

# THE ARGONAUT

THE VANDAL VOICE SINCE 1898

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Tuesday, February 28, 2017

## JAZZ FEST



Joleen Evans | Argonaut

Jazz band plays during the Young Artists' Winners Concert Thursday night in the Kibbie Dome during the Lionel Hampton Jazz Festival.

# Taking home the trophy

*Jazz Fest held concert series to showcase student talent*

**Olivia Heersink**  
Argonaut

The Lionel Hampton Jazz Festival held a three-day concert series to celebrate young artists Thursday, Friday and Saturday in the Kibbie Dome.

The Young Artists' Winners Concert included vocal and instrumental jazz ensembles from schools in Washington, Idaho and Canada. Each concert winner received a trophy and an automatic invite back to next year's Jazz Fest.

Schools were invited to perform at the concert if they won their division at the earlier student performances.

The first night of the concert featured performances from Tyee Middle School, Russel Elementary School, Moscow Elementary

School and Northwood Middle School.

Tyee Middle School from Bellevue, Washington, was named the junior sweepstakes winner for their piece, titled "Jive at Five," at Thursday's concert.

Tyee Band director Scott Backus said it had been six years since the school's last appearance at the festival, so he was honored to be this year's recipient.

"It has been such an awesome treat to just be at the festival and winning tonight has only sweetened it further," Backus said. "I am incredibly proud of my students for their effort and hard work today — they definitely earned this trophy."

The second night of the concert featured vocal performances from St. George High School, Lewiston High School, Amei High School, Clarkston High School, Skyline High School and GW Grahams Secondary School.

The Lewiston High School Gold Voices were named the vocal sweepstakes winner

for their piece, titled "They Say It's Wonderful," at Friday's concert.

Gold Voices performer Orion White said this was his eighth Jazz Fest, but his first time winning in the choir category.

"It's always been my dream to be up on that stage, being recognized for something, and tonight I got that chance," White said.

White said the Gold Voices had been invited to the sweepstakes concert at the Jazz Fest for the past three years, and this year was the group's first win.

Gold Voices Choir Director Julie Burke said the Jazz Fest was fun for her group and she was proud of their performance.

The final night of the concert featured instrumental performances from Garfield High School, Wellington Secondary School, Prairie High School, Semiahmoo Secondary School, South Whidbey High School and Coeur d'Alene Charter Academy.

Garfield High School Jazz Band No. 1

from Seattle was named the instrumental sweepstakes winner for their piece, titled "I Had a Ball," at Saturday's concert.

Garfield performer Jonathon Sabbath said winning was an honor and an incredible feeling for him and the entire band.

"So much of music is subjective that it's kind of nice to receive some validation like this," Sabbath said.

He said many performers put in extra time to perfect the piece, and it paid off for the group.

Garfield performer Owen Boxwell said he attended the Jazz Fest for the past five years, but this time will be the most memorable for him.

"A win like this really brings people together," Boxwell said.

*Olivia Heersink can be reached at arg-news@uidaho.edu or Twitter @heersinkolivia*

## JAZZ FEST

# The Jazz Fest's power couple

*Vern and Vanessa Sielert operate as a team at work and at home*

**Erin Bamer**  
Argonaut

Vern Sielert said his office is cluttered, even on a good day.

His wife Vanessa, who works just down the hall from him in the School of Music building, is always much neater. She is the organized one in their relationship, he said.

"Golly, she's very organized," Vern said.

Vern and Vanessa have been married for 16 years. Eleven years ago, while they were living in Washington, they heard that the University of Idaho was in need of two professors, so each of them applied and both got the job.

"That doesn't happen," Vanessa said. "It just doesn't happen anywhere ... But it ended up happening here."

Last year, Vern and Vanessa also secured leadership positions for the Lionel Hampton Jazz Festival — Vern as artistic adviser, Vanessa as academic adviser. Since

April, both have been working to make the 50th anniversary of the festival a memorable one.

Vanessa said the couple embraces the fact that they can work so closely together to combine their shared passion for music and education to help students reach their full potential.

Their lives are busy, but Vern said they still try to set aside time to be together as a family. He said their son just turned 7 years old the Monday before Jazz Fest, and even though the event was so close, they tried to make the day about him.

"Once the festival is over and we have a little bit more of a calmer schedule ... I know that we'll plan some other things that may involve a little bit more time than just a game of Mario Kart before bedtime," Vanessa said.

As artistic adviser, Vern was in charge of booking artists for the evening concerts. Vanessa, as academic adviser, handled the educational aspects of the Jazz Fest, from picking out judges to organizing workshops.

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## EATING DISORDER AWARENESS

# Start the conversation

*Eating Disorder Awareness Week works to recognize issues around campus and supply resources*

**Savannah Cardon**  
Argonaut

Providing a space where a conversation is comfortable around topics such as eating disorders and body image is the purpose of this year's Eating Disorder Awareness Week (EDAW).

During a time of many transitions and stress, college students are highly vulnerable to eating disorders, said Campus Dietitian Marissa Rudley. The University of Idaho works to give students the resources and assistance needed to combat these issues.

With this year's theme "It's Time to Talk About It," EDAW will help bring eating disorders and the stigmas associated with them to light, Rudley said.

"(The theme) is trying to shine that light on this issue and how so many mil-

lions of Americans are struggling with it, that there is help and that early intervention is key," she said.

Put together as a collaborative effort, Rudley said Vandal Health Education, the Women's Center and the Counseling and Testing Center worked to consolidate their individual resources to help reach out to students.

"We really value having a week on campus where we can highlight resources ... for students struggling with eating disorder issues and body image issues," Rudley said. "We also want to highlight that there is hope and there is help out there."

Rudley said EDAW is part of a broader program that is observed by the National Eating Disorders Association (NEDA).

One thing NEDA promotes every year is a confidential online screener, Rudley said. This online screener allows a person to be checked for an eating disorder to see if their attitudes and behaviors about body weight are in a healthy place.

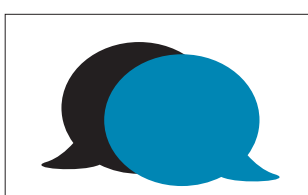
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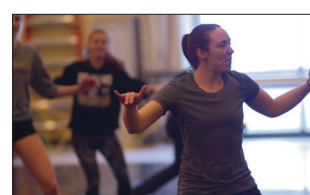
The Idaho women's club hockey team looks to improve in the 2017 season.

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Eating disorders aren't visually obvious. Read Our View.

OPINION, 10



With 15 workshops, Jazz Fest is as much about dance as it is about music.

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# Campus Recreation

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

## Climbing Center



## Intramural Sports

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# A Crumbs recipe

## Oreo marshmallow brownies

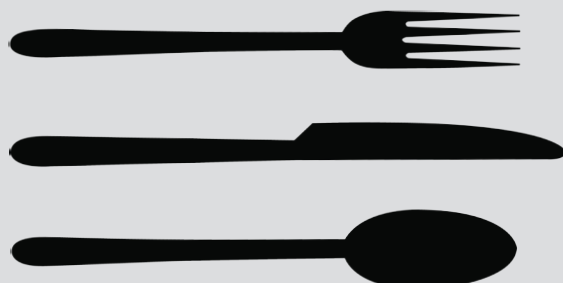
These gooey Oreo marshmallow brownies are filled with crunchy cookies and fluffy marshmallows. With an intense chocolate flavor, these brownies are sure to cure any sweet tooth.

### Ingredients

- 1 package brownie mix
- 1 cup milk chocolate chips
- 15 crushed Oreos
- 1 1/2 cups marshmallow fluff

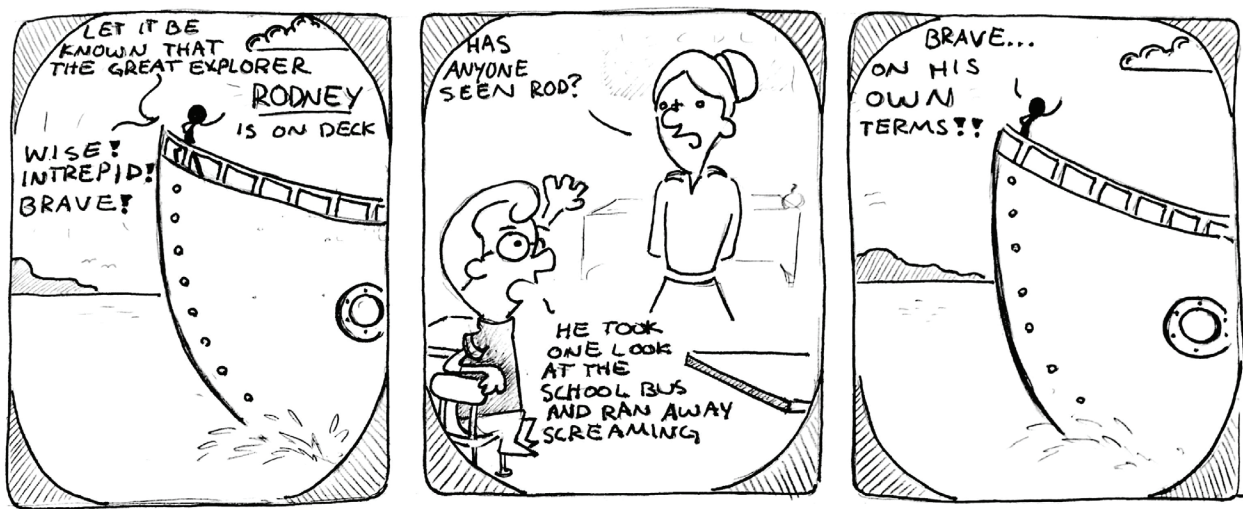
### Directions

1. Follow the package instructions to make the batter. Once the batter is prepared, add in the chocolate chips
2. Pour into a baking dish
3. Pour in 3/4 of the crushed Oreos and the marshmallow fluff into the batter and swirl around with a knife
4. Bake according to package instructions



