

THE ARGONAUT

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uiargonaut.com

Tuesday, February 14, 2017

STUDENT LIFE

Fourth time's the charm

Two students from different parts of the Pacific Northwest find love on the Palouse

Corrin Bond
Argonaut

Graham Brooks' first plan fell through.

The Washington State University senior originally wanted to take his girlfriend, University of Idaho senior Saffron Kruse, out to a nice dinner. After they ate, friends of his would come up to their table and play music. Then, Brooks would propose.

However, the restaurant Brooks had in mind had recently changed ownership, and he said the new owners preferred not to host the proposal during such a transitional time for the establishment.

The back-up plan, the UI Arboretum, also fell through. Brooks said that option became complicated because he didn't want too many people around for the proposal and there was too much snow on the ground.

Then, the back-up to the back-up plan fell through.

"There's this gazebo over in Pullman and that was also entirely snowed in," Brooks said. "So I spent two hours riding around Pullman looking for a place that was not terrible and snowed in, and eventually I found one."

Finally, on a Saturday night in February,

under a tree on a hill beside the WSU observatory, Brooks asked Kruse to marry him. She said yes.

"We, and by 'we' I mean my roommate and I, were going to put a bunch of lights in the tree and I was going to play her favorite song, and one of the first lines of the song is, 'All of the lights land on you,'" Brooks said. "It was really windy, so almost all of lights went out, but I did play the song for her and she smiled like a total dope."

Kruse, an anthropology major, moved to Moscow from Buhl, a town in southern Idaho with an estimated population of 4,000 people. Brooks, a civil engineering major, moved to Pullman from the south Puget Sound metropolitan area, where the population is around 200,000 people.

The two met in fall 2015 while attending a Christian group retreat for the UI and WSU campuses, Chi Alpha.

"We were with a whole bunch of friends around a campfire and everyone had paired off and I was sitting awkwardly between these two couples and he leans across the fire and says something to me," Kruse said. "I go to sit by him because I couldn't really hear him, and we ended up talking about a bunch of stuff."

At first, Brooks was worried he and Kruse wouldn't have anything in common. "I got a little freaked out because her major and my major don't really interact, so I was like 'I don't really know how to have a conversation with you,'" Brooks said. "Then I realized she's just really awesome."

Kruse, who had a history of rushing into relationships, said she wanted to change the way she approached dating. When Brooks asked her out one week after the retreat, Kruse told him she thought it would be better if they started off as friends.

"I pursued the heck out of her for two months straight before she said she was OK with the idea of dating," Brooks said.

His persistence is one of the traits Kruse found she loved about Brooks.

Photo: Senior Saffron Kruse and fiance, WSU senior Graham Brooks, enjoy their drinks Sunday afternoon at Starbucks in Moscow. Photo by Joleen Evans.

SEE CHARM, PAGE 4

WOMEN'S CENTER

'I'm not alone in this'

"The Vagina Monologues" returns with two sold-out performances

Taryn Hadfield
Argonaut

A group of women gathered together in a candlelit restaurant, women who were once simply acquaintances and neighbors a few months ago.

They held one another, laughed and cried with one another. The sound of clinking wine glasses filled the room as they congratulated each other on a finished performance and the creation of a close-knit, genuine community.

"Tonight, I really watched them blossom," said Maiya Corral, director of the show. "I saw so many moments of them claiming the space and claiming their words, showing how much they all want this fight. I watched them trust it and the work we've done."

"The Vagina Monologues" returned to Moscow with two sold-out performances Friday and Saturday at the Kenworthy Performing Arts Centre. Hosted by the Women's Center, the performances raised funds for Alternatives to Violence on the Palouse as part of their V-Day campaign. V-Day is a global campaign that raises awareness and support against gender-

based violence through hosting performances of "The Vagina Monologues."

Makayla Sundquist, a University of Idaho student, said she had never seen "The Vagina Monologues" before Saturday. Sundquist said the performance brought to light many issues and topics involving women that caused her to reconsider her views and perspectives.

"Watching it was empowering, awe-inspiring and eye-opening," Sundquist said. "Tonight showed me that womanhood is something to be proud of."

In addition to the original monologues written by author and activist Eve Ensler, this year's performance included original pieces written by members of the Palouse community.

UI student Madeline Scyphers shared a piece about her experience as a transgender woman. She said she wrote it to be an accurate description of her story and the stories of other transgender women she knows, a piece that defined womanhood as something beyond having a vagina.

Scyphers said she was surprised and encouraged by the amount of support she got from the community during her performance, and she hoped the audience gained a better insight into understanding people who are transgender.

SEE ALONE, PAGE 4

Truth behind the vagina

Cast discusses commonalities with vaginas during Q&A session following "The Vagina Monologues"

Savannah Cardon
Argonaut

There was a common theme discussed during the Q&A session following Friday's performance of "The Vagina Monologues"—all women experience similar things when it comes to their vaginas.

After the event, attendees were given the opportunity to ask the cast questions after the performance.

During the Q&A session, many cast members said there were a lot of things they had always thought about involving vaginas, but they had never openly talked about it. Many people said there were topics discussed during the monologues that helped them realize they weren't alone.

"It's not just me," one performer said.

Katy Noble, a cast member of "The Vagina Monologues," said there were monologues that she believed every performer could relate to in some way or another.

"I don't think, with all of these 17 women up here, I don't think that anyone of us doesn't at least connect to at least a

part of one of these stories, and that just further reflects how accurate these things are," Noble said. "These are the things that women are and have to deal with."

The performance helped many of the cast members realize that things involving their bodies—specifically their vaginas—were normal.

"This really opened it up, like all of these things are normal," one performer said. "I'm shocked that these things happen to other people. Finally, some truth behind our vaginas."

A member of the audience asked Noble what she thought she gained from the experience performing in the show.

"I've sat in the audience and I've seen this show at least 10 times, I just can't believe I did it," Noble said. "I always wanted to do it, but I was so scared of doing it. I am so scared of talking about these things, but it's so important to talk about these things that matter."

Noble said the event was empowering to her because she found her voice and was able to talk about this matter she didn't normally talk about to a large crowd.

Near the end of the session, assistant director for programs Bekah MillerMacPhee said she teared up multiple times during the performance.

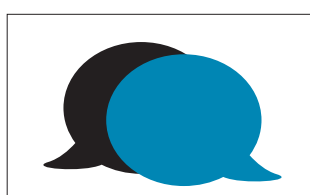
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Moscow gets a taste of authentic Chinese food with monthly food demonstration.

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Campus Recreation

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

Outdoor Program



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A Crumbs recipe

Lemon poppy seed pancakes

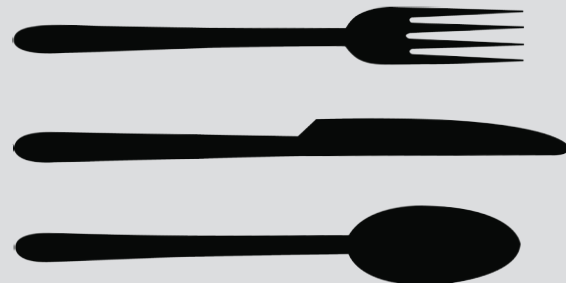
These scrumptious pancakes are the perfect way to start the morning. With the ideal combination of bright lemon flavor, sweet syrup and crunchy poppy seeds, there is no better fluffy pancake recipe.

Ingredients

- Regular pancake mix
- 2 teaspoons vanilla extract
- 1 1/2 lemons
- 1 cup syrup
- 1/3 cup poppy seeds
- Butter

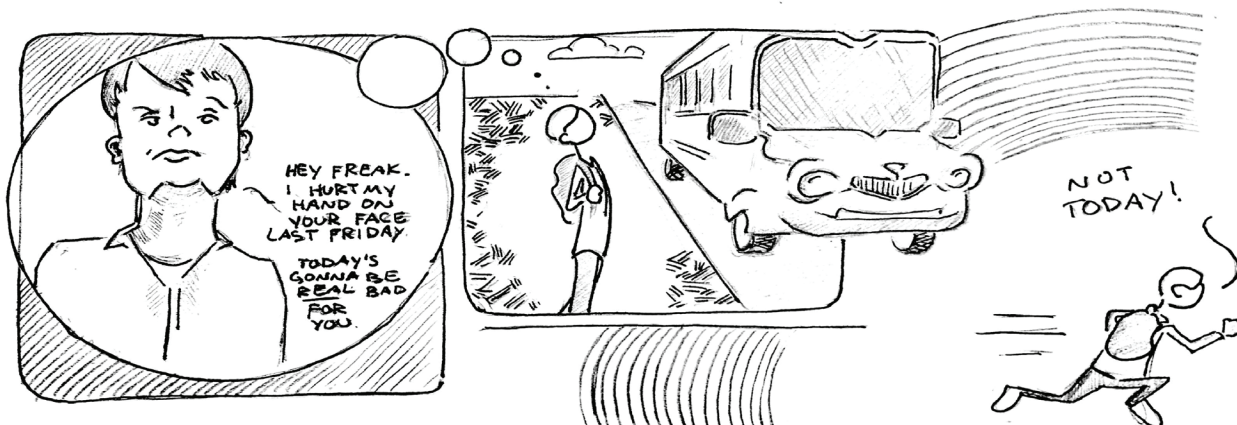
Directions

- Mix together any brand of pancake mix according to package instructions.
- To the pancake mixture, add in poppy seeds, the juice and zest of one lemon and vanilla extract.
- Using a ladle, pour the pancake mixture onto a pan and cook until golden brown.
- Mix the syrup with half the juice and zest of a lemon.
- Place butter and syrup over top of the pancakes.



