

THE ARGONAUT

THE VANDAL VOICE SINCE 1898

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ASUI

ENROLLMENT



McKenzie MacDonald is sworn in to office as ASUI president May 3, 2017, by former ASUI president Cruz Botello.

Photo by Olivia Heersink | Argonaut

Opening doors, Vandal or otherwise

UI employs several programs to increase state postsecondary enrollment

Olivia Heersink
Argonaut

The University of Idaho is not only working to augment its own enrollment, but that of that entire state, in an effort to create a better, more engaged society.

Idaho high school students are currently one of the least likely demographics to pursue a college education, the United States Department of Education reports, creating a low postsecondary enrollment across the state.

UI President Chuck Staben said university enrollment is generally measured in two ways: headcount and fulltime equivalent.

Staben said the first method considers every person who is enrolled in at least something at UI, while the latter measures the number of students who are enrolled in at least 12 undergraduate credits or six graduate credits.

Staben said UI tends to have more fulltime students than part-time and that each of the measurements are usually similar in their returns.

According to a news release, the overall enrollment for fall 2016 was up by 3.6 percent from previous year with 11,780 total students attending UI, either through a dual credit high school program or on campus full/part time.

Staben said the university also experienced a 6.5 percent increase in first-year students

A passion for politics

MacKenzie MacDonald begins working toward school year goals

May Ng
Argonaut

When she was younger, McKenzie MacDonald, University of Idaho's new ASUI president, changed her mind about her future quite often.

At first she wanted to become a princess. Then, when she realized becoming a princess was slightly out of reach, she wanted to become a veterinarian. But then, MacDonald watched as a veterinarian treated her childhood pony, and she abandoned that hope.

Finally, during her time in middle school, MacDonald began watching "Law and Order" episodes with her mother, sparking her newfound desire and interest to pursue law.

"I started to think that being a lawyer might be fun," MacDonald said. "By the time I started high school, my friends started calling me — affectionately, I think — kid lawyer."

Now, MacDonald, a political science and economics major, said she chose her educational course because she hopes to attend law

school after graduating. By adding an economics degree to her major, MacDonald said she better understands policy, and finds that both fields compliment each other well.

"It started as a means to an end, but politics and public policy have become a true passion of mine," MacDonald said.

MacDonald, 21, was named ASUI president along with her running mate, Catherine Yenne, vice president for the 2017-2018 academic year in April.

Yenne said together they have built great relationships within ASUI. She said they both cared deeply for UI students and are committed to making changes through student engagement and university policy.

MacDonald has previously served on ASUI as a senator and as a member of the ASUI Policy Team, eventually becoming ASUI Director of Policy. She said the experience she gained from those positions in-

spired her own ideas and visions, and that encouraged her to run for ASUI president.

MacDonald said her plans, as president, are to implement more pathways for ASUI to directly engage with students

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It started as a means to an end, but politics and public policy have become a true passion of mine.

McKenzie MacDonald, ASUI President

and to promote student mental health and overall wellness. She is dedicated to creating a campus environment where all members of the Vandal family can feel safe and valued.

Yenne said when it comes to policy change, MacDonald conducts thorough research to ensure it's a well-suited change for students. MacDonald is also good at reaching out to other offices on campus for collaborative opportunities when working on events.

"I feel calm and confident in McKenzie's ability to lead as ASUI president," Yenne said. "I do not worry about the future of students or ASUI under McKenzie's lead."

SEE PASSION, PAGE A8

ASUI

Planning UI's warmest welcome

Palousafest welcomes students, becomes part of UI annual traditions

Hailey Stewart
Argonaut

When Trista Goodenough was hired as the student summer coordinator for the University of Idaho's Department of Student Involvement back in April, she was welcomed with a large task and an even bigger binder.

In that binder was years' worth of notes, plans and contact information all for one of the university's biggest events of the year — Palousafest.

"Palousafest is basically the biggest kick-off event UI pro-

vides," Goodenough said. "It helps students, new and old, get back into the swing of things just before classes begin."

Goodenough said the event, which takes place on Aug. 19, the weekend before fall semester classes begin, usually brings in about 3,000 to 4,000 attendees. Palousafest, which has become a combination of a street fair and concert, is open to all students and community members, and is completely free.

The yearly event has been greeting new and old students for nearly 20 years by showcasing UI clubs, living groups and educational organizations. From 5:30 p.m. to 7 p.m., attendees can visit with organizations and engage in

games and other activities. From 6 p.m. to 9 p.m., a concert series will take place, featuring three to four local bands.

"Right now we are looking at some really great local bands for our entertainment portion," Goodenough said. "Our goal is to create a community feel with the music."

All of the organization that goes into Palousafest has been developed over time.

"It's a long process that is slowly worked through all summer," Goodenough said. "I began in early May, but this event is something that takes a lot of time to prepare for."



A musician performs at Palousafest 2016.

File photo | Argonaut

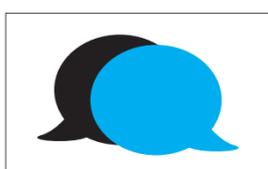
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A look at the 2017 Idaho football schedule.

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Welcome to the University of Idaho. Read Our View.

OPINION, B9



Moscow's literature community is bustling with writers and avid readers.

ARTS, A9

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Cornhole	Wed, Sept 6



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Sunday	11am - 11pm



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A Crumbs recipe Pb and w Rice Krispie treats

Ingredients

- 4 cups of miniature marshmallows
- 2 tablespoons of softened butter
- 2 cups of white chocolate chips
- 1 cup of peanut butter
- 7 cups of Rice Krispies cereal

Instructions

Melt marshmallows and peanut butter in the microwave until soft and fluffy. Stir in butter and mix well. Add the Rice Krispies cereal and fold into the marshmallow mixture. Let cool for 3 minutes, then add in one cup of white chocolate chips.

There is no better combination than chocolate and peanut butter. These sweet and crunchy treats are both delicious and incredibly simple to make. With just a few ingredients and no time at all, these sweet treats will be your go-to snack.

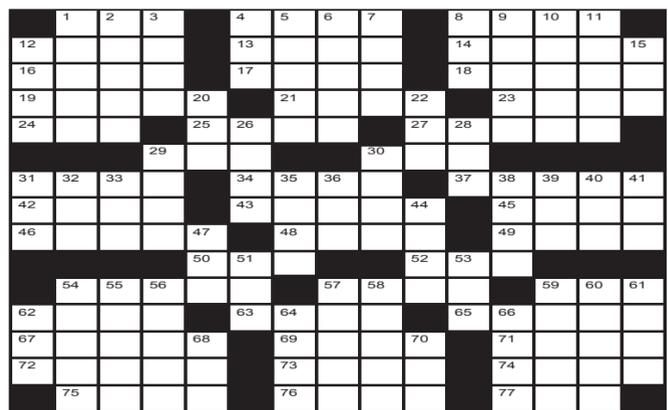


The Argonaut 7/19/17 Crossword

PuzzleJunction.com

Across

- 1 Skye cap
- 4 Glimpse
- 8 Wood sorrels
- 12 Rodents
- 13 Foal's mother
- 14 Passion
- 16 Collar type
- 17 Opening for a coin
- 18 Plains tribe
- 19 No answer motion
- 21 In the thick of
- 23 Kind of cut
- 24 Lady lobster
- 25 Loosen
- 27 Exposed
- 29 Down Under bird
- 30 Dejected
- 31 In ___ of
- 34 Curly cabbage
- 37 African animal
- 42 Claim
- 43 Choose
- 45 Butcher's offering
- 46 Construction barrier
- 48 Like the White Rabbit
- 49 Drop-off spot
- 50 To some extent
- 52 Human being
- 54 Ballroom dance
- 57 Concert array
- 59 Kitten's cry
- 62 Ballot
- 63 Have supper
- 65 It might be airtight
- 67 Sluggish
- 69 Penthouse feature
- 71 It's clicked on a computer
- 72 Tequila source
- 73 Italian wine area
- 74 Sea eagles
- 75 End of grace



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- 76 Egg holder
- 77 Kind of sauce

Down

- 1 Church offering
- 2 Squirrel's stash
- 3 Diner's card
- 4 German river
- 5 Pre-entree course
- 6 TV teaser
- 7 Himalayan legend
- 8 Symbol of strength
- 9 Neck problem
- 10 Glorify
- 11 Scattered, as seed
- 12 Netting
- 15 Damp and chilly

- 20 Bubble source
- 22 Genetic stuff
- 26 Microwave
- 28 Wood-shaping tool
- 29 New money
- 30 Religious offshoot
- 31 Cat hangout
- 32 Wrigley Field flora
- 33 Aquatic shocker
- 35 Friend in war
- 36 Grazing ground
- 38 Fifty-fifty
- 39 Hospital unit
- 40 Maid's cloth
- 41 Brewed drink
- 44 Office fill-in

- 47 Henpeck
- 51 Doze (off)
- 53 Botanist Gray
- 54 Neighbor of Fiji
- 55 Mr. T's group
- 56 Moxie
- 57 Sambuca flavoring
- 58 Confronts
- 59 Type of brewery
- 60 Hard wood
- 61 Triumphs
- 62 By means of
- 64 Dr. Pavlov
- 66 Empty promises
- 68 Mark of perfection
- 70 Humor

I THINK IT'S TIME WE HAD "THE TALK"



JP Hansen

THE FINE PRINT

Corrections

Find a mistake? Send an email to the editor.

UI Student Media Board

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public. Questions? Call Student Media at 885-7825, or visit the Student Media office on the third floor of the Bruce M. Pitman Center.

Editorial Policy

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

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

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Arena a wood work in progress

Interdisciplinary learning opportunities increase in design phase

Corrin Bond
Argonaut

In 2007, the University of Idaho conducted a feasibility study that prompted the first discussion of an idea first explored 48 years ago — making a space on campus for court sports. The 1969 feasibility study that led to putting a roof over the Kibbie Dome also showed the creation of a basketball pavilion located on the north side of the dome. Director of Athletics Rob Spear said when the idea to add a court sports facility onto the Kibbie Dome became a discussion 10 years ago, the cost was shocking, and the project was put on the back burner.

Now, with \$21 million in donations, the Idaho Arena, a 4,700-seat facility that will house Vandal court sports and university events, is moving into the design phase.

In February of this year, the Idaho State Board of Education (SBOE) gave UI approval to move into the planning and design phase of the Idaho Arena.

Mike Perry, special assistant to the president, said once the university received SBOE approval, UI began an architectural and engineering search to find a firm to design and build the arena. The university sent out a request for qualifications (RFQ) in May, and the search was open to national and international architecture firms. Perry said most RFQs receive six to eight responses. The Idaho Arena received 15.

"We had firms from as far as New Haven, Connecticut to Los Angeles to groups from Vancouver, British Columbia," Perry said. "It was a

remarkably strong group of firms that applied. We cut the list down to seven, then we chose from there."

The winner was Opsis Architecture, a firm located in Portland, Oregon.

Perry said moving forward, the architect and contractor selected for the project will produce three separate designs. Once a design is chosen, the university will begin working toward the construction process. Spear said the goal is to begin construction in April or May of 2018.

Although the price tag for such a project was too large 10 years ago, Perry said the Idaho Arena developed into a feasible reality because of the material it's going to be built out of — wood.

Perry said working the Dean of the College of Natural Resources, Kurt Pregitzer, was also a large part getting the project off of the ground.

"Kurt Pregitzer of the College of Natural Resources was able to really open up doors and connections within the wood industry for us to be able to talk to key players in Idaho," Perry said.

The decision to encase 70,000-square-feet of the arena in wood and wood products is important to Idaho's wood industry, Perry said, as currently, there are regulations across the country that structures made out of wood can't be built higher than five stories.

"This comes back to some misconceptions about what you can do with wood — you know, things like wood is flammable, wood isn't strong enough," Perry said. "But studies show that cross-laminated timber and some of the other new designs they have for wood are actually as strong, if not stronger, than steel and concrete, and they're as fire resistant."

Perry said the regulation,



Courtesy of Hastings + Chivetta

An architect's preliminary drawing of the Idaho Arena.

which has already been rewritten in the state of Oregon, prevents the wood industry from growing.

"The wood industry has been thirsting for a project that shows what the capability of wood is, and here comes the Idaho Arena and our desire to build in wood, which will accomplish some of the exact things they want to showcase," Perry said. "As some people have indicated to me, the Idaho Arena is

going to be a game changer."

The arena isn't only a game changer for the wood industry in Idaho, but also for the university itself, Perry said, as it will provide a kind of space that hasn't previously existed for students.

In addition, Perry said there are numerous learning opportunities for students within the College of Art and Architecture, the College of Natural Resources and the College of Engineering.

The design process in the beginning stages, and Perry said as the project progresses, students have the opportunity to observe and learn from the design and building process.

"It's a wonderful example of an interdisciplinary effort, and the way a university ought to work when it comes together on a project like this," Perry said.

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The Co-op comes to campus

The Moscow Food Co-op proceeds with plans with plans to open store on UI campus

Corrin Bond

Argonaut

In 2013 and 2014, the Moscow Food Co-op released an owner survey to assess the direction in which customer-owners wanted to see the Co-op move. Joe Gilmore, the Moscow Food Co-op IT manager and expansion project manager, said the results of the survey were clear — customer-owners wanted to see more stores, or at least more access to Co-op products, particularly on the University of Idaho campus.

Four years later, the cooperative natural foods store located in downtown Moscow on East 5th Street is moving forward with plans to open a store on the second floor of the UI Campus Christian Center. Gilmore said conversations between the Moscow Food Co-op and the Campus Christian Center began about one year ago.

"We've been having conversations with the Campus Christian Center's Board for maybe the last year or so trying to get something upstairs," Gilmore said. "It's been kind of a process because we had to go through and ask the city to rezone the location."

When the Co-op first began looking into finding a space on campus, the Campus Christian Center, located on the corner of Elm Street and University Avenue, was one of the few locations that was owned privately and available to rent.

Since Sister's Brew Coffee once operated out of the Campus Christian Center, Gilmore said the Co-op project team didn't anticipate there would be any challenges opening a store at that location.

However, the location was zoned by the City of Moscow as residential, which does not allow for commercial use.

"Sister's Brew Coffee had operated out of the Campus Christian Center for a while, so we kind of assumed we would be good to go," Gilmore said. "Looking further at the city code, if we wanted to open a space in there it would need to be rezoned ... so it's really been a learning process there."

Now that the Co-op has worked with



Photos by Philip Vukelich | Argonaut

Customers sit outside the Moscow Food Co-op on a sunny day. The Co-op is planning to open a UI location on the second floor of the Campus Christian Center.

the City of Moscow to rezone the location, Gilmore said the Co-op will begin construction on their new store in a couple of weeks. While the Co-op's UI location does not currently have an opening date, Gilmore said the goal is to open the store around the time the school year begins in mid-August.

One additional challenge Gilmore said the project team faces is adapting to a smaller space.

The store, which will be located on the second floor of the Campus Christian Center, will be about 320 square feet, not

including the indoor and outdoor seating options.

Currently, the location will have coffee, baked goods, deli items and some groceries.

"We haven't settled on any real mix yet," Gilmore said. "You'll probably see staples like eggs and milk, so a couple of grocery shelves, a couple of refrigerated shelves, and some coffee and baked goods — so you'll see maybe a greatest hits of the Moscow Food Co-op."

Despite the challenge of adapting to a smaller space, Gilmore said the Co-op has

received overwhelmingly positive feedback about their decision to open this campus location.

"We've had some pretty good feedback from our owners, we've had some really good responses from our faculty owners in particular," Gilmore said. "The good thing so far is we haven't had any negative feedback — it's been really positive and we think it will be a rousing success."

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

University of Idaho

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Moscow's modern arcade

New gaming lounge comes to Palouse Mall

Hailey Stewart

Argonaut

For Brandon Doctor, video gaming is not just a hobby, it is a sort of lifestyle.

As the owner, operator and current manager of PLAYlive Nation, a social gaming lounge in the Palouse Mall in Moscow, Doctor has made a career out of the joy of gaming and bringing players together.

Only the 30th PLAYlive Nation in the nation and just one of a few in the Pacific Northwest, Doctor said the lounge brings something new to the area.

"There isn't a whole lot here in the way of entertainment," Doctor said. "We have a movie theater, but other than that, Moscow really needed some excitement."

Doctor hoped to bring that feeling of excitement to Moscow, especially the student age population in the area. The lounge officially opened May 12. Doctor said PLAYlive

nation opened just as many college students left town, meaning the lounge will have to make another first impression come fall.

The lounge, complete with 28 gaming stations, is fit for 30 people to play any sort of video game all at once. The walls are lined with TVs and Xbox gaming consoles, while plush chairs are placed in front of each setup. Each console features games for young to advanced players, with many of the games being first-person combat games, racing games, sports games and roleplaying games.

Doctors said most customers come in looking to play from a selection of the lounges vast video game collection.

He said gamers can buy an hour of game time all the way up to weekly passes, which feature unlimited all-day-play.

The lounge also offers parties, couples nights, tournaments and all night gaming.

"There is a little bit of everything for everyone," Doctor said.

He said the main focus of the lounge is the social aspect. By offering video games that allow for multiple players and board games that can involve a number of players, he said being social is bound to happen when a customer plays around other like-minded customers.

"We have seven year olds playing against 70 year olds," Doctor said. "Our goal is to be the YMCA of the gaming community."

Doctor said although gaming, in any form, can get competitive, the lounge provides a safe and tolerant space for people to enjoy their time spent gaming.

Although some might call PLAYlive Nation an arcade, Doctor said the term social gaming lounge is more encompassing.

"It's not like the old arcades where you stand in front of a big box and throw in some quarters — this is all much more high tech," Doctor said. "So, I guess you could call us the new age arcade."

Hailey Stewart can be reached at arg-arts@uidaho.edu



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'Bit by the leadership bug'

Hailey Stewart
Argonaut

Lynsie Clott, the University of Idaho's student engagement coordinator, has been a Vandal for as long as she can remember.

From growing up in the university driven Moscow community, to attending UI for her graduate degree in 2008, Clott said even after exploring elsewhere for a while, the area always remained home.

"There is just something special about the North West — it always draws you back in," Clott said.

Clott said her passion for being involved with social movements and staying an active community member is linked to her active involvement in what UI offered when she was a student.