Hailey Stewart  
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## Low tide



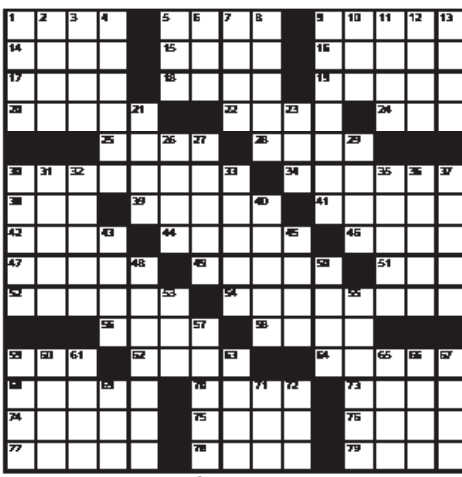
JP Hansen | Argonaut

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- 62 Nercher flavor
- 64 Flippant
- 69 Unscrubbed
- 70 Toothpaste holder
- 73 One and only
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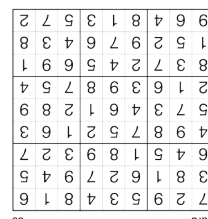
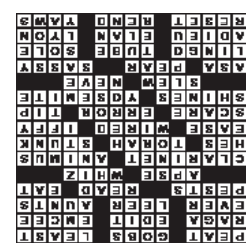
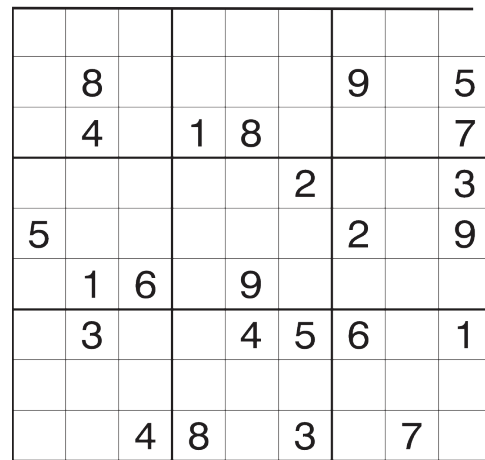
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- 75 Gusto
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- 6 Incessant work
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- 8 Spread strand
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- Send all letters to:  
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UNIVERSITY

# Simplifying the world's complexities

*UI professor encourages students to explore the humanities offered at UI*

**Olivia Heersink**  
Argonaut

Dale Graden, a history professor at the University of Idaho, spoke on the importance of studying liberal arts programs in a lecture Friday.

Graden said the lecture was aimed at visiting students in town for the Lionel Hampton Jazz Festival in order to give them a better glimpse at UI's liberal arts education.

Graden said he not only wanted to advertise UI's programs, but the humanities in general, and encouraged students to explore a variety of areas before deciding

on a study course.

"If you have the science bug, do some science, or if you're thinking about the humanities, pursue those, but just make sure to do some crossover to get the best understanding of what you want," Graden said. "Just don't let yourself get stuck too deep before deciding a path."

Graden said he believes UI has tremendous resources to help students find their niche.

He said he believes that everyone should take at least one humanities course no matter their major, because it will help them to develop a sense of social responsibility.

"My plea for the liberal arts is that the world is complex, it is gray, not black and white, and the liberal arts are a way to help simplify the complexities surrounding us," Graden said.

Graden said he believes the humanities

offer the best avenue for a well-rounded education because they provide students with critical skills they can't find anywhere else.

"It is an approach to learning that empowers individuals and prepares them to deal with diversity and change," Graden said.

Graden also said studying the liberal arts provides students with a broad knowledge of the wider world.

Jazz Fest participant Macarah Zolcoski said she attended the lecture because she wanted to get involved in the liberal arts eventually, but she was unsure of how to do so and thought the seminar was the best place to learn.

"I figured why not learn here by coming to a lecture that specifically addresses what I want to know," Zolcoski said.

Zolcoski said after the discussion, she

had more confidence going forward in her pursuit of the humanities and is even considering attending UI.

"I had no idea that the liberal arts had such a supportive backing," Zolcoski said. "It's very encouraging."

Graden said he hoped the lecture could shed a little light on the important worldview this type of field provides and encouraged students to find their passion, even if it lies within the STEM field.

"By the grace of God, by the grace of the higher spirits ... I stand before classrooms at the University of Idaho and have employment with something that I can't wait to get to work," Graden said.

*Olivia Heersink can be reached at arg-news@uidaho.edu or on Twitter @heersinkolivia*

LGBTQ

# For those outside the box

*LGBTQA Office hosts social meet up for gender non-binary and nonconforming people*

**Jack Olson**  
Argonaut

Artemis Nunez came to the University of Idaho this year from a high school with just three queer people.

She said she had been struggling with her gender identity for around nine months and found a community at UI.

"To feel accepted and feel like I could finally identify as a woman, it was a feeling unlike I had ever felt, because for the first time in years I finally felt like I was myself," Nunez said.

To bring more people together like Nunez, the LGBTQA Office is hosting a social event. The Gender Non-Binary/Gender Nonconforming Queer Student Social Meet Up takes place from 6-7 p.m. Wednesday in the Panorama Room of the Idaho Commons.

Director of the LGBTQA Office Julia Keleher said the meet up is part of a series of identity-based socials this semester.

"Sometimes it's nice to be around folks who have similar experiences and to have a

place where you can just relax and be yourself and talk about stuff that happens to people with different identities," Keleher said.

LGBTQ allies are welcome at the event, but Keleher said it's focused on building a community for people who fall outside the binary male-female conception of gender. She said people who are gender nonconforming face a combination of challenges.

"So finding restrooms that they feel comfortable using — locker rooms, residence hall rooms," Keleher said.

Keleher said individuals can also face "microaggressions," such as people staring or being uncomfortable around them in general.

As a trans woman, senior student Madeline Scyphers said she's experienced microaggressions as well as more severe aggression, but found a queer community to be part of in Moscow. She said social spaces like the upcoming event are necessary to give trans and nonconforming people a place to exist and be human, free from ag-

gression or politicization.

"I need to be able to be a person, and I can't be thinking what me existing in a space means to everyone around me all the time," Scyphers said. "I need to destress about it and not think about it."

After spending several years as part of UI's queer community, Scyphers said she is able to help others work through the challenges they face with their own gender orientation.

"I definitely came out as trans because I met Madeline," said junior Julien Arias. "I had no idea what I was doing, but I was able to talk to Madeline and even though I'm a trans male and she's a trans woman and our experiences are very different, it was still really nice to be able to talk to someone that to some extent understood what I was feeling."

Nunez said she came out as trans after talking with Scyphers as well. Arias said the socials are important for organizations to hold.

"People don't always want to go and do

business stuff. They don't want to do activism stuff all the time," Arias said. "Sometimes you just want to go hang out with people you know aren't going to call you the f-word, or aren't going to say these slurs while you're playing a game. You just want to go hang around people that are going to be OK for few hours."

First-year Danielle Garvin said the socials can help new students feel comfortable and safe in the new and potentially scary environment of the university. Garvin went to a queer ice cream social last semester and said they worried at first if there would be hateful people waiting around for gay people.

"And there wasn't, and I like ice cream, so I went," Garvin said. "And I was like 'Gays and ice cream, at one time?' It's so good, like what could be better?"

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

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**START**

FROM PAGE 1

"It kind of screens to see if any of those things are extreme or leading to unhealthy attitudes," Rudley said.

UI works with the same goals as NEDA, offering campus the same screenings in-person each year. Rudley said screenings will take place from 10:30 a.m. to 2:30 p.m. Thursday in the Idaho Commons.

"We want people to check in with themselves and with those that they care about to see if those thoughts and feelings are at a healthy and balanced place," Rudley said.

Along with screenings, Rudley said campus will put on a variety of different events such as body positive movement, free belly dance classes and positive affirmation crafts.