Hailey Stewart
 crumbs@uidaho.edu

Lowtide



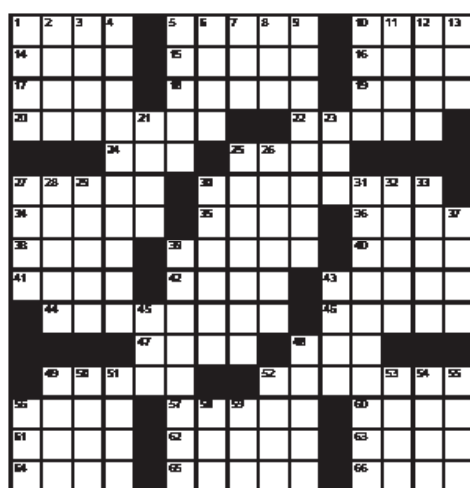
JP Hansen | Argonaut

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CROSSWORD

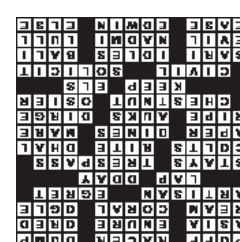
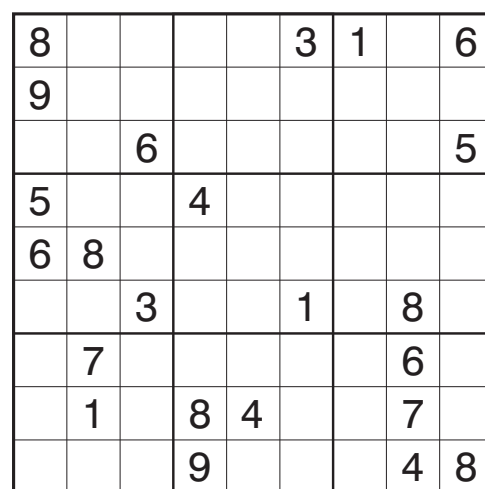
Across

- 1 "___ the Magic Dragon"
- 5 Speed demon
- 10 Eyebrow
- 14 Polo grounds?
- 15 Accustom
- 16 Cream-filled cookie
- 17 Defund
- 18 Reef material
- 19 Leonardo's look
- 20 Skilled worker
- 22 Beverages kind
- 24 Drink from a dish
- 25 W.W. II training point
- 27 Doesn't go
- 30 Impinge on someone's privacy
- 34 Young male horses
- 35 Ceremony
- 36 Pigeon pea
- 38 Miracles
- 39 Feasts
- 40 Filly's mother
- 41 Opposite
- 42 Ramenbills
- 43 Sad song
- 44 Birchwood tree
- 46 Willow twig
- 47 Retain
- 48 Overhead train
- 49 Kind of engineer
- 52 Arcroot
- 56 Ravi's wrap
- 57 Runs in neutral
- 60 Island east of Java
- 61 Diabolical



- 42 Ruth's mother-in-law
- 43 Downstate
- 44 Facilitate
- 45 Astronomer
- 46 "If all ___ fails..."
- 47 Debut
- 48 Ruth's mother-in-law
- 49 Sets free
- 50 Kind of prize
- 51 Impulse
- 52 Tuna
- 53 Dogin's creator
- 54 Back talk
- 55 Chest
- 56 Bar words
- 57 Hate
- 58 Meloe momento
- 59 Something to talk about
- 60 First Hebrew letter
- 61 Those in one letter
- 62 Type of residence
- 63 Pappeteer Lewis
- 64 Barracks boom
- 65 Sister look
- 66 Interstitial
- 67 Sweetie pie
- 68 Schuss, e.g.
- 69 Red fluorescent dye
- 70 Spanish spanking
- 71 Leathorne
- 72 Interstate tanker
- 73 Vini
- 74 Pandora's boxful
- 75 Game piece
- 76 Rehold
- 77 Family member
- 78 Fax setting

SUDOKU



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THE FINE PRINT

Corrections

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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.

Editorials are signed by the initials of the author. Editorials may not necessarily reflect the views of the university or its identities or the other members of the Editorial Board. Members of the Argonaut Editorial Board are Claire Whitley, editor-in-chief, Josh Grissom, managing editor, Lyndsie Kiebert, opinion editor and Jack Olson, radio 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, label 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:
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HEALTH

Speaking for the voiceless

Palouse community members gather to protest Planned Parenthood

Erin Bamer
Argonaut

Danny Ryan's young daughter Eva inspires him to fight for the rights of the unborn.

"It's just a reminder that even when humans are weak ... they're still humans and they need to be protected," Ryan said.

Ryan and his daughter were two of the approximately 50 people who protested against Planned Parenthood Saturday morning.

Elizabeth Dixon, the organizer of the Pullman protest, said it was just one of many protests taking place across the U.S., all in support of defunding Planned Parenthood. She said the protest happens every year, and it is the eighth one she has attended.

"We've had as many as 700 (people come) in the past," Dixon said.

Dixon provided signs for protestors to hold next to the Pullman-Moscow highway. The messages ranged from "Pro-woman, pro-life," to "Planned Parenthood kills and sells humans."

As the group stood together on the sidewalk, passing cars honked in solidarity with them and the protestors smiled and waved in return. One woman rolled down her window on the passenger side of her vehicle to holler, "Good job you guys."

Others were not as receptive to the protestors' message. One man

driving his car made a thumbs-down signal at the signs. Another man rolled down his window to shout, "Pro-choice."

The protest went on regardless. Protestor Kelsey Clemans said she came because she believes every human has value and that abortions hurt women both physically and emotionally.

Next to Clemans, another protestor, Mariah Root, said her faith in God and love for her family was the reason she attended.

"I'm from a big family," Root said. "Growing up — and being surrounded by brothers and sisters, nieces and nephews — I have come to have a deep value for children."

Erica Johnson, 18, and Cora Johnson, 12, also showed up to protest because of their family. The two said the pro-life movement has always been a big part of their lives, as they grew up around people who cared deeply about the cause.

In fall 2015, the Pullman Planned Parenthood facility was set on fire by an arsonist. It reopened in 2016. Dixon condemned the act of arson and said she and others want to start a conversation instead of resorting to illegal and dangerous acts. This statement was echoed by several other protestors.

"A peaceful protest is great, but I hope no one here would go burn down a building," Clemans said.

Clemans said there is a lot of information spread about Planned Parenthood that isn't true. She has friends who are worried there will not be any other resources for



Joleen Evans | Argonaut

Protesters hold their signs during the Defund Planned Parenthood Protest Saturday morning on the corner of E Main and SE Bishop Boulevard in Pullman.

treatment if Planned Parenthood loses funding, but Clemans said there are other facilities in the area.

Dixon said if they are successful in defunding Planned Parenthood, the next step is supporting facilities that help women before, during and after pregnancies without offering abortions.

President Donald Trump made several statements in the past about defunding Planned Parenthood. Dixon said it is encouraging

to have a president who supports her beliefs, but they still need to keep pressure on his administration to do something about it.

"I think everyone would agree that Mr. Trump is a morally compromised person, but I feel hope," Ryan said.

Dixon's mother Wendy Sensing said she is thankful her daughter organized the protest. She said in the end, the protest was less about the politics of

reproductive rights and more about changing people's hearts.

"We really would be grateful to see more and more peoples' hearts changed — that they might see this and there wouldn't be a need for Planned Parenthood because no one was coming," Sensing said.

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LETTER FROM THE EDITOR

Archives made mobile-friendly

UI Library releases digital site for The Argonaut collection

The Argonaut was first published in 1898.

Some of the major stories from Nov. 1, 1898 include information regarding the Spanish-American War as well as the residents of Moscow viewing students at the University of Idaho as suspicious and untrustworthy.

Since then, The Argonaut has been the voice of the UI campus. It was run by students from the beginning with the goal to "acquaint every citizen of Idaho with the advancement of the University."

Now, the entirety of nearly 120 years worth of Argonaut publications from 1898-2010 can be accessed by anyone with the

internet. Evan Williamson, a digital infrastructure librarian at the UI Library, has been working on creating a site for the digital archives of The Argonaut for about a year.

The site, he said, was modeled after the Gem of the Mountains collection webpage, but The Argonaut page will be more mobile-friendly. The Argonaut collection will be the first of the digital initiatives to be released as a mobile-friendly site from the library's website, but Williamson said they hope to gradually work through the other collections throughout the year.

The Argonaut collection showcases digitized copies of The Argonaut up to 2010. The most recent ones have yet to be archived, but we hope to have them up soon. The images they used are from digitized mi-

crofilm, which is available in the library to look through manually as well.

The project was about access and expanding, Williamson said. People have a fascination with life on campus as well as a lot of interest in the Vandal community. The Argonaut gives a chance for people to explore and discover moments from history that highlight aspects of campus life.

"Every day it is something new," Williamson said. "The ads are really fun to go through ... in the beginning everything was very formal, very Victorian."

Collaboration between The Argonaut and the UI Library archivists is important. History, especially the kind that can be found within the pages of a newspaper, needs to be preserved. As Williamson said, the life on UI's campus as portrayed by stu-

dents is unique material that can't be found elsewhere.

"You get so many different voices," Williamson said. "You're hearing thousands of student voices capturing (campus life) moments."

That is the goal of The Argonaut. To be a voice for the students of the campus. To showcase student life as well as life of the Moscow community. For more than 100 years, we have done our best, and hopefully will continue to do so for 100 more.

We look forward to fostering the relationship with the UI Library and hope to keep archives of Argonauts for years to come on their webpage built just for us.

