-and-a-half hours before tipoff.

Parking-passes can be purchased at \$10 per vehicle for the Red 2 lot east of the indoor practice facility on Ferdinand's Lane.

The library garage costs \$3 to park after 5 p.m. The garage is a little over half a mile from the Coliseum.

Keep an eye out for signs that read "No parking without a permit," and "No parking," as parking in these areas will earn a hefty ticket.

Free general parking areas are spread out on campus. These lots, mostly located around Martin Stadium, are free to use after 5 p.m. Disability parking is provided in the lot on the north and east side of Beasley.

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MEN'S BASKETBALL



Tess Fox | Argonaut

Senior point guard Pat Ingram passes the ball during Saturday's game against UC Davis in the Memorial Gym.

OPINION

The Battle of the Palouse Sticking like glue

Idaho men's basketball team needs to pull together as a team to survive Wednesday

Idaho's top scorer, earning a season-high 29 points against South Dakota State Nov. 21.

The Vandals have dealt with injuries before too.

It was the theme of a long stretch of conference play. Initially, Callandret was out and Sanders stepped up and averaged almost 30 points a game. Then disaster struck and Sanders was out as well. Those injury-ridden weeks were some of my favorite, because the Vandal bench really stepped up and played great basketball.

Freshman guard Trevon Allen, who stepped in Callandret's place at point, scored a career-high 10 points in 21 minutes against Sam Houston State Nov. 25.

Freshman guard Myles Franklin, also playing point guard, earned seven assists versus Little Rock Nov. 18.

Senior point guard Pat Ingram came off the bench for a career-high 23 points against South Dakota State Nov. 21. Ingram was responsible for Idaho's only lead during the game.

Junior guard Chad Sherwood, sophomore guard Jake Straughan and freshman guard Tyler Brimhall have come off the bench in the last year to lead the Vandals.

Already, Verlin has had a chance to give his bench quality minutes against tough opponents. This will only help Idaho against Washington State.

Returning bench players now have more experience than they would have if injuries didn't continue to be an issue.

The Idaho men's basketball program is at a tipping point. The Vandals earned a 21-13 overall record during the 2015-16 season, the best overall record in over 20 years.

Winning three times in a row and working towards a better nonconference record gives Idaho an advantage going into Big Sky Conference play. BSC is a tough, guard-heavy league. The Vandals need to be ready come Dec. 30.

Idaho needs to be even more ready for Wednesday. Anything less than 100 percent effort will make for a sad bus ride home.

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'Heck of a win'

Buzzer beater from Jordan Scott gives Idaho its third win at home



	1ST	2ND	TOT
IDAHO	26	42	68
UCD	27	39	66

TOP PERFORMERS

BLAKE — 17

EGBERT — 14

ALLEN — 4

UP NEXT

AT WASHINGTON STATE

AT SOUTH DAKOTA STATE

Memorial Gym was filled with Vandal dads to watch the Idaho men's basketball team win 78-76 over UC Davis Saturday.

"Heck of a win," said Idaho head coach Don Verlin in a press release. "Heck of a play there by Myles Franklin. First of all, Pat Ingram with the rebound there on that free throw and getting it to Myles so he can hit the open guy, and Jordan laying it in. What a great way to finish a great day for the University of Idaho, with football winning its eighth game and us getting a win over UC Davis."

It was the final seconds of play that made the game.

Idaho held a three-point lead with 21 seconds to play when the Aggies earned a one-point lead from the charity stripe.

A foul by junior small forward Jordan Scott gave the Aggies a chance to tie the game. Idaho called a timeout.

Aggies' Brynton Lemar missed the free throw attempt. Senior point guard Pat Ingram rebounded and passed to freshman point guard Myles Franklin. Franklin lobbed the ball down to Scott, who laid the ball in for Idaho.

The Vandals (4-3) have a

3-1 record at home.

Throughout the first 20 minutes of play, the lead flipped back and forth between the two teams. The Vandals held the lead until the seventh minute of play. A run from the Aggies put UC Davis up 27-26 at the half.