In addition to the other

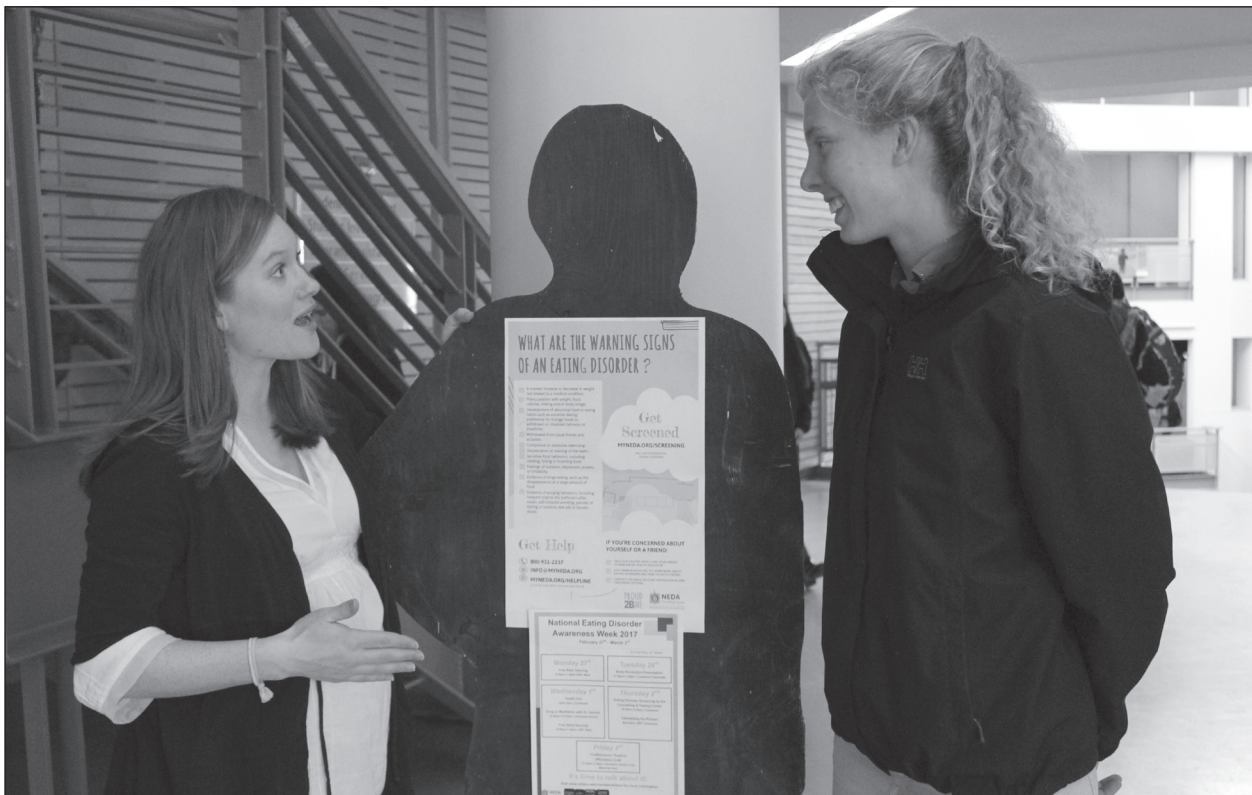
events taking place this week, Rudley said students who are invested in learning more about the media's influence on body image can attend the Body rEvolution presentation, facilitated by UI junior Avery Bolton.

"A lot of it is focused on what the media puts out and how our culture feels about body image," Bolton said. "Towards the end, we'll go over resources and how you can talk to a friend."

Bolton said she hopes to make the Body rEvolution program more conversation-based so individuals can feel comfortable about sharing.

"I think the best way to come at these problems is through educating each other and communicating," Bolton said.

Savannah Cardon can be reached at [arg-news@uidaho.edu](mailto:arg-news@uidaho.edu) or on Twitter @savannahcardon



Diamond Koloski | Argonaut  
Campus Dietitian Marissa Rudley and Vandal Health Education intern Emma Balazs discuss the warning signs of eating disorders in the Idaho Commons Monday.

**COUPLE**

FROM PAGE 1

Vern said he considered Vanessa's job to be more demanding, even though his position might get more attention. Regardless, they both do their part to help each other out with their duties. Vanessa said they try to give the other advice when they can.

Vanessa said the position of an academic adviser is a good fit for her, because she's more closely associated to the public school experience, as she used to lead middle school and high school bands. She said the role of artistic adviser of the Jazz Fest is perfect for Vern.

"He's a jazz nerd," she said.

Musicians don't get a lot of time off, Vern said. They need to keep in practice with their instruments, so music is the couple's daily thing. He said they play music together all the time — Vern with his trumpet and Vanessa with her saxophone. He said

he has also written at least one song for her.

Vern and Vanessa said their spouse does not realize how talented they are with their instrument.

There was no moment earlier in their relationship when either of them realized that they wanted to get married.

"It was never a question that I wasn't going to hang out with him forever," Vanessa said.

Vern said Vanessa has about every good trait he can think of — she's driven, serious about music and a great teacher. Vanessa said she and Vern have a lot in common, and that was partially what attracted her to him when they first met.

"And then there's that extra little something that you can't define," Vanessa said.

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# SPORTS



Idaho men's basketball team takes down Weber State after regulation

PAGE 6

## CLUB SPORTS



Idaho junior center Keanna Hawk squares off with center Megan Heckels of Wenatchee during the Kiss My Ice tournament Saturday in Wenatchee

Josh Grissom | Argonaut

# Idaho hockey heroes

Women's club hockey is anything but cold out on the ice

**Brandon Hill**  
Argonaut

No matter the temperature outside, a University of Idaho athletic club feels at home in the cold.

The Idaho women's club hockey team can be found putting in the hours at the Palouse Ice Rink, getting ready for the myriad of teams it may face in the upcoming months.

Senior Lizzie Jossie knows a thing or two about skating for the Vandals. A hockey player for 12 years, Jossie joined during her first year at Idaho.

"It's been interesting how the team has changed and how our skills have changed," Jossie said. "When I first started as a freshman, a lot of teammates were grad students who were new to hockey and playing for fun. But, over the years we've gotten more skilled players and have recruited freshmen with hockey experience."

Jossie, now captain of the team, led the

Vandals to a second-place finish in the Palouse Care Cup earlier this season.

Idaho continued to impress after competing in a tournament in Wenatchee, Washington on Friday. The tournament was the third of the year for the Vandals. Teams from across the Northwest traveled to take their shot at glory, but no one seemed able to get past Idaho.

In their first game, the Vandals defeated the Wenatchee Mustachios 6-1.

Idaho scored first following a scrum in front of the net. The Mustachios answered 20 seconds into the following period, as Robin Herschbach sniped in a shot from 15 yards out.

It took two minutes for Idaho to regain the lead. Jossie found Erika Rader who had an open look at the left side of the net.

The pair connected yet again midway through the period in almost identical fashion. This time Jossie threaded a pass through two defenders.

Jossie earned a goal herself at the 3:32 mark of the period, snagging a goalie deflection and punching it into the bottom right corner of the net.

Aly Bean increased the lead for Idaho in the third period, launching a shot from 20 yards out.

In their second game, Idaho took down SnoCoWoHo, a club team from Snohomish County.

SnoCoWoHo immediately scored on a coast-to-coast shot following a penalty kill.

Jossie knotted the game at 1-1 with 21 seconds left in the first period, blowing the shot past the outstretched arm of the goalie into the upper right corner of the net.

Logan Weyand was called for checking and given a three-minute penalty, but Bean scored a shorthanded goal for Idaho on a one-on-one breakaway attempt.

Jossie scored again following a deflection off the goalie's stick, giving the Vandals a two-goal advantage.

Weyand capitalized on a defensive lapse to breakaway for another goal in the with 3:44 remaining in the second period.

Seconds later, junior Keanna Hawk swung around the goal and knocked the puck off the post and into net for her first goal of the tournament.

VN

For more sports content, visit [thevandalnation.com](http://thevandalnation.com)

Two minutes into the final period, Rader snuck the puck in between the goaltender's legs to give Idaho a 6-1 advantage. Hawk scored her second goal of the game at the 8:47 mark of the period, catching the puck with

her skates and swiveling 180 degrees to dump it into the net.

Idaho scored its final goal at 4:46 mark on a Rader to Hawk connection.

"During the first period, I was feeling pretty tired from the first game, so I wasn't sure how the outcome was going to be," Hawk said. "But once I started playing with my team a little bit more and we started getting some goals there, it just felt good."

The Vandals advanced to Game 3, where they defeated the Wenatchee Banshee 5-1.

Jossie scored 25 seconds into the start of the game, catching a pass from Rader and blasting it into the net.

Hawk scored minutes later near the goal line, twisting her body around and slicing the puck at a difficult angle.

SEE HOCKEY, PAGE 7

## TRACK & FIELD

# Hello, Pocatello

Idaho finds success at Big Sky Indoor Track and Field championships

**Meredith Spelbring**  
Argonaut

A selection of Vandals finished on a high note as the indoor track and field season came to an end in Pocatello, Idaho, at the Big Sky Championships. Freshman Ben Doucette capped off his impressive opening collegiate season with an exciting performance in the 60-meter hurdle race.

Doucette met his season best performance in the qualifying round, running an 8.04. Yet he improved even more in the finals, winning with a time of 7.96 seconds. He is the only athlete in conference to break eight seconds this season and is the first since 2015.

Doucette was not the only Idaho freshman to come out with a strong performance in the championships.

Freshman Rechelle Meade finished third in the high jump, clearing 1.70 meters. She grabbed third in the long jump as well with a leap of 6.01 meters to set a new personal record.

Senior Faith Eruwa and freshman Karina Moreland found success in the triple jump, taking sixth and seventh

place, respectively. Eruwa claimed the sixth place spot with a leap of 11.81 meters, followed by Moreland with a jump of 11.78 meters.

Senior Adara Winder found a spot on the podium with a third place finish in the shot put with a toss of 14.57 meters, a new personal best.

Senior Dusan Jevtic took a fifth place title in the high jump, clearing 1.99 meters.

Junior Arphaxad Carroll had a couple strong performances, claiming two top-10 spots. Carroll earned a sixth place finish in the 60-meter race in 6.91 seconds but his main event was the long jump, where he finished second with a jump of 7.43 meters.

Freshman Grayson Ollar came out strong for the distance team with an eighth place finish in the 3000-meter run, clocking in at 8:36.31.