Through starting new clubs that revolved around gender issues and various other social movements, Clott said her time at UI was well

spent with her like-minded classmates and friends.

In between graduating from UI and returning home to Moscow, Clott said she put her psychology and sociology backgrounds to work by working in the educational outreach sector at a hospital in Pittsburgh, Pennsylvania.

"I guess I was just bit by the leadership bug," Clott said. "The opportunity to be a leader in the school I called home was exactly what I needed."

Clott began in her position as the student engagement coordinator in November 2016. In this position, Clott said she helps other leaders effectively lead their groups, clubs and students.

In this way, Clott leads programs and sessions that bring groups together in a seminar-like setting, large or small, to help develop leadership and team building skills.

"These are my passions —

helping someone achieve their fullest potential," Clott said. "A true leader doesn't just think about their leadership, they help build others up."

So far, Clott said she has presented a curriculum for each of her workshops to a diverse set of UI students to critique. The feedback from these meetings helps her to better understand student needs at the university.

"We are very intentional about our programming," Clott said. "It is critical that we cater to students and what they require."

Clott has been working to further develop the I Lead project, a personal leadership development workshop for individual students.

"This project is so important, because we often forget that you can't lead others until you can lead yourself," Clott said.

The Vandals Lead workshop that Clott has also been developing helps to further engage groups

or multiple members of clubs with team building activities and leadership education.

Clott said all of the programs and their corresponding curriculums can be individualized for specific people and groups.

"We don't just provide a lecture," Clott said. "These workshops involve activities and as much discussion as possible."

Clott said the most important aspects of her job include connecting students with other students, and helping Vandals get involved with the university community.

"This job definitely revolves around collaboration on all levels," Clott said. "All these departments and students can come together and benefit one another."

Katie Dahlinger, the assistant director of student involvement said she often gets to see the outcome of the leadership workshops because of Clott's passion for leadership and leadership de-

velopment.

"Lynsie just lights up when she talks about leadership," Dahlinger said.

Dahlinger said Clott has a talent for connecting with students when it comes to being a leader and when it comes to simply reaching out, or lending a hand.

"Her authenticity is contagious and I think students trust in that strong leadership quality when they see it right off the bat," Dahlinger said.

Clott said becoming a strong leader will always be connected to being involved with what the university has to offer.

"There are countless opportunities here," Clott said. "And, if you're itching to get involved but don't know how, stop by and we'll get there together."

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Leading by example

New assistant dean of students and director of fraternity and sorority life begins work at UI

Hailey Stewart
Argonaut

Shawn Dowiak, the new assistant dean of students and director of fraternity and sorority life at the University of Idaho, has been involved with Greek life and helping students further their education in one way or another since he attended college.

Dowiak began his new position July 3.

Blaine Eckles, the university's dean of students, said the two positions were combined to help connect Greek life to the larger campus community.

"The title reflects the importance the university is placing on the position and recognizes the long-standing history and tradition of our Greek community," Eckles said.

Serving as the executive director of Tau Delta Phi for three years and the director of public relations for two years, Dowiak has some time with the Greek system under his belt.

In his undergraduate days at Ramapo college in New Jersey, Dowiak said he belonged to the Tau Delta Phi fraternity and was the Interfraternity Council president.

"My opportunities for involvement as an undergrad and after graduating as an alumnus was and is pretty amazing," Dowiak said.

Before coming to UI he served as Director of F at

East Tennessee State University.

"I've always had a passion for working with fraternity and sorority students," Dowiak said. "Even when I wasn't working directly for my own fraternity."

As the Director of Fraternity and Sorority life, Dowiak said he will work with and aid in the development of the Greek community on campus. In this capacity, Dowiak said he will work closely with Fraternity and Sorority based students, while also helping non-Greek UI students.

Dowiak began his education and student driven career by teaching high school in New York. He then became a professor.

Whether it was with the national board of directors or as an alumni adviser to a new chapter, Dowiak said he always made sure to stay involved with Greek life throughout his career.

"Choosing opportunities to work with fraternity and sorority students has always been a big part of my life," Dowiak said. "I always like to say, 'when it wasn't a vocation, it was an avocation.'"

The university's Greek system is filled with tradition and community, which is what Dowiak said drew him to UI.

However, Dowiak's new position at UI does not only involve Greek students. As the Assistant Dean of Students, Dowiak said he will help in promoting the initiatives and goals of the Dean of Students Office.

Dowiak said much of

his day, once the school year begins bustling with students again, his daily work will mainly focus on advising students, Greek and non-Greek.

"Our goal here is to help provide students with the best possible Fraternity and Sorority experience," Dowiak said. "Part of that is having an open door policy, and giving students the freedom to drop by and say 'hi.'"

Eckles said Dowiak's new position makes him the leading campus expert of fraternity and sorority life.

"I will be looking to him for advice on how to best engage our students and work with alumni moving forward, for a stronger, healthier, more vibrant Greek community," Eckles said.

Dowiak said his own college experience was centered around the inclusive feeling he received from the Greek community he belonged to as an undergraduate.

"My own experiences in Greek life have really carried with me in understanding the mission and purpose of sororities and fraternities for students," he said.

Along with exploring what UI has to offer during the school year, Dowiak said one of his main goals in the new position is to expand educational opportunities for fraternity and sorority life students.

"This means growing the opportunities for hands-on advising in the Greek community and



Shawn Dowiak

Unconventional on-campus living

Steelhouse offers UI students an option other than traditional housing and Greek life

Olivia Heersink
Argonaut

Allyson Schwartz, a University of Idaho sophomore, needed an environment that offered privacy, as well as an opportunity to socialize, both of which she was able to find in Steel House.

"If you prefer alone time, you have your room and many quiet places in the house to go, and if you prefer to be more of a social butterfly, you can always find girls around to hang out with," Schwartz said. "Steel House has brought me out of my quiet freshman shell quite a bit, as well as provided me with many lasting friendships that I will have for years to come."

Schwartz, who also serves as the house's janitorial manager, said Steel House is a women's cooperative, meaning members of the house work together to maintain it in exchange for more affordable living expenses.

She said the house was established in 1953 by Ethel K. Steel, who was a strong advocate for cooperative living.

"Since 1953, women living in Steel House have enjoyed an amazing sense of community, while getting the chance to learn valuable life skills," Schwartz said.

Schwartz said she decided to move into Steel

House after having a "less than stellar experience" in the dorms.

Schwartz said Steel House is the cheapest living option on campus for women, and qualifies as a first-year living group for freshman. She said the housing fee encompasses both room and board for the entire year, which are \$3,800 for a single room and \$3,350 for a double or triple room — each per semester.

She also said the house can accommodate up to 32 women and they currently have 24 members living in.

Schwartz said Steel House is not part of the Greek system, but there are some similarities, as well as obvious differences.

She said Steel House does not have a house mother, but instead an elected resident who serves as a residential adviser and the house administrator. She said they also don't hire cooks or cleaning companies. Instead, residents are in charge of running most aspects of the house.

"Steel House is geared toward building strong, kind, independent women with a sense of purpose," Schwartz said. "The endless laughs and fun that living here has provided me are priceless — friendships made here are ones you carry with you everywhere."

Schwartz also said Steel House has both elected and scholarship positions — elected positions are decided by the residents, whereas scholarship positions are determined by Steel House's board of directors.

Schwartz said if residents choose to get involved in house positions, there are roles that teach everything from budgeting and running a kitchen or a house to taking professional notes at meetings.

"If you're someone who is hesitant to try living in a place like Steel House, or maybe is a bit intimidated with the prospect of college, I would tell you go for it," Schwartz said. "A community like Steel House is invaluable when you are finding your footing in your classes, in your social circle or in campus activities."

Olivia Heersink can be reached at arg-news@uidaho.edu or on Twitter at [@heersinkolivia](https://twitter.com/heersinkolivia)

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Honoring the Arb

Hailey Stewart
Argonaut

On a warm Monday evening in July, the faint sound of bells chimed through the University of Idaho Arboretum.

Nearly 350 people attended the annual Chamber Music in the Grove concert July 10 at 7 p.m. The small patch of grass, was filled with blankets, picnic baskets and community members all waiting to here the sounds that have played every year since 2000 in the botanical garden section of the UI Arboretum.

The event was hosted by the Arboretum Associates in conjunction with the Lionel Hampton School of Music.

Kristine Roby, the president of the Arboretum Associates, briefly introduced the large selection of the evening's performers and thanked those that have played a large role in the event's success over the past seventeen years.

Located on the west side of the upper pond, the Monday evening weather provided a cool backdrop to the event.

Once Roby ended the introduction, the bushes and trees in the surrounding area of the arboretum rustled as musicians emerged with soft chiming bells. The Arboretum Percussion Ensemble floated throughout the audience, and lead the first performance of the night, called Arboretum Color.

Roby said the amount of performances has grown over the years, much like the size of the audience which hit its peak this year. She said it was the event's largest turnout yet.

Roby said Dan Bukvich, a UI music professor organizes the list of performances each year. There were over 16 performances during the concert, all featuring diverse musical sets made of large and small groups.

The Arboretum Associ-



Photos by Hailey Stewart | Argonaut

The Arboretum Percussion Ensemble rings bells throughout the audience for the first performance of the evening.

ates will celebrate its 40th anniversary next year. The organization acts as a body of care takers for the arboretum, Roby said.

Fundraising for the needs of the arboretum, organizing yearly plant sales and arranging events for arboretum lovers and plant

enthusiasts throughout the year are just a few of the roles of the Arboretum associates.

With nine members on the board of directors, Roby said there are many involved arboretum admirers to help when needed.

"Many people have given to the arboretum very generously over the years and we are so proud of that," Roby said.

Roby said the idea for a

concert originally began in the 1970s, with the old arboretum often used as the event space.

"A lot of crazy things happened in that old arboretum," Roby said. "Entertainment was always happening around campus."

Roby said there are so many beautiful outlooks throughout the Arboretum, that people have been playing peaceful music there for years. She said it

takes little preparation to get the arboretum ready for concerts.

"We make sure everything can be transported and set up a advertisements here and there," Roby said. "Other than that, it's such a tradition now, that the concert takes care of itself."

Hailey Stewart can be reached at arg-news@uidaho.edu or on Twitter at [@Hailey_ann97](https://twitter.com/Hailey_ann97)

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Tower stands tall

Theophilus Tower offers new students feeling of community, academic support

Nina Rydalch
Argonaut

Many freshmen start college on a high note living in Theophilus Tower, the tallest building in Moscow.

"When it was built, the fire department didn't have a ladder tall enough to get to the top," University Housing Marketing Manager Danielle Anthony said. "So, they had to get a super tall ladder."

The Tower is the only residence hall exclusively for first-year students. It is also one of the most socially active residence halls, Anthony said.

"All students are sharing the same experience, coming in, living independently," she said. "And we have found there's great success in the first-year students living together."

Anthony said retention rates are higher among freshmen who live with other freshmen.

Kyle Pfannenstiel, a third-floor resident, said students living in the Tower often create friendships with their neighbors.

"Most floors kind of created their own community," he said. "The third floor like — we don't do a lot of stuff, but a lot of the guys on our floor are good friends and hang out."

Pfannenstiel said he only lived on-campus because of the university's policy that all first years do so. He said living in the Tower showed him the value of the policy.

"I feel like it's really nice to be in the dorms because they have a community

around you, like all your neighbors, and they have (The Resident Hall Association), and even on-campus organizations that are here to help you," he said. "Honestly, they offer a really awesome support group for students, because I know that the first year is stressful on a lot of students."

Until this year, the Tower was the only residence hall offering a freshmen-only living experience. Now, Wallace also has two wings set aside for first years.

Anthony said the downside of the Tower is that it is further from the Student Success Center and Bob's Place — the cafeteria — than Wallace.

"You need to walk out to those places instead of just being able to roll out of your sleep," she said.

Pfannenstiel also said he dislikes that the Tower only has one kitchen, on the seventh floor, for everyone in the building to use.

However, unlike Wallace, the Tower has two themed halls. There is one male and one female floor for each, as Tower floors are gendered. Two floors are for members of the Honors Program and two are for students in engineering. Anthony said this set-up provides greater support for these students, who often take similar courses and can study together.

Jack Gonzalez, an 11th floor resident, said he chose the Tower because of his involvement with the Honors Program.

"Study groups is a really, really major part of my decision," he said. "A lot of people who are living on the honors floor are going to be the kind of kids who care about their classes."

Nina Rydalch can be reached at arg-news@uidaho.edu or on Twitter at [@NinaRobin7](https://twitter.com/NinaRobin7)



Out with the old, in with the new

UI swim center closed for summer-long remodel

Olivia Heersink
Argonaut

The University of Idaho Swim Center will be closed for the duration of the summer as it undergoes a complete remodel, concentrating mainly on replacing the pools' tile and gutters.

The center was built in 1970, and UI Archi-

tectural and Engineering Project Manager Daryle Faircloth said minor renovations have been done since its original construction, but nothing of this magnitude.

"The pools are going on 50 years," Faircloth said. "Versus just keep putting Band-Aids on it, it was finally time to go ahead and pull the trigger and do the entire (facility)."

The facility is home to two 25-yard pools, an eight-lane, 25-yard competitive pool and a four-

lane, 25-yard warm-up/teaching pool. It is used by various groups from the university and the surrounding community, but primarily by the UI Women's Swimming and Diving program.

Faircloth said the project's funding came through in July of last year, and that most of the changes will occur beneath the pool. He also said the updated tile will mirror the current tile.

"There aren't going to be any significant, drastic changes, but I think it'll

shine a bit better ... in all aspects it's certainly needed," Faircloth said. "It's the kinds of things people don't necessarily see in the pool that will be replaced."

Despite putting his team out of commission for the summer, UI Women's Swimming and Diving head coach Mark Sowa said he excited and grateful for UI's decision to remodel the center.

"Pools are interesting, they are almost like living organisms with a circulatory system, and

like everything there is wear and tear on that, so we want to be able to continue to maintain a great facility not just for athletics, but for (UI and its surrounding community) ... so there was a need to do this remodel," Sowa said. "It's tough to lose it for a bit, but sometimes you have to take one step back to take two steps forward."

Sowa said the facility is already one of the best in the Western Athletic Conference, so he cannot wait to see the finished

product.

Faircloth said construction begin May 8, with the draining of each pool. The construction period is scheduled for 90 days, plus a two-week contingency period, he said, and the remodel is expected to be complete Sept. 8., with the pool scheduled to be refilled Sept. 11-15. The Swim Center is scheduled to open Sept. 18.

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

UI housing options

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- Alpha Kappa, Lambda
- FarmHouse
- Kappa Sigma
- Delta Sigma Phi
- Sigma Alpha Epsilon
- Phi Gamma Delta (FIJI)
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- 10th floor — all-female, UI Honors Program
- 11th floor — all-male, UI Honors Program

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Connecting stories at the hub

University of Idaho professor Rodney Frey's new book reflects on lessons from indigenous elders

Nina Rydalch
Argonaut

Forty years of experience working with Native Americans go in to Professor Rodney Frey's new book "Carry Forth the Stories: An Ethnographer's Journey Into Native Oral Tradition."

Frey, a professor of ethnography at the University of Idaho, describes the book as an "ethnographic memoir."

"It's a lot about my own story, but it's also about stories of others that have become part of my story," Frey said.

Frey's story includes two bouts with cancer, a childhood in the diverse city of Denver and a long journey with the Sun Dance — an indigenous religious ceremony he began taking part in at the age of 25.

Frey said he wrote his four other books with the collaboration of Native Americans and the focus of those books was to describe their cultures. Frey said

this is the first time he is "standing back" and reflecting on the teachings elders have shared with him. Major themes include empathy, the power of storytelling, the protocol for working with other cultures and resolving seemingly "mutually exclusive" topics like science and religion, Frey said.

"There's lessons that elders that offer that will affect all of us," he said. "This isn't just a book about me. It's not just a book about (the) indigenous. This is a book about lessons from the indigenous for all of us."

One lesson Frey said particularly impacted him came from Tom Yellowtail, an elder in Colorado. Yellowtail, Frey said, saw the world as a medicine or wagon wheel with different spokes, each of which represented a different culture, group or religion.

"They're all distinct," Frey said about the spokes. "They all have their own histories, their own languages, but they're all equal. That wheel would not turn very well if some spokes were longer than the others or some spokes were eliminated."

This mindset leaks its way into the way Frey teaches his

classes at the university. Since he teaches about indigenous people, Frey said he thinks it is appropriate to also teach in a way similar to that indigenous people have taught for centuries.

"There's a relationship between what we teach — the content — and how we teach it — the pedagogy, the methodology," Frey said. "And if we use western, Euro-American techniques of teaching about the indigenous, we undermine the stories we want to tell. We undermine the indigenous."

He said "Carry Forth the Stories," actually began as a course packet for his classes about 10 years ago, and evolved into the full book it is now over the past couple years.

Though he taught and learned many things during his time as a professor, it is still Yellowtail's lesson that sticks out.

"Most important, I think in our human lives, is empathy and compassion for each other," Frey said.

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

PASSION

FROM PAGE A1

Yenne said MacDonald is very open to suggestions and sharing ideas. It is never her way or the high way, Yenne said. She also said MacDonald is hardworking, diligent, smart and kind.

MacDonald said the part she loves most about her position is representing the student voice in university issues and discussing her and Yenne's vision with the university administration. She enjoys all discussion of policy, she said.

I don't know if there is necessarily going to be a typical day during my term in office, MacDonald said. Her days would most likely consist of meetings, policy discussions, email correspondence and spending time to accomplish her and Yenne's goals. MacDonald has been at UI for three years and she said that her love for the community grows with each passing year.

"I think what I love most about the university is the amount of opportunity students have to grow as people during their time here," MacDonald said.

MacDonald described herself as being driven and ambitious, especially when it in-

volves ASUI, school and any career-related activities. In less serious settings, she enjoys laughing and having fun.

"I grew up as a Disney kid, so my life motto is from "Finding Nemo" — "just keep swimming," MacDonald said. "For whatever reason, these three words have gotten me through many stressful or exhausting weeks, months, and years."

MacDonald is set to graduate in May 2018 and said she has no definitive plans after graduation. She still intends to attend law school, but wants to spend a few years gaining work experience in the political field before law school.

Yenne said everyone can expect great accomplishments from MacDonald in 20 years. She would most probably be involved in economics or politics or both.