Junior forward Brayon Blake earned 17 points during the game. Blake kicked off scoring in the second half with a layup to give Idaho the initial go-ahead. He earned 12 points in the second half.

Idaho dropped 8-20 from the free throw line. Only senior forward Ty Egbert made a pair in the 12th minute of the second half to cut the Aggies' lead to one point.

Egbert scored 13 points in 14 minutes of play.

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Another Pac-12 flop

Washington State is running an inefficient game and will pay for it in Wednesday's game

“

...but given the sparse attendance at Beasley Coliseum so far, perhaps it should be declared a neutral-site game.

By now, even the most casual of Washington State men's basketball fans know this year's narrative.

The team lacks an interior presence on defense. Members don't fit the high-octane, isolation offensive system Cougar head coach Ernie Kent employs. There's still no clear leader on the floor.

Saturday's latest home shellacking was a 70-54 loss to New Orleans, a squad that traveled over 2,500 miles for its first win over a Pac-12 team since 1998.

This only reaffirmed my beliefs — Idaho (4-3) has every right to be favored in this contest.

After all, the Vandals have claimed the past two meetings between the two schools with a 78-74 win in Moscow in 2015 and a 77-71 victory at Beasley Coliseum in 2014.

The final scores do not give Idaho justice.

The Vandals controlled the paint, while Washington State (3-4) struggled to hit its outside shots in both games, despite the single-digit difference in final scores. Idaho runs a more efficient program.

Sure, the Battle of the Palouse is technically a road game for Idaho, but given the sparse attendance at Beasley Coliseum so far, perhaps it should be declared a neutral-site game. I bet the number of Vandal fans and Cougar fans will be about even.

It's a shame to see hard times fall on the Cougars.

However, it's understandable at Idaho, the men's basketball program carries greater significance with its undergraduate and alumni fan bases, compared to Washington State.

Kent and some team players have said it is difficult to play a good game when there is a lack of energy from the Cougar crowd.

This just sounds like another excuse to me. I find no fault in students who prefer to hit the books than sit in a cavernous arena and watch a scatter-brained team.



Braden Johnson
The Daily Evergreen

three players, leaving much of the starting lineup in tact.

When Wednesday night rolls around, I'll be at Beasley for the game. Certainly I could put those two hours toward my pile of homework, but it's my job.

At the same time, I have a pretty good idea of how the game will go, and I think most people do too — another Idaho win.

Idaho, relish this golden opportunity to take a third-consecutive game from a regional, Pac-12 rival that gleefully pokes fun at the Vandals' conference affiliation.

A Big Sky team shouldn't be outperforming its neighboring Pac-12 rival, though that's exactly what is happening. Ultimately, I don't blame anyone for tuning out the Washington State men's basketball team until the Cougars win in the Battle of the Palouse.

Tipoff is 7 p.m. Wednesday in Pullman.
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A&E

QUOTE OF THE DAY

“A loving heart is the truest wisdom”
— Charles Dickens

COMMUNITY

Just a little something



Joleen Evans | Argonaut

A family takes a selfie in front of the Christmas tree at the first annual tree lighting Thursday night in downtown Moscow, an event that will soon become a city tradition.

The first annual Moscow Tree Lighting

Mary Emert
Argonaut

The community held its first Annual Winter Wonderland Tree Lighting in downtown Moscow's Friendship Square Dec. 1.

Moscow Mayor Bill Lambert gave a brief speech and then the tree was lit.

The crowd filled with pride for their city and this new tradition.

Jen Pfiffner, a local involved in the tree lighting ceremony, said a tree hadn't been lit in Moscow for at least 40 years and even then there is not any historical record of previous tree lightings.

Pfiffner said Heather Niccoli proposed the tree lighting idea to the city.

“She remembered it happening a while ago and wanted to see it brought back,” Pfiffner said.

The news of a possible tree spread quickly throughout the community, and locals rallied together to sponsor the event.

“The city, local businesses and just citizens, all volunteered to make this possible,” Pfiffner said.