Claire Whitley can be reached at argonaut@uidaho.edu or on Twitter @Cewhitley24



Claire Whitley
Argonaut



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DIVERSITY

Thought-provoking performances

Shades of Black returns for its 14th year on campus

Olivia Heersink
Argonaut

Shades of Black, a cultural event hosted by the University of Idaho Office of Multicultural Affairs (OMA) and the Black Student Union, returned to campus Saturday for its 14th season.

Kwapi Vengesayi, creator of the show, said Shades of Black explores and celebrates the different textures and dimensions of the multicultural experience through the performing arts.

Vengesayi, who grew up in Zimbabwe, Africa, came to UI as an international student to receive a degree in architecture. When he was a sophomore he had an idea

for the event in 2003 and presented it for the first time in 2004.

"I was very involved with the multicultural community at UI, and because I had a good relationship with Washington State University, I realized that there were lots of vibrant African-American student organizations on both campuses, but we never had an event that brought people together as individuals of African descent," Vengesayi said.

He said he wanted the event to bring all the different cultures and energies from these organizations together and to give the communities of the Palouse a new type of cultural showcase — one that was entertaining and would also inform the audience about the issues going on in the black community and nationwide.

"You don't have to be black to be a part of Shades of Black. Although Shades still has its roots in the black experience, it's now more than that," Vengesayi said. "I always tell

people that you don't have to be black to have a black experience."

Vengesayi said Shades of Black has grown from a small presentation of local black culture at UI to a showcase of black culture and talent from around the entire Pacific Northwest region.

Vengesayi said he hosted auditions at UI, WSU and Eastern Washington University. However, students from across the region, including Oregon and Western Washington, auditioned to be a part of the show as well.

"Shades of Black is a celebration of a culture, not a race — showcasing diversity is one of our objectives and this is done by ensuring that each show has a universal message, and a diverse cast of participants, from performers to organizers," Vengesayi said.

Vengesayi said each year the performance is assigned a new theme and this year's theme was "chronicles," meaning that it focused

on illuminating the present by chronicling the past and celebrating the icons that have impacted the world.

Leathia Botello, coordinator for the OMA, said the show included 13 different acts that ranged from spoken pieces to dance.

Botello said Shades of Black is a great opportunity for students and community members to think about cultural and racial issues in a different way and that the event is one of the most well-attended events on campus that the OMA sponsors.

"For some, Shades of Black gives them a sense of place, a sense of acceptance, a sense of acknowledgement. For others, it gives them an experience outside of their own comfort zone," Vengesayi said.

Olivia Heersink can be reached at arg-news@uidaho.edu

CHARM

FROM PAGE 1

"I appreciate his perseverance — just his, I can't think of a good word. The only word I can think of his stick-to-it-iveness in things like pursuing me for a relationship, sticking it through our relationship and then, like, just in school and in life in general, it's something I really admire," Kruse said.

As their relationship progressed, Brooks said he appreciated how Kruse encouraged him to be a better person.

"I appreciate how much you care about people, just the way in which you care because often I find that I don't and I need someone in my life who can help remind me that people aren't so terrible," Brooks said. "You bring out the best in me and make me want to be a better person."

Although the two students attend schools 10 miles away from each other, Kruse said she likes that she and Brooks attend different universities because it's allowed them to better focus on their studies and maintain friendships.

"It sucks sometimes, but in the long run it's helped us because we both have space to get our work done and focus on our friends and maintain healthy connec-

tions with other people," Kruse said.

While Kruse said their relationship developed organically and there wasn't a particular moment when she realized she was going to marry Brooks, it was Brooks' roommate who helped him realize he wanted to spend the rest of his life with Kruse.

"I remember talking with my roommate, who is in the Marine Corps, about my relationship with her and he was like, 'Graham, you need to marry her. Just stop thinking in terms of just having a relationship with her because you are different right now and you need to just go the whole way. You need to be a better man than you've ever been before and you need to be more charming than you've ever been before and you just need to make this happen,'" Brooks said.

Brooks said that was the moment he realized his relationship with Saffron was all or nothing — that he was going to make it work. Two months of friendship, one year and several months of dating and three failed proposal plans later, he did.

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

TRUTH

FROM PAGE 1

MillerMacPhee said she appreciated the hard work the cast put into the performance. While working alongside all of them, MillerMacPhee said it was an honor.

"Just watching (the cast) put the work in and really, some of these are your own

stories, and all of them are real stories, and so watching them take on the joy and the pain and the heartache, and embracing those stories is incredibly courageous," MillerMacPhee said.

Savannah Cardon can be reached at arg-news@uidaho.edu or on Twitter @savannahcardon

ALONE

FROM PAGE 1

"I want people to know that trans women's issues are women's issues," Scyphers said. "All these issues are connected. We're all in this together."

Four local women also wrote and shared their piece about workplace violence and harassment as well.

Hailey Smith, a UI student, talked about her experience of being a woman in the STEM field, where workplace harassment is common. She shared the story of watching a fellow classmate be harassed and demeaned by another classmate based on her gender.

Following her performance, Smith said a student studying in the STEM field came up to her and said she was so glad she wasn't alone in her experience with workplace harassment.

"I think many people came tonight to feel this power and movement swirling around in the community," Smith said. "I hope they feel more connected, empowered and vibrant because of it."

Katie Noble, a UI alumna, shared her story about being in a hostile work environment. While she was comfortable performing Ensler's pieces, Noble said sharing her story was difficult and made her feel vulnerable. During her performance, Noble said she relied on the love and support of her fellow performers on stage to make it

through the words.

"I don't think I could have done it by myself," Noble said. "Having people standing next to me and sharing their stories with me, it let me know that I'm not alone in this."

Lindsay Mammone, a member of the monologues cast, stood alongside Noble as she shared her story during the performance. Mammone said not all issues are black and white, and it is important not to judge someone when they ask for help.

"There's so much story we don't know about each person and what they're carrying," Mammone said. "When someone is sharing their story, it is so important to guide them and lend out a helping hand."

Kelly Christensen, another performer, said sharing her story never seemed like a big deal to her until Friday night. She said she realized she was minimizing the problem, and that's the biggest reason why so many workplace violence cases go unreported.

"I want the audience to realize that gender-based violence can be mild sometimes and it starts out small," Christensen said. "If you let that tiny seed of violence grow, it turns into something massively horrible and can ruin lives. When we encounter violence in any form, we need to stop and confront it."

Corral said watching the performance and the women she had gotten to

“

I think many people came tonight to feel this power and movement swirling around in the community

Katie Noble,
UI alumna

know so intimately was an emotional experience. She said having her mother there made the moment even more special.

"The whole time, I thought of my mom and my grandma, and all the moms and grandmas," Corral said. "I thought of all the women across the world who are still in prisons, and I felt blessed to bring the prison to light."

But Mammone said the momentum from Saturday's sold-out performance is far from being finished, especially in light of what was said at the Women's March on the Palouse.

"I still feel that vibration in the air, it's still palpable," Mammone said. "I'm hoping that for Moscow that we recognize that there's still inequality in our community. There's still work to be done and there's still growth to be had."

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SPORTS



Idaho women's basketball ends North Dakota's seven game winning streak

PAGE 6

MEN'S BASKETBALL



Junior forward Brayon Blake attempts a jump shot in Cowan Spectrum on Thursday

Leslie Kiebert | Argonaut

Warrior on the floor

Junior Arkadiy Mkrtychyan puts his heart into the game on and off the court

Meredith Spelbring
Argonaut

Arkadiy Mkrtychyan may be thriving in Idaho now, but it hasn't always been that way. Mkrtychyan said he came a long way to headline for the Idaho basketball team, both physically and mentally.

"I was born in a little country Turkmenistan and my parents moved to Moscow, Russia when I was six," Mkrtychyan said.

Like many kids, Mkrtychyan was heavily influenced by the athletic background of his parents. Mkrtychyan said his initial experience with athletics was influenced by his father, but it was his mother who brought him into basketball.

"I didn't play basketball back then," Mkrtychyan said of his early years abroad. "I was doing judo because my dad used to be a national coach for judo and my mom decided to take me away from judo and put me in basketball because judo was too dangerous and it kind of got stuck."

Mkrtychyan said the rest was history from there.

"I played basketball a lot," Mkrtychyan said. "I just fell in love with it — how you shoot, how you post up, making people look silly on the court."

Down the road, Mkrtychyan said he took his passion for basketball and brought it to the U.S. initially moving to Hawaii with his brother when he was 15 years old to play high school basketball. A year later he moved to Portland, Oregon, where he finished his high school career. From there, he said he was recruited to join the Idaho basketball team.

Mkrtychyan said his reasons for coming to Idaho spanned beyond his athletic ambitions.

"Originally, I was coming to college to be a business major and Idaho was getting a new business facility which I really liked," Mkrtychyan said.

He said the team aspect was a major influence in his decision to commit to Idaho.

"The team was unbelievable because they were so close together it seemed like they were one family," Mkrtychyan said. "I didn't really have family here in America and it made me kind of comfortable and be like home kindish, and so all the offers I came here to Idaho."

Like many athletes who transition from high school to collegiate sports, Mkrtychyan said he had his fair share of challenges adjusting to the Idaho system.

Mkrtychyan said the biggest change in his transition from high school basketball to collegiate was the speed and physicality of the game.

"(In high school) I was getting calls because I was bigger than everybody because they would just run into me and bounced off and (in college) I can be more physical," Mkrtychyan said. "It's different."

With the help of upper classmen and his older brother, Mkrtychyan said he became a better player, both before and during his time as a Vandal.

"It helped having Bira Seck my freshman year," Mkrtychyan said. "He was a senior back then and it really helped because he taught me a lot of things. Also my brother Allen — he always played four and the five in college basketball. He taught me how to play physical and stand my ground and stuff, which has helped a lot."

Mkrtychyan said he takes the game very seriously, but that does not mean he is

serious all the time. Off the court he considers himself a happy and easy-going guy.