"It is hard to imagine what my life will look like 20 years from now, but I hope that by that point I will have a successful career, a family, a German Shepard, and a multitude of memories from time spent travelling," MacDonald said.

May Ng can be reached at arg-news@uidaho.edu

OPENING

FROM PAGE A1

enrolled from the state of Idaho as well as a slight rise in out-of-state students.

In total, last year was the largest headcount the university had seen since 2011, which Staben said is partly due to the larger freshman class and additional dual-enrollment programs.

UI will not be able to truly determine fall 2017's enrollment numbers until mid-October, Staben said. Some forecasts have been made and numbers are expected to increase again, but nothing is definite.

The university has implemented several programs and strategies to increase and retain those numbers even further, like the Vandal Ideas Project, creating more scholarships and retooling recruiting events.

Staben said VIP was created in 2016, initially focusing on interdisciplinary work across university departments. But, this year, it centered on improving the "go-on" rate in Idaho.

Staben said 21 project ideas were

submitted from students, faculty and staff for over the \$300,000 grant. He, along with UI Executive Vice President and Provost John Wiencek, decided to fund seven of them based on several recommendations from committees.

Dean Kahler, UI vice provost for strategic enrollment management, said another one of the VIP grant recipients was the I Go Program — an initiative his department spearheaded — which will hire recent UI graduates and place them as advisors into key high schools throughout the state with low college going rates.

Staben said some of the other beneficiaries, included the Idaho Drone League and UIDahoX and that each new program will work to retain UI's current students as well as attract prospective.

UI is hoping to achieve the aforementioned through scholarships as well, Kahler said, by reinstating the Western Undergraduate Exchange for Oregon and Washington residents, and partici-

pating in Raise Me, a national micro-scholarship program.

They are also restructuring several recruiting events, like UIDaho Bound and Envision Idaho, to increase opportunities for students to come to campus.

Both, Staben and Kahler, stress the importance of higher education and believe that UI should do all that it can to instill that same belief across the state to reduce the go-on deficit — no matter if those students choose to become Vandals or not.

"Selfishly, we want to grow the university, but even more than that, we want to grow the state," Kahler said. "We are looking to open doors for people. ... There is just so much that a college education can provide — personally and globally."

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

PLANNING

FROM PAGE A1

Goodenough said Palousafest is utilized as the last summer bash of the year, and as such will have a summery theme of pizza, pineapples and donuts — some of the things she said college students love most.

For the past several years, Goodenough said so many organizations sign up to be at the event that the event's wait list is sizeable as well.

With all the work that goes into planning Palousafest throughout the summer, as well as planning other events during the three-month stretch, Goodenough said it will all be worth it once Aug. 19 arrives, and she can begin putting her plans into action.

"This is the funnest way to welcome everyone," Goodenough said. "So, hopefully it goes off without a hitch."

Katie Dahlinger, the assistant director of Student

Involvement, acts as the supervisor to Goodenough's position and students have always been at the head of the event planning for as long as she can remember.

"Palousafest is an iteration of about 20 years in the making, so why not have an event aimed at students run by students," Dahlinger said.

Goodenough said because of the student feel, Palousafest is something that many students return to Moscow looking forward to.

"This event is really ingrained into our social schedule," Goodenough said. "It has become part of our campus fabric and we couldn't be more thankful for that."

Hailey Stewart can be reached at arg-news@uidaho.edu or on Twitter at @Hailey_ann97

UI fall orientation

Fall orientation Aug. 17-20

The University of Idaho will host a New Student Orientation for incoming first-year students Aug. 17-20.

The three-day session is designed to prepare new Vandals for the upcoming semester and their overall collegiate experience.

It will begin Thursday with Residence Hall Move-in, Convocation and the New Vandal Scramble. Orientation programming and events will continue on through Sunday.

During this time,

parents are also able to attend several events, like Dessert with Dean Blaine Eckles, a reception and welcome to the University.

All new, full-time undergraduates are required to attend the orientation, and they must pay a \$100 non-fundable fee, which is automatically charge to each students' accounts.

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

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A&C

QUOTE OF THE DAY

“Anything’s possible if you’ve got enough nerve.”
— J.K. Rowling

REVIEW

Simply Stylin’

Harry Styles’ new debut album hits all the marks of post-boyband stardom

I’m just going to say it. Harry Styles is unstoppable.

Just over two years ago, Styles and his One Direction bandmates called it quits, breaking the hearts of young teenage girls around the world. And, I’m only a little ashamed to admit that my heart broke a bit too.



Hailey Stewart
Argonaut

However, the split, although it ended a new era of boy bands, eventually produced a whole new set of musical genius from most of the members.

Zayn Malik, the first to leave the band produced a successful album in 2016. Niall Horan released his first two extended plays in 2016 and 2017, keeping his hot streak going for a new album soon. Liam Payne released his first solo venture in May, gearing up with other musicians to eventually produce a full album.

But, with all the success of his other once bandmates, Styles seems to have still come out on top. If there was a race, Styles won, even without releasing an album first.

His newest project is a 10-song debut album, which came out in May. Aptly named “Harry Styles,” the album has been topping charts for the past two months.

It seemed, after the band’s breakup, that Styles would shy away from the music scene, but thankfully he came back full force. He grew up.

Styles’ melodic voice is definitely the best aspect of the album. But, the diverse mixture of sounds comes in close second.

The entirety of the album is saturated in 1970s-like guitar strokes, making for a smooth sound throughout the set list. It is the kind of album that multiple generations could enjoy — a hard find in today’s music world.

The first track off the album brings in Styles’ sound slowly, with echoed whispers, providing a haunting vibe. “Meet Me in the Hallway,” shows off his vocal talent and gives listeners a taste of what to expect from the rest of the album.

“Sign of the Times,” perhaps one of the most popular songs off the album, has been sweeping across radio stations and online playlists for quite some time now. The song is soft yet catchy, picking up at the chorus, bringing an anthem-like feel to the hit song.

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COMMUNITY



Courtesy of Lauren Westerfield

Cameron McGill reads his poetry work at the Pop-Up Prose event June 23 at the Palouse Clearwater Environmental Institute.

Habitat for the humanities

Moscow invites literature enthusiasts to participate at its many events

Austin Maas
Argonaut

At the launch party of her debut novel “The Principals Behind Flotation” Alexandra Teague stood in front of a pack crowd in local bookstore Bookpeople of Moscow and said, “This is a community all about finishing projects. There’s a reason I’ve had two book launches here.”

The University of Idaho and the Moscow community offer a number of opportunities to engage with the local literary scene. For Stacy Boe Miller, a graduate student approaching her second year as a poetry MFA candidate at UI, moving to Moscow 6 years ago and recently pursuing an MFA have opened up numerous opportunities for literary engagement that are unique to this community.

“I feel sometimes like a sponge that doesn’t quite have enough capacity to soak everything up because there is so much going on,” Miller said.

During her time in Moscow, Miller has attended and participated in a number of writing and reading events, including Pop-Up Prose — a reading event organized by local writers

that invites people from diverse backgrounds to share their work in front of a crowd. At previous events, Pop-Up Prose has been host to the voices of UI undergrad students, grad students and community members, whose work fit the ever-changing theme of the event.

Miller said, “In a way, it’s been like a sense of being published because others are hearing your work, which I find a lot of joy in. I’m terrified every time I read, but I’m always glad I did afterward.”

Pop-Up Prose events occur at a number of locations in the community, such as Bitterroot Tattoo, One World Cafe and the Palouse-Clearwater Environmental Institute.

Among the businesses that continue to host events for the literary community is Bookpeople of Moscow.

Carol Spurling, co-owner and manager of Bookpeople, said the local bookstore operates as a space to empower creative voices. Since its

shift to new ownership two years ago, the shop has given a platform to distinguished and up-and-coming writers from the Moscow community and elsewhere, including nationally recognized authors such as Alexandra Teague, Robert Wrigley, Sherman Alexie and countless others.

“

I feel sometimes like a sponge that doesn’t quite have enough capacity to soak everything up because there is so much going on

Stacy Boe Miller, MFA student

Spurling said, “Any time a person can a writer in person, especially someone that’s like them, it gives them a window into the process and opens up possibilities for them.”

In addition to hosting readings by professional and published writers, Bookpeople has hosted events for up-and-coming writers. The first annual Undergraduate Reading, composed by UI’s English honor society Sigma Tau Delta, took place at Bookpeople Spring of 2017. “Bookpeople has been such an amazing resource for this community as far as

SEE HABITAT, PAGE A12

REVIEW

There’s still time to catch this summer’s blockbusters

You don’t want to miss the season’s best current and upcoming movies

The summer movie season is once again upon us, and with so many choices, this time can get overwhelming. So, in order to help narrow things down, here is a list of must-sees — comedy, action and horror alike.

Guardians of the Galaxy Vol. 2 5/5

Everyone’s favorite gang of intergalactic a-holes are back with some sweet throwback tunes. The movie continues the team’s adventures as they unravel the mystery of Peter Quill’s true parentage. The film features Chris Pratt, Zoe Saldana, Bradley Cooper, Vin Diesel and more.

Alien: Covenant 5/19

Bound for a remote planet on the far side

of the galaxy, the crew of the colony ship Covenant discovers what they think is an uncharted paradise, but is actually a dark, dangerous world. The film features Michael Fassbender, Katherine Waterston, Billy Crudup, Danny McBride and more.

Pirates of the Caribbean: Dead Men Tell No Tales 5/26

Thrust into an all-new adventure, a down-on-his-luck Captain Jack Sparrow finds the winds of ill-fortune blowing even more strongly when deadly ghost pirates led by his old nemesis, the terrifying Captain Salazar, escape from the Devil’s Triangle, determined to kill every pirate at sea. The film features Johnny Depp, Javier Bardem, Geoffrey Rush, Orlando Bloom, Keira Knightley and more.



Olivia Heersink
Argonaut



Wonder Woman 6/2

Raised on the mythical island of Themyscira and trained by Amazonian warriors, a young woman named Diana fulfills a destiny bestowed on her by the Gods when her home and the world at large is threatened — thus beginning her legacy as the heroic Wonder Woman. The film features Gal Gadot, Chris Pine, Robin Wright, Connie Nielsen, David Thewlis and more.

The Mummy 6/9

Thought safely entombed in a crypt deep beneath the desert, an ancient queen whose destiny was unjustly taken from her is awak-

ened in our current day and begins to wreak havoc. The film features Tom Cruise, Russell Crowe, Sofia Boutella, Annabelle Wallis, Jake Johnson and more.

It Comes at Night 6/9

The film follows a man as he learns that the evil stalking his family home may be only a prelude to horrors that come from within. This film features Joel Edgerton, Christopher Abbott, Carmen Ejogo, Riley Keough and more.

Rough Night 6/16

Five best friends from college reunite 10 years later for a wild bachelorette weekend in Miami. Their hard partying takes a hilariously dark turn when they accidentally kill a male stripper. The film features Scarlett Johansson, Zoe Kravitz, Kate McKinnon,

SEE MOVIES PAGE A12

Horoscopes

Cancer 6/21-7/22

It's not you, Cancer – it's the planets blocking your life progress. Damn retrograde.

Tess Fox | Argonaut



Leo 7/23-8/22

Take advantage of your excellent health this month with an exciting trip outdoors. But don't tempt the fates and forget sunscreen.



Virgo 8/23-9/22

Spend a little too much in June, Virgo? Your financial strategies could use some work. Review your expenditures and change what's not working.



Libra 9/23-10/22

Prepare to be showered in recognition and rewards, at home and at work. Libra, you are at the peak of your career.



Scorpio 10/23-11/21

Jupiter is all up in your bank accounts, Scorpio. Lay low and save, save, save this month.



Sagittarius 11/22-12/21

Thefjdjjidjfdi With your career on the uptick, it's important to compromise and cooperate with the people in your life, in order to succeed in life.



Capricorn 12/22-1/19

Your family and career life are out of whack. Take the time to tend to both. Networking and dedicated "unplugged" time would benefit you this month.



Aquarius 1/20-2/18

Saturn and Mars are wreaking havoc in every part of your life. Aquarius – except your sex life. Keep rockin' it.



Pisces 2/19-3/20

A dicy money situation requires brave action. Make a large payment on your student loans, or write yourself a new budget.



Aries 3/21-4/19

Take some Vitamin C Aries or risk being inside instead of out in the summer sun, as your health may create some problems this month.



Taurus 4/20-5/20

Learning new skill will help your career. Invest in a summer class or extra job training, Taurus, and reap the benefits for years to come.



Gemini 5/21-6/20

Love is a fickle thing. Your relationship is complex and chaotic this month Gemini. Take a personal day, draw a bubble bath and chill.

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ADVICE

Barbecue crash course

A guide to throwing the perfect summer grill fest

Hailey Stewart
Argonaut

For many college students, the best aspect of summer is having more free time to spend with friends. And, when paired with warm weather and sunshine, that time is usually spent outside with entertainment and food.

Although Independence Day — basically the biggest summer bash of the year — is behind us, there is still plenty of time to invest in a portable grill and put those summer recipes to use.

However, with the common apartment setting, it can be difficult to entertain one's friends with little room and often no

outdoor space. But, that shouldn't discourage college students from spending their summer barbecuing and hanging out in the summer heat.

Sometimes, the best kind of outdoor barbecue isn't really a barbecue at all. A picnic in the afternoon or evening paired with games and music is a great way to spend the day.

Load up a picnic basket with snacks like chips, dip, fruit and vegetables and an easy picnic is nearly done. Bring along a cooler for drinks and chilled food.

Picnic spots can be found all over Moscow. Pick a park, a trail stop along Idler's Rest or even a spot on the Administration Building lawn to chill with friends and enjoy a simple afternoon picnic in the sun.

For those who want to take the summer fun up a notch, with often limited resources and space, throwing together a full-on bar-

becue is still achievable with these tips and tricks.

A large grill is usually out of the question for most students living in a small apartment or even a small house with limited space. However, a small tabletop grill is often easy to store and pack around for days out hiking or when camping.

Grilled food is without a doubt the most essential aspect of any barbecue. This doesn't mean meat products can be the only thing on the menu. Grilled vegetables and grilled fruit are another great option to add some variation into the mix.

Sturdy veggies, like mushrooms, bell peppers, onions and corn will all hold up to the high heat of a grill. Fruits like pineapple, peaches and pears are also delicious when put on the grill for a few minutes.

For meat, one can never go wrong with the traditional hot dogs and hamburgers. But, other meat products like chicken with

a bit of barbecue sauce or fish with lime and some spice sprinkled on top are both great for tacos and sandwiches.

No barbecue is complete without an array of sides. Chips and dip, like guacamole, hummus and salsa all make for perfect sides. To get a bit more creative, look to summer salads like potato and pasta salad or vegetable salads with light dressings.

Summer barbecues are very social gatherings. Potluck style barbecues are great for bringing people together and bringing a variety of food options to the table.

Whether it be in a park or on a small balcony of an apartment, barbecues are what you make them — big or small.

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MIXTAPE

Summer Runnin'

Perfect playlists keep you moving as you get in some exercise

My favorite part about summer is the weather. As a runner, winter is awful. I hate treadmills and gyms, so I usually stop working out during the winter. Once spring and summer roll around, I'm ready to hit the trails again. A good run is only enhanced by the soundtrack.



Tess Fox
Argonaut

Feelin' Myself by will.i.am, Miley Cyrus and French Montana

This is a prime warm-up song, to get in the groove. If you're not feelin' yourself, it's hard to be motivated to get out and work hard when you could be watching the new Game of Thrones episodes.

Bon Appetit by Katy Perry, Migos

I'm not usually a Katy Perry fan, and I wasn't thrilled with her new album, but Bon Appetit has a chill, yet driving beat that makes it great for keeping a consistent speed.

Diva by Beyonce

This song is by Beyonce. I don't think I have to say anything else.

I'm the One by DJ Khaled, Justin Bieber, Quavo, Chance the Rapper and Lil Wayne

I, vi, IV, V – it's the standard, go-to tonal harmony for pop music. And you know what? It works. The chords are repetitive

and simple, the verses aren't anything inspired, but this song feels like summer. The bassline seems to bounce along under the lyrics and keeps me moving forward.

Side to Side by Ariana Grande, Nicki Minaj

Another great song with an interesting and groovy bassline. The tempo is just fast enough I feel like I'm challenging myself, but not too fast.

Don't Tell 'Em by Jeremih, YG

For when you need to walk or jog slowly, but still feel cool and motivated.

Bad Blood by Taylor Swift, Kendrick Lamar

I honestly wouldn't be into this song but for Kendrick. His slick verses, over a simple yet aggressive beat, keep me in the zone. This song is also helpful for when you're in the mood to run off some anger.

"HUMBLE." by Kendrick Lamar

The song zigzags constantly, and it shifts from retellings of his humble beginnings to world conquering boasts in a few beats — it's a song you'll definitely have on repeat throughout the summer season.

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REVIEW

The breakage below

"Orange is the New Black" gives a glimpse at America's broken prison system

After a year of waiting, pleading and agonizing, season five of "Orange is the New Black" (OITNB) is finally here. That's right, your favorite prisoners are back for a fifth season just as intense as its predecessors.

Since its inaugural season in 2013, the show has gained attention for its addictive, yet realistic portrayal of the U.S. criminal justice system. Contrary to primetime television, OITNB features butch lesbians, a transgender character played by a transgender actress, brown faces, black faces and even wrinkled faces. Though all of the characters are diverse by all means, they somehow manage to work as a cohesive unit.

If you watch the show, chances are that you know it is based on a true story. In the original novel written by Piper Kerman, Kerman details her experiences of her sentence in a way that brings to light many controversial topics. Though some of the aspects of the show are dramatized, there are many very real issues at play. Issues such as correctional officer (CO) power, treatment of LGBT inmates, mental health treatment, overcrowding and policy structure, and the overall concepts behind for-profit prisons are just a few of the issues touched on throughout the series.

The U.S. has had the highest incarceration rate in the world for the past decade, with a 500 percent increase in the past 30 years. With over 2.2 million

people currently incarcerated, prisons are scrambling to accommodate all of their prisoners. This is one of the focuses of season three, as Litchfield begins to transition into a for-profit prison. The prisoners face overcrowded living spaces, in addition to strict regulations on activities, meal times and bathroom usage. The transition of more prisoners into Litchfield also brought about extended issues of race and CO treatment of female prisoners. The season highlighted some of the disproportion seen in many prisons across the U.S., as nearly 37 percent of inmates are black and 33 percent are Hispanic.