Senior Drew Thompson finished seventh in the heptathlon with a total of 4896 points. Thompson's top performance came Friday in the 60-meter hurdles where he picked up the first place finish with a time of 8.36 seconds.

The Idaho track and field team looks forward to the outdoor season with the Sam Adams Invitational March 24 in Spokane, Washington.

Meredith Spelbring can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu)

## WOMEN'S TENNIS

# Weekend split

The Idaho women's tennis team faced highs and lows over the weekend

**Zack Ozuna**  
Argonaut

The Idaho women's tennis team defeated North Dakota 6-1 on Friday, but came up short Sunday against Washington State losing 5-2. The victory against North Dakota improved Idaho's conference record to 4-0.

Doubles play opened with a strong performance from sophomore Marianna Petrei and junior Lucia Badillos. The duo clinched an early lead for the Vandals with a 6-1 victory.

Junior Ana Batiri and sophomore Maria Tavares finished doubles with a 6-1 victory to give Idaho its first point of the evening. Freshman Shion Watabe and freshman Jessica Brzozowska's match went unfinished.

Looking to build on the hot start, the Vandals entered singles competition.

Petrei earned the first victory for Idaho (6-1, 6-1). Badillos followed in similar fashion, outlasting her opponent 6-2, 6-1. The strong performances boosted the Vandals' lead to 3-0.

Brzozowska and Tavares were also victorious in singles play. Tavares finished the evening with a 6-1, 6-1 victory and Brzozowska defeated her opponent 6-2, 6-3.

Batiri closed the tournament with a 6-2,

6-0 victory.

Following the impressive victory, Idaho sought a repeat Sunday afternoon against Washington State.

The first point of the day was awarded to Washington State with a victory in doubles competition.

Watabe and Brzozowska were the first to lose with a score of 6-3, and Petrei and Badillos fell to Washington State 7-5. Batiri and Tavares' match was not finished.

Down 1-0, the Vandals needed a strong performance in singles competition. Petrei answered when she put Idaho on the scoreboard with a victory of 6-3, 6-1.

Brzozowska fell to her opponent 6-1, 6-3, but Idaho was able to bounce back with a three-set effort from Tavares.

Tavares dropped the first-set 6-4, but was able to rally for the second by winning with a score of 6-4. In the decisive final set, Tavares defeated her opponent 6-3.

The Vandals tied the score at 2-2. Washington State reclaimed the lead at 3-2, after Batiri lost her match 6-0, 6-2.

Washington State would go on to defeat Idaho 5-2 after Badillos and Watabe dropped the final two matches of the evening.

Idaho will return to action March 3 when the team hits the road to face Wyoming in Laramie.

Zack Ozuna can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu) or [Twitter @OzunaZack2](https://twitter.com/OzunaZack2)



## MEN'S BASKETBALL

# Free throws seal victory

Free throws lead Idaho to victory after regulation

**Colton Clark**  
The Argonaut

Idaho finished with a victory in its last home game of the season against conference foe Weber State in the Memorial Gym.

Although the Vandals looked in control, leading the game for over 32 minutes, it took key free-throws from freshman guard Trevon Allen and junior forward Arkadiy Mkrtychyan to put away the Wildcats 83-78 in overtime.

The win propelled Idaho within one game of second place in the Big Sky. Meanwhile, Weber State dropped from second to third in Big Sky standings after Eastern Washington's win over Idaho State Saturday.

"It's always good to get a home win," Idaho head coach Don Verlin said. "Definitely very nice to send these seniors out with a win, no question about that."

Junior guard Victor Sanders did not suit up, due to a contusion in his left calf from an awkward tumble he suffered against Idaho State on Feb. 23. Allen replaced Sanders, getting his 11th start of the season.

Verlin said Sanders has been working with trainers and will be evaluated on a day-to-day basis, but he is unsure of when Sanders will return to the court.

Idaho had a strong performance beyond the arc in the first half. The Vandals hit 6-of-13 from the perimeter on 46 percent shooting.

The Vandals led 38-33 at the break, despite shooting 38 percent from the field compared to Weber State's 54 percent. Idaho outrebounded Weber State, 20-13 in the first half, but had just 14 points in the paint, two less than the Wildcats.

Idaho led by double-digits three times throughout the first half, holding the Wildcats to two-minute scoring droughts on two separate occasions. The lead would not hold,

however, as Weber State came storming back into the game behind the play of guard Jeremy Senglin, who had 11 points in the first half.

Allen surpassed his previous career-high of 11 points with just over four minutes remaining in the half.

The Vandals began the second half one-of-six field goals in the first four minutes of play. Weber State tied it up with free throws at the 16-minute mark, the first deadlock since very early in the first half.

Idaho's last field-goal of the game came with just over a minute remaining, as sophomore forward Nate Sherwood hit a lay-in, giving the Vandals a 68-61 advantage.

It looked all but over for the Wildcats, until Senglin scored 11 points in the final 40 seconds of regulation, cutting the lead down to two.

Senglin missed a free throw with one second remaining, leading to a loose-ball foul being called on Nate Sherwood with one-tenth of a second remaining that sent the crowd into an uproar. Weber State forward Kyndahl Hill nailed both free-throws, sending the game into overtime.

In overtime, both teams failed to connect on any field goals, scoring only from the line. Weber State turned the ball over three times, leading to intentional fouls and clutch free-throws from the Vandals, who went 9-10 from the line in overtime. Idaho outrebounded Weber State 43-32 and shot 44 percent from the field in the second half, compared to 37 percent for the Wildcats.

Allen finished the game with a career-high 25 points on 53.8 percent shooting. Allen exhibited confidence at the line, going 14-14 on free-throws and effectively putting the game out of reach for Weber State.

"I kind of like that pressure feeling," Allen said. "Starting off the season, I was



Diamond Koloski | Argonaut

Point guard Trevon Allen shoots against Weber State at the Memorial Gym in the men's last home game on Saturday.

doing good with free-throws then kind of went into a slump. But then for me to kind of get back on it tonight, knock them down, it was good for me to get that feeling back."

Mkrtychyan added 13 points and junior forward Jordan Scott grabbed nine rebounds, seven on the offensive end. Nine Vandals scored in the match-up, but only two were in double-figures.

"We'd been talking all year about being 15-strong," Verlin said. "I tell guys all the time that there's going to be a time during the season that each and every one of you is going to help us win a game and obviously Trevon was something special tonight."

Four Weber State players scored in double-figures, including Senglin, who finished with 31 points and seven assists. Sophomore forward Zach Braxton had 12 points and nine assists.

With the win, Idaho has clinched its fifth winning season since 2000.

With only two games remaining, the Vandals have an opportunity to clinch a high seed in the Big Sky tournament.

The Vandals will travel to Flagstaff March 2 to take on Northern Arizona.

Colton Clark  
can be reached at  
arg-sports@uidaho.edu



## The College of Business and Economics Summer School 2017 - Offerings

Classes listed with **Gray** = Core Business Courses

Classes listed with **Black** = Major Courses

COURSE	COURSE TITLE	ON CAMPUS	FULL TERM	SESSION 1	SESSSION 2	SESSION 3	WWW
BUS 190	Integrated Business and Value Creation				June 12 - July 7		X
BUS 252	Formal Models of Decision Making			May 15 - June 9			X
BUS 252	Formal Models of Decision Making	X		May 15 - June 9			
BUS 301	Financial Resources Management	X		May 15 - June 9			
BUS 301	Financial Resources Management			May 15 - June 9			X
BUS 310	Leading Organizations and People				June 12 - July 7		X
*BUS 311	Introduction to Management			May 15 - June 23			X
BUS 321	Marketing		May 15 - August 4				X
BUS 350	Managing Information	X			June 12 - July 7		
BUS 350	Managing Information				June 12 - July 7		X
BUS 370	Process Management					July 10 - Aug 4	X
BUS 370	Process Management	X				July 10 - Aug 4	
BUS 490	Strategic Management	X			June 12-July 7		
ECON 201	Principles of Macroeconomics			May 15 - June 23			X
ECON 202	Principles of Microeconomics			May 15 - June 23			X
ACCT 201	Introduction to Financial Accounting				June 12 - August 4		X
ACCT 202	Introduction to Managerial Accounting				June 12 - August 4		X
BLAW 265	Legal Environment of Business			May 15 - June 23			X
BUS 324	Consumer Behavior			May 15 - June 9			X
**BUS 378	Project Management ** (See info below)	X		May 15 - May 21			
BUS 404	Study Abroad-INDIA - Social Entrepreneurship (see information below)			June 9 - June 23			
BUS 414	Entrepreneurship			May 15 - June 23			X
BUS 415	New Venture Capital			May 15 - June 23			X
BUS 420	Promotional Strategy				June 12 - July 7		X
BUS 425	Retail Distribution Management			May 15 - June 23			X
BUS 427	Services Marketing			May 15 - June 23			X
BUS 482	International Marketing			May 15 - June 23			X
ECON 343	Money and Banking			May 15 - June 23			X
**BUS 378 - Class meets in person May 15-19, 8:00am - 3:30pm. Then on Sat/Sun, May 20-21, 9am-4pm, the class will complete a project							
* For Non-Business majors BUS 311 is offered via the WWW - May 15 - June 23 (This course does <u>NOT</u> count for Business Majors)							
<b>STUDY ABROAD - INDIA - Deadline to Enroll - April 1st, 2017 (without passport) - April 15th, 2017 (with a current passport)</b>							
ACCT 305	Accounting Information Systems				June 12 - August 4		X
ACCT 315	Intermediate Financial Accounting 1				June 12 - August 4		X
ACCT 404/504	ST: Corporate Corruption			May 15 - June 23			X
ACCT 482	Enterprise Accounting				June 12 - August 4		X
ACCT 492	Auditing and Controls				June 12 - August 4		X
ACCT 498	Accounting Internship Program	X	May 15 - August 4				
ACCT 503	WS: CPA Exam Review Workshop	X	May 15 - August 4				
ACCT 582	Enterprise Accounting					June 26 - August 4	X
ACCT 598	Internship	X	May 15 - August 4				
BLAW 420	Commercial Law			May 15 - June 23			X

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WOMEN'S BASKETBALL

# Final road game win

Vandals earn 82-77 victory on the road

**Meredith Spelbring**  
Argonaut

The Vandals hit the courts in Ogden, Utah, where they took down the home team 82-77. As the end of the regular season approaches, the Idaho women's basketball team heads into post-conference with a sweep over Weber State.