He describes himself as a funny, outgoing person that is always smiling — but he gets serious once game time rolls around.

Mkrtychyan said his coaches recognize this quality in him and use it to better the team as a whole.

"My head coach, coach (Verlin) always tells me to stay positive," Mkrtychyan said. "Keep positive energy and give it to my teammates because I am such an energized guy I can give it out to people and make the whole team better."

Idaho assistant coach Tim Murphy echoed Mkrtychyan's words, saying he is the type of guy programs want on their team. Murphy said Mkrtychyan has a great off-court personality and assumes the leadership role naturally, but it is a different story when he hits the court.

"Once he gets on that floor he is a warrior," Murphy said of Mkrtychyan's game-time mentality. "He takes nothing from the opponents, is always competing and gives 100 percent effort all the time so those are the kind of guys you love having on the team."

Mkrtychyan said he knows that as a junior and top-performer on the team, it is his turn to step into the leadership role.

"I am a junior, it's my time to be a leader," he said. "Because when I was a freshman, senior had different leaders and now it's my turn."

Mkrtychyan isn't the only one who recognizes it is time to be a leader for the Vandals. Murphy said Mkrtychyan's knowledge of the game and of the Idaho system makes him a leader and crucial to the dynamics of the team. Because Mkrtychyan has been around longer than many of the other players, he guides behavior on and off the court — when they are traveling and

in practice. Murphy said he often acts as a coach for the other athletes as well.

"He is a leader because he knows the system, he has been around it," Murphy said. "He can tell when a guy is not playing hard in practice and the coach is going to get on him, he'll go up to him and say, 'Hey, you need to pick it up a little bit because (coach) is going to get on your butt here in a second' so he is great that way."

But Mkrtychyan said he isn't anywhere near done improving yet.

"I expect myself to just keep going and keep getting better and keep going," Mkrtychyan said of his future expectations. "More than 10-points, more than 6-7 rebounds a game and just help the team win anyhow I can."

As he continues to strive for improvement, he said he has his family motivating and inspiring him. He said his brothers and parents push him to be better, but his relationship with his oldest brother holds a special place in his heart.

"My oldest brother Allen, he was like a dad to me when we moved to America because our parents stayed in Russia it was just us three here," Mkrtychyan said. "He was taking care of me and raising us basically, I was still 15 years old and didn't know a lot and it. All my family, I'm just thankful for having them."

Mkrtychyan has had quite an impact in his years as a Vandal, including on his coach. While Murphy said he had a hard time choosing just one memory in all his time with Mkrtychyan, one game from his freshman years stands out and captures his spirit as a player. He said he remembers one game where Mkrtychyan was playing aggressive, causing the opponents to repeatedly crash into his large stature.

SEE WARRIOR, PAGE 7

TRACK AND FIELD

Winning weekend for vandals

A number of Vandals finish with top times and new personal records in Seattle

Meredith Spelbring
Argonaut

The Idaho track and field squad headed to Seattle, Washington, to compete in the Husky Classic. A number of Vandals posted top-marks and set new personal records, particularly in the field events. Freshman Rechelle Meade grabbed the victory in the high-jump with a jump of 1.75 meters, a new personal record. This mark lands her into a tie for second in the conference. Meade picked up another first place win and new personal record in the long jump with a hop of 5.81 meters.

Senior Katelyn Peterson also came out strong in the high jump with a fourth place finish with a 1.67-meter leap.

Two Vandals had strong performances in the high jump on the men's side. Both junior Dusan Jevtic and senior Drew Thompson finished in the top 10. Jevtic came in sixth with a jump of 1.95 meters followed by Thompson in seventh with a final height of 1.90 meters.

Freshman Karina Moreland finished in

sixth place in the triple jump with a leap of 11.41 meters.

On the men's side, freshman Jonny Magee finished in eighth place in the triple jump with a bound of 13.98 meters. A collection of Vandals found success in the throwing events.

Senior Adara Winder had a strong performance in the shot put with a throw of 14.47 meters. The distance is tied for the best in the Big Sky Conference this season. Junior Kolcie Bates claimed a sixth place victory in the weight throw with a toss of 16.63 meters.

The men's team found equal success in the throwing events.

Freshman Zachary Short took second place in the shot put with a throw of 17.47 meters. His throw set a new personal record and moves him into the top five performances in the Big Sky Conference.

Sophomore Matthew Pete Bauman earned fifth place and a new personal record with a toss of 16.83 meters.

Idaho's success was not limited to the

field. The Story sisters proved to be a dominating force this weekend. Freshman Kara Story competed well with a personal record-breaking time of 9:49.34 in the 3000 meters to move herself into fourth in the conference. Both Krista and Kara Story had a solid day in the mile-run as well. Freshman Krista Story lead the way, finishing fourth in 4:57.16, followed by Kara in ninth with a time of 4:58.98.

Sophomore Andrea Condie finished in ninth place in the 3000-meter with a time of 9:50.70. This sets a new personal record for Condie and moves her into fifth place in the conference.

In the 800-meter sophomore Kaleala Bass came in 10th place at 2:15.09. Bass was also part of the 4x400 meter relay team with senior Marquita Palmer, junior Meghan Palesch and senior Wednesday Walton that claimed second place in 3:59.28.

The men's 4x400 meter relay squad,

made of freshman Mack Baxter, senior Ian Middleton, freshman Dean Ellenwood and senior Blake Gerling, mimicked the women's success in the event with a second place finish with

a time of 3:20.01.

Sophomore Zion Stuffle and freshman Ben Doucette lead the way in the 60-meter hurdles. Stuffle finished in fifth place in 8.35 seconds followed closely by Doucette who crossed the line just barely behind Stuffle in 8.37 seconds to grab a sixth place finish.

In the 3000 meters, freshman Grayson Ollar finished in eighth at 8:20.33. This time moves him into the top10 in the Big Sky Conference this season.

Idaho heads on to the Big Sky Conference Championships Feb. 23 in Pocatello, Idaho.

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WOMEN'S BASKETBALL

Vandals clip Hawks

Ferenz dominates hardwood as Idaho topples conference leader

Josh Grissom
Argonaut

It was a matchup that possessed all the necessary ingredients for a potential Big Sky playoff preview.

On one side of the court, the Idaho women's basketball team needed a victory to keep its dreams of a first-round tournament bye alive. On the other, North Dakota hoped to extend a seven-game win streak and stay atop the conference standings.

When the dust finally settled Saturday at the Cowan Spectrum, the Vandals walked away with a 74-61 win to remain in contention for a top seed in the Big Sky tournament next month.

"Those guys are so hard to guard," Idaho head coach Jon Newlee said. "Travis (Brewster) does a great job with that group and all of the weapons they have. They're really hard to plan for, but I feel like our team did great with one day of preparation to go in and execute the game plan."

Sophomore guard Mikayla Ferenz opened the game for Idaho (13-11 overall, 8-5 Big Sky) with seven points in the first quarter to help the Vandals secure an early 10-2 lead.

North Dakota (16-8 overall, 11-2 Big Sky) buckled down on defense in the following period, holding Idaho to a 1-of-9 stretch from the field. But a 23 percent shooting performance in the quarter hindered the Fighting Hawks' chance at a comeback.

"We knew it was going to be a physical game, and we had to match their physicality from the start," senior point guard Karlee Wilson said. "I think we were able to do that today."

The highlight of the game came midway through the second quarter, when sophomore Taylor Pierce led a fast break attack for the Vandals.

After coming to a sudden stop at the arc, Pierce swiveled around and fired a pass to Ferenz near the midcourt logo. Ferenz took a moment to survey the perimeter before launching a deep 3-pointer to give Idaho a 31-20 lead.



Leslie Kiebert | Argonaut

Senior point guard Karlee Wilson drives to the basket against Northern Colorado in Cowan Spectrum on Thursday.

"I never even notice how deep I am," Ferenz said. "Which is probably a good thing, because if I realized how deep I was then I wouldn't shoot it."

The Vandals dominated the paint in the first half, winning the rebounding battle 28-18 to carry an 11-point advantage into the break.

"We knew with North Dakota that we would have to win that battle or be close," Newlee said. "I thought we really challenged our team to get on the glass after Thursday night and they took it to heart."

Ferenz led all scorers with 15 points, while junior post Geraldine McCorkell battled

through an 0-for-5 cold streak to pull in eight boards for Idaho.

"That's something that we talked with (McCorkell) specifically — that we needed more from her off the glass offensively and defensively rebounding" Newlee said.

The Vandals continued to add to their lead in the third period, as Wilson spotted Ferenz on a backdoor cut for an easy layup to give her team a 41-26 lead.

"When they are pressed up on our shooters so much, it definitely opens up lanes, especially when they're not helping anybody," Wilson said. "It was wide open for us and we were finishing at the rim really well today."

Wilson scored 12 of her 16 points in the second half, including a perfect 8-for-8 performance from the free throw line. Ferenz added 27 points on 10-of-11 shooting, while McCorkell collected 12 rebounds.

"It's nice when Karlee gets the recognition because she does all the little stuff for us that people don't really notice or that doesn't show up on the stat sheet," Ferenz said.

Idaho concludes its three-game home stretch when the team hosts Eastern Washington 2 p.m. Feb. 18 at the Cowan Spectrum.

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MEN'S BASKETBALL

Streak ends for Idaho

North Dakota ends Idaho's winning streak

Colton Clark
The Argonaut

North Dakota's 88-65 victory over the Idaho men's basketball team ended the Vandals' four-game winning streak.