One of the most intriguing parts of the show is the journey into the individual inmate's pre-prison stories. These flashbacks provide a unique perspective into the characters' personalities and individual backgrounds. Most importantly, these flashbacks cast a humanizing effect onto the audience, making them relatable and allowing a viewer to sympathize with the character's story. Additionally, these stories allow for an integrated connection



Olivia Heersink
Argonaut

with the viewer into the United States criminal justice system. More than anything, this aspect teaches us that every inmate has a story beyond the one that takes place inside the prison walls.

Other prison shows such as "Law and Order" or MSNBC's "Lock Up" often focus on catching the "bad guys" or disproportionately highlighting maximum security cases. These shows also include a majority of white cast members, though this does not speak to typical prison culture.

What sets OITNB apart from other shows is that it truly speaks to many truthful aspects of prison culture that viewers would otherwise not know. The show brings to light many issues that are mostly unnoticed by every day citizens. As a result of OITNB's sensationalism, there have been many talks of reform among the U.S. criminal justice system. The overall reform of everyday issues facing prisoners is something that should be valued in order to prevent inmates from returning to prison after their release.

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REVIEW



Tom Holland stars as Spider-Man/Peter Parker in Columbia Pictures' "Spider-Man: Homecoming."

Spiderman slings back

Web-slinging superhero returns in his greatest film yet

With great power comes great responsibility.

That must have been the mantra Marvel Studios lived by during the production of "Spider-Man: Homecoming." After securing the creative rights to one of the world's most popular superheroes, Marvel did what it does best: pull off a wonderfully directed and enjoyable film.

"Homecoming" does not take itself too seriously, something Spiderman movies have been inexcusably guilty of recently. The movie does not waste time on Peter Parker's origin story, something even the most casual fan should be familiar with by now. Instead, "Homecoming" picks up where "Captain America: Civil War" left off, with a fledgling Spiderman just beginning to realize his full potential, armed with a high-tech Spidey Suit provided by Tony Stark.

Tom Holland's portrayal of the young web-slinger stands above any other Spiderman performance. Gone are the days of Tobey McGuire's pathetic teary-eyed monologues, never again shall Andrew Garfield awkwardly stutter his way through another film.

Holland was the perfect choice to play Peter Parker. At age 21, Holland still has that boyish charm and punky attitude so familiar to Spiderman fans. When he is not donning infamous blue and red tights, Holland deftly portrays what it's like to be in high school. He and his dorky best friend, Ned, finds themselves as social outcasts, trying to vie for the attention of their peers and superiors.

The movie's great strength is in its humor. Holland's comedic timing is spectacular, especially when combined with a healthy dose of slapstick gags and situational comedy. Watching Spiderman create a hammock out of a web while talking to the computer system inside his suit about his high school crush is exactly what this film needed.

From the trailers released earlier in the year, it seemed that Robert Downey Jr. would be playing a larger role in the film as Tony Stark/Ironman. However, Downey Jr.'s involvement is minimal, but his performance is also not shoe-horned in and he commands the few scenes in which he appears.

If Marvel Studios has a weakness in filmmaking, it would be the development of its villains. The problem

seems to have been remedied in "Homecoming." Michael Keaton as the Vulture, gives the audience reasons to sympathize with his criminal efforts seconds into the film.

"Homecoming" revolves around the importance of family and how one can be blinded by loyalty to it. The Vulture is driven to crime because of his desperation to support his family, something almost all audience members can relate to. His character arc comes full circle at the film's conclusion, giving a satisfying ending to an already stellar story.

When the film falters, it is minimal. Much of Parker's development into Spiderman centers around his high-powered suit. While some die-hard fans may object to this creative liberty taken by Marvel, it still offers an enjoyable tale about growing into a role and accepting responsibility. The new storyline also gives Stark a chance to offer a new slogan to Spiderman's latest chapter: "If you're nothing without the suit, then you shouldn't have it."

Never before has a Spiderman film been so well-rounded. The comedic highs hit their mark. The emotional lows also land, and each struggle is felt with great gravity.

Spiderman has finally come home, and by the looks of his latest film, he is here to stay.



Brandon Hill
Argonaut

OPINION

Reimagining female representation

'Wonder Woman' represents a turning point for strong female characters in film

In the two months since its release, "Wonder Woman" broke the record for most money made by a film with a female director, and made over \$700 million worldwide. The film has a 92 percent rating on Rotten Tomatoes, and has received overwhelmingly positive reviews.

The movie tackles the backstory of Princess Diana of Themyscira, Daughter of Hippolyta, or, as she's more commonly known, Wonder Woman.

The character, originally created by psychologist and writer William Moulton Marston and artist Harry G. Peter, has served as a strong female superhero since her creation. Wonder Woman was largely influenced by early feminists, particularly birth control pioneer Margaret Sanger. Beyond that, the Wonder Woman title has been, for the most part, regularly published by DC Comics since its release in 1941. The character of Wonder Woman has transformed drastically over the last 75-odd years, and Gal Gadot's portrayal combined with Patty Jenkins' vision is arguably one of the strongest iterations of the character to date.

The film itself presents an entertaining plot in which Diana (Gal Gadot) leaves her mythical birthplace of Themyscira with American World War I pilot Steve Trevor (Chris Pine) to face the Greek God Aries, who she believes to be the source of the war.

The action is high-stakes and engaging, the acting is of high quality and the character development throughout the film is strong.

"Wonder Woman" isn't a perfect film, but it is, without a doubt, powerful.

The film presents a strong female character who is commanding and self-assured, but who is also allowed to learn and grow. Diana encompasses all of the classic traits that make Wonder Woman an American icon — she has unwavering morals rooted in compassion and freedom, she is loyal and trusting and she firmly believes in the good that humans are capable of. Throughout the film, she is also allowed to be a flawed, complex character who works to reconcile these morals with the fact that humans inherently aren't always good.

While "Wonder Woman" isn't the first superhero film with a female lead (see Jennifer Garner's "Elektra" and Halle Berry's "Cat Woman"), it does do something unlike any female-based superhero film before it — it presents an empowered, strong female who can be sensual and

own her sexuality in a way that reinforces her strength, rather than undermines it. One common problem with cinematic and artistic portrayals of female superheroes is despite their power and strength, the sexuality they exhibit is less about female empowerment, and more about appealing or attracting male audiences.

In "Wonder Woman," this is not the case. While some might take issue with Diana's outfit, the film does an excellent job of showcasing the functionality of what she wears. Once she leaves Themyscira and arrives in London, Diana tries on a variety of outfits to blend in. In each outfit, she is covered from head-to-toe, and her range of motion is limited. She ends up accidentally tearing skirts when she tries to attempt high kicks, and even asks, "How am I supposed to fight in this?"

The outfit she wears when she fights reflects her roots in Greek mythology, as it's largely reminiscent of Ancient Greek and Roman battle armor. Her skirt allows for greater mobility, her breast and back plates are heavily armored and her armored boots are high enough to provide ample protection for her legs. Her suit allows for far greater mobility and provides much more protection than something like the black skin-tight leather suit Scarlett Johansson wears as the Black Widow. In addition to ensuring Diana's outfit is functional, the film focuses on the strength behind the Amazonians' bodies, rather than their legendary beauty.

Beyond allowing such a complex female character to exist on the screen, the film also uses Diana's unfamiliarity with the world of humans to present humorous, but poignant social critiques of the beauty and social expectations applied to women within patriarchal societies.

In one scene, Diana sees a corset and asks Etta Candy (Lucy Davis), Steve Trevor's secretary, if this is what humans use for armor. Etta chuckles and explains the corset is to hold women's stomachs in. The exchange that follows is humorous, but the scene as a whole is among one of the many moments within the film where societal beauty standards applied to women are called into question.

"Wonder Woman" has all of the makings of an amazing film, but more importantly, the film's ability to present a strong, relatable character and its success both nationally and internationally represents a positive turning point for female representation within the film industry.

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Corrin Bond
Argonaut

OPINION

Pushing boundaries

'Thrones' sparks discussion of rape on screen

I was reluctant to start watching "Game of Thrones."

Between being told I would get addicted, the tales of violence towards women and lots of blood guts, I didn't really see the appeal. However, I was recently convinced of the appeal, and am now a loyal, excited fan.

As a courtesy, this column does contain spoilers.

The show is graphic and controversial. There is plenty of throat cutting and intestines falling out of bodies that have been chopped open. Some guys' head even is squeezed until it explodes — not pleasant.

For me, the most unpleasant part is the rape. It's never an easy thing to depict.

As a woman who has existed in the world, I have feared for my safety. I've been followed in the dark, I've used made-up phone calls and illnesses to escape unsafe situations and heard every statistic in the world about young women and rape. So to see it depicted on the screen, while I'm relaxing and trying to be entertained, it is difficult to watch.

In season five, Sansa Stark is married to Ramsay Bolton third guy's the charm, eh? Bolton is no catch though. To say he's a sadomasochist would be putting it lightly.

After watching Bolton be cruel to anyone he chooses, I figured that when he and Stark were married, he would force her to do things she did not want to. Sure enough, after their wedding, Bolton rapes Stark. She's had a rough go at life, so to see life land another blow on her is disheartening. It's also scary to think this very situation was legal in the United States until 1993 — three years before I was born.

It's not a particularly graphic scene. Throughout the show, there's plenty of graphic depictions of sex, and even more shots of breasts. Bolton is shown ripping Stark's dress in the back. Stark is shown with her face on the bed, crying. A servant Bolton makes watch is shown, also crying. Then the episode ends.

I had to wait a day or two to watch the next episode.

I haven't been sexually assaulted, but having those statistics and likelihoods in my head was enough to be frightening. But I think the way HBO handled the scene was tasteful and accurately depicted the terror and violation of rape.

First, there was no penetration or really any nudity. For a "Game of Thrones" scene, that's pretty rare. If you go through and track instances where there was nudity and sex, it's in scenes where both parties are willingly participating in sex. It's very clear that everyone consented and had a grand old time.

When Stark was raped, the only nudity was her upper back. She was crying, and uncomfortable around Bolton in scenes leading up to her rape. In this scene, it was very clear she was not consenting. And that's what made it so hard to watch — viewers knew she didn't

want this. The rape was shown as a despicable, terrible thing to do to someone — as it should be.

One could argue that a rape shouldn't be depicted at all, that it's too graphic and awful of a thing to ever show. However, I think it depends on how it's portrayed. In this instance, it fits with the setting and time period.

Many fans also argue, because it wasn't in the books, it was an unnecessary

scene. Being that a totally separate character was married to Bolton in the books, it makes sense to consolidate the storylines using Stark. I love books, and will be the first to say the books are better than any television or movie adaptation, but it's important to keep in mind that some things must be changed for the sake of a better viewer experience.

It's also important to consider, in Game of Thrones, rape was a rather normal part of marriage and being a woman. I think one of the more frustrating parts of the show is comparing how women are treated then to modern day. There are huge differences and it can be difficult to watch. Whenever another girl is married off to a dude like a piece of meat, I cringe inside and have to do some deep breathing.

After the rape, Stark takes charge of her life. While using rape to develop a female character is a common and overused trope, again, for the time period, it's relevant.

Not to mention, the actress that plays Stark, Sophie Turner, has taken steps off screen to ensure progress is made for women who, in modern day, are still largely treated like Stark.

Turner became a United Kingdom Patron for Women for Women International, a non-profit group helping women in war-torn countries develop skills to advance their financial and physical well-being.

She visited Rwanda in March to witness the work the organization does. Many of the women survived the Rwandan genocide in the 1990s.

In a blog post for the Huffington Post, Turner noted the mental and economic scarring in these communities.

"They don't have the skills or finances to look after kids without their husbands," she said, according to USA Today. "(The work is) about teaching them savings and how to farm and look after their animals. It's not just about providing them with mental care. It's about creating a plan for their future. It's a really wonderful organization."

Overall, I think this whole issue speaks to a larger issue — women are often the victims of needless sexual violence during wartimes. Rape is still a hard subject for many people. Any war of any size can be tracked to a rise in rape and violence against women. Context is important. Making a positive out of a negative, is even better.

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MOVIES

FROM PAGE A9

Jillian Bell, Ilana Glazer and more.

Spider-Man: Homecoming 7/7

A young Peter Parker/Spider-Man begins to navigate his newfound identity as the web-slinging super hero. It features Tom Holland, Robert Downy Jr., Chris Evans, Marisa Tomei, Michael Keaton and more.

Dunkirk 7/21

This film shows the miraculous evacuation of Allied soldiers from Belgium, Britain and France, who were cut off and surrounded by the German

army from the beaches and harbor of Dunkirk, France, in 1940, during the Battle of France in World War II. The film features Tom Hardy, Kenneth Branagh, Harry Styles, Cillian Murphy and more.

The Dark Tower 8/4

Gunslinger Roland Deschain roams an Old West-like landscape in search of the dark tower, in the hopes that reaching it will preserve his dying world. The film features Katheryn Winnick, Idris Elba, Matthew McConaughey, Abbey Lee, Jackie Earle Haley and more.

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HABITAT

FROM PAGE A9

supporting the community with book readings and author events," Miller said. At the event, Sigma Tau delta sold copies of their literary magazine *Vandalism*, contributed to and edited by UI's undergraduate students.

"I think places like Pop-Up Prose or the Undergraduate Reading at Bookpeople can feel like a platform where we can showcase our stuff to one another in a really supportive, non-competitive environment," Miller said. "We get to come together and just celebrate what everybody's been doing."

Moscow's literary events aren't limited to the passionate organization of community members. UI also contributes readings and workshops by Distinguished Visiting Writers (DVW's) four times per year. Miller said she was very impressed by DVW Mary Szybist, an award-winning poet, during her visit to campus.

During her second year as an MFA student Miller will be working as the Marketing Editor of *Fugue*, UI's graduate-level literary journal. *Fugue* offers positions for both grad and undergrad students, where outside submissions are considered for publication and students are able to participate in editorial decision making.

"There's so much talent here, within and without the department," Miller said. "You can live in this community and not even be in grad school and still have access to so many opportunities."

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Arts roundup

This week's top arts and culture stories and events on campus and in the community

UI to offer film and television studies degree

The University of Idaho will now offer a new degree in film and television studies through the College of Letters, Arts and Social Sciences.

According to a news release, "a Bachelor of Arts or Sciences in film and television studies prepares students for a variety of careers in cinema, television and video. The degree is suited for students interested in careers as producers, directors, audio and video equipment technicians, photographers, camera operators and video editors."

The new bachelor's degree program is a partnership between the Department of English and the School of Journalism and Mass Media. The coursework will include film history, media theory and hands-on filmmaking using a film school model.

Classes will be taught in the two lead departments, as well as the departments of History, Theatre Arts and Modern Languages and Cultures.

Students interested in pursuing a film and television studies degree can enroll in classes for fall 2017, and can contact Russ Meeuf, the director of the Film and Television Studies Program.

More information can be found on UI's website.

UI JAMM professor receives funding for LGBTQ project

Denise Bennett, an assistant professor in the School of Journalism and Mass Media was awarded \$3,500 by

the Idaho Humanities Council to help fund a multimedia project examining the experiences and lives of lesbian, gay, bisexual, transgender and queer people in the state of Idaho.

Bennett also received a \$1,000 grant from the Latah Community Foundation for the historical aspects of this project as related to Latah County as well as funding from the UI Library and the College of Letters, Arts and Social Sciences.

According to a news release, the project seeks to preserve history, and examine social, cultural, political and legal issues in Idaho.

UI Alumni Association creates virtual choir

The University of Idaho Alumni Association is asking past, present and even, prospective students to record their best rendition of the university's fight song, creating a virtual choir.

Individuals wishing to participate can follow these recording and uploading options:

- Download the "Authntk Uploader" app to your phone from the Apple app store or GooglePlay (iOS/Android users only). Upload or record your video directly from your phone.

- Log into the app using username: uidaho@authntk.com and password: uidahoalumni

- Record a video from any device and upload it via the submission button below.

- Click on the submission button

on the UI website and record a video with a webcam.

A final virtual choir compilation video will be released during this year's Homecoming celebration. Deadline for videos is Aug. 1.

Community theatre presents Washington authored, horror-comedy play

The Moscow Community Theatre will showcase "Murder Inn," by Howard Voland and Keith McGregor, of Monroe, Washington, later in the month at the Kenworthy Performing Arts Centre.

Performances will run at 7:30 p.m. July 28, 29, Aug. 4 and 5, and at 2:00 p.m. July 30 and Aug. 6. Tickets are \$15 for adults and \$10 for students as well as seniors, and are available at the door, Safari Pearl and moscowcommunitytheatre.org.

According to a news release, "Murder Inn" is set at the Barnsley Inn, a dilapidated eighteenth century New England establishment supposedly haunted by a knife-throwing poltergeist. A storm forces a tour group to make an unscheduled stop. An unpleasant detour soon turns into a night of madness as knives appear in the most unexpected places. The body count rises and the survivors try to figure out 'whodunit,' and who's likely to be next."

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

STYLES

FROM PAGE A9

The ninth song off Styles' album really brings the '70s vibe to the light. It has a punchy beat and a rhythmic heat that keeps flowing through the entire song.

One of the most unexpected songs off the album is "Kiwi." Styles

flirts with the hard rock genre in this track, and successfully produces a catchy, head-bobbing sound.

The third song on the list, "Carolina" brings about the sounds of the Beatles and Simon and Garfunkel without trying to be them, thankfully. The track is quirky and ram-bunctious without trying to hit you too hard.

Nowhere in the album would one think that Styles once belonged to a boyband.

It's retro and it's new. It's smooth and it's rough. Simply put, Styles' album was everything fans could have asked for and more.

Hailey Stewart can be reached at arg-arts@uidaho.edu or on Twitter at @Hailey_ann97



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HEALTH INSURANCE REQUIREMENT

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Information and a link to the online Health Insurance Information Form at www.uidaho.edu/studentinsurance

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SPORTS



Idaho soccer looks to 2017 in its quest to top the Big Sky Conference

PAGE B3

FOOTBALL



Senior quarterback Matt Linehan evades a defender in a game against Washington State Sept. 17 2016.