Pfiffner said she hoped that the tree would bring the community together.

Several local businesses downtown contributed to the tree lighting and put up their own lights to add to the festivity.

Next to the tree was an extensive thank

you list to all of the sponsors.

In his speech, Lambert also thanked everyone who came together to create the event.

“It wouldn't have been possible without them,” he said.

A few hundred people watched the lighting in and around Friendship Square, which wrapped the crowd down Main Street.

People gave out warm drinks and slices of pizza. One World Cafe invited people in out of the cold.

Jacob Kramer and Jacelyn Johnson said they were there to start a new holiday tradition with their 14-month-old son James.

“I found out about it from people I knew at Avista, and others who got the tree here, and she found out about it through Facebook so we decided ‘Hey why not,’ and it's

been fun for us as a family,” Kramer said.

Johnson said their son enjoyed the tree lighting.

“We just wanted to do something special with him, since this is his first year out, and we'd like to do something like this every year as a family,” Johnson said.

Kramer said the tree lighting brought together many areas of the community.

“I think it's really nice because Moscow has such a diverse community and this brings out a lot of locals aside from the student population,” Kramer said. “It's just great to see so many people come together to make this fun.”

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STUDENT LIFE

Cheer in the commons

The University of Idaho had a day of Christmas cheer in the Idaho commons

Sam Balas
Argonaut

The Idaho Commons buzzed Dec. 1 as two University of Idaho organizations threw events to extend holiday cheer to students and faculty.

In the Cedar Grove Room, students could snap a free picture with the mascot of Christmas himself — Santa Claus.

UI Career Services orchestrated the event in an effort to reach out to students who may not be aware of the services they provide to both students and alumni.

The duties and honor of portraying jolly St. Nicholas fell on Junior Dinko Garibovic. Although this was the first time Garibovic ever acted as Santa Claus, he felt well prepared for the job.

“I watched a few Christmas movies just to get the voice down,” he said.

But he was concerned the rush of college students wanting a picture with Santa would ruin his chance to ask students what they want for Christmas.

Jamie Garlinghouse, a Career Services employee relation specialist, orchestrated the event.

“This has been one of our traditions. We really like the time of year it happens because it's right before finals and people are needing a break from studying,” she said. “It's a chance to put your hair down before the semester ends.”

Garlinghouse found the event to be an exciting opportunity to bring some holiday

cheer to the Idaho Commons.

“I think for me Santa represents being jolly and happy and spreading good cheer. Almost an ambassador of goodwill,” she said.

While Garibovic was busy taking pictures with students, the Vandaleers, a UI student choir, sang Christmas carols.

“Every year, the Vandaleers try and take some of our music and get out of the walls of the music department. We usually perform in the rotunda for the enjoyment of students and faculty,” said Director of choral activities, Michael Murphy. “We were asked to be a part of a holiday greeting with President Staben and Doctor Mary Beth Staben.”