Idaho head coach Jon Newlee said this win was crucial to the team's post-season seeding.

"We had to have this to even have a chance at a first-round bye," Newlee said. "We will see how it goes. Unfortunately, we coughed it up there in Pocatello. It was in our hands, now it is not. We will just have to wait and see how everything shapes up."

Idaho jumped out with the lead following a jumper from sophomore guard Taylor Pierce. From there each team took turns claiming the lead. Weber State topped out to end the opening quarter with a one-point lead, 21-20. The second quarter was marked by more lead changes, including six of the 14 throughout the game.

Sophomore guard Mikayla Ferenz tied the game up at 27-27 before going off to hit four consecutive shots. A tip-in from redshirt junior Brooke Reilly brought the game within three to head into half down 42-39.

Ferenz and junior post Geraldine McCorkell teamed up, scoring a combined 29 of Idaho's 39 points. McCorkell came out with 15 points and was closely followed by Ferenz with 14 points.

Newlee said he emphasized defense after the opening half in order to pull ahead in the final 20 minutes of play. "They scored 42 in the first half today. I told them we had to buckle down and start playing some better defense,"

Newlee said. "I told them it was going to come down to stops. I loved the way we gutted it out. We got done nine and I took that timeout. It was going to go one of two ways. I loved the way the team responded."

The third quarter started slow for the Vandals who came out down just three points but quickly expanded the gap to nine points partway through the third quarter. A couple shots from Pierce closed the margin and pushed Idaho past the opponents, finishing the third quarter on a 12-1 run.

The Vandals held on to the advantage for several minutes before the Wildcats reclaimed the lead.

The lead change was short lived, eventually going back in the Vandal's favor following a layup from McCorkell. Idaho maintained the lead for the remainder of the game, winning 82-77.

Ferenz finished on top for the Vandal offense, adding an extra 18 points to her first half to end with 32 on the night. McCorkell put up 25 points with a team-high 10 rebounds.

Leading the way for Weber State was Deeshyra Thomas with 26 points.

Newlee said he liked the way the Vandals held the Wildcat offense to seal the win.

"I thought we finally buckled down and started playing really good defense," Newlee said. "I thought the huge stat was (Weber State) only got four offensive rebounds (for the game). They are an extremely athletic team. I thought we did a great job of limiting them to one shot."

Idaho returns home to face Northern Arizona 6 p.m. March 1 in the Cowan Spectrum.

Meredith Spelbring can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu)



COMMENTARY

# Filling Sanders' shoes

Freshman Trevon Allen steps up to make a splash on senior night

From the moment the Idaho men's basketball team walked on to the court, something was different.

At first it was not a good kind of different. Everyone's eyes went to junior guard Victor Sanders, who was not in uniform.

A tough game on senior night and one of the better players in program history was sidelined. I don't think I was the only one who felt immediately pessimistic about the Vandals chances to pull the upset over top ranked Weber State.

Both teams went hard in the paint. It was a back and forth game that had the crowd on the edge for the full 40 minutes of regulation and beyond in the overtime period.

It was a game that was highlighted with constant changes in scores and performances. Yet, what stood out most on the senior day game was the performance from a standout freshman.

Freshman guard Trevon Allen had a big gap to fill with the absence of Sanders who was out with an injury from the previous game.

No matter what age or which player steps in, it was hard to imagine anyone living up to the performance of an average night from Sanders. Against all odds, Allen did just that.

In the opening half of the game he came out

with 13 points, including 3-4 from the beyond the arc and a perfect 4-4 at the free throw line. Allen cooled off for part of the second half, but held on to his perfect record from the line.

It was in overtime that he came out and pulled through in a crucial moment. Allen held onto his perfect free throw record when he shot 6-6 to push Idaho forward and put away Weber State. He finished the night 14-14 from the line and scored six of Idaho's nine overtime points.

It is more than safe to say he filled the gap left by an injured Sanders — he went beyond just filling the gap.

As a junior, Sanders has one season left and then Idaho will most likely be without its leading man.

Any fans who were nervous about the post-Sanders era have no reason to be nervous after tonight's game. Yes, he is an incredible player who continued to improve his game and team. But Allen showed that Sanders is not irreplaceable

— the freshman stepped up to fill shoes no one thought could be filled like that.

Yet Allen did, improving his career record from 11 points to 25 while tying his career record for minutes played.

One game and Allen showed he currently is, and has the potential to be, one of the best. Idaho fans have no reason to worry about the future of this program as long as Allen is part of it.

Meredith Spelbring can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu)



Meredith Spelbring Argonaut

## HOCKEY

FROM PAGE 5

Weyand slapped a shot in between the goaltender's legs to increase the early lead to 3-0.

Jossie scored with 10 seconds left in the period on a twisting backhanded shot.

The Banshee finally got on the scoreboard in the opening minutes of the third period.

Rader got the final goal for Idaho, snagging a rebound off the goalie and pushing it into the bottom right corner of the net.

The third win for the Vandals earned them a spot in the championship. Meanwhile, SnoCoWoHo found themselves back in contention after beating the Yakima Sting 4-3.

The Vandals again proved to be too much for the Snohomish skaters. Idaho went on to take the title 6-1. Demi Vargas netted the first goal for Idaho

after Weyand's shot deflected off the goaltender. It was at the 11:24 mark of the first period. Late in the second period, Rader sniped a shot underneath the goaltender to extend the lead to 3-0.

Vargas capped off the offensive effort for the Vandals in the second period. Idaho added another goal in the third period to hold on for the win, despite a late goal for SnoCoWoHo.

Jossie said that the success of her team never takes away from the true mission: having a good time on the ice.

"For the most part we are pretty recreational and don't take ourselves too seriously," she said. "In all it's been fun and it's great to play my sport and represent my school."

Brandon Hill can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu) or on Twitter @brandonmtnhill

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# A&E

## QUOTE OF THE DAY

“Negreos — sweet and docile, Meek, humble, and kind:  
Beware the day - They change their mind.”  
— Langston Hughes

## JAZZ FEST



Alec Sullivan | Argonaut

Movement sciences instructor Judy Drown leads a hip hop workshop during the 50th Lionel Hampton Jazz Festival in the Physical Education Building Saturday.

# Moving to the music

*Lionel Hampton Jazz Festival brings dance to campus*

**Hailey Stewart**  
Argonaut

The art of music is about more than notes, chords and instruments — its about expression. Dance is a crucial part of this expression and vital to jazz culture.

While many Lionel Hampton Jazz Festival attendees come for the live concerts and music workshops, they also come for the dance workshops.

With almost 15 dance workshops, each focused on a different genre to choose from, there are many genres for attendees to learn about.

Two of the dance clinics offered were taught by students and focused on jazz and some of the choreography behind it Thursday.

Belle Baggs, a University of Idaho clinical assistant dance professor, taught the “All That Jazz” workshop to a group of students that afternoon.

“You never know who is going to show up to your class,” Baggs said. “Students have their own concerts and classes going on, but when they have time and want to get loose,

they come and join.”

Baggs began the workshop by explaining that the class would learn about the basics of jazz and how to move to it. She turned on a mix of jazz music and warmed up with the class.

“Today, I want to mix together some old school music with a bit of contemporary,” Baggs said. “And we are going to get loose by combining improvisation and choreography.”

Baggs said she knows that first-time dancers often learn more when there is a choreographed lesson, but improvising with dance moves is always more interesting.

“I’m really interested in jazz coming from a sense of improvisation, but I also want the students to feel comfortable and learn in a choreographed setting,” Baggs said.

Theresa Conway, a UI senior, said she attended the dance clinic for the first time because she wanted to try something new.

She said she had no prior knowledge of jazz as a dance genre, and felt that it would be an interesting place to start.

Conway said Jazz Fest makes UI feel busier and more exciting. She said she likes how the festival brings all kinds of people to the community and campus.

“Now, I know that Jazz Fest isn’t about just musicians, it’s also about dancers

and dance beginners like me,” Conway said.

After the “All That Jazz” workshop concluded, several students from the class joined in on the “Social Dances Through the Ages” workshop with a larger group of attendees and a much younger set of dancers.

The workshop showed attendees popular American dances from 1920 to 2000 and was taught by guest dance instructor Melanie George.

George let out a booming, “five, six, seven, eight,” and taught the group of young students the Lindy Hop to swing music.