Tess Fox | Argonaut

Vandals vying for validation

Idaho looks to 2017 for a chance to repeat another magical season

Joshua Grissom
Argonaut

Aug. 31 – Sacramento State (Kibbie Dome)

The Vandals open the 2017 season by hosting future Big Sky opponent Sacramento State in a preview of the program's transition to the Football Championship Subdivision (FCS). The meeting not only provides head coach Paul Petrino an opportunity to experiment with various schemes, but it is also a chance for young receivers to step up and take the place of graduates Deon Watson, Trent Cowan and Jordan Frysinger.

Sept. 9 – UNLV (Kibbie Dome)

Last year's meeting between the two programs marked a turning point for Idaho's season, and the upcoming matchup could prove to be an even bigger factor

for the success of the Vandals in 2017. The Rebels recently instituted new playmakers into the defensive front seven, but many questions remain concerning the team's offensive effort.

Sept. 16 – Western Michigan (Waldo Stadium)

Although the Broncos will be without former head coach P.J. Fleck and quarterback Zach Terrell, the team returns the bulk of the starting lineup that appeared in the Cotton Bowl against Wisconsin. No matter the outcome, developing a consistent ground game will be key for the Vandals before they enter conference play the following week.

Sept. 23 – South Alabama (Ladd-Peebles Stadium)

Although the Jaguars quarterback Dallas Davis and tailback Xavier Johnson return to the roster, the team has yet to find

a consistent playmaker for the receiving core. The game will ultimately be decided in the trenches, as running backs Aaron Duckworth and Xavier Johnson battle for control of the gridiron.

Oct. 7 – Louisiana-Lafayette (Kibbie Dome)

The Ragin' Cajuns boast a strong defense, but have had difficulty creating offensive opportunities during the current rebuilding process. The pressure will be on senior quarterback Matt Linehan to display a strong aerial attack and deliver his team a pivotal victory during Homecoming Weekend.

Oct. 14 – Appalachian State (Kibbie Dome)

The Vandals continue conference play by hosting the 2016 Sun Belt co-champions during a pivotal stretch of the season. The matchup highlights a key battle

for the Vandal offensive line and provides the team with a valuable learning experience against one of the strongest opponents on the schedule.

Oct. 21 – Missouri (Faurot Field)

The road only gets tougher for the Vandals, who travel to Missouri to take on an SEC program with a reputation for staunch defense. On the bright side, the Tigers are reeling from a 4-8 season which included losses to Kentucky and Middle Tennessee last year.

Oct. 28 – Louisiana-Monroe (Kibbie Dome)

The Warhawks displayed inconsistency in 2016, falling to New Mexico State by 42 points and then beating bowl-eligible South Alabama during a three-week period. Duckworth should be able to make headway against the Louisiana-Monroe front seven, but the game will ultimately be determined with a strong showing from

the Idaho secondary.

Nov. 2 – Troy (Veterans Memorial Stadium)

In what might be the most difficult matchup of the year, the Vandals travel to Alabama for a Thursday night meeting with a potential AP Top 25 program. The Trojans employ a powerful ground game, which will likely cause trouble for a defense that enters the game with only five days of rest.

Nov. 18 – Coastal Carolina (Kibbie Dome)

After a much-needed bye week, the Vandals return to Moscow for the final home game of the season against what many consider to be the Sun Belt's "replacement" team for Idaho and New Mexico State. The meeting allows an opportunity for the Vandals to make a metaphorical statement against the Chanticleers during the team's inaugural season in the Football Bowl Subdivision.

SEE VANDALS, PAGE B8



INTRAMURALS

A friendly competition

Intramural sports offer a place for all students to build friendships and enjoy new activities

Carly Scott
Argonaut

Sand between the toes, sun on the face, and music playing in the background only begin to describe the atmosphere at last year's intramural sand volleyball tournament, said UI junior Camille Hanson.

The sand volleyball tournament this year is right after the first week of classes, said Butch Fealy, Associate Director of Competitive and Recreational Sports. For Hanson, this was a great way to connect with friends and meet new people.

"One of my friends was interested in it, they asked me and I went along with it and had fun, even though I suck at volleyball," Hanson said.

Fealy said not only are intramurals an opportunity to get involved and have a good time while taking a break from classes, but it also provides a fun environment, he said.

"It's a great way to meet the students on campus,"

Fealy said. "We try to build a community that enjoys participating both recreationally and competitively."

Hanson said she found a really nice middle ground between going out and playing with friends and actually participating in an organized sport.

"There were some people that were super competitive, obviously. It was just a great way to exercise and have fun with friends," Hanson said.

Fealy said not only are intramurals open to every skill and ability level, but they also encompass almost every sport and activity. He said that some of the more unique events throughout the year are corn hole tournaments and a trivia bowl.

"We offer a kickball and a dodge ball if you want to get in touch with your third-grade recess past. We also do a few activities that are leisure oriented. If you're not into the sports and the super athletic things, in the winter we of-

fer things like cribbage and shuffleboard," Fealy said.

Fealy said for those students who maybe don't have enough friends yet to pull together a team, they can be put on a free-agent list. He said this is actually one of the best ways to meet people through intramural sports.

"The free agent list has made some lifelong friends in the past," Fealy said.

Hanson said she wishes she participated in sand volleyball during her freshman year at UI. She stressed that it's a great way to meet people outside of your major and living group.

"As a freshman you're just trying to get a grip on things. Through intramurals you can meet people where you're not only with other freshmen," Hanson said. "It's a great way to meet friends in a different stage of college life."

The time commitments to play intramurals differ based on the sport chosen. Fealy said that some sports, like sand volleyball, are just

a one-day or weekend-long tournament. Others, like ultimate Frisbee, span the course of roughly 5 weeks with a couple games each week.

Hanson said she suggests going to support friends who are playing, even if you can't commit to participate in a sport. She said she regularly went to support her friend's ultimate Frisbee team at their games and it was a ton of fun.

"I feel like they don't get very much attention lots of times. It's just a cool way to support your friends. It's not like with real sports where everybody comes. I just went and watched because I thought it would be fun to cheer them on and their team," Hanson said.

Fealy and Hanson both said no matter how you participate, the atmosphere is fun and laid back and a good way to take a break from the stress of classes.

Carly Scott can be reached at ar-sports@uidaho.edu

INTRAMURALS

Fall Intramurals

A complete schedule of the upcoming intramurals

Brandon Hill
Argonaut

Sand Volley Ball begins Aug. 26. Entries are due to the Student Recreation Center by Aug. 24.

Teams consist of two players and competitions will take place at the sand volleyball courts outside the Wallace Residence Hall.

Intramural whiffleball will commence Sep. 5, but teams must complete their entry forms by Aug. 29. Games will take place inside the Rec Center.

Ultimate Frisbee also kicks off Sep. 5. Entries will be due to the Rec Center by Aug. 29. Teams must consist of at least seven players. Teams with records of .500 or higher will advance to the post season.

Intramural soccer will begin Sep. 6. Entries will be due Aug. 30. Games will be held behind Guy Wicks Field.

Flag football will be the first intramural sport of September. Entries are due to the Rec Center office by Sep. 6 and play begins Sep. 1.

Cornhole begins play on Sep. 8 and forms are due Sep. 6.

Frisbee golf begins Sep. 10. Forms will be due to the Rec Center by Sep. 7. Frisbee Golf will be available for living group teams.

Singles tennis is next on the schedule. Play starts Sep. 16 and forms will be due Sep. 14.

Outdoor 3-on-3 basketball will be held on the courts outside of Wallace. Forms are due Sep. 14 and play begins Sep. 16.

Doubles tennis will be held on the courts in front of the Administration Building. Matches will commence Sep. 23 and forms will be due Sep. 21.

Co-rec softball begins Sep. 24 and entries are due by Sep. 21.

Two-person golf will take place Sep. 30. Entries should be turned in before Sep. 26.

Co-rec tennis will be open to doubles partners beginning Oct. 1, but entries will be due Sep. 28

Brandon Hill can be reached at arg-sports@uidaho.edu

MEN'S GOLF

A glimpse of golf

The 2017-2018 Idaho men's golf schedule is released as the season approaches

Meredith Spelbring
Argonaut

As fall quickly approaches, so does the 2017-2018 men's golf season. Head coach David Nuhn released the schedule for the upcoming season.

The Vandals will compete in 10 tournaments throughout the year on the road to the Big Sky Championships in April. Nuhn said he is excited about the upcoming season.

"I am really excited about the schedule we have put together for this upcoming season," he said. "I think the venues are fantastic. There are some beautiful courses that will test our player's games. It certainly is a schedule that will prepare us to compete at a very high level come time for the Big Sky Championship and NCAA Tournaments."

Itani Quality Homes Collegiate, Sept. 11-12

Idaho heads across the border to Palouse Ridge to start the season in the Itani Quality Homes Collegiate hosted by Washington State. The

tournament will kick off Sep. 11th in Pullman, Washington. This will be the Vandals second season in a row competing in the neighboring tournament. The hosting Cougars closed out the previous season with a 10th place finish in the Pac-12 tournament.

Ram Masters, Sept. 18-19

The Vandals will travel to Colorado to compete in the Ram Masters, hosted by Colorado State, for the first of two back-to-back tournaments. Idaho will take on fellow Big Sky competitors Northern Colorado at the Fort Collins Country Club.

Mark Simpson Invitational, Sept. 25-26

Idaho finishes up the Colorado trip with the Mark Simpson Invitational. The competition is set for Sep. 25-26 and will be hosted at Colorado National Golf Club, the site of the 2017 Pac-12 Championship.

Southern Dunes Invitational, Oct. 14-15

The Vandals travel down south to Phoenix, Arizona for the Southern

Dunes Invitational, October 14-15. **Princeville Warrior Invitational, Oct. 29-31**

The fall season comes to a close with a trip to the islands for the Princeville Warrior Invitational, October 29-31 hosted by Hawaii. This will be the second time the Vandals have competed in the tournament.

Pro Compression Invitational, Feb. 12-13

The spring season tees off in Sand Diego, California, at The Farms Country Club for the Pro Compression Invitational Feb. 12-13.

Wyoming Desert Classic, Feb. 16-18

The first month of the of the spring season comes to a close with the Wyoming Desert Classic hosted by the University of Wyoming, Feb. 16-18.

The Bandon Dunes Championship, March 10-13

The Vandals return to the area for the Bandon Dunes Championship hosted by Gonzaga at the Pacific Dunes course. The tournament is set to be held March 10-13.

Chambers Bay Invitational, April 2-3

April starts off with a venture to Chambers Bay for the Chambers Bay Invitational on April 2-3 hosted by Seattle University. The tournament was previously the site of the 2015 U.S. Open.

The El Macero Classic Invitational, April 14-16

Idaho's final tournament before the Big Sky Championship is the El Macero Classic. The tournament is hosted by UC-Davis and will be the second season in a row the Vandals have played in the three-day event.

The Big Sky Championship, April 27-29

The 2017-2018 season comes to a close with the Big Sky Championship at the Boulder Creek Golf Course. The event will take place April 27-29th where Idaho will look to repeat the 2016 success and take home the title.

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Leaving a logging legacy

The logging club seeks to chop down the competition with new leadership

Brandon Hill
Argonaut

Moscow isn't always about downtown coffee shops and parties on Greek row. The university also offers a plethora of athletic clubs open to students.

One of those clubs looks to break into the mainstream, despite its rather unique activities.

The logger sports club grew into existence back in 1910, where it was a part of the Associated Foresters club. Now, the club operates solely as a University club and is led by senior Katie Anderson.

Anderson, a Montana native, said she loves the opportunity to compete with the logging club

because it gives her a chance to get out in nature, away from the fluorescent lights of the classroom.

"I love anything to do with the outdoors like hiking, camping, backpacking and gardening," she said.

Anderson is working on a double major in ecology and wildlife

biology and wildlife resource. Anderson first found the club through her friend, Sarah Rose, who asked Anderson to volunteer at a match held in Moscow. Anderson said at first, she was intimidated by the prospect of joining the logging club.

"I didn't know how to run a chainsaw, and

I didn't feel like I was strong enough to throw an axe or speed chop wood, but the team quickly proved me wrong," she said.

Anderson said she rapidly learned the basics of the sport and, most importantly, how to do it safely. Some of her signature events include obstacle pole, where com-

petitors run up a log tilted on its side and cut the tip off with a chainsaw. She also competes in the horizontal hard chop, where loggers chop at a block of wood that they are standing on as quickly as possible. Anderson said a majority of the competitions are based on old logging practices.

After a year of impressive performances, Anderson became the team's competition boss, organizing competitions with other schools. Going into her senior year, she was promoted to team captain.

"I consider my teammates to be some of the best friends I have made in college and competing and practicing have become great ways to blow off steam after classes and work," Anderson said. "The team is also very close knit and we enjoy other events or activities outside of logger sports."

The team performed well last year, taking 3rd and 4th in many of their competitions, despite often being the smallest of the teams. Anderson said that while she took pride in her teammates, she would love to see even more improvement.

"This year we would really like to see our numbers increase so we can keep the traditional logging practices alive and show more people just how fun it can be," she said.

As with any of the clubs on campus, recruiting incoming freshman remains as important as ever. Anderson offered a piece of advice for those students who may not even know the logging club exists, and encouraged newcomers to approach the sport with an open mind.

"Just do it at least for a day, even if it ends up not working out or you don't love it," she said. "It is an amazing experience with amazing people."

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Welcome, New Vandals!

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You can find us in the Teaching and Learning Center (TLC), Room 232, or contact us by emailing askjoe@uidaho.edu or calling 208-885-6757.

Go Vandals!



OPINION

The dangers of overconfidence

Idaho football must get past itself before looking to add another banner to the Kibbie Dome

Brandon Hill
Argonaut

There's no doubt about it, Idaho football is good.

In fact, the team may be better than it ever has, due to a number of experienced leaders returning to the Vandals in 2017. Senior quarterback Matt Linehan continues to improve, and the defense has not shown signs of slowing down this offseason.

After looking at the 2017 schedule, even the biggest Vandal contrarian would be hard-pressed to argue against Idaho finishing bowl eligible this winter.

That is, however, if the Silver and Gold can overcome its own confidence, perhaps the deadliest opponent not listed among the

slew of teams on Idaho's plate.

Before Idaho looks to the post-season, a chance at finally taking the Sun Belt crown, or even its opening game, the team must realize the chance of repeating such an unpredictable, highlight filled season is slim for any team.

Perennial contenders are trending downwards and dynasties are become few and far between. This doesn't apply to just the Vandals, teams across the country are finding it harder and harder to maintain a consistent level of dominance.

While Alabama regular makes it into the College Football Playoff, the Tide has yet to secure

the title in consecutive seasons since the CFP was created. Ohio State seemed on an upward trajectory before a couple close regular season losses brought the Buckeyes back down to Earth.

Boise State, Idaho's long-lost rival to the south, has also seen a recent drop in productivity. The Broncos, once known as BCS busters and nearly bowl invincible, suffered an embarrassing loss to a 6-6 Baylor squad back in January.

So where does Idaho fit into the convoluted world of college football? The Vandals are relatively new to the modern bowl scene, and have yet to extend their post season reach beyond the blue turf

of Boise.

I remain hopeful the Vandals can pull off enough wins to become bowl eligible and are selected to a game against a serious opponent. Idaho deserves it, especially after looking back on where the team came from. Going from a single win in 2014 to nine wins in 2016 is no small feat.

To repeat another magical season, Idaho must erase any shred of expectation. The team needs to start from scratch and recreate that underdog feeling once again.

That's how they did the impossible in 2016.

Idaho garnering more than six wins? Impossible, they said.

Defeating a Mountain West team in a bowl game? Unheard of. This is where the Sun Belt con-

ference comes into play. Since joining, Idaho has yet to claim the top spot in the conference. As many Vandal fans already know, this will be the team's final chance to secure the title before leaving FBS play for the Big Sky. What better way to close out a chapter of uncertainty and doubt than with a season filled with dominance. But first, Idaho must adopt the same mentality they had a year ago: the mentality of an underdog.

Sound familiar? A group of rag-tag outsiders from Moscow playing in games they shouldn't win starts to have a very 2016 ring to it.

A 2016 feeling is exactly what the Vandals need in 2017.

Brandon Hill can be reached at arg-sports@uidaho.edu



Brandon Hill

OPINION

From a fickle foe to a father figure

LaVar Ball's dedication to family overshadowed by antics

Joshua Grissom
Daily News Sports Editor

If you're a fan of the NBA, you've probably been exposed to a seemingly endless barrage of headlines surrounding the infamous LaVar Ball.

The former Washington State basketball player has a notorious reputation for creating shockwaves throughout the NBA community with his brash and unfiltered comments on topics ranging from his son's \$495 sneakers to women in sports journalism.

LaVar Ball has already compiled an extensive list of public enemies based on his negative interactions with members of the media, including a sexist tirade against Kristine Leahy during an interview on "The Herd."

There's really no way to defend the unfavorable antics of LaVar Ball, especially with the negative press it brings upon the NBA and sports journalism.

But no matter your stance concerning the brash and outspoken celebrity, there is one thing critics and fans should be willing to agree on —

LaVar Ball has fostered a strong and supportive relationship with his sons.

This might not seem evident at first, especially with LaVar's tendency to hog the spotlight from his son Lonzo Ball, the second overall pick in the 2017 NBA Draft and a budding superstar with the Los Angeles Lakers.

Although this setup supplies the opposition with nearly unending supply of ammunition, it also helps to shield his son from some of the media scrutiny that often accompanies high draft picks who are attempting to adjust to their professional careers. This media diversion could provide Lonzo Ball with an opportunity to play with a little less pressure on the hardwood this winter while finding his place in the NBA.

Another indicator of LaVar Ball's dedication as a father is his presence at his son's NBA Summer League games. Even after a shaky professional debut that included 2-for-15 shooting and five points, the outspoken celebrity offered praise and encouragement for Lonzo Ball, saying "he can't go but up" from the perfor-

mance.

The support LaVar Ball offers his children is a bond that a lot of athletes don't get to experience in their own lives. As a former collegiate baseball player, I can't count the number of times I've watched as my teammates looked up into the stands, hoping to find a parent or family member who ended up being a no-show.

There's nothing wrong when it comes to criticizing LaVar Ball's approach with the media, but it's much harder to find fault with the way he supports his children. From instilling confidence with a never-say-die attitude to establishing his Big Baller Brand company around his sons, LaVar Ball continues to serve as a good father figure off the court and away from the cameras.