The Hawks now firmly control the second spot in the Big Sky, while the Vandals sit in fourth. North Dakota shot 51 percent from the field and 50 percent from the perimeter, while making just over 85 percent of its free-throws. The Vandals shot 38.7 percent from the field and 21 percent from beyond the arc, hitting only four of 19 3-point attempts.

"The Hawks were a step quicker than we were tonight in every aspect of the game," Idaho head coach Don Verlin said. "The bottom line is we got our tails kicked tonight."

North Dakota guard Geno Crandall had a game-high 22 points, shooting 6-10 from the field and recording three steals. Guard and preseason Big Sky MVP for the Hawks,

Quinton Booker netted 21 points.

North Dakota took over the game midway through the first half. Junior guard Victor Sanders collected two fouls in the first five minutes of the game, forcing him to hit the bench early on. The Hawks came out in the first half strategizing around post play.

Behind play of junior Carson Shanks, North Dakota went on a 7-0 run midway through the first half, resulting in a 27-14 lead with nine minutes remaining. North Dakota led 49-33 at the half, as the Hawks shot about 18 percent better than Idaho from the field, outrebounding the Vandals by five and earning five more assists.

Two quick turnovers by Idaho began the first half, leading to four points for Crandall in transition. Although Idaho had nine turnovers compared to North Dakota's 10, points off turnovers plagued the Vandals,

as the Hawks scored 17. The Hawks held a cushion of approximately 20 points for most of the second half.

"I feel for my guys, they've been working their tails off," Verlin said. "We've had a good run, but it looked like a team tonight that's exhausted. But we didn't practice yesterday, we had some travel issues and that kind of thing, I didn't think we had the team prepared quite as well as we needed to for this good of a basketball team."

Eleven players scored for Idaho, but only Sanders and freshman guard Trevon Allen, reached double figures. Allen was the first to reach the mark over halfway through the second half, hitting a jumper to tie a team-high and a career-high 11 points in the game.

For North Dakota, Shanks recorded a double-double with 11 points and 10 re-

“

I feel for my guys, they've been working their tails off.

Don Verlin, Head Coach

bounds, joining Crandall and Hooker in double figure scoring.

The Hawks outrebounded Idaho 30-21, recorded three more steals and had five blocked shots, all by Shanks, compared to none for the Vandals. The Vandals will have a five-day rest before taking on Eastern Washington 6 p.m. Feb. 17 in Cheney.

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OPINION

More than the points

Where Geraldine McCorkell has been short in points, she makes up for in rebounds

When assessing the strength and skill of a basketball player many people turn straight to their point total.

If an athlete does not consistently post the highest point values on the team, how could they be considered a top contributor?

I have been drawn to this idea many times. It is just so easy and straight forward to assume that if an athlete isn't one of the top scorers they aren't as vital to the team as someone who is consistently topping the leader boards.

And in instances where a normally high-scoring player drops off and quiets

down on the scoring front then it is assumed they must be playing poorly. But the game spans beyond the point totals.



Meredith Spelbring
Argonaut

For every player that is relied on for the big numbers, there is a player that is relied on to secure the ball and stand strong on defense to make sure the others can score. This is the role junior post Geraldine McCorkell has become familiar with in the Vandals' most recent games, including a big win against top-ranked North Dakota. Anyone who follows Vandal basketball would quickly be able to point out that McCorkell has not been putting up the

same point numbers she had been previously throughout the season. But where points are few, rebounds are plenty.

She has hit as many as 30 points in a game this season. Anyone would be hard pressed to say she can not shoot the ball. But that has not seemed to have been her goal lately.

In Idaho's past four games, McCorkell averaged just five points per game. Against North Dakota alone she went 1-9 in field goal attempts and was 0-2 from the 3-point range. The statistics do not look good for her, that is until rebounds are brought into the equation.

While she may not be leading the team

in points, she has been consistently coming out on top in the rebounding department — averaging nearly nine rebounds over the last four games, including 12 against North Dakota. While she has slowed down in scoring, don't count her out as a top contributor. McCorkell has repeatedly proven that defense leads to offense. Her consistent presence in the paint allows her to grab rebounds and give the offense more opportunities to score, proving scoring is not the only skill that matters.

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COLUMN

One super game

The Super Bowl was especially memorable this year

I have been alive for 19 Super Bowls. Of those, I can remember about 10.

There was Devin Hester's miraculous opening kickoff return for a touchdown back in 2007. David Tyree's helmet catch will forever be stuck in my memory and I can still picture Antonio Holmes tapping his toes just inside the end zone.

However, no NFL game has ever taken me by surprise quite like Super Bowl LI. For the most part, the game was mediocre. The New England Patriots, despite looking like the best team in the league all season, put on a performance similar to a junior varsity football team.

Meanwhile, the Atlanta Falcons, led by league MVP quarterback Matt Ryan, looked unstoppable. Ryan's passes were precise, and when they weren't, receiver Julio Jones showed off his inhuman ability to catch just about anything.

It was in the bag for the Falcons. A scoreless first quarter turned into the early stages of a blowout. By halftime, Atlanta led 21-3, and the demoralized Patriots walked to the locker room with their heads hung low. But then, something happened. It could have been Lady Gaga's melodious voice that inspired Tom Brady or perhaps a death threat from Bill Belichick — either way, the New England quarterback left the locker room a changed man.

I still don't know how it happened. For two straight quarters, Brady looked very much his age, 39. His throws wobbled and fell short of their targets. His feet, though never quick to begin with, seemed stuck in quicksand. His receivers dropped passes left and right, their hands looking like they were coated in butter. Again, I still don't understand how it all changed. Maybe an over-the-phone pep talk with the president set Brady straight, or maybe Rob Gronkowski had a bro-to-bro session with everyone on the team.

Nevertheless, the Patriots took charge of the game. Ryan threw for the Falcons' last touchdown of the game midway through the third quarter, and it was all

“

And just like that, the game was tied. It sounds over simplified and impossibly quick for such a turnaround, but it really did happen that fast.

New England from there.

Part of me, the part that despises cheaters perennial winners, wanted to see the Patriots crash and burn during the most watched televised event in America. But another part of me, the one that actually enjoys a good game, wanted the comeback to happen. I wanted this snoozer of a game to end in epic fashion.



Brandon Hill
Argonaut

And that's exactly what happened. Brady found James White in the end zone for the Patriots first touchdown of the game.

Brady gave the country another great Super Bowl highlight not long after. A 23-yard pass from Brady to Julian Edelman bounced high in the air after a defender tipped it. Edelman, with laser focus, tracked it down, his arms snaking between two defenders just in time to make the catch.

White made the difference again on a one-yard touchdown run, followed by a successful two-point conversion.

And just like that, the game was tied. It sounds over simplified and impossibly quick for such a turnaround, but it really did happen that fast. I refused to leave my seat in fear of missing another memorable moment. My eyes, dried from not blinking, remained glued to the screen.

Then, just like that, White again powered through for the score. The dagger that put Atlanta's dreams of title came six minutes into the Super Bowl's first overtime.

I could not believe it. After 19 Super Bowls, LI became No.1.

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TENNIS

Through the gauntlet

Brandon Hill
Argonaut

Idaho kicked off a busy tennis weekend on the road by naming Babar Akbar as the new head coach of the women's team.

Akbar came in as the second in his family to coach the Vandals, with his brother Abid Akbar leading the men's team. The Vandals and their new head coach traveled to Nevada to face off against three consecutive teams.

A rough start to UNLV spelled trouble early, but the Vandals rebounded against Youngstown. The women ended the road series with a blowout victory against Southern Utah.

Idaho opened with a win in doubles competition against the Rebels. But UNLV swept the board in singles competition to earn a 6-1 victory. Sophomore Marianna Petrei gave the Rebels a run for their money on court No. 1. She mounted a close comeback during the second set, but failed to finish off her opponent during the tiebreaker.

Next up, Idaho took on Youngstown. Petrei and junior Lucia Badillos clinched the doubles point for Idaho. Freshman Shion Watabe gave Youngstown the dagger with a 6-2, 6-2 win over Cassandra Moraleja. Idaho again started with a lead after securing the doubles point against Southern Utah. Petrei and Badillos teamed up to get a point on the No. 1 court, while Watabe and freshman Jessica Brzozowska finished off the Thunderbirds with a 6-2 victory. Idaho took the next three points in singles to blow out Southern Utah. The Vandals allowed the Thunderbirds to win three games, as Watabe, Brzozowska, and sophomore Maria Tavares came away with the victory.

Idaho (4-2, 2-2 BSC) will travel to Washington to take on Gonzaga Feb. 17. The Vandals will then return home to face Northern Colorado Feb. 19.

Meanwhile, in Moscow, the men's team earned a win for themselves against their first Big Sky opponent of the season. The Vandals defeated the Sacramento Hornets 5-2 Sunday afternoon.

Idaho took the lead early in doubles competition. Freshmen Esteban Santibanez and Carlos Longhi Neto paired up for the first point and sophomore Lucas Coutinho and freshman Guilherme Scarpelli worked together to earn the opening point for the Vandals.

Junior Felipe Fonesca put Idaho up 2-0 after defeating Dom Miller 6-2, 6-2 on the second court.

Santibanez looked to clinch the victory for Idaho after a 7-5, 6-2 win. However, Louis Chabat of Sacramento State put the Hornets on the board after besting Coutinho in a close 7-5, 7-5 match.

Junior Mark Kovacs, Idaho's No. 1 player, crushed the Hornets' chance at redemption after he beat Mikus Losbergs. Kovacs opened strong and won the first set 7-6. Losbergs gained momentum during the second, winning 6-4. In the tiebreaker, Kovacs came out on top 6-4.

Idaho (2-2, 1-0 BSC) will take the short drive to Lewiston to battle against Idaho State 9 a.m. Feb. 18.