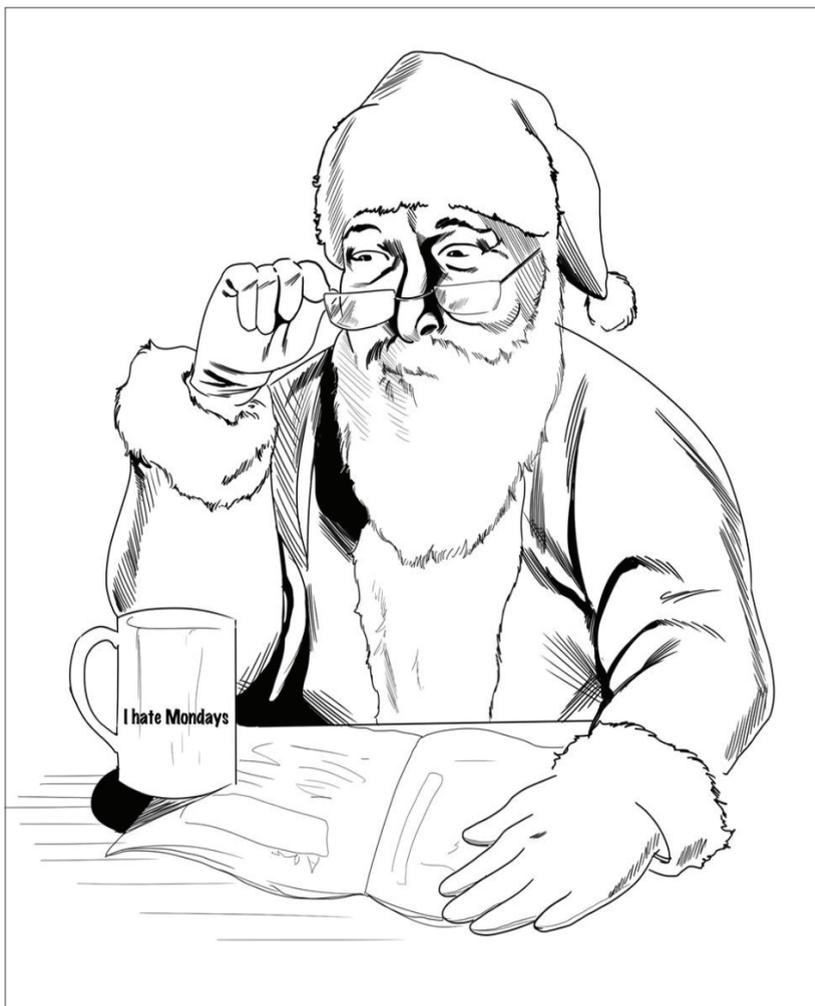
During the Vandaleers' performance, several photographers captured the group as passersby stopped, listened and took photos. The university Marketing Department was there to capture the event for the UI holiday promo.

After the Vandaleers sang a rousing rendition of the holiday fight song, Staben gave a message of holiday cheer to those listening live and on camera.

As cameras rolled and other Vandals listened, President Staben said, “From our Vandal family to yours, happy holidays.”

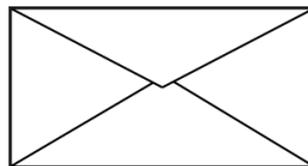
“Holidays are special and we want everyone to celebrate along with us,” Staben said. “It's important that people celebrate the university. Mary Beth and I can be very visible proponents of the university. I think it's a really fun way to make the university visible to the alumni, our friends, the students, and our staff and faculty.”

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Blake Coker | Argonaut

OPINION



Send us a 300-word letter to the editor.

ARG-OPINION@UIDAHO.EDU

Prioritizing the mind

With Counseling and Testing Center understaffed, students must fend for themselves

For many college students, the last week of the semester is a flurry of last-minute assignments, projects and papers as final exams loom on the horizon.

With most of the attention focused toward a formidable academic workload, it is easy to forget one of the most important things to consider during finals: mental health.

The scholastic pressure in the closing weeks of the semester often result in increased levels of anxiety and stress, as students scramble to make up for previous procrastination and end the year on a strong note.

The culmination of coursework can often overwhelm and discourage students who are just trying to survive the week. In addition, many graduating seniors may be experiencing apprehension as they inch closer to the search for an entry-level job.

Unfortunately, many students at the University of Idaho will not receive the encouragement they need to combat anxiety on campus this fall. The Counseling and Testing Center is currently overscheduled with student requests due to understaffing and a lack of resources.

The organization consistently helps students by offering everything from crisis

management to career guidance. Without the Counseling and Testing Center to provide support, many students are left to fend for themselves during one of the most difficult academic periods of the year.

According to data from the 2015 National College Health Assessment, 30 percent of college students reported negative academic performance because of stress, while 85 percent felt overwhelmed with the academic workload they faced.

With the impact of stress prominent throughout the entire campus, it is important for students to have an outlet to manage the detrimental effects of anxiety.

Although self-help methods exist, UI administration should recognize the increasing need for a campus presence to help students cope with extremely high levels of stress and anxiety.