Josh Grissom is a former Argonaut alumnus who now works as the sports editor of the Moscow-Pullman Daily News. He can be reached through email at jgrissom@dnews.com or on Twitter @JoshuaGNews.



Joshua Grissom

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(co-facilitated with the Renfrew Colloquium)
Pitman International Ballroom

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"The Internationalists: How a Radical Plan to Outlaw War Remade the World"
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WOMEN'S SOCCER

Vandals soccer season preview

Idaho's 2017 soccer schedule is set as the Vandals look to take the Big Sky crown

Brandon Hill
Argonaut

Aug. 13 — Mount Royal (Kibbie Dome)

Idaho women's soccer kicks off the 2017 with an opening game against Mount Royal. The Cougars finished the 2016 season 4-6-4, finishing 5th in the Prairie division of Canada West Conference.

Aug. 18 — UC Santa Barbara (Harder Stadium)

The Vandals begin their two-game road trip against the UC Santa Barbara. The Gauchos dominated the regular season, taking down big-name teams like Fresno State and UNLV, finishing 11-6-2. The Gauchos averaged almost three points in games they won, which will stack up interestingly against Idaho head coach's Derek Pittman's defense-oriented style.

Aug. 20 — UC Riverside (UC Riverside Soccer Stadium)

The trend of playing UC teams continues, this time it Riverside. The Highlanders did not dominate the pitch quite like Santa Barbara, finishing 5-10-4 in 2016.

Aug. 25 — Boise State (Kibbie Dome)

The matchup of the year come to Moscow, as Idaho's long-lost rival looks to secure a victory against the Vandals. A year ago, the Vandals defeated the Broncos 1-0 in the regular season, but ended in a 0-0 tie in the spring. The Broncos ended their season in the middle of the pack of the Mountain West Conference with a 5-3-3 record. Idaho athletics will look to bring a record size crowd to cheer on the Silver and Gold, with 5,000 attendees being the goal.

Aug. 27 — Saint Mary's (Kibbie Dome)

Following a tough rivalry game, Idaho will welcome Saint Mary's for a second consecutive home game. The Gaels tied 0-0

with the Vandals in 2016, despite finishing the regular season 5-13-2.

Sep. 1 — Hawaii (Kibbie Dome)

The Hawaii Warriors got the best of the Vandals in 2016 during the Hawaii tournament near the start of the season. The Warriors bested Idaho 2-0, but could not maintain the momentum during the regular season and finished 9-6-2, with a three-loss streak down the stretch.

Sep. 4 — Seattle U (Kibbie Dome)

One of Idaho's tougher opponents pays a visit to the Kibbie Dome, closing out the Vandals' four consecutive home games. The Redhawks finished 2016 with a bang, 14-6-1 with a 7-0 record in the Western Athletic Conference. Idaho, who has snagged the best regular season record in the Big Sky two years in a row, will not get past such a formidable team easily. However, the Vandals did defeat the Redhawks 2-0 in 2016 in Seattle, and will have a home advantage heading in to 2017 contest.

Sep. 8 — Oregon (Papé Field)

Probably the biggest name on Idaho's schedule, the Oregon Ducks will play host to Idaho. The Ducks were certainly not the powerhouse of the PAC-12 in 2016, finishing the 2016 season 8-10-2 and 10th in their conference. However, Oregon should not be taken lightly, as a much tougher schedule most likely masked the team's talent.

Sep. 15 — Memphis (Kibbie Dome)

The Vandals return to Moscow to take on Memphis. The Tigers finished 2016 14-5-1, coming up just short of taking the American Conference crown.

Sep. 17 — Nevada (Kibbie Dome)

Nevada will become the second Mountain West

team to pay a visit to Idaho. Nevada, unlike Boise State, never made a serious impact in the conference in 2016, finishing 5-13 and next to last in the standings.

Sep. 22 — Northern Arizona (Kibbie Dome)

Idaho opens Big Sky competition against Northern Arizona. The Lumberjacks proved tougher than most, reaching a 10-7-5 record and a third-place finish in the Big Sky. In 2016, the Vandals and Lumberjacks came to a tie in a thrilling 2-2 match in double overtime.

Sep. 24 — Sacramento State (Kibbie Dome)

There's no rest for the Vandals, as Sacramento State comes to the Kibbie Dome for yet another home match. The Hornets finished 2016 a step behind Idaho in the regular season with an 8-7-4 record. In the Big Sky tournament, the second seeded Hornets fell to Northern Arizona. Despite this, Idaho still steamrolled Sacramento State in 2016, winning 5-1 on the Hornet's home pitch.

Sep. 29 — Southern Utah (Thunderbird Soccer Field)

Idaho goes on the road to take on the South Utah Thunderbirds. Another Big Sky opponent, the Thunderbirds did not make a splash in 2016, concluding their run second to last in the conference with a 3-12-2 record.

Oct. 6 — Northern Colorado (Jackson Stadium)

Idaho takes another trip down south, this time to compete against the Northern Colorado Bears. The Bears fell to the Vandals 2-0 in 2016, and finished in the middle of the Big Sky pack with a 10-8-2 record.

Oct. 8 — North Dakota (Bronson Field)

North Dakota finished in the basement of the Big Sky in 2016. The Vandals had no trouble flying past the Fighting Hawks a year ago,



Joleen Evans | Argonaut

Sophomore midfielder Morgan Crosby gets ready to pass during an Oct. 23 game.

winning 5-1.

Oct. 13 — Montana (Kibbie Dome)

Montana failed to make a run in the Big Sky tournament last year, falling to the eventual champion Eastern Washington. However, the Grizzlies did put together an impressive season, finishing fourth in the conference but lost to Idaho 4-1.

Oct. 15 — Portland State (Kibbie Dome)

The Vandals defeated the Portland State Vikings in 2016 2-1. The Vikings failed to make an impact in the Big Sky, and will likely not pose any threat to Idaho in 2017.

Oct. 20 — Weber State (Stewart Stadium)

Much like Portland State, the Weber State Wildcats failed to gain any traction in the Big Sky last season, finishing 5-10-2.

Oct. 22 — Idaho State (Davis Field)

Idaho's second in-state rival makes an appearance in 2017, but a game against the Bengals will have greater implications in Big Sky play. Idaho State struggled down the stretch last year, failing to break into the top half of the conference. The Vandals defeated the Bengals with ease that season in a 3-0 romp.

Oct. 27 — Eastern Washington (Kibbie Dome)

The season finale against Eastern Washington should be a good one. The Eagles proved to be unpredictable in 2016, finishing 13-5-4 but only earning the fourth seed in the Big Sky tournament. The Eagles then went on to win the tournament, beating Montana and Idaho. This matchup could be a preview into the upcoming Big Sky championship.

Brandon Hill can be reached at arg-sports@uidaho.edu or on Twitter @brandonmtnhill

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Athletes to watch

With a new year comes a new opportunity for Vandals

Women's Golf - Clara Moyano

A Madrid, Spain native, Clara Moyano kicked off her competitive career as a Vandal at the WSU Cougar Cup.

She finished the Cougar Cup tied for 15th with a 6-over-par 222. Moyano then went on to compete in seven tournaments, including the Big Sky Conference Championship.

After a 6-under-par sixth place finish in the Las Vegas Collegiate Showdown, Moyano earned the Big Sky Conference Golfer of the Week award. Moyano competed in the Big Sky Conference Championship, where tied for second place overall with teammate Sophie Hausmann with a five-over-par 221.

Moyano averaged 75.74 over the season, finishing in the top 10 twice, and top 25 four

times. Her scores during the Big Sky Championship helped the Vandals earn the runner-up title. Next season, Moyano's low scores could help the Vandals regain their championship title.



Mihaela Karst

Football - Matt Linehan

Senior Matt Linehan continued to make his mark in the Idaho record books during the 2016 season.

During the matchup against New Mexico State, Linehan threw the fifth-highest single-game total in school history with 476 yards.

He also became one of three players in school history to have finished 12 or more games with 300 yards or more. He competed in the Famous Idaho Potato Bowl victory, where his four touchdown passes tied him for the third-best single game in history.

Linehan earned the Most Valuable Player award and was a second-team all-Sun Belt Conference choice.

His latest performance could indicate another successful season for the Vandals.

Men's Basketball - Brayon Blake

In his first game as a Vandal, Brayon Blake finished the night with a double-double: 13 points and 11 rebounds. He appeared in 32 games and started nine of them. He scored in the double-figures 17 times during the 2016-2017 season, a sign of what's to come. Blake proved to be a prominent voice on the court for the Vandals, and his stats only further prove he is quickly becoming an important member of the Idaho men's basketball team.

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Sports Briefs

Passing the Batten

Idaho athlete Kavita Battan, best known for her prowess on the soccer field, found herself with a once in a lifetime opportunity.

Team USA invited Battan to compete in the World University Games, slated for August 19-30.

"This is definitely a testament to her talent and her work ethic and where she has been able to put herself in her last four years here at the University of Idaho. We're very proud of her, very excited that she's going to be able to represent the University of Idaho at this tournament," head coach Derek Pittman said in a news release.

Battan said she had been waiting for the rosters to be released with great anticipation.

"I was completely shocked, I was shaking. I was actually with Lex (Elexis Schlossarek) and Torell Stewart and I was so terrified to look at the roster that I started sweating. But then I saw my name and I freaked I out," Battan said.

Based on Battan's statistical performance as a Vandal, it comes as no surprise the former Idaho forward was chosen. As a senior for the Silver and Gold, she recorded 14 goals. Over four years, she netted 40 goals, the fourth most in program

history.

"I think it's a huge statement for the University of Idaho," Battan said. "I think it shows that we're a great program and we're bringing in extremely talented players. It's a huge moment for the University to show that we're talented and we're not going to be overlooked anymore."

Hearing rescheduled

Idaho's Klaree Hobart was charged June 26 for possession of drug paraphernalia with intent to use, as well as a vehicle infraction for not using a seatbelt. Hobart, a senior defensive specialist for the Idaho volleyball team, was set to appear in a hearing on Wednesday. However, the hearing was rescheduled for Aug. 8.

Big Sky on the small screen

The Big Sky conference announced Monday that it would be partnering with Pluto TV leading up to the 2017 athletic season.

Pluto TV, a free internet streaming service, broadcasts over 700 collegiate athletic events.

"We're extremely excited to announce our new partnership with Pluto TV," said Big Sky Conference commissioner Andrea Williams in a news release. "With the changing media landscape and the rise of cord-cutting, it's important that the Big Sky adapt in

order to allow our fans to stay connected to us. With our new partnership with Pluto TV, Big Sky fans can have access to video content at home or on their mobile device. As long as you have an internet connection, you'll have Big Sky Conference content."

Pluto TV can be downloaded in app form on both IOS and Android devices. It can also be downloaded to multiple smart TV platforms, like Roku, Apple TV and Xbox.

The service already includes a number of news channels, such as CBSN and MSNBC. Other internet based sites, such as the Verge and the Onion can be found on Pluto TV. Big Sky and Big Sky 2 can already be found on the service, and are currently broadcasting pre-recorded games from the 2016 season.

Golden Engagement

Senior hurdler Wednesday unveiled her special engagement announcement over Twitter Thursday.

Walton posted a picture with her embracing new fiancé Arkadiy Mkrtychyan along with a caption of several heart and diamond ring emoticons. Mkrtychyan is also a Vandal athlete and will be entering his senior season as a forward for the Silver and Gold basketball team.

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Not just for football players

New research has shown that women athletes may be more susceptible to serious, life-threatening concussions than men

Men and women are different. Aside from learned gender roles, there are chemical and neurological differences that separate the two genders. This fact is noticeable, but especially when it comes to concussions, which women are more susceptible.

Sports physician Shannon Bauman evaluated male and female athletes at her specialty concussion clinic in Ontario between September 2014 and January 2016. She found concussions were often more severe in girls. There were differences, Bauman said, in subjective reported symptoms and objective cognitive and visual symptoms observed by doctors.

"Females are reporting more symptoms, but they're also objectively having more physiological signs of concussion,"

Bauman said, according to FiveThirtyEight.

Her data shows women also take longer to heal. Men who were treated at the clinic finished within two months. Only 12 percent of women heal from concussions this quickly. Around 35 percent of women were still experiencing concussions six months after their injury.

But why is this difference so stark? While researchers have several ideas, the most common hypothesis deals with hormones in the body.

Women are more likely to have migraine headaches between puberty and menopause. The monthly hormone fluctuation, primarily the hormone Estradiol, plays a role in creating migraines. Estradiol reaches peak levels when the uterus is preparing for

a possible embryo, and drops suddenly if there is no embryo implantation. Estradiol also interacts with the trigeminal vascular complex, an area of the brain that controls migraine pathophysiology.

Migraines and concussions share similar expressions. Spreading depression, an inhibitory electrical phenomenon, refers to waves of lowered electrical activity in the brain. Migraine aura, a type of visual hallucination, is very similar to spreading depression.

Statistically, women in childbearing years experiencing migraines are more likely to become concussed and develop worsening symptoms.

Researchers at the University of Rochester School of Medicine

and Dentistry found mild traumatic brain injuries heal slower when sustained during certain phases of the menstrual cycle, particularly linked to progesterone levels.

Bauman also suggested women might have less neck strength than men, so female necks have a harder time stabilizing the head after a hit, which results in more "sloshing" while the brain shifts in the skull. Females do have 25 percent less head-neck segment mass, five percent less head-neck segment length and 12 percent less neck girth than men.

But more research is still needed in this area. The next big question is whether women are at a greater risk of

chronic traumatic encephalopathy. CTE is a neurodegenerative condition possibly linked to concussions. When most people think of CTE, they think football. But female soccer players are at 2.1 times the risk of concussion than male soccer players, softball players are at 3.2 times greater risk than baseball players, and females basketball players run 1.7 times the risk as their male counterparts.

Several US women's national soccer players have pledged to donate their brains to CTE research upon their death. In the meantime, education should be the No. 1 priority.

Athletes — of all genders, sizes and types — should be properly educated on the risks and symptoms associated with concussions before

hitting the field. Trainers and coaches need to be fully educated too, and should be able to identify symptoms. Trainers should also be conducting regular checks on players, especially in sports like lacrosse, rugby and football.

The difference in gender is a developing idea, but it shouldn't be used to discourage women from playing the game. It just means there's an extra burden of knowledge given to people who play and work with female athletes.

Too long concussions, and CTE, have gone unnoticed, under reported and ignored. It's time to get educated.

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OPINION

Unnacceptable mediocrity

Competition should inspire all athletes to strive for the best, regardless of age

Zack Ozuna
Argonaut

The competitive attitude in an athlete will represent their standards and work ethic outside of the organized sport.

Accepting failure and being satisfied with mediocrity are poor habits to incorporate in one's life, and they should never be present at any level of athletics.

Competing in sports will provide athletes with learning points and opportunities, but one's personal expectations must be set high if they wish to be competitive in other aspects of life.

Competition can teach valuable life lessons, which includes the desire to work

toward a higher goal.

The harder an athlete works for something, the greater their results will be. Those going above and beyond should be recognized and rewarded for their efforts. Later in life, the athlete will be prepared to apply similar efforts toward other life situations.

An athlete, however, who goes through the motions and exerts minimal energy should not be recognized or rewarded the same.

The athlete has not earned or worked in a competitive manner for something they want. Rewarding mediocre work ethic is creating an unearned sense of satisfaction — if an athlete does not work for something,

they should not be treated as if they earned it.

There is a reason parents give their children chores so they can learn to work, earn and save money responsibly. The reward of earning something is a satisfying feeling that can and will reinforce positive habits.

If a specific sport is not challenging the athlete to be the best they can be, what exactly is the point of participating?

In youth sports, athletes should be encouraged to try as many sports as possible. It's a good way for someone to realize if the sport is something they enjoy. However, playing a sport with no passion becomes a disservice to the athlete.

A sport that does not challenge the athlete or drive their competitive nature is not going to benefit their future.

An environment free from competition is not challenging anyone to be better. Instead, it is creating a negative standard and poor work habits.

When young athletes, collectively, are competing to be the best, the standard will change and expectations will rise. If someone wants to be great at something, they have to compete and work for it.

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OPINION

Battle of the sexes

Serena Williams isn't a man, so don't compare her to one.

In elementary school, teams were often divided by gender. Boys versus girls was a big deal, it became a fight to prove who was better – and a practical way to divide a ton of children quickly. As children grow up, they understand one kickball game isn't going to make either gender the superior one, because there is no superior gender. Children also learn to embrace differences, after all, everyone has different strengths, and that's OK.

However, the sports world seem to have regressed. Some, like retired tennis player John McEnroe, still believe in comparisons and competitions between the genders.

Despite describing Serena Williams as the best tennis player in the world, he suggested during an NPR interview that Williams wouldn't be very good if she was a man.

"If she played the men's circuit she'd be like 700 in the world," he said.

Here's the problem with this statement – Williams isn't a man. She is a woman. She plays in the women's circuit, and that's great. The tennis world needs powerful role models like Williams.

In one sense, he is right, even Williams has said this – men's and women's tennis aren't equivalent.

"If I were to play Andy Murray, I would lose 6-0, 6-0 in five to six minutes, maybe 10 minutes," she said four years ago. "It's a completely different sport. The men are a lot faster and they serve harder, they hit harder, it's just a different game."

Any sport where there are men's and women's leagues, these logical fallacies pop up. There does appear to be an equivalency – both genders play the same sport. However, men and women are different. It's hard to really compare two

things when there's a fallacy of inconsistency.

Because men's and women's tennis are very different games, there's no comparison to be made. It's like comparing apples and oranges. Both are great in their own right, but I'm not making a pie out of oranges.

The idea Williams wouldn't be a good male tennis player reinforces the idea that to be the greatest at any sport, one must be male. Williams is often qualified to be the best female tennis player in the world, but never the best tennis player in the world. People don't consider women's sports to be as competitive, grueling or entertaining as men's sports, so how could a female athlete be the best at anything? Female athletes are continually fighting an uphill battle because of their gender.

Women and men are different – and that's OK. Di-

viding athletes into gender categories, keeping people in their separate boxes, doesn't help that women are continually considered the lesser sex in sports. Continually pitting men against women in a male-dominated environment means that women will never win and will never be the best. Instead of comparing men and women, compare wins, titles and records. These are quantitative things that can be compared across the gender divisions of sports.