“Swing music is party music,” George said. “So when I put this on, you have to make me believe you are having the best time of your life.”

This class happened to be her first experience teaching a workshop at Jazz Fest, George said.

She said 50 minutes is a short amount of time to teach so many dances and movements, but it is just the right amount of time to keep the attention of young dancers.

George said American dances, in one way or another, have always utilized jazz music.

“When I think about jazz dance and jazz

music, teaching all these decades of dance just seems most logical to me,” George said.

After teaching the students about dances from the ‘60s, ‘70s and ‘80s, George asked them to form a large circle around the studio and put their new dance skills to use.

Some students filed into the center of the circle and showed off their newly learned choreography, while others put their free-style skills to the test.

“This is a tradition to celebrate everyone in the group individually,” George said. “Let’s have fun with it.”

Baggs said the dance clinics are meant to engage and educate students, but it is most important that each class is a fun way for students to try something new and get moving.

“There is something really special about the sharing of dance in the community,” George said. “The hope is that after every class you attend, you feel a little bit more alive.”

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## COMMUNITY

# A fair prize for a fair poster

*Moscow Renaissance Fair poster competition to award winner cash prize.*

**Brie Slavens**  
Argonaut

A \$200 prize will be awarded to the winner of a poster competition for the Moscow Renaissance Fair. The winning artwork will be featured on 500 printed posters and appear on the front of the fair programs, Greg Meyer, the publicity coordinator for the renaissance fair, said.

“Your artwork goes on a poster, becomes a part of the history of the fair, which is a part of the history of the community, and is distributed throughout the area and around the region,” Meyer said.

Artists can submit entries electronically through the Moscow Renaissance Fair website. The deadline is March 1 for all online submissions.

Artists can also bring in their submissions from 12:00 to 1:30 p.m. March 4 to Book People of Moscow Meyer said. The entry form must be attached to the back of all entries.

The posters will be assigned numbers and artists will remain anonymous. Voting is open to the public and will be hosted from 2 p.m. to 5 p.m. March 4 at Book People of Moscow, Meyer said.

The winning poster will be unveiled at 5 p.m. April 1 at Mikey’s Greek Gyros, Meyer said. The winner of the contest must attend the unveiling.

The winner is informed the evening the public voting takes place and is asked not to share their art or promote it on social

media and keep their victory a secret until the public unveiling, Meyer said. The fair reserves the right to disqualify contestants who violate the request, he said.

“It’s a chance for your creativity and your artwork to be seen and experienced by lots of folks,” Meyer said.

All submissions must meet the requirements for the poster including the phrase “The 44th Annual Renaissance Fair,” the dates of the event and the words “East City Park” prominently displayed on the poster, Meyer said.

He said the URL for the Moscow Renaissance Fair website, P.O. box number and Moscow Renaissance Fair are also required, in smaller print.

The posters should embody the theme of a renaissance fair, the annual celebration of spring, he said. Winning posters from over the years will be posted in

Mikey’s Greek Gyros the entire month of April, Meyer said.

The Renaissance Fair is May 6 - May 7. Admission is free and music, food and crafts will be open to the public.

Meyer said volunteers are needed for set up, take down and running the events. Volunteer inquiries can be directed to the president of the Renaissance Fair, Willow Falcon.

“It’s a fantastic group of people, when you think about all the work that goes into making this happen, it’s just a core group of volunteers and the board of directors,” Meyer said.

The entry form for the contest can be found at <http://www.moscowrenfair.org/mrfPosterContestEntryFormGuide.pdf>

Brie Slavens  
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**JAZZ FEST TRAVELING TROPHY**



Alec Sullivan | Argonaut

Three schools took home sweepstake trophies the Young Artists' Winners Concerts Thursday Feb. 23 to Saturday Feb. 25.

**JAZZ FEST**

# Back for the anniversary

*High school attends Lionel Hampton Jazz Festival for the third time in eight years*

**Nina Rydalch**  
Argonaut

In the past eight years, Dalles High School brought bands to the Lionel Hampton Jazz Festival three times, said the high school's music director, Paul Viemeister.

He said the last two years he brought the Riverhawk Jazz Ensemble to the festival to perform and learn from the workshops and seminars offered at the festival.

"The kids really got a positive feeling about coming out to Lionel Hampton and learning some things that they'd never heard before or seen before," he said. "So they wanted to come back this year, especially to the 50th."

The band performed at 9 a.m. Saturday morning, Feb. 25 in the Janssen Engineering Building.

Oscar Ortiz, a trombone player in the

band and senior at Dalles, said this is his second time coming to the festival.

"It's awesome," he said. "Overall it's pretty good — a lot of different varieties of music."

Viemeister said his first experience taking a band to the festival eight years ago went well, and students expressed interest in returning. However, since then the high school hasn't participated in the festival — with the exception of this year and last year.

Viemeister said this was in part because the theater program needed to be rebuilt, which impacted what he could do with the band. He said another reason is the bands the past two years have performed exceptionally well.

"They really enjoy playing difficult music, want to play difficult music and they enjoy playing together as a group, which is really important," he said.

He said he is not afraid to challenge his students and believes they will become better because of it. He said he feels the workshops and seminars at the festival will also help improve them musically.

"It gives them perspective on what they do, and it helps me too, as a teacher," he said.

This year, there were more vocal and dance workshops than the previous year. Viemeister said many of his students attended these, including a French foreign exchange student who is neither in choir or band. He said she has an interest in creating a career as a musician, and attended workshops that gave tips on how to do just that.

A Riverhawk Jazz Ensemble piano player, sophomore Nathan Nanez, said he is also a dancer at a dance academy in Dalles, where he does tap and jazz.

"I love the options that they provide here, class-wise," he said. "I've mainly gone to the dancing ones because I like dancing."

Nanez said this is his first year at the festival.

Viemeister said in addition to providing students with the opportunity to attend the festival, the school's music program also includes classes such as street drumming and "rock band", or Music X. He said the pro-

grams are aimed at students not in band or choir who want to perform musically, and sometimes help get students to take other music classes.

"They pick out the music, they establish a rehearsal, a rehearsal schedule and they continue in that genre for the semester, and at the end of the semester they do concerts," he said.

He said the music they play is rock or more contemporary music. Sometimes, if a group is doing exceptionally well, they will perform multiple times a semester, he said.

"I talk to local places, I say 'would you be interested?'" he said. "And so I give (the students) this experience of being able to perform in public and perform in a gig type of scenario, where they'll actually get paid to play."

Viemeister said the jazz band may return to the festival next year.



Nina Rydalch can be reached at [arg-arts@uidaho.edu](mailto:arg-arts@uidaho.edu)

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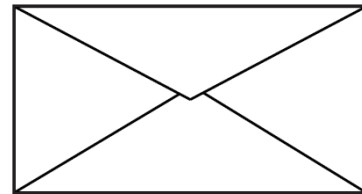
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# OPINION



Send us a 300-word letter to the editor.

ARG-OPINION@UIDAHO.EDU

## OUR VIEW

# A healthy helping

*One in four students will suffer from eating disorders, the other three can combat the stigma*

As with many mental illnesses, eating disorders have stereotypes associated with them.

Models, whose clothes hang from their bones, are supposed to have eating disorders. Those who struggle with obesity, they're supposed to have eating disorders.

But the trouble with these stereotypes is that they are limiting. They keep college students from realizing they have a one in four chance of developing an eating disorder, according to the National Eating Disorders Association.

That's right. Eating disorders aren't always visually recogniz-

able, and many people suffer alone. It is not a choice or a dieting technique. These disorders are mental illnesses and should be treated as such.

This week, the University of Idaho recognizes National Eating Disorder Awareness Week in an effort to end the stigma surrounding disorders like anorexia, bulimia and binge eating. Vandal Health Education will spend the week informing students on these topics, and letting them know there are resources available to help combat these disorders, like the Counseling and Testing Center and Campus Dietitian Marissa Rudley.

These resources are incredible and have undoubtedly helped countless students work through the struggles of various eating disorders, but that's the thing — it's not about overcoming these is-

sues, it's about constantly working through them.

This is where everyone plays a role in beating the eating disorder stigma. There are actions anyone can take to combat the aforementioned stereotypes and misunderstandings surrounding these widespread illnesses.

First, know that eating disorders often stem from dissatisfaction with body image. Taking note of someone's body type and making comments like "Wow, you're so skinny, you should eat a hamburger" can set a recovering anorexic back to square one.

Second, recognize that the signs of an eating disorder are not always obvious. If a friend is struggling with an eating disorder, it may be nearly impossible to tell. Never accuse or assume, but if they open up about it, be there.

Listen and only chime in when asked. These disorders have a way of overtaking every aspect of a person's life, so for them to talk about it is a big deal, and it should be a big deal to the person listening as well.

And finally, understand that there is no "overcoming" mental illness. From anorexia to depression, there is no clear light at the end of the long and difficult tunnel. Mental illnesses, such as eating disorders, have no set cure. However, recovering, in whatever form that might take, can be helped by constant support.

For those struggling with eating disorders — there are resources that can help. For those who know someone who struggles with an eating disorder — be a resource.

— **LK**

## OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

### Media ethics

Is it biased to say that Trump is doing a terrible job as the president at this point, or is it simply an objective fact?

— **Erin**

### Media ethics pt. 2

Saying he is doing a stellar job would certainly be an alternative fact.

— **Brandon**

### Media Ethics pt. 3

If Trump thinks his first four weeks have been "a lot of fun", I wonder how much damage he will cause over the rest of his four (or eight) years as president.