For students who need immediate aid, there are several methods that may help lower stress. Reducing the consumption of caffeinated products will help students avoid a jittery feeling, while exercise and meditation can jumpstart a feeling of relaxation in the body.

But perhaps the most important aspect is to consider is sleep. It may be tempting to fight through grogginess into the late hours of the night to study for a final exam,

but studies have consistently demonstrated a better academic performance for students who get a good night's rest.

Although self-help methods exist, it is no excuse for the issue

of understaffing at the Counseling and Testing Center. Many individuals rely on these counselors to address personal issues, and the lack of attention from administration showcases a disregard for the mental health of students.

More priority should be placed on keeping students healthy, as studies show healthy students perform better academically. While much of this correlation may be confounded by the fact that students who are predisposed to do better in school are also likely predisposed to be healthier — the connections do reinforce each other in a student.

The university has consistently invested in the health of the student body in the name of academic success, as is evidenced by the change in tobacco policy and the hosting of events like "Pause for Paws." The university should continue in this vein by addressing the current issues within the Counseling and Testing Center.

— JG



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OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

A little reminder

Life goes on.

— Tea

Potato Bowl

Eternally grateful that our football team got their lives together just in time for my senior year. Can't wait to see my fellow Vandals in Boise Dec. 22.

— Erin

RIP

This is our first holiday season without Harambe in almost twenty years.

— Tess

Fines

Over the NFL threatening to fine a player wearing Ali cleats, but not Harambe.

— Luis

I am tired

My name is Griffen. I am very tired. The record for least sleep consistently is by two Australian men who slept only three hours a night and held jobs in the business sector.

— Griffen

Here we go

We all know that dead week is basically just a slap in the face before finals week.

— Hailey

Rudolph

I don't know about you, but I certainly wouldn't feel comfortable guiding an international flight schedule during my first day as an employee.

— Josh

Potato Bowl

Congratulations to the Vandal football team. I can't wait to cheer you guys on in Boise.

— Diamond

Ded week

Because it kills you to get an A.

— Claire

Going bowling

Every time the Vandals head to Boise for a bowl game they come home with a victory. #threepat

— Mihaela

Icy pavement

I've been walking around like the world is made of roller skates just to make sure I don't die.

— Jack

Survival kit

Here's to some amazing groups during finals and dead week. Studying in a group is so great for discussing topics rather than regurgitating material.

— Catherine

Cold

It's really cold outside ... I don't know how to feel. Finals. Brrr.

— Kevin

Sentimental and Monday

It's a Holy Holy song — and its worth checking out.

— Lyndsie

DECEMBER 6



Le Hall
Argonaut

The classy clickbait

Readers should be aware of the authenticity of the news

I have a dirty secret — one that I've tried to justify over and over again, but is no less shameful. I'm a college journalist who prides herself on staying informed about the world and it's goings on and yet, I sometimes only read the headlines that grace my Facebook feed. I'm too busy to read the actual story, I tell myself. I'll come back to it later.

It's only after I try using the little information gleaned from a headline in a conversation and am questioned about the article that I have to admit, "Well ... I didn't actually read it."

As ashamed as I am of this bad habit, I am not alone.

A number of individuals capitalized on this common behavior this past election season by creating fake online news sources with vague, generic names and sensational headlines.

"News sources" like the Denver Guardian and the Baltimore Gazette aren't professional publications, but rather bare bones websites with non-working links and fake street addresses created to get clicks, and more money from advertisers, on fabricated stories.

One story claimed Pope Francis had endorsed Trump. Another, that an FBI agent suspected in the Hillary Clinton email leaks was found dead. NPR reported that the latter story was completely false, but was shared on Facebook over half a million times.

The analytics company Jumpshot found almost 80 percent of users who interacted with these websites did so through Facebook.

They also found that these false news sources were by and large more popular than actual news sources, such as the New York Times, which received only 20 percent of Facebook's web traffic, and CNN, which received 11 percent.

Mark Zuckerberg, the company's founder, has since outlined initiatives that Facebook will employ to crack down on fake or misleading news sources.