McEnroe is 58 years old, and holds seven singles titles and nine doubles titles. Roger Federer has 18 singles Slam and none in doubles. Williams has 23 titles and 14 in doubles.

Between the three of them, I'd say Williams is the best tennis player of this generation.

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Tess Fox

VANDALS

FROM PAGE B1
Nov. 25 – New Mexico State (Aggie Memorial Stadium)

For two programs heading in drastically different directions in 2018, the matchup highlights one final showing of the western "rivalry" of the Sun Belt. Linehan torched the Aggie secondary for 476 yards and four touchdowns when the teams last met, so the Vandal receiving core should enjoy some quality stats at the end of the day.

Dec. 2 – Georgia State (Georgia State Stadium)
The Idaho secondary appeared to give Georgia State quarterback Conner Manning a headache in 2016 with four interceptions in a 37-12 victory. The meeting is favorable to the Vandals, especially if the program is on the fringe of reaching bowl eligibility.

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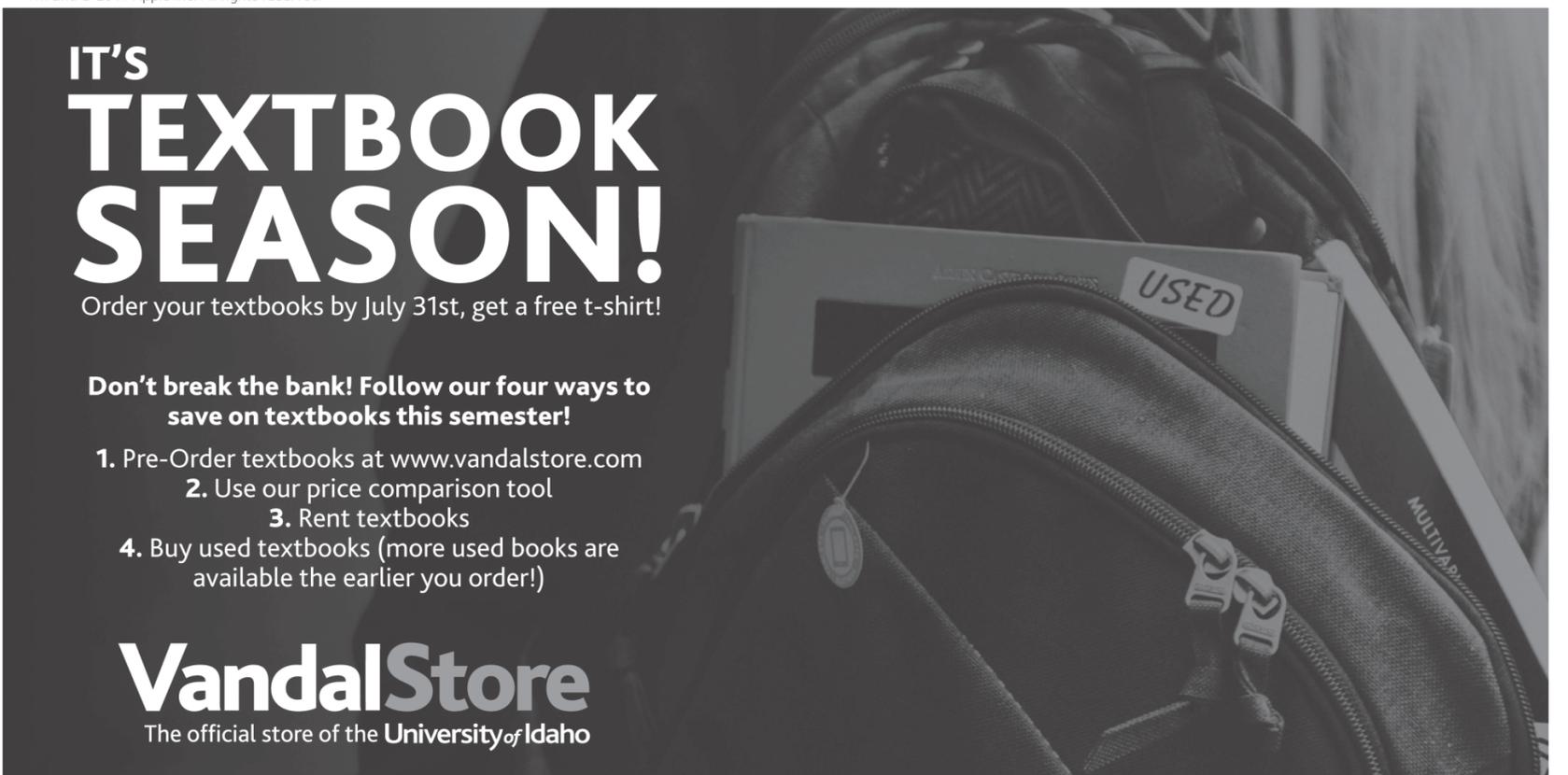
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There's no place like dome

Vandals enjoy a favorable lineup for the upcoming fall 2017 season in the UI Kibbie Dome

Josh Grissom

Argonaut

Home field advantage has a new meaning for the Idaho women's soccer team.

Weeks after the athletic department announced a transition indoors for the upcoming season, the team announced its 19-game schedule, which includes a program-high 11 home games.

"The 2017 fall season is going to be an exciting time for our players and fans," head coach Derek Pittman said in a news release. "Not only are we celebrating the 20th season for our program, we are also making history by being the first NCAA soccer team to play all of its games indoors."

The Vandals completed their home schedule at Guy Wicks Field last year, before subpar field conditions and drainage issues forced the team to find a new venue at the Kibbie Dome.

"The weather in the Palouse will no longer be an excuse to not come out to support our championship program," Pittman said in the release. "We expect our loyal fans to be even more passionate than ever as we make the (Kibbie) Dome one of the most feared venues in the nation."

The announced schedule pits Idaho against three programs which competed in the 2016 NCAA College Cup, including home meetings with Memphis and Seattle.

"We are excited for our players and fans to host so many quality opponents from top conferences across the Midwest and West Coast," Pittman said. "Every one of our non-conference matches will be a tough test for our players and will provide us with the preparation we need to challenge for another Big Sky Conference Championship."

The team opens its schedule with a rivalry matchup Aug. 25 against Boise State, marking the first ever indoor match for the Vandals. The conference schedule includes 10 Big Sky matches, including an Oct. 27 meeting with Eastern Washington to conclude the season.



Tess Fox | Argonaut

Junior Jordyn Dion fights against two opposing players on Guy Wicks Field during a game against Gonzaga University Aug. 26, 2016

"The Big Sky teams continue to improve each and every year, so our challenge is to continue earning our place at the top of our conference and challenging for an NCAA tournament bid," Pittman said.

Idaho boasts a 16-1-3 record against Big Sky opponents over the previous two years.

"We have had a great spring and feel our young team is carrying a lot of confidence and belief into next season," Pittman said.

Josh Grissom
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OPINION

The Washington contradictions

There is no honor in a name that promotes racism

In early April, the NFL announced the Washington Redskins would be hosting the franchise's first Thanksgiving Day game this year. When considering the Native American contributions to Thanksgiving and the meaning of redskin, it seems a little strange to have this contradiction.

The word redskin has a long and varied history. The Beothuk tribe, now Newfoundland, said to have painted red ochre. White them as "red men."

Ives Goddard, a rian, told NPR early show redskin used by Native American the word when ne-

French and the Americans. Redskin was used in James Fenimore Cooper's 1823 novel *The Pioneers*.

Decades after, the word began carrying a violent connotation.

Cooper's book was seen as sympathetic to Native Americans, so Earl Emmons released *Redskin Rimes* in 1915. The book is incredibly racist and aims to paint Native Americans in a negative light. This is when the word moved to a slur. It began popping up in American Westerns and came to refer

to the scalped head of a Native American.

I don't know about anyone else, but given the varied and uncomfortable history of this word, I wouldn't want to create a sports team with all the branding revolving around such an offensive term.

From a marketing and public relations perspective, the team is eliminating a large segment of fans — of all ethnic backgrounds — for no solid reason. I get it, the team has been called the Redskins forever and no one likes experiencing change.

I get that some people don't understand why the term is offensive and should be changed. But here's the thing — everyone has different experiences and feelings. Why is it such a negative thing to be respectful of all people? If I can change one small thing in what I do every day so people aren't hurt by my words, I'm going to do it.

Growing up in a region with long, rich Native American history, there are still 20 schools in the state of Idaho that have mascots mocking Native Americans. Ten schools are called the Indians, four are the Warriors, three are the Savages and three are the Chiefs.

I'm from Washington State. I grew up going to powwows as a kid, learning extensive amounts of Native American history in classes and generally being aware of the region's varied history. This is why I'm surprised so many schools

in Washington and Idaho are still nicknamed after Native Americans.

In 2015, Adidas announced it would offer free design resources and financial assistance to any high school still sporting Native American imagery as a mascot. About 2,000 high schools still use names that "cause concern for many tribal communities," the company said in a statement.

"Sports have the power to change lives," Adidas executive board member Eric Liedtke said in the statement. "Sports must be inclusive. Today we are harnessing the influence of sports in our culture to lead change for our communities."

Granted, Adidas profits off sales of merchandise for the Cleveland Indians, Golden State Warriors and Chicago Blackhawks — all Native American mascot themes. I think it would behoove Adidas to consider donating funds from these teams, in an effort to align the company's views with actions. However, this is a good step in the right direction. As the country attempts to move forward, it is important to make amends and shy away from continuing to support such a racist term.

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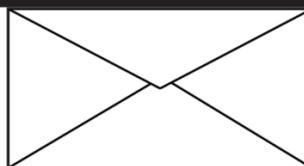
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OPINION



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OUR VIEW

Home sweet Uldahome

New UI students belong to a Vandal family, lasting legacy

The fall semester is approaching fast. In just a few weeks, droves of students will return to the Moscow community to gear up for a new semester.

Along with those seasoned collegiates, new faces will emerge, adding to the Vandal family.

For the students entering college for the first time, it can feel both daunting and exciting. With an extensive base of helpful upperclassman and a large alumni network, the University of Idaho is more of a home, rather than just a campus.

New students, although most likely anxious for Aug. 21 to arrive, will be welcomed by a strong support system of like-minded students, clubs, activities and departments specifically designed to assist first-year Vandals on their new adventure.

Over the summer, and even earlier, many

undergraduates envision what their ideal first year of college should be. But, no experience is the same — expectations rarely trump reality.

However, this shouldn't deter anyone from engaging in what the college setting has to offer.

There are countless opportunities to get involved on campus and in the community.

The Department of Student Involvement always welcomes students with open arms. With many clubs, service and student government options, the opportunities are endless. Any student — new or old — will be sure to find their niche.

When it comes to determining one's educational path, it is important to explore all options and remain open minded. A student might begin with one major in mind, and end up with a completely different degree years later.

It is important to remember that you're investing in your future. Chose wisely and don't settle for something that you are not passionate about.

Most everyone in college — first year and graduate students alike — use this time to attempt to understand what they want for their future. Each person has an individual journey, making the Vandal family an amalgamation of unique experiences.

In the midst of meeting new people, tackling new courses and adjusting to a new living situation, it can be incredibly easy to shrug off self care. Take a nap, watch some Netflix, read a favorite book or simply call home — make the time to treat yourself.

Remember, a college experience is what you make of it.

Although we all attend the same university and share in the culture of this close-knit community, originality is a key factor in shaping oneself and should be recognized as such.

No matter how long it takes, no matter how trying the path was, the one thing that matters most is choosing to further your education.

— HS



JP Hansen
Argonaut

The freshmen experience

Your first year is a time for exploring new interests and finding new friends

Looking back on my freshman year experience, most of my recollections come in the form of snapshots and little flashes of memory. It really is true what "they" say, the first year of college goes by just as quickly as it comes.

Between classes and late nights, clubs and games, one's first year of college is filled with new, exciting experiences.

But, with all the excitement, there are stressful days, difficult classes and the nights when mom and dad are just too far way.

There is really only one way to explain the first year of college, and it is best put into one word — new. With that newness comes good and bad days, friendships, professors and classes.

The phrase "the college experience" may seem a little cliché and overused, but it's true — college is an experience made up of lessons and moments.

While there is no formula for a successful freshman year of college, there is always advice to go around. From all the lessons and experiences gathered, here are just a few of the ways to make the first year of college a memorable

and successful year.

Meet new people

This might seem like one of the simplest pieces of advice, but with large classes and busy schedules, it can be easy to fall into the routine of only sticking to the people you know.

College, although new and much larger than the high school setting, universities still have groups, clubs and cliques like every social setting. But, the great thing about college is that these groups are most often based on true common interests, not just who is who.

However, meeting new people in class or during lunch at the dining hall can lead to some of the greatest college friendships, or at the very least, a good study partner.

Through joining clubs and extracurricular activities outside of class, there are so many new people to interact and connect with.

Take interest in your interests

Freshman year is all about change and newness, but that doesn't necessarily mean you have to leave all your old interests behind. One of the greatest things about initially picking a major or course of study is that it often correlates with what makes you happy or what you're most invested in.

However, core classes are not always the

most exciting, which is why the more interesting extra classes and supplementary courses are sometimes the most educational. It is obviously incredibly important to put stock in one's major courses, but the additional art class, creative writing seminar or math refresher course is often where you can gain the most experience, and learn about new interests.

Meet the professors

If there was an actual break down to an average college day it would go like this. Fifty percent of a student's time is spent with friends and taking part in student activities, the other 50 percent is spent with their professors.

Whether it be in the classroom or during immensely helpful office hours, we see our professors nearly every day. Forming a relationship with those professors and mentors is the best way to further your college experience. Not only will this help you feel more engaged in your courses, it will bring about new friendships with people other than students with a similar mindset.

Meetings with advisers, professors and mentors are often the most important aspects of my day. They are the one's to talk to when school becomes a little difficult, when an extension on an assignment is needed and when

For more opinion content, visit uiargonaut.com



Hailey Stewart
Argonaut

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Q: What is your favorite place on campus or in the community?

UI's patch of paradise

UI's patch of paradise A sunny day out on the Admin Lawn is pure bliss. Pick a tree, bring a book, never leave.

— Hailey

Room with a view

The third floor of the Albertson building has all the requirements for happiness built-in — coffee, atmosphere, and optional elevators.

— JP

Huffing and puffing

Up, up, up. Down, down, down. The 3rd floor of the Pitman is my safe space, plus I get my daily exercise by taking the stairs. e.

— Lindsay

Secret garden

One of the highest places on campus, the Education Building roof garden is a wonderful place to escape from the normal bustling of campus life.

— Nina

Patio life

Come over to the Theta Chi patio on a warm spring day. Kick back on a couch, pop open a soda and take in the sun.

— Brandon

Little slice of heaven

One World Cafe is the place to be. Whether it's for a simple cup of There's really nothing one can't accomplish at One World with a lavender latte in hand.

— Savannah

Alice's Room

This room has a perfect view of our beautiful campus. It's a great place to go during breaks between classes, or to do some reading.

— Kyle

Basking in books

Tucked away in the middle of Main Street lies the literary paradise that is Bookpeople of Moscow. Romance, mystery, horror — the choice is yours, take the leap and start a new adventure.

— Olivia

Newsroom Bliss

If I'm not at home with my cat, I can probably be found at my desk in the Argonaut office -- my home away from home.

— Mihaela

Co-op sips

I've searched high and low and found the best iced coffee at the Moscow Co-op making it my go to place whenever I need to study or get away.

— Tea

Wide open greens

The UI golf course is the perfect place to clear your head and you'll catch some amazing sunsets. No better therapy.

— Meredith

OPINION

A Viewfinder of friendship

A look at college friendships, good and bad

Linzy Bonner
Argonaut

There is not a person that I've met that hasn't gotten the overused "the friends you meet in college will be the ones you have forever" speech. I'm four years into my college career and even the start of that sentence initiates and eye roll that I'm sure resembles something along the line of a stroke.

The honest truth is that the majority of the people you meet in college, even the ones you at times consider to be your closest friends, won't actually be there forever. And more importantly, there will come a time when you won't want them to be there forever. No one likes to tell people this. Especially not to students who are fresh out of high school and just beginning their adult lives. But we are doing young people a disservice because the actual truth is something that I consider to beautiful part of life and growing up.

The friends you make in college will be some of the most important people you meet in your entire life. Though not all will be there forever, each and every person you become close with in these years will help shape you into the person that you are supposed to become.

In my weird brain, every aspect of my life comes with some sort of childish representation. For example I like to think of the friendships I have explored

in college as one of those little viewfinders that many of us used to have when we were young. Every friendship, every experience even, is another slide on one big wheel that shifts depending on what perspective we have or need in our lives.

There might be multiple people on some slides, and some have only one. There are many different types of "friends" you will meet in your college adventures. I use the term friend loosely in hindsight, but still feel as though it is necessary to give credit where credit was due at the time. Everyone's friendship viewfinder is slightly different, but what I've come to learn is that they all share some commonality.

Slide 1 — The first day friend

Picture this. It's your first day and your first class of college. You're sitting in room with a bunch of other scared freshman that are all shaking like Chihuahuas. It's also 8 a.m. You all visibly hate yourselves for not listening to the neck bearded upperclassman that helped you register for classes. There are a million thoughts going through your head, all of which conclude that you will be a friendless college dropout. All of the sudden, the guy next to you says "hi." So simple, and yet he doesn't realize that he now has to be your best friend because he is the only person you "know." He is the friend that you'll talk to all semester in class, vaguely make plans to hang out and then never do. The class will end and you'll part ways

but every time you walk passed each other on campus, you'll nod your heads both silently thanking each other for being there during a time when you were certain you were too awkward to interact with other humans.

Slide 2 — The manic friend you thought was the answer to boredom

No one is immune to this friend. This is the friend that seems like the carefree badass you've always wanted to be. They take risks, and they say just about everything that comes to their mind. You idolize them and commend them for living the life you've always dreamed of living, but never had the guts to. That is until you have to chase their naked butt down Greek Row in the middle of winter, as they scream "BUSH DID 9/11," while you fall on several patches of ice trying to remember why you're friends. Just remember that your ticket to crazy town doesn't need to be one-way.

Slide 3 — The older friend

If you ever want to feel more scared or confused about your college education and your future, befriend a grad student. These jaded little balls of fun will make you question every life choice you've ever made and somehow convince you to be their friend, and DD, while doing it. That being said, these friendships come with the comfort of knowing that someone else has done everything you're doing and survived. Take their advice and learn from their

mistakes.