— **Diamond**

### Media ethics pt. 4

Can the "evil media" even have ethics, let alone report "real news?"

— **Claire**

### Media ethics pt. 5

I heard the media is so "evil," that it published news that didn't even coincide with the president's views. Can you believe it?

— **Hailey**

### Media ethics pt. 6

I feel like if journalists are to minimize harm while reporting, which they are expected to do, then they shouldn't print anything that comes out of Trump's mouth.

— **Jack**

### Media ethics pt. 7

Does this mean the media isn't supposed to report the truth because it makes the president look bad? Seems fishy to me...

— **Mihaela**

### Media ethics pt. 8

It's sad any president would filter press from reporting. Take a statistics class so that any journalist can see beyond a doubt whether such claims of presidential favorability isn't including something like outliers. The way to fight this claim is with indisputable data — politicians can't ignore it.

— **Catherine**

### Media ethics pt. 9

Being a member of the press is stressful enough as it is. I'd like to ask Trump to stop repressing the press so we can press forward.

— **Kevin**

### Media ethics pt. 10

Perception is reality (in some cases). People don't seem to care what's true, they believe what they perceive.

— **Andrew**

### Media ethics pt. 11

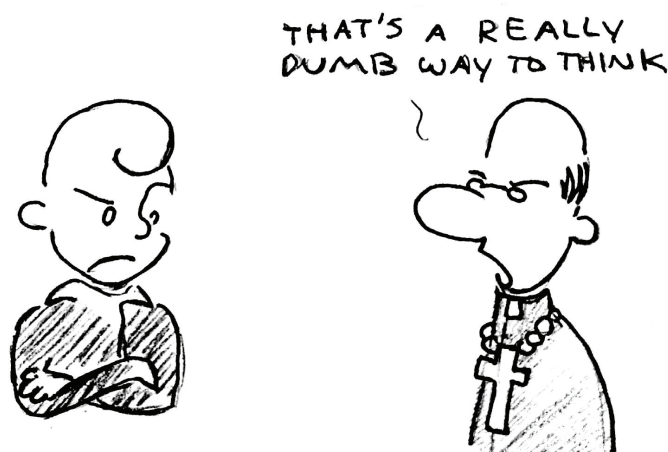
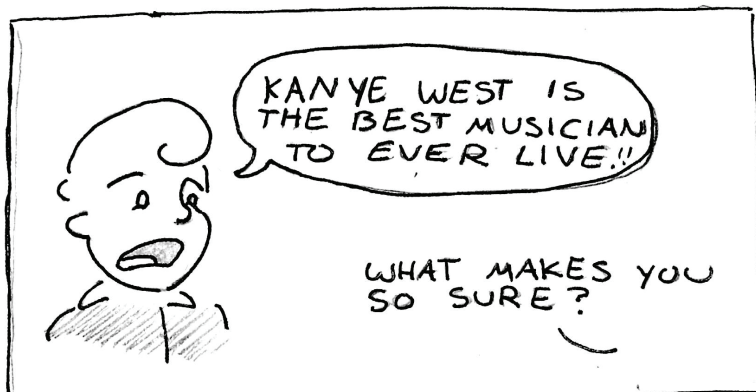
I'd like to be in that conference just to throw holy water on Spicer and see what happens. I don't think the man is inherently evil, I just think something must have possessed him to block those new organizations.

— **Lyndsie**

### Media ethics pt. 12

According to Trump, I'm an "enemy of the people" because I like to write about college football.

— **Josh**



JP Hansen  
Argonaut



# Don't shoot the messenger

*Trump's media accountability survey acts as a weak attempt to justify his actions against the free press*

A fraction of the people who read this won't give it any thought, because it was written by a journalist.

Being a journalist automatically destroys my credibility when discussing politics, because it puts me with the rest of the biased "fake news" crew that President Donald Trump has declared the true enemy of the American people.

Sorry ISIS, you've been replaced. The reason Trump is the president is because a good portion of the U.S. believes what he says, despite the fact that a majority of what comes out of his mouth is demonstrably false.

But that is the problem, isn't it? The people who can prove to the world that Trump is a pathological liar — journalists — are being delegitimized by the person

they are fact-checking, who also happens to be the most powerful person in the free world.

Trump's most recent attack against journalists came in the form of a media accountability survey on the GOP's website. Most of the questions are so biased it's almost laughable, especially knowing that Trump is the one accusing the press of being biased.

Questions include: "Do you believe that the media has been far too quick to spread false stories about our movement? Do you believe that the media purposely tries to divide Republicans against each other in order to help

elect Democrats? Do you believe that if Republicans were obstructing Obama like Democrats are doing to President Trump, the mainstream media would attack Republicans?"

Hilarious. This survey masquerades a way to monitor public opinion about the media industry so the federal government can figure out tactics for reform. In reality, it's nothing more than a cheap ploy for Trump

to justify all of his attacks on journalists. This is proven simply by the fact that the government should not ever wield power over the media in the first place — that's the whole point of a free press.

It doesn't take much to hurt Trump's feelings. When people react poorly to things that he does, he throws a tantrum and, like a toddler, shifts the blame to the easiest target outside of himself. Since journalists are the ones giving the information to the public, he attacks them, even though they just publish the facts.

The only media outlets Trump doesn't criticize these days are ones that are soft, even complimentary of him, like Breitbart News and Fox News. But if given the choice, Trump would make himself the only source of information coming out of Washington D.C.

I shouldn't have to explain why that concept is dangerous.

The great irony of this situation is that the press wouldn't be such a problem for Trump if he just did his job as the president for once.

Blaming the media for every-



thing does not make Trump look good. In fact, since attacking "failing" news corporations like the New York Times, subscriptions have increased.

Trump's popularity goes down when he attacks the press. Then he gets angry at his dwindling approval ratings and attacks the press even more, which lowers his popularity further. Thus, the vicious cycle continues.

But, if Trump stopped this high school drama of a political attack and actually started fulfilling his presidential duty, then journalists would have something different to cover. The public would see him doing his job, and perhaps he would regain some of the favor he lost with the people.

There is almost no chance Trump will actually do any of this. He has proven that he is far more concerned with his image than what is best for the country.

But what do I know? I'm just "fake news," right?

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Erin Bamer  
Argonaut



# Prevent versus treat

*Preventative care might just save the world*

Throughout my time in public school physical education classes, there were always warm-ups. In middle school P.E. we alternated between a few sets of stretches and ways to get blood flowing better through muscles.

My eighth grade health class emphasized how muscles worked and how to prevent injury. At a young age, I began to understand it is much easier to prevent an injury than it is to treat and recover from one.

Many Americans are dependent on the Affordable Care Act for health insurance. Since its creation, many Republicans have called for its repeal. Seven years later, it might happen — but the loss of the ACA without an immediate replacement could leave people without vital medications.

Whether the Republicans pull off a full “repeal and replace” or not, is pretty irrelevant if, as a society, Americans don’t figure out how to take better care of themselves.

Chronic diseases are ongoing illnesses or conditions, usually with no cure. Heart disease, asthma and diabetes are common examples. Many chronic illnesses are preventable, some

aren’t. These conditions can usually be managed through early detection, good diet, frequent exercise and treatment therapy.

The Centers for Disease Control and Prevention says improving diet, being more active and not smoking

cigarettes can prevent 80 percent of heart disease and stroke and 80 percent of type 2 diabetes.

It’s expensive to treat these preventable conditions.

Health care coverage for people with chronic conditions average \$6,032 annually, which is five times higher than those without any conditions. Obesity costs United States companies about \$13 billion a year — \$8 billion in extra health insurance costs, \$2.4 billion in sick leave, \$1.8 billion in life insurance and \$1 billion in disability insurance.

People with chronic diseases use health care the most, and account for 81 percent of hospital admission, 91 percent of all prescriptions filled and 76 percent of physician visits. In 2005, the U.S. spent \$2 trillion on public and private health care.

It’s easier to add preventative measures into daily life than is commonly thought.

Eating breakfast, but especially a breakfast with healthy grains and protein, boosts one’s metabolism and helps people stay focused through the morning. When asleep, the body doesn’t burn many calories.

Delaying the first meal of the day sends a body into survival mode, so it stores calories and creates fat. Even eating a small breakfast keeps a body out of survival mode and in burning mode instead.

Packing a lunch the night before can be cheaper and healthier. This controls the portion size of lunch and ensures people are eating a balanced meal. A good lunch should have a protein source, like beans, legumes or meat, a grain, like rice, pasta or quinoa, paired with vegetables.

I make all my lunches on Sunday, so all I have to do throughout the week is put my lunch in my bag. I also like to bring some fruit for a dessert instead of cookies.

The teriyaki chicken with rice and vegetables I ate for my lunch today cost \$2.50, compared to \$6-\$10 if I went out to eat. With 36 grams of carbohydrates, 2 grams of fat and 31 grams of protein, this is a win-win lunch.

Turns out, not having abs isn’t the only consequence of not working out — and it’s not like people have to work out so much they have a perfect six-pack. Crossfit is not the only way to be active. Doing chores around the house and yard work are great ways to be active and complete necessary chores. Instead of driving, walk to the grocery or convenience store. Taking walks after meals can help digestion and improve blood sugar levels.

There are plenty of re-

sources for people starting to quit smoking. Vandal Health Education has multiple classes and group meetings on its website

for students and faculty who want to stop smoking.