The men's team will end the weekend in Lewiston after a match against Seattle University Feb. 19.

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WARRIOR

FROM PAGE 5

“Then one time he got a 3-point play and just screamed up at the audience and the fans,” Murphy said of the game. “And it got everyone going crazy. I think he got a technical for it but it was one of those ‘Ark’ moments. His emotions get away with him. He has gotten some technical fouls because of it because he just lets his emotions go.”

In his time at Idaho, Mkrtychyan said every moment has been special to him

because, win or lose, he knows he has a family in the team.

“Every game is a memory to me because every game we come off as a team — one family,” Mkrtychyan said. “We fight together and honestly it just makes me happy when we fight somebody together.”

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

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CHINA on the Palouse

University of Idaho
College of Letters, Arts and Social Sciences

Sponsored by the University of Idaho Confucius Institute

JANUARY 18
Choral Music in the People's Republic of China
Michael Murphy
12:30 – 1:30 p.m. | Idaho Commons, Whitewater Room

FEBRUARY 15
Amalgamation in the Middle Kingdom: Contemporary Chinese Art + Design
Lianne Wappet
12:30 – 1:30 p.m. | Idaho Commons, Crest Room

MARCH 22
Chinese Student Mobility: Trends around the USA and at the University of Idaho
Mary Ellen Brewick
12:30 – 1:30 p.m. | Idaho Commons, Whitewater Room

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A&E

QUOTE OF THE DAY

“Love all, trust few, do wrong to none.”
— William Shakespeare

CULTURE


Nina Rydalch | Argonaut

Community members eat steamed beef buns, vegetable soup and potatoes at UI's Chinese Food Club's monthly food night Friday, Feb. 10.

A taste of culture

Chinese Food Club offers home-style Chinese cuisine

Nina Rydalch
Argonaut

Community members had a taste of China Friday evening, Feb. 10.

The Chinese Food Club, run by the University of Idaho's Confucius Institute, met at the 1912 Center in Moscow to learn Chinese, eat food, cook and socialize.

Over 30 community members ate a traditional home-style Chinese meal of “Baozi” or steamed beef buns, vegetable soup and potato dish “TudouSi” after asking for the food in Chinese. Afterward, they learned to cook Baozi.

The club will instruct participants how to cook a hot pot at 5:30 p.m. Mar. 17 in the same location for their next meeting. Spring meetings will also be held Apr.

7 and May 12. Each meeting is \$10 per person to cover costs.

Co-director of the Confucius Institute Dr. Hexian Xue said the purpose of the club is to expose locals to Chinese culture through food and language.

“Not every people can go abroad, like the young people, and they stay in a small town but they can sense, taste the foreign culture,” said Xue. “People learn mutual understanding.”

The workshops are not all about food and cooking. They also provide a small, informal Chinese language class.

“It's a nice way to ease into Chinese language learning,” said administrative coordinator of the Confucius Institute Dusty Fleener. “We're not just about the cultural events, we're about spreading language and culture.”

Students and “local friends” from around the Palouse volunteer to teach the monthly workshops, Xue said.

At the workshop Friday, Xue's husband — a professor from South China University of Technology and a student from South China Agricultural University — helped cook the food.

Fleener said some students from China want to volunteer with the institute in some way and are asked about their skill set.

“Some of them say ‘Well, I cook,’” he said. He said some students have been professional cooks while others know family recipes they want to share. He said most Americans do not have access to such authentic Chinese food.

“These are meals they'd make in their home kitchens for their families in Guangzhou and Guangdong,” Fleener said. “So often we get this Americanized Chinese cuisine, it's a lot sweeter.”

The club began November 2014, the semester Xue began working at the institute.

Dusty Fleener said it came from Xue and fellow Co-Director Matthew Wappett's

goal to create new programming. He said that programming also includes monthly Chinese movie nights and China on the Palouse.

“It's been by far our most successful community event, it's always filled to capacity,” Fleener said about the food nights.

Xue said the club's workshops replaced a seminar in which people would lecture about the foods. She said the workshops allow people to taste the foods discussed and also provide hands-on experience cooking.

“If you only listen to the seminar, it's very abstract,” she said. “Eating foods, almost no people reject.”

Xue said after the workshops participants can also take recipes so they can recreate the meals in their own homes. The recipes are also available online.

Nina Rydalch can be reached at arg-arts@uidaho.edu or on Twitter @NinaRobin7

FOOD

Educating Moscow city on healthy food

The third annual Love Your Farmer Love Your Food invited locals to talk about organic foods

Jinrong Lei
Argonaut

There is an old Chinese saying that says “people are the most important to an emperor, while foods are the most important to the people.” When talking about food, the quality is a primary concern.

The Moscow Food Co-op hosted the third annual Love Your Farmer Love Your Food at City Hall, Feb. 10. They invited several local food producers to spread the knowledge about local food.

The Moscow Food Co-op organizers tried to build up a casual circumstance for people to discuss local food with the food producers and share the food they love. They also aimed to celebrate and acknowledge all the hard work of the guests.

Most importantly, they wanted to educate people especially the consumers in Moscow community about the vital things they should know about organic food.

In comparison to conventional food, organic food has better flavor and a longer shelf life. The shelf life depends on the nutrition and seed soil, Greg Sempel of Pokey Creek Farm said.

Sempel said he and his wife Leah run the farm in North Idaho, both of them are vegetarians.

Eighteen years ago, they switched to plant organic food because it is the cleanest food based on their research. Since then, they started to sell food to the Moscow Farmers Market, Sempel said.

Now, Sempel said he is looking forward to hiring young farmers to work with him, which is a big challenge now because such work requires seven to 10 hours a day and requires various tasks and professional skills.

Sempel pointed out that the chemical fertilizer can create problematic situations to the soil eventually, which will affect people's health as a result. The nutrition

food can improve your quality of life and health condition.

“You cannot digest it, so you build up deposits in your body. Pretty soon you will have a reaction which may cause cancer or another disease,” Sempel said.

Adam Reed, an organic agriculture student of the Washington State University is a co-owner of Victory Farm, which provides organic vegetables to many local restaurants, the Moscow Food Co-op and the Moscow Farmers Market.

“Organic food is produced without any synthetic input, like synthetic fertilizers, pesticides and you're not allowed to use genetically modified organisms and sewage sludge,” Reed said.

Reed showed people how their consumption choices between local and global food.

He said that globalization influences food distribution. Due to globalization people can buy food from different places and countries in Moscow, he said.

On the one hand, globalization creates food diversity to Moscow community. On the other hand, climate change and global warming are significant issues which can be

caused by transportations, Reed said.

He said people's consumer habits can affect the food distribution chain. Thus, it is important for them to support local food and reduce the distant transportations.

Reed said the difficulties of establishing organic farms that they need more young farmers, lands, qualified soils, climate and enough resources.

Farming is a challenging work, but it has rewards, Reed said, it requires hard work, time and nature.

Reed said he is in the process of repairing his well, in order to sustain enough water for his plants — a repair that is very expensive. He is applying for a grant from the natural resources service to store water resources, he said.

People consumed seasonal foods in the past. Their lives depended on the climate and seasons. This is still a good way to connect and understand the place people live nowadays, Reed said.

Jinrong Leican can be reached at arg-arts@uidaho.edu

VIDEO GAMES

A world of heroes

A mobile update for a Nintendo classic

Almost two weeks after its release, Fire Emblem Heroes has still kept me entertained. For anyone who has played Nintendo games, the tactical role-playing Fire Emblem franchise has been a constant presence across several platforms. From Gameboy Advances, to Gamecube, to Wii and with the latest, to the 3DS, Fire Emblem has evolved and changed. Some of the stories have even expanded upon past games, such as the Radiant Dawn sequel that fell a little flat in comparison to the Path of Radiance game for the GameCube.



Claire Whitley
Argonaut

Fire Emblem has even been a relative constant within the Smash Brothers series, with characters such as Marth, Roy, Ike and now even Robin and Corrin from the two

most recent games making appearances. Now, in its most recent reincarnation, Fire Emblem has broken into the mobile market. The game was released Feb. 2 for both Android and Apple.

Critics received it well and with roughly 160,700 reviews on Google Play, the game is still holding 4.6 stars out of 5. To date, there have been at least 1 million downloads.

I personally don't play a lot of mobile games. I get bored after a few days and then never touch the game again, but Fire Emblem Heroes is a rare exception.

Sure, the story arc is rather short featuring only a few hours of gameplay involved, but it also offers a chance to increase difficulty all the way up to "Lunatic." The story itself doesn't change, but the ability to play through with different characters or try different tactics makes it different every time.

Gameplay from the series has transferred over to mobile well, and while this version isn't as elaborate as the main series, it is a fun distraction. Certain mechanics make it

hard to binge-play such as stamina and slow leveling up after level 15, but that is why it fits into mobile well.

The game itself is free to download, and while money can be used to buy orbs in order to summon new heroes, it isn't necessary. Special maps are available regularly throughout the week and if the winning conditions are met, players can earn heroes from them.

The mobile game offers a chance to "summon" heroes that have been in several of the games leading up to this point, including those from the recent Fates and Awakening games. This is where the game gets its name. The player is a prophesied summoner from the 21st century who has to help the Order of Heroes protect the kingdom of Askr from the invading Embla empire.

To do this, the player summons heroes from other games. Heroes include the widely hated Takumi from "Fire Emblem Fates: Birthright" as well as Lyn, a swordsman from "Fire Emblem," also known as "Fire Emblem: Blazing Sword." Upgrading

the castle leads to having more heroes available, and advanced growth options can help characters increase rank from bronze to silver, to gold.

While I do enjoy the game, and I think making a mobile game of Fire Emblem has worked tremendously better than the move with Pokemon ever did, I feel as though this was just meant as a placeholder.