Google was also criticized when the top search result for "election vote count 2016" was a fake news source that claimed Trump, who won the Electoral College, was ahead of Clinton in the popular vote. The New York Times reported that the company said it would ban websites that produce fake news from using its on-line advertising service.

It's the responsibility of a professional publication to ensure the accuracy and credibility of the work that is being produced.

That being said, there will always be journalists who are more interested in making up the facts than finding them and there will always be individuals who see how the public interacts with the media and find ways to exploit that relationship. It's important to remember that the few reporters who encourage sensationalistic reporting often receive more public attention than the many exceptional storytellers who value honesty and accuracy above how many clicks their stories receive online.



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Saying thanks too late

Americans flood social media with gratitude that came too late for Obama and Clinton

Most of the nation was shocked by the results of the 2016 presidential election, wherein President-elect Donald Trump beat out the favorite to win the race, Democratic nominee Hillary Clinton.

In the aftermath, upset individuals flooded Twitter with messages expressing their appreciation for Clinton and current President of the United States Barack Obama. The hashtags #ThankYouHillary, #ThankYouObama and #ThankObamaIn4Words started trending nationally soon after the final calls on Nov. 8.

But these sentiments were not universally well-received, and it wasn't just Trump supporters who were upset by the reactions, either. Americans who voted for Clinton or supported Obama were frustrated that the positive statements toward the politicians came too late for their voices to truly matter. If the same individuals applied those thoughts on Election Day, America might have had a different president-elect.

It is true that prior to Election Day, Clinton was not regarded as a progressive martyr and Obama was not seen as a hero like they are now to many on social media. Millions scrutinized Clinton during her campaign, either for the scandals with her private email server or the Clinton Foundation or just her general inability to relate to voters.

The same is true for Obama. Almost every presidential action was criticized through both of his four-year terms. Before Trump was elected, the ironic #ThanksObama was more popular than the sincere #ThankYouObama.

It can be easy to be frustrated by the late support or believe it to be disingenuous after a particularly contentious election. But there is a good reason for this shift after all.

The president of the United States is the highest office in the land. The position brings enormous responsibility, and as such it is important to make sure the person who occupies it is prepared and qualified. The current president — and anyone who hopes to be the president — should be subject to criticism and closely monitored throughout their campaigns or their administration.

Neither Obama nor Clinton are perfect, and neither of them would claim to be. Though many Americans grew frustrated at the ongoing coverage of Clinton's email investigations or the debates about Obamacare, those issues were important to

many voters.

Like it or not, people have the right to access information and have opinions about that information, negative or positive. Publishing accurate information that may call into question the ability of someone to hold such a vital office is not a bad thing. It may be depressing, but it helps inform the public about the figures they may or may not support. More importantly, it keeps powerful officials accountable for their mistakes.

Gratitude after the election is equally important. Clinton will not be the next president, and Obama is almost done with his final term. Though both politicians have their flaws, they each have done a lot of good for the American society as well, and it's important to remember that and be grateful. It is no use continuing to berate their decisions if neither of them are sitting in the Oval Office.

Ironically, all of this information does not paint a pretty picture for Trump's next four years. The Republican nominee endured a fair amount of criticism along with Clinton throughout his campaign, but there is one crucial difference — he won.

Trump will occupy the office of the president next year, and because of this it is important for the press and the general public to aggressively monitor his actions and hold him accountable for any mistakes he makes while he is in office. But this will likely be difficult for the notoriously thin-skinned Trump to endure.

Unlike Clinton, who held strong through the public scrutiny with dignity, Trump lashed out at his haters on Twitter or at his televised rallies during his campaign. After he won the election, he met with well-known, credible news figures such as Jeff Zucker and Lester Holt to call them biased and accuse them of lying to the public.

Unfortunately for Trump, any criticism toward him is likely to increase as his inauguration nears and definitely will increase once he officially takes office, as it should. By then, he will have more power than anyone else in the country so it is necessary to monitor each of his decisions, especially since his qualifications for the office were in question during the campaign season.