Now, the goal here is to use fewer health care resources. However, it’s important to still visit the doctor and get a physical about once a year. Regular health exams and tests help health professionals fix problems before they become problems — like recognizing early-warning signs to a chronic illness. Screenings, treatments and even a 10-minute chat with a doctor can be incredibly beneficial to living a long, healthy life.

If the number of chronic illnesses goes down, people will spend less on health care, leading to more disposable income. That income can go toward things like gym memberships, healthier foods or other tools to track wellness. Increased demand for healthy, quality produce and meat could create a market where good produce is expected in grocery stores across the country. Healthier citizens means less money spent by the federal government subsidizing health costs. It’s a win-win.

Maybe I’m a dreamer, but this all seems preventable.

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GUEST VOICE

## Time to talk about it

*Raising awareness and feeding hope for National Eating Disorder Awareness Week*

Each year on our campus, we recognize the impact of eating disorders and encourage support for recovery.

This year’s theme for National Eating Disorder Awareness Week (Feb. 27- March 3) is “It’s Time to Talk about It.” This is a timely theme, because the stigma and misinformation about eating disorders can be barriers for those struggling.

In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some point in their lives. This includes anorexia nervosa, bulimia nervosa, binge eating disorder and other types of disordered eating. Many of these individuals do not seek treatment.

Additionally, many more people struggle with body dissatisfaction, which is a major contributor to eating disorders. It is important to recognize that eating disorders are not a lifestyle choice or phase, but a serious and potentially life-threatening mental illness. Eating disorders do not discriminate and can seriously affect a person’s health, relationships and productivity.

College students are particularly at risk for eating disorders for a variety of reasons.

According to the National Institute of Mental Health, approximately 25 percent of college students struggle with an eating disorder. Eating disorders are extreme expressions of weight and food issues experienced by both men and women. Each person may experience different signs and symptoms with their eating disorder, so it is important to recognize that the disorder is unique as the person.

Disordered eating is a spectrum, with the signs and symptoms varying by the individual. Some warning signs are a change in dietary habits, an obsession with body weight or food, visible food restriction or isolation and fear of eating around other people. If you are concerned about yourself or a friend, know there is hope.

If someone you know is struggling with an eating disorder or if you are worried about their eating behaviors, it is difficult to know what to do. It is important that you have a conversation with them. Set aside a time to talk where you will not be rushed or distracted by anything else. Let them know that you care about them and that you have noticed and are concerned about some changes in their attitude and

behaviors towards food.

If they refuse to accept that there is a problem, do not argue with them, but instead, let them know again that you care about them and that you are there to help. During your conversation, it is important to avoid blaming or shaming them about their eating disorder and behaviors. Consider suggesting that they seek help from a health professional. If they are unsure of how to proceed, offer to help make the appointment or go with them.

Early intervention is key to effective treatment, as the physical and emotional consequences of eating disorders can become more severe over time. There are resources on our campus for those struggling with disordered eating. The Counseling and Testing Center offers free and confidential counseling appointments and can be reached at 208-885-6716. You can also contact the Campus Dietitian, Marissa Rudley, for a nutrition counseling appointment at [mrudley@uidaho.edu](mailto:mrudley@uidaho.edu).

Join Vandal Health Education for a full week of events to raise awareness about eating disorders and the resources available. It is time to talk about eating disorders, get the facts and recognize that recovery is possible.

Emma Balazs is a peer health educator and can be reached at [vandalhealth@uidaho.edu](mailto:vandalhealth@uidaho.edu)



Tess Fox Argonaut



Emma Balazs Peer Health Educator

Letter TO the Editor

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- The Great Wall PG-13 2D Daily (4:30) 7:10 9:40 Sat-Sun (1:45)
- The LEGO Batman Movie PG 2D Daily (4:00) 6:30 9:00 Sat-Sun (10:45) (1:30)

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- Logan R Daily (3:20) (3:50) 6:30 7:00 9:30 10:00 Sat-Sun (12:00) (12:45)
- Get Out R Daily (4:50) 7:20 9:50 Sat-Sun (12:30) (2:10)
- Moonlight R 2D Daily (4:30) 7:10 9:40 Sat-Sun (11:10) (1:50)
- The LEGO Batman Movie PG 2D Daily (4:00) 6:30 9:00 Sat-Sun (10:45) 1:30
- Fifty Shades Darker R Daily (3:40) 6:40 9:20 Sat-Sun (1:00)
- John Wick Chapter 2 R Daily (3:50) 6:50 9:35 Sat-Sun (1:10)
- Split PG-13 Daily (4:25) 7:15 9:55 Sat-Sun (11:05) (1:45)

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# Pokemon Go — worth it?

Generation 2 of Pokemon Go takes on the world

Totodile, Cyndaquil and Chikorita are all names of the three starters of the Gen 2 Pokemon franchise. Now the whole world can catch them all.

On Feb. 16 Pokemon Go was updated and Niantic added new, exciting features. Besides adding new Pokemon, they have added new berries, items to get more evolutions, new batches of Pokemon eggs, a brand new pokeball rolling mechanism and a new movement to wild Pokemon, making them harder to catch.

Does this seem quick for Gen 2 to come out? It isn't really. The game was first released July 6 last year. To keep people playing with the original 150 Pokemon, Niantic has had many events in the past in an effort to get the general public playing again.

The first Pokemon Go event was for Halloween. Ghost Pokemon became more common everywhere, and that's when Gengar

became less rare to capture and see in gyms.

Then for the Christmas/New Year event Pokemon Go had present boxes of items that you could buy in the shop, but besides that they had a Gen 1 starter event where those three types of Pokemon (Bulbasaur Charmander and Squirtle) became more common. When everyone thought all the big events for the game were over, Niantic surprised everyone with a Valentine event where pink Pokemon were everywhere. Not even a week later, Gen 2 is released.

The question remains: will this bring players back to the app? There are drawbacks to playing the game again, but also positives — yet players are still intrigued with this phenomenal app that took the world by storm.

Even though players are catching all that they can, Niantic is trying their best to force players to start spending money on the game. Original storage for Pokemon was 250, but with the company adding many new Pokemon, it makes players more tempted to pay and buy the Pokemon storage upgrade. The company also made it possible for players to buy new

outfits for their avatars.

Even with these downsides, people are still playing. Pokemon groups on social media, especially Pokemon Go Idaho on Facebook, have been going wild sharing all the new Pokemon they have captured with the world. Also, being a Pokemon Goer myself, I've noticed that Blissey (Gen 2) has been added to the strongest Pokemon in gyms recently, and is usually in every gym on campus. Blissey has been proven to be very difficult to beat in gyms, and players are taking advantage of it.

Does that mean people are playing this trendy game again? Not necessarily. Pokemon Go has been very popular because many people know the original 150 Pokemon the most. With players not knowing these new creatures their drive to play has died. But besides that, Niantic didn't make it too apparent that the app was updated right away. A few days after the update, the screen stated that Gen 2 was added to the game.

Yet another drawback to the update is that the game is missing what some Pokemon players have been asking for ever since the game was released. There have been lots of controversial accidents/glitches of players catch-



Lindsay Trombly | Argonaut

ing Gen 1 legendary Pokemon. Niantic still hasn't added these creatures or Mew and Mewtwo. What does that mean for the next set of legendaries and the rest of Gen 2? When will it be added to this trendy addictive game?

Nevertheless, Pokemon Go is still an amazing app that gives people exercise, and a fun thing to do with friends. At the University of Idaho campus I still see people running to catch Pokemon. People do still do play this game,

and talk about the new Pokemon around campus.

Pokemon Go is an app that isn't going anywhere soon, if anything Niantic will come up with a new event — maybe for Saint Patrick's Day?

To all the Pokemon masters, good luck catching them all, and happy hunting.

Lindsay Trombly

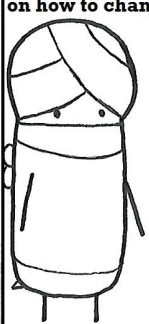
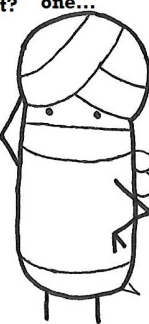

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## COMIC CORNER

### Bee Informed

<p><b>BEE INFORMED</b></p>  <p><b>About Taliban PR</b></p>	<p>People don't seem to like the Taliban, any ideas on how to change that?</p> 	<p>I might have one...</p> 	<p>Nobody can hate us if we start caring about the environment!</p> 
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Kyle Harty | Argonaut

### Mailbox

#### Univeristy of Idaho community:

Our founding fathers lived through times as filled with social turmoil as ours. They recognized the problem of social peace was not to be solved politically, but that the answer lies in the human heart. Appeal must be made to the natural law accessible to all people everywhere. Men were exhorted to practice 'civic virtues' if relations among fellow citizens within our society were to be constructive. These virtues are more important than conservative vs. liberal or Republican vs. Democrat.

We live in a politically discordant time — from the streets of protest to the offices of our elected officials. We hope readers give consideration to these civic virtues and their practice: "Justice, self-governance, humility, responsibility, wisdom, courage, respect, and generosity." The practice of these habits of the heart is the only hope for a return to concord for our nation and avoidance of anarchy or military intervention. It is a simple prescription that begins with each of us, and our field of practice is as near as our neighbor.

**Your neighbors, Fred and Lynaire Banks Moscow, Idaho**



**It might rain, it might snow...but there's somewhere you can go!**

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