I would be interested in having a full-fledged game about the kingdom of Askr and the Embla empire, or if maybe there will be more levels and chapters to come out at a future time since I was left unsatisfied with the ending chapter. It was over quickly and there was no definite solution to the problem at hand.

Even with this slight criticism, and as a fan of the main series, I would recommend the game to anyone who is looking for some fun, cute tactical-strategy game that is easy to pick up and put down.

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TELEVISION AND FILM

Included as the out crowd

LGBTQA students reflect on community stereotypes

Bradley Burgess
Argonaut

For the gay and lesbian community, portrayals of homosexuality in the media are a mixed bag. Television and film writers either accurately capture what members of the community feel, or they botch gay characters by oversimplifying their issues.

Negative portrayals of gay or lesbian characters in mainstream pop culture boil down to simple stereotypes of the community. But for many, the term "stereotype" is hard to define.

Julia Keleher, director of the LGBTQA office at the University of Idaho, said stereotypes are a generalization of a group of

people and there are an abundance of negative stereotypes used to discriminate certain groups.

"At the LGBTQA community, we've had this stereotype for 60 years now, where gay men are pedophiles," Keleher said. "There are positive ones, but mostly they're just generalizations about a group that make you feel like you have to fit into that stereotype."

Freshman Mars Cantrell said most gay characters on television are portrayed as villains or in a negative fashion, such as effeminate men or masculine women.

"There's a lot of people in the queer community who identify with the villains," Cantrell said. "Gay people can't see themselves as heroes or in a positive light."

Cantrell also defined what he sees as a positive portrayal of a gay character in fiction.

"(Gay characters) tend to be boiled

down to just that one part of themselves," Cantrell said. "So much of who they are is that they're gay, when really our lives don't just revolve around us being gay. Have them just be people, because we're just people."

Senior Clara Bowman discussed negative portrayals of LGBT characters in modern television.

"Sadly, a lot of lesbian characters end up dead," Bowman said. "It follows the pattern of, we don't know they're out, they come out, get in a relationship and end up dead."

Bowman cited the CW series "The 100" as a prime example of the "Bury Your Gays" trope, after the series killed off a major lesbian character in its third season.

"People were really disappointed because they killed off a long-standing character after starting to get a good representation," Bowman said. "And then, bam! Dead."

Keleher said the series "Happy Endings"

is a positive portrayal of homosexuals, particularly the show's gay male character, Max.

"Instead of making him very clean and more feminine, he was the bum of the group," Keleher said. "He was very messy and not how we expect gay men to be."

Keleher commented on recent changes to established characters to make them gay, such as in "Star Trek Beyond," which revealed that the character Sulu was gay.

"I think it's important to not make it forced for representation's sake," Keleher said. "Just because you make someone LGBTQA doesn't make the character better. I like my characters to be well developed and to be gay for a reason, just part of their character and not tacked on like that."

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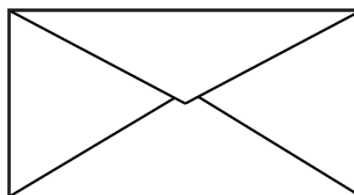
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OPINION



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OUR VIEW

Beyond condoms

Safe sex means more than latex and prescriptions

It's Valentine's Day — a time for love, appreciation and maybe even a little alone time with that special someone.

At the University of Idaho, there are plenty of resources for students who want to learn more about sexual health, or for those who just need some free condoms. The Women's Center, the Vandal Health Education office and the Student Health Clinic can all help with this.

However, being safe goes beyond knowing about the mechan-

ics of how to practice sex in ways to avoid pregnancy or the spread of STDs. Safe sex is just that — safe. Physically safe, but also mentally safe.

No one can address safe sex without also addressing the mental health components that come with it. Sex takes on many forms — from casual intercourse to a committed relationship, no two sexual partnerships are the same. Still, something that never changes is a need for partners to communicate and be on the same page.

That's right — this is the consent talk.

Whether a couple is just getting to know one another or has been married for years, ac-

tive and continued consent is a requirement for each and every sexual encounter.

Essentially this means partners should communicate and say 'yes' to get undressed. Even then, sex can bring with it many powerful emotions that participants should be aware of.

Sometimes, there aren't many emotions associated with sex, and that's alright. What's important is that partners understand what they want to do in that moment and in the future. Don't let sex ruin a friendship, but don't be afraid to talk about it with an interested party.

After the biological aspects of safe sex, the biggest rule to remember is "you do you."

Intimate relationships can take many forms and change over time. Many of these are positive, but it's important for students to take stock of what their needs and desires are, and if those are being met.

Students who find themselves in uncomfortable or controlling relationships can seek help at the Counseling and Testing Center on campus or the Women's Center. Sexual health goes beyond someone listening to their body — it's about remembering their mental needs as well.

This Valentine's Day, take time to check in and make sure the sex is safe on all levels.

— LK

OFF THE CUFF

QUICKTAKES ON LIFE FROM OUR EDITORS

Sean Spicer

Donald Trump is upset that Melissa McCarthy mocked his press secretary because Spicer being portrayed by a woman makes him look weak. I'm sorry Mr. President, but I'm pretty sure McCarthy could kick the ass of any man in your administration.

— Erin

Don't be fooled

No one is safe from the Moscow plague.

— Brandon

Wise words

"Fool me once, shame on — shame on you. Fool me — you can't get fooled again." —George W. Bush

— Griff

A piece of news

About 200,000 people were evacuated from Oroville, California, this week because a dam is threatening to break and cause massive floods.

— Claire

Act of God

Prince's wonderful music is now back on Spotify and other streaming music services. It's been a groovy few days.

— Diamond

"Fifty Shades Darker"

That was ... uhh ... interesting?

— Josh

Pajama uniform

I can't be the only who comes home and immediately change into pajamas a 4 p.m. It's become a mandatory lounging around outfit and I agree to this new requirement.

— Catherine

Dear sleep

I'm sorry for how I've neglected you, please forgive me.

— Mihaela

Hurry up spring

Listening to the snow melt has become my favorite pastime.

— Hailey

Best week ever

Louis the Child and Illenium all in the same week? Not sure that can be topped unless I fall into a large sum of money of course.

— Tea

Rumor has it

That the ivy on the Admin building is being taken off this year. But we don't report rumors here. We just write about them in this sidebar.

— Jack

Taste of fireworks

I bought a big bag of coconut milk rice crackers from Thailand that taste like sparklers. Anyone want them?

— Andrew

On the front lines

As a BFA in performance, my professors keep telling me now is a very important time to be an artist. This truth hit me when I realized how SNL's skits both draw attention to the ludicrous nature of this administration and relieve the stress and angst that comes with watching our nation take an unfortunate turn.

— Kevin

Valentine's Day

I want to be like "yay couples" but all I can seem to muster is "hand me a beer."

—Lyndsie

FEBRUARY 14



Le Hall Argonaut

Oh Romeo, Romeo — help?

How to create a successful Valentine's Day from a female perspective

Valentine's Day can be tricky. The simple days of handing out cheesy cardstock valentines to everyone in the class are over.

For those in long-term relationships, new relationships or what I like to call the "what are we?" relationships, Valentine's Day holds, in one way or another, some sort of importance.

Some couples like to go all out, while others like to keep the day simple and low-key.

With so much significance surrounding one single day, some people experience the inevitable anxiety about finding the "perfect" gift and planning the "perfect" date. And sometimes, Feb. 14 quietly sneaks up, leaving us to find a restaurant without a wait-list and a less-than-original present that hopefully arrives on time.

For all the bewildered people out there looking for something for their lady — do not fret. With a little creativity and obviously some love, a

great Valentine's Day is just a few ideas away.

The first step in any Valentine's Day master plan is to actually make a plan. I don't mean a vague "let's do something on the 14th" sort of plan. I mean a real plan with the answers to who, what, when and where. Most women love plans, so a well thought out blueprint of the day's festivities might just be a gift in itself.

There are countless ways to spend Valentine's Day with that special someone, but it all depends on the couple.

Most women understand that elaborate plans do not always end up like they do in movies, so original, simple Valentine's Day ideas are often the most successful.

A warm indoor picnic is a fun, easy way to spend the day at home, without spending too much. Order in favorite foods from restaurants around town, play a romantic comedy and snuggle up on the couch. A laid-back Valentine's evening is as simple as that.

Planning a manly Valentine's Day is easier than it seems

For decades, the stereotypical image of Valentine's Day has been of a frazzled husband running through the supermarket in search of a last-minute bouquet of roses.

As stores throughout the country decorate aisles with red and white decorations, people are provided with a constant reminder of the need to plan a special night for loved ones.

While the pressure lies primarily on men to deliver a memorable occasion, women in committed relationships also face a surprising conundrum — what should they do for the man in their life?

Planning the perfect Valentine's Day celebration for men can be unquestionably difficult, since chocolate and teddy bears are not always likely to do the trick.

But those experiencing some uncertainty this holiday

— worry no longer. There are a number of different options for Valentine's Day depending on the budget.

If a man spends his free time glued to the television as he watches the big game, he will probably take his significant other up on an offer to spend an afternoon on the couch as he teaches them more about the sport.

For the partner who can't seem to be peeled away from the gym, their significant other can't go wrong with a couple's day at the Student Recreation Center. Not only will the couple move closer toward personal fitness goals, but physical activity can actually help people in relationships feel more satisfied with their partner, according to Psychology Today.