Slide 4 — The Friend Who Breaks Your Heart

I wish someone had told me that the worst heartbreak I would face would come not from a romantic relationship, but rather my best friend. It's hard not to grow attached to the idea that friendships will last forever. What I've learned is that it's possible to be close with someone from the start of college until the end, and they still may end up being a stranger to you.

Slide 5 — The First Real Adult Friendship

Despite my rejection of the idea that all of the friends you have in college will be life long, I do believe it is possible to walk away with at least one who you will never let go of.

You never know which slide of the viewfinder you will meet this person in. I was lucky enough to meet mine in the beginning. They haven't been front and center in every slide, but they've always been there. This is the person you can call at any time. You can go weeks without talking and pick up right where you left off. It's the person you'd lay in a dirty parking lot with at 2 a.m. drunkenly talking about your broken hearts. They're the ones you think of when anything good happens.

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OPINION

The price isn't always right

Textbooks take a toll on students' financial state in college

Savannah Cardon
Argonaut

It's the ultimate struggle. The impending doom which creeps on throughout the summer until August finally nears and it's time to check Textbook Express on VandalWeb. It may seem like a silly thing to stress out about, but in this economy, the price of college textbooks has become a real problem. Which brings me to the question — why are textbooks so expensive?

Type in "why are textbooks" on google and the first thing that pops up in the search bar is "so expensive," leaving me with the comfort of knowing I cannot be the only one struggling with the horror that is paying for textbooks every fall and spring semester. There is really nothing more frustrating than spending outrageous amounts of money on a book, while still trying to keep up with other

bills and student fees.

In a study collected by the U.S. Bureau of Labor Statistic's consumer price index data, the price of college textbooks has increased 812 percent since 1978. A considerable percentage higher than those of homes and healthcare. Not only do students now have to deal with the rising costs of tuition, but they also have to sit back and watch as their textbook prices take a turn for the worst. Let's be real, who really wants to drop \$150 on one textbook for a single class that quite possibly might not even be a part of your major? It is, simply put, pure nonsense. Let's not even get started on how little that expensive textbook might be used throughout the semester, too.

All of this just leaves me wondering why ... and although I'd love to answer that probably very complex economical question, unfortunately, I don't believe I'm the right person to. Truth be told, I have no idea why textbooks are so expensive and I wish there was an easier way to understand it. Sure, type in the question on google and find dozens of different articles attempting to explain why textbooks are so expensive, but I find it very hard to believe there isn't a way to lower the prices, if

even just a smidge. Even through all of the mess that is purchasing textbooks, I have managed to find one technique that has saved me a lot of money over the past three years.

The place I've found to be the best option for textbooks is Amazon. Through Amazon one can simply rent a textbook for much cheaper than purchasing and return it at the end of the semester. This is a much cheaper option, and, if at the end of the semester a student wants to keep the book, they have the choice of purchasing it. In addition to this, students can obtain a discount on Amazon Prime, which allows for free two-day shipping, leaving little to no room for stress on whether or not a textbook will arrive on time for that first tedious assignment. Renting from Amazon has been a go-to ever since my freshman year and hasn't failed me yet.

There's really no way to stop the constant increase and insane pricing of college textbooks, so all students can do now is hope. Hope that something will change in the near future to alleviate the pain of emptying an entire wallet for a simple book.

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Savannah Cardon

OPINION

Beme me up

Traditional news platforms are being forced to change

Brandon Hill
Argonaut

Buzzfeed News broke out into the spotlight earlier this year, and not in the way the organization might have hoped.

The online news page reported allegations that Russia had compromising information on President Donald Trump. One of the allegations said a video tape showed the president interacting with prostitutes. The claims were never proven true.

The president took the opportunity to scorn BuzzFeed News and their lack of journalistic integrity, and thus the era of "fake news" began.

Despite the hit, BuzzFeed News persisted as a popular information vessel for younger demographics, specifically millennials. While many, including myself, see the website as slightly less than credible, it is hard to ignore the impact it has had on how the public consumes news.

That's why CNN, most known for its 24-hour cable news broadcast, has created a competitor to BuzzFeed in the most unconventional way possible.

CNN recruited filmmaker and Youtuber Casey Neistat to lead a project intent on bringing unfiltered news to a new generation.

Neistat made his career by telling stories. In 2010, he and his brother sold a television series titled "Neistat Brothers" to HBO. Neistat then turned his attention to Youtube, where he created off-the-wall videos. Some of his most viewed videos show him snowboarding behind a Jeep in New York

City and cliff jumping in South Africa.

A few years back, Neistat started his own social media company. The app, called Beme, resembled Snapchat in that users could film then and there, then share the unedited footage with friends.

Beme was unique in that it used the iPhone's proximity sensor to record. So, when someone presses the phone to their chest, Beme would start recording and the audience would see whatever was taking place from the user's perspective.

CNN purchased Beme with the intent to use Neistat and the Beme staff and create sharable news content.

In an interview with Variety, CNN CEO Jeff Zucker explained the thought process behind purchasing Beme.

"We have hundreds and hundreds of reporters and people who can tell video stories, and can stand up there with a mic and trench coat. We don't need more of those," Zucker said.

CNN CEO Jeff Zucker said Beme's new look will have multiple facets. To capitalize on Neistat's Youtube success, Beme will launch a daily news show available on the website, which will each be about 10 minutes long.

The new Beme app will include a feature where users can take 15-second videos to express their thoughts, much like CNN's panel discussions.

Neistat said he wanted to keep Beme's content away from politics and focus on societal and cultural issues.

It has yet to be seen if Beme can effectively compete with BuzzFeed's long-running juggernaut news organization. However, if Neistat and his team can keep the content focused on balanced, news, Beme may have a shot.

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Brandon Hill

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OPINION

The stigma of mental illness

A look at the harsh stigma surrounding mental illness

Olivia Heersink
Argonaut

Mental illness remains shrouded in stigma. Despite the occasional celebrity going public about their battle with depression, anxiety or substance abuse, it's an issue that most of us (most of the time) would prefer not to mention.

Sometimes, however, it's impossible to ignore when symptoms of mental illness, and the devastating effects, are visible to us.

Mental illness may be taboo, but we can all expect to experience it—either personally or in someone close to us. The most reliable national epidemiological survey—the U.S. National Comorbidity Survey Replication—found that around one in four Americans had experienced a clinical psychological disorder in the previous 12 months. That equates to around 75 million adults. Around half of Americans are likely to develop a clinical disorder at some point in their life (a statistic that puts the U.S. the top of international rankings for mental illness).

It has been found that psychological disorders (particularly depression and anxiety)

are more common in women than men. Women seem to seldom make public displays of their unhappiness; a sort of “externalizing” behavior is seen far more often in men. Women tend to be especially vulnerable to depression, anxiety, eating disorders, and sleep problems: conditions

that typically cause us to turn inward, retreating psychologically from the world and the people who surround us. Plenty of men also suffer from these disorders, of course, but the proportion is markedly smaller than for women. On the other hand, men are more susceptible to alcohol and drug problems and anti-social personality disorder, which are more likely to produce a kind of conspicuously erratic behavior. Why are overall rates of mental illness higher in women than in men? Given that many experts seem unaware of this troubling fact, it's hardly surprising that the sort of research that could provide a definitive answer hasn't yet been done. Compared to physical ailments, psychological problems are very much ignored in healthcare, receiving far less attention, resources, and cash. The US spends at least \$2.5 trillion on health each year, but only five percent of that goes towards mental health. This is despite the fact that mental

illness accounts for almost half of all ill-health in people aged under 65. Indeed, because mental and physical health are often so closely intertwined, with each influencing the other, some scientists have campaigned under the slogan “no health without mental health.”

Besides the distress such conditions cause individuals and their families, there is a financial penalty: people diagnosed with a clinical disorder earn an average of \$16,000 a year less than other folk. The annual cost to the nation as a whole runs into hundreds of billions of dollars.



Olivia Heersink

Most people in the U.S. with a psychological disorder receive no treatment at all; too often individuals and families have to shoulder the burden. The situation is no better when adolescents are involved: research shows that more than half of 13-18 year-olds with severe problems have never been treated. There are more than half a million mental health professionals in the US. That may seem like a substantial number until one recalls that around 75 million people are in need of help. Where services are available, stigma means that it may not be sought: no one wants to be thought of as ‘crazy’. Moreover, treatment tends increasingly to equal

medication. Eleven percent of Americans over the age of 11, for instance, now take antidepressants—a 400 percent increase from the 1990s. Almost a quarter of women aged 40–59 are on these drugs; indeed, women are much more likely than men to be prescribed antidepressants even when their symptoms are equally severe. In certain cases, drugs can certainly help. But psychological therapies (especially cognitive behavior therapy — CBT) are more effective in the long-term for many common issues such as depression and anxiety.

As a society, we need to radically change the way we think about mental illness. We must recognize its prevalence, and the particular problems facing women. We must make treatment, and CBT in particular, readily available to all who need it. If we don't, and with rates of mental illness likely to increase with current economic instability, this will cause harm not just to the individual, but to our nation as a whole.

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OPINION

Appreciating all melanin

Cosmetic tanning perpetuates unhealthy beauty practices

Corrin Bond
Argonaut

Growing up, I was never as dark as I wanted to be. My mother and her family immigrated to the United States from Central America before I was born, and their skin is significantly darker than mine. When I was young, I applied tanning lotion and laid in the sun for hours. I disregarded sunscreen during every outing. I let my skin suffer burn after burn, cringing as it healed, relishing the tan that came after. I'm embarrassed by how long it took me to fully recognize the extent to which such behaviors were unhealthy, as well as the great irony behind the practice of cosmetic tanning. Looking back, I cringe at how much damage I must have done to

my skin.

Tans are caused by excessive exposure to harmful UV rays, and often times, if a tan exists, it means damage to one's skin cells has occurred. According to the Melanoma Research Foundation, 90 percent of melanoma cases can be linked to exposure to ultraviolet (UV) rays from natural or artificial sources, such as sunlight and indoor tanning beds. While the foundation recognizes family history and genetics play a role in the development of skin cancer, excessive UV ray exposure still plays a significant role. In addition, the Skin Cancer Foundation cites people who use a tanning bed before the age of 35 increase their risk of melanoma, or the formation of skin cancer cells, by 75 percent.

While spray tans allow people to attain that ideal, bronzed color without causing this kind of damage to their skin, the entire practice of cosmetic tanning,

whether the tan is real or not, is socially troubling. I cringe at how, up until recently, I flaunted my privilege by pursuing a cosmetic tan. While I artificially pursued bronze skin, I didn't once stop to think about how unfair of a beauty standard tanned skin has become. People of color are regularly discriminated against for having dark



Corrin Bond

skin, a kind of discrimination my mother and other family members of mine are more than familiar with, while white people who tan are often praised for their color.

The cosmetic tanning industry promotes a warped beauty mindset in which the latent goal is for people with lighter skin to become as dark as they can without becoming “too brown.” This is not to say that anyone who tans or enjoys the sun is racist. The practice of tanning isn't a racist act. Rather, it perpetuates a centuries-old, nearly global beauty misconception that still, sometimes in subtle ways and sometimes not,

exists today — that lighter skin is somehow more beautiful than naturally darker skin. In addition, when people with naturally less melanin pursue darker complexions, they're perpetuating an exceptionally dangerous idea — darker skin is only beautiful if it's artificially attained by people with lighter skin.

This doesn't mean no one should enjoy the sun. There is nothing wrong with going outside and enjoying the sunshine. The body needs vitamin D, and laying out beside the pool to soak up some rays has the potential to offer health benefits, especially for those with vitamin D deficiencies. This is not a plea against the sun, but rather, against an industry that, as a society, we should be perpetuating the unhealthy Western beauty ideal of tanned skin.

This also isn't to say tans, in and of themselves, are bad. Some people have lighter skin that quickly becomes darker when exposed to the sun, while others naturally spend large amounts of

time outdoors or exposed to sunlight. If an individual is taking the appropriate measures to protect their skin from excessive UV rays, the act of having a natural tan isn't harmful, it's the pursuit of a tan for cosmetic purposes that quickly becomes physically and socially dangerous.

Institutionalized racism is far more complicated than skin color alone, and while decreasing the popularity of cosmetic tanning won't single-handedly end racism or discrimination based on skin color, it could potentially help lead to a society in which we not only value health above arbitrary, unimportant measures of beauty, but also one in which we can appreciate the inherent beauty of all skin colors.

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OPINION

Student finances 101

There's no need to panic about student loans if you follow these tips

Tess Fox
Argonaut

Student loans are a constant source of frustration, worry and regret for most college students — but they don't need to be. Here's a list of tips for navigating student loans.

Fill out the FAFSA

The Free Application for Federal Student Aid is a must when it comes to finding money for college. As it implies in the name, it's free to fill out. You will lose an hour of an otherwise pleasant evening dealing with government bureaucracy, but it's worth it. Work study, federal loans and financial assistance from your college are all determined from the FAFSA.

Federal before private

Federal student loans have fixed interest rates, instead of variable, making it easier to estimate how much interest you'll accrue. Additionally, federal loans offer deferment periods, so you don't have to start making payments until finished with school or gainfully employed. There's also no

cosigner requirement. Typically, parents cosign student loans with their children. The problem here is, when students can't make payments, parents are on the hook. Not everyone has parents who can take on this burden, so not requiring a cosigner can be an important perk.

Only take a private loan if you max out your federal loan amount. Make sure to shop around and compare your options before filling out the paperwork. Pay attention to interest rates and repayment requirements.

Ask questions

How much will this loan cost in total? What will my monthly payments be? Fixed or variable interest rate? Can I get my interest rate lowered? What fee am I paying? Are Income-Based Payment programs an option?

Take them out sparingly

All the money you take out in loans must eventually be paid back — with interest. Only take out student loans if you absolutely must. For some, this will mean one or two. For others, it will mean two or three per school year.

Get a part-time job

A part-time job will help defray the costs of existing. Evening trips to The Varsity, or brunch at Bloom, aren't covered by meal plans. Working and going to school also help you build your resume and learn time management skills. Plus, working in food service often means discounted or free food — the major food group of any college student's diet. Most any establishment will offer discounts and perks to employees, so take advantage of this.

Save for, and make, payments

As soon as you can, start making payments. Even if these payments are small or not required yet, anything helps in making early progress. Most federal loans don't require payments until six months after graduation, but during these six months, interest begins to accrue. If your lender doesn't allow you to make a payment until the six months is up, start building up your savings account and make a large payment for your first installment. Really, you should start building up your savings as soon as you can. The

savings could help you pay for the next semester, or make a large payment down the road.

Make a good investment

As a liberal arts major who is also double-minoring in the liberal arts, it feels a little hypocritical for me to say this, but choose a major that is a good investment. Looking at job growth and industry demand in your field is a great way to decide a career path.

If you can't make enough money to repay your student loans, it's hard to justify taking on large amounts of debt.

There's nothing wrong with delaying college or reconsidering job options if there's little financial benefit. Being an adult sometimes means making tough decisions, like pursuing advertising instead of art. Also consider how much education is required in your chosen career path. If it takes three degrees to even be competitive if your dream field, weigh the thousands of dollars of debt it will take to get there.

According to Forbes, students should avoid graduating with

more than their first-year salary in loans. For example, if your starting salary is \$45,000, don't let your loans go over that. It makes them even harder to pay off.

Look for scholarships

Set aside time once or twice a week to look for scholarships. The UI website has a long list of websites, but you can also visit the Financial Aid Office or browse the internet. GPA is one of the most common requirements beside financial need, so don't look for scholarships during lectures.

Make a budget

Figure out how much you need per month to exist. Give yourself a cap on discretionary spending — booze, pizza, cute sweaters, etc. Living with roommates, buying used books and keeping the heat low during winter can all help to shave off a few bucks. Moscow is a pretty walkable place, so try walking instead of driving — it'll save you a gym membership and the cost of gas.

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OPINION

Save the Ocean, Save the World

Oceans hold a vast number of species, and humans play a part in their lives

In Idaho, ocean conservation is not entirely a wide spread topic. The state is far enough inland that community members do not feel the potential repercussions of their habits. However, that needs to change.

The ocean is home to some. It is not necessarily home to people, but it is home to a vast population of marine life and ecosystems that have existed for thousands of years. The ocean is so massive that it has yet to be completely explored.

This world is as fragile as it is beautiful, and the habits of human waste, as well as dangerous acts of environmental degradation like overfishing, are putting the Earth's oceans at risk.

According to the Oceanic Institute, the oceans cover at least 71

percent of the Earth's surface, and contain up to 97 percent of the Earth's water. The oceans also contain over one million discovered species of plants and animals, with a potential of nine million species yet to be discovered.

According to National Geographic, as of 2015, 5.25 trillion pieces of plastic debris have been picked up from beaches. Each piece of trash, plastic and microplastic debris is a potential threat to marine life — plant or animal.

Human waste is not the only issue — unsustainable fishing, shark finning, bycatch, tourism and climate change are just a few examples of the many activities negatively affecting the oceans. Climate change has caused coral bleaching, coral death caused by high temperatures, which annihilates homes and hiding places from marine life in the area.

Shark finning is the act of cutting the fins from

sharks for shark fin soup. They are then released back into the ocean to die. Sharks are a keystone species to the oceans' ecosystem's, and are often faster than they can repopulate.

Thankfully, there are individuals, companies and organizations that are ready and willing to take a stand and help protect and save the oceans and marine life. Companies like Devoted to the Ocean and Sand Cloud create and sell products, then donate a portion of their net

profits to select institutes and organizations. Organizations such as Pacific Marine Mammal Center and Hawai'i Wildlife Fund help save marine animals, educate people and initiate beach cleanups.

Individuals who are passionate about the ocean are capable of coming together and making a difference.

When people come to-

gether, amazing things can happen. The earth is worth saving, for us and for later generations.

I love the oceans and love the creatures that live there. However, if the unsafe habits of humankind are allowed to continue, these fragile ecosystems will continue to die. The "out of sight, out of mind," attitude is an easy one to hold, but is

extremely dangerous. Individuals should be made aware of the actions of others, the consequences of everyday actions and how each person can help save the world.

One person alone can cause a ripple effect that can change the more than one would think.

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Mary Phipps Argonaut



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