Once he is in office, the challenge the president will have to face is meeting a much higher bar for how he handles the negative feedback. It is just questionable at this point whether or not Trump will actually follow that standard.

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Cat mom speaks

I can call my cat my child if I want to — and that's OK

I'm a parent. No, not a human parent. I don't have any human children. My child is my cat, Poppy.

Poppy is a small tortoiseshell kitty with a big personality and soft fur. I adopted her in June and bringing her home is one of the highlights of both of our lives.

It's been six months and we're still learning about and getting to know each other.

A writer for New York Magazine recently wrote a column about the delusion of pet parents. M.A. Wallace does not believe children and pets are the same and should not be equated. People should not call themselves pet parents.

I know Poppy isn't my child. I joke about her being my child all the time, and in a way, she is. While I have no human children and have not done any parenting with human children, I think having a cat is a lot like having a child. It is certainly not the same — but how different is it?

The way I've adjusted my life for her needs, and how much I care about her, sure feels like what human parents must do. When parents decide to bring a child into their home, they make accommodations. Their lives are changed forever, because no one can get back the hours of diaper duty as a parent.

I don't have diaper duty, but I can never get back the hours I've spent cleaning up Poppy's puke and scooping her poop.

My schedule has adjusted to meet her needs. I get up 15 minutes earlier than before to feed her, cuddle her and clean her litter box every morning. When I'm working on schoolwork at home, I take frequent breaks for play and snuggle time. Then, when she decides to nap, I can finally buckle down and get stuff done. I can't go on trips or move without careful planning. Even travelling three hours by car for Thanksgiving break requires preparation and stress.

I adjusted my budget to allow for cat-related spending — which includes mostly toys, let's be honest. I've even rearranged my furniture and other items to give her the space she needs and protect her from the dangers of my closet. Her bed has taken permanent residence on my chair in the living room.

Dirty dishes can't be left out, because Poppy will try to lick food off them. She loves barbecue sauce and will go to the ends of the earth to lick my plate.

There are different kinds of parents, just like there are different kinds of children. Wallace argues pets can't be like children because children are the connection to the future. My cat may not be a productive member of society later in her life, but many human children won't be either.



Tess Fox
Argonaut

“

There are different kinds of parents, just like there are different kinds of children.

I don't have a cat to create a productive member of society. I have a cat for companionship. Living with me and enduring jokes about being my fake pet

child sounds a lot better than Poppy living at the humane society.

“In stark contrast to pets, children are always trying to outgrow, outflank and outsmart their parents,” Wallace said in the column. “Children are cunning and devious with long memories and big plans. They don't just grow, they develop.”

Maybe Wallace hasn't experienced life with cats, but Poppy is cunning and is constantly trying to outsmart me. She loves to hide in my closet, under the bed or any other dark hidey-hole imaginable. Poppy gets into boxes, tips things over and is generally being a curious cat. I have to teach her not to do these things.

Poppy has developed too. When I brought her home, she was not a happy cat. She was grumpy for weeks, swatting and scratching me whenever I was within reach. But then she changed. Poppy calmed down. Over time, she has become one of the sweetest kitties I know.

Wallace said people project their feelings onto animals. This may be true in some cases, but I think Poppy is proof that animals and people pick each other.

When I went to the Moscow Humane Society, Poppy was the first cat I interacted with. I opened her cage and she walked right to the edge, looked at me for a few seconds, put her paws on my chest and tried to start snuggling. Poppy chose me, for whatever reason. I think it's because she could tell we have similar personality traits.

A study by veterinarians at UC Davis in 2016 discovered cats with calico and tortoiseshell coats tend to challenge their human companions more often than other breeds.

According to a story from the Seattle Times, the study was based on a survey of over 1,200 cat owners and found torties and calicoes are more likely to hiss, chase, bite or swat during human interactions.

Calicoes and torties are characterized as feisty and unpredictable.

If I was a cat, I'd probably be a tortie, just like Poppy.

So I feel confident in saying Poppy could tell we were alike in some way, or maybe I just smelled really nice. Either way, we have similar personalities and it's backed up by science.

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