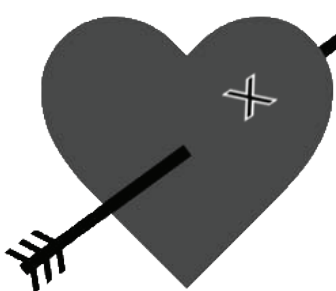
Expensive champagne may be the go-to drink for Valentine's Day, but your man will likely have just as much fun with a growler and two pint glasses. Breweries in the Moscow community, such as Rants & Raves, serve a wide variety of beers and ciders that are sure to delight the pickiest of taste buds.



Hailey Stewart Argonaut



Josh Grissom Argonaut



SEE FEMALE, PAGE 12

SEE MANLY, PAGE 12

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Legalize LSD

Drug policy should draw from science instead of culture

During my internship at a law office last summer, a forensic drug analyst told me “molly” was a culture and not a drug. His lab tested the latest batch of pills retrieved from a concert, club or party and found all sorts of amphetamines masquerading as “molly,” from MDMA to meth.



Danny Bugingo
Argonaut

“Molly” is an extreme case of a drug growing an identity beyond its chemistry, but it is not unique. From caffeine to crack, all drugs build cultures and identities beyond the physical and mental reactions they provoke.

There is no secret chemical structure in caffeine forcing people to drink coffee in the morning instead of the evening nor any molecule hidden in crack that makes one homeless and crazy.

Coffee culture and crack culture follow from the drugs’ effects — one drinks coffee in the morning because it is a stimulant and one becomes homeless and crazy while smoking crack

because it is horribly addictive. However, particularly when crafting policy, one must tease out the difference between the culture and the drug.

The present opioid epidemic highlights lawmakers’ failure to do so. More than 1,000 people a day are treated in emergency rooms for misusing prescription opioids according to Centers for Disease Control, but there is no movement to severely restrict drug manufacturers.

If the drugs were not sold by large corporations, or if overdose victims were not predominantly white, or if any number of non-pharmacological, cultural factors were a little different, opiates would be banned and demonized with no consideration given to their usefulness as medicine.

Something like this happened in 2015, when Governor Butch Otter vetoed a bill legalizing marijuana-derived CBD oil, which treats seizures and can’t get people high. The word “marijuana” was a death knell, pointing to a culture — not a drug — that Governor Otter could not imagine supporting.

Too often, drug policy is

driven by images of undesirable people — whether hippies or Mexicans or black people — rather than scientific rigor.

Fifty years after the height of the ‘60s counterculture, LSD retains its noxious, divisive context. Nothing was more terrifying as a parent than the idea of one’s child quitting school, not getting a job, moving to California and dropping acid. Today that fear, grounded in a cultural moment rather than the actual drug, lingers in the form of strict bans on all psychedelic substances.

One of the most powerful tools for introspection and therapy was co-opted by left-wing radicals, demonized by law and order romantics and barred from science.

A small amount of rigorous research has shown the power of psychedelic substances to enact lasting, positive change. A Cambridge study found long-term improvements to psychological wellbeing after dosing 20 healthy volunteers with LSD.

A Johns Hopkins study used psilocybin mushrooms to help smokers quit. Eighty percent of the participants remained abstinent after six months, more than twice the rate of

typical therapy programs.

A New York University study treated cancer patients’ anxiety and depression with psilocybin, and 60 to 80 percent of participants showed significant improvements in quality of life.

Researchers tend to choose psilocybin instead of LSD because psilocybin is boring, clinical, difficult to pronounce and therefore does not play as large a role in the culture. Good science cannot depend on such arbitrariness.

The dangers of LSD and other psychedelics are real. Misuse can surface latent mental illness or induce terrifying hallucinations. But the evidence indicates that psychedelics are non-addictive, safer than alcohol or tobacco and enormously beneficial when used in a controlled setting.

Doctors and scientists should not be limited to what the culture dictates — their treatment options and research should be based on what works.

One can imagine a more enlightened future with legal, regulated psychedelic therapy. Perhaps someday LSD can become a drug and not a culture.

Danny Bugingo
can be reached at
arg-opinion@uidaho.edu

The Divided States of America

Violent protesters are working against their own cause

It is not a new phenomenon for people to protest what they believe to be unjust. The concept of speaking out against a tyrannical government is how the United States was born. However, I believe something vital has been lost in the art of protesting: grace.



Andrew Ward
Argonaut

When reality starts to clash with morality, people become very impassioned with what they believe to be morally, economically and politically correct. Unfortunately, with the recent election of President Donald Trump, the U.S. has felt a lot more divided in what the opinion of “right” really means.

I am not saying that everybody and everything was in perfect harmony before the election. I am also not saying protests have not become violent in the past. These types of things have happened

before, and they will undoubtedly happen again.

However, I have a question. What good does it do to violently protest anything?

I understand the logic behind a peaceful assembly of people who feel wronged. That makes perfect sense.

A group of people demonstrating their stance on issues actively, intelligently and within the confines of the law shows their willingness to debate, rationalize and discover a working solution to a dilemma.

The same cannot be said for rioters who assault people, burn garbage in the streets and vandalize private businesses in the name of their cause.

The New York Times reported people at the University of California Berkeley in masks were lighting fires, smashing windows and assaulting people during their protest of a presentation by Milo Yiannopoulos, a controversial editor for Breitbart News. This follows another violent protest in Seattle on Inauguration

Day Jan. 20. Violent masked protesters tried to prevent a speech by Yiannopoulos and a 34-year-old anti-fascist was shot and severely injured.

To me, these violent actions only serve to demonize the cause being promoted by the protesters. Holding a sign that reads “not my president” while being part of a group that indiscriminately damages property, injures people and promotes anarchy in the street does absolutely nothing positive for their cause.

People voted for Trump for many reasons, but a big one was his promise of more distinct acts of law and order. What exactly do people think this violent behavior does for those people? It reinforces their core value. Some people see martyrs fighting for a cause, while others see whiny “snowflakes” causing mass chaos in the streets.

Violent left-wing protesters are quite literally handing the right-wing ammunition to use against them. It provides the opposition

with the exact image of violent self-centered riots that they have been hoping to plaster all over social media.

They are effectively working against themselves by portraying the exact behavior they are protesting.

To clarify, I am not a democrat or a republican. I do not believe in taking sides. I believe all the two-party system does is divide the nation, leaving one half overwhelmingly angry with the other instead of focusing on the problems at hand.

I do believe in freedom of speech. It would make my job difficult if I didn’t. So, if there is wrong in the world, by all means, protest it. If something is unjust, speak up.

However, protest the way it is condoned in the Bill of Rights. The right to “peacefully assemble” does not protect smashing the windows out of a Wells Fargo.

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FEMALE
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For the couple that wants to get out of the house on Valentine's Day, there are still plenty of simple options. To make the day even more sentimental, pick a restaurant where you first went as a couple and ask for the same table or booth. To switch things up, look for local plays or concerts instead of a regular old movie.

If a couple wants to go all out for Valentine's Day, it often takes

more planning than a date at home or out on the town. The surprises that women actually love are those that involve getting away from everyday routines. A day trip to explore close by towns adds a little adventure to the day. It is fun to try something new together, on a day meant for togetherness.

While Valentine's Day is about love and appreciation, it is OK to get material and buy something small.

In my experience, most women love original, but useful gifts. Chocolate and flowers are great,

but eventually those dwindle away. A nice candle, a favorite book, new makeup, apartment accessories or kitchenware may all seem like practical presents, but they show that you know the taste and aesthetic of your significant other.

There really is no way to create a disappointing Valentine's Day, as long as couples put in some extra effort and find something they can enjoy together.

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MANLY
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Another affordable option to consider is the creation of a home-cooked meal. Even those lacking the culinary skills of Wolfgang Puck can earn appreciation from their significant other due to the sincerity of the gesture.

An old proverb states, "the key to a man's heart is through his stomach," and very few will disagree with these words



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of wisdom. To the many partners who find themselves in a last-minute panic this Valentine's Day: Take a deep breath and remember what the holiday really represents — an opportunity to show some affection and appreciation for the loved one in your life.

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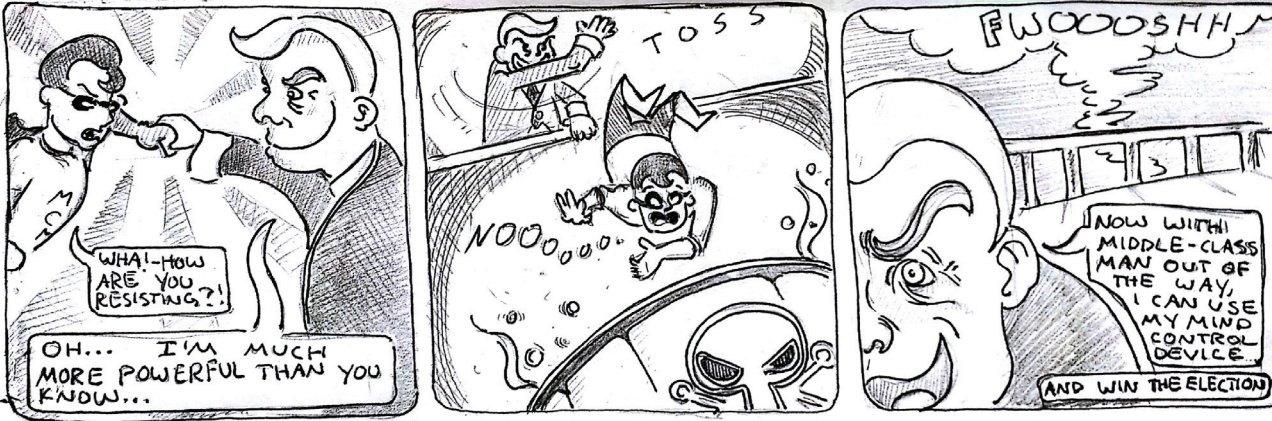
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