# ARGONAUT

FOR, OF AND BY THE STUDENTS SINCE 1898 -

TUESDAY, AUGUST 29, 2017

#### **WOMEN'S CENTER**

**UIARGONAUT.COM** 



Joleen Evans | Argonaut

Students browse the stands set up during FemFest Friday afternoon outside The Idaho Commons.

# Feminist fair for all

Moscow community comes together to celebrate Women's Equality Day

Ian Hahn

As purple feminist fans waved in the blazing sun and the lyrics of Lianne La Havas' "Unstoppable" blasted in the background Friday at the FEMFest Fair, hundreds of students, staff, faculty and Moscow comunity members came together to cel-

members came together to celebrate the 46th annual Women's Equality Day.

The event, organized by the UI Women's Center to commemorate

The event, organized by the UI
Women's Center to commemorate
the women's suffrage movement
and promote visibility of the center
on campus, featured numerous tables from
organizations across the community.

Amy Trujillo, co-chair of the Moscow Women's Giving Circle, a group that's given out over \$215,000 to local causes over the past 11 years, said fairs like FEMFest help strengthen the community.

"I think it's a great opportunity to get together and see all the different groups that are working on women's issues and involving women in the issues of our time," Trujillo said.

Trujillo said celebrating the women's equality movement is important because she thinks many of today's young women grow up and forget women didn't always have the rights they do now.

"It's incredible to have my daughter, who's 11, talk to my grandmother and people of her generation, who said they couldn't play full-court basketball when they

were growing up," Trujillo said. Kris Freitag, 58, said she was in Idaho's first state tournament for women's basketball. While she wishes more progress had been made since, she said she's hopeful the younger generation will continue to fight.

"Coming from the '70s to now, I mean you see "Mad Men" and it really was like that," Freitag said. "Everyone's mentality is different than it was then. And that's really encouraging."

Leontina Hormel, director of the Women's and Gender Studies Program, brought a trivia board to the fair, which allowed students to test their knowledge on historical landmarks for women and the LGBTQA community.

Hormel said the enthusiasm and cheerfulness of the the students and community members making their way from table to table was exciting.

"I like to believe that one or two people will realize we're a cheerful group instead of an angry group," Hormel said. "That really the intent is good, despite what peo-

ple's impressions might be without meeting feminists and people who are aligned with feminist calls for action."

Bekah MillerMacPhee, assistant director for programs at the Women's Center, said she was happy with the turnout and the enthusiasm of the crowd.

"We've got great organizations with some great activities and a lot of people coming through, stopping by, getting popcorn, getting ice cream ... It's great," Miller-MacPhee said.

Women's Center Director Lysa Salsbury took the mic before the fair reached its end and encouraged those unregistered to vote to do so with the League of Women Voters, which was tabling on the far side of the plaza.

SEE FEMINIST. PAGE 3

# **TECH SUPPORT**

# IT divides and conquers

Customer feedback leads to changes in ITS support

Nishant Mohan ARGONAUT

During its busiest week of the year, the first week of the semester, Information Technology Services (ITS) is working to tailor its tech support to different University of Idaho customers, as services for students and faculty split and services for faculty decentralize around campus.

The ITS help desk in the Idaho Commons will continue to serve faculty and staff for the time being, but UI's ITS is in the process of converting the desk to serve students' needs only, Brandon Gardner, the help desk's new supervisor said.

Later this semester, Gardner said new and returning help desk staff will receive training focused on student needs. There will be a greater focus on navigation of Blackboard Learn (Bblearn), VandalWeb, and Outlook. Advice on accessing university-provided programs like Microsoft Office and Sophos Antivirus, as well as general troubleshooting will also be provided.

"There wasn't really anyone besides faculty who could provide good support for students with questions about Bblearn," Brian Cox, director of customer technical support services said.

The help desk is getting a new name and will be rebranded as the Technology Support Center.

Services for faculty and staff have been split between eight regions on campus, overseen by ITS Customer Support Manager Ben Kirchmeier.

Pete Varney, VandalSphere support manager said it will take a while for university employees to get used to the new system, but that it will allow for more specialized service in the long run.

SEE **DIVIDES**, PAGE 3

# COMMUNITY

# Paint up the town

Vandals come together for annual Paint the Palouse event

Andrew Ward

The University of Idaho completed the 28th annual Paint the Palouse event with the help of nearly 300 Vandals.

The project, which targeted to paint four houses this year, had three shifts of students help paint up the town between 8:20 a.m. and 1 p.m. Saturday.

Gaelle Sawadogo, a senior architecture student and area assistant at UI, has been involved with Paint the Palouse for three years. She said she first participated as a freshman, and has taken part ever since.

"I work with housing, I am an area assistant, and part of our job is supervising this event," Sawadogo said. "Being students and residents of Moscow, we get to give back to the community in a way that really helps, and this is our way of helping, by painting

as many houses as we can."

Sawadogo said part of the reason she enjoys the event so much is because of the teamwork, and the interactions between students in a constructive social environment.

"This event really allows new students to be involved and make friends," Sawadogo said. "So, it actually helps them while giving back to the community."

Sawadogo, who is in her second year holding an authoritative position at Paint the Palouse, said she gravitated toward this event because it seemed like the most obvious choice in regard to her skills.

"I thought it would be a challenge for me, but at the same time (painting houses) is also in my skill set," Sawadogo said. "Also, because I'm very involved with Housing and Residence Life — I'm close to the project and I enjoy showing leadership and being a role model for the younger students."

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# PAGE 2 5K Fun Run/Walk Cost: \$5/UI Students \$10/Non-Student Register at uidaho.edu/5k Wellness Schedule Yoga, Zumba, Cycling, Gravity and more! Check Out the Fall Wellness Schedule uidaho.edu/wellness Intramural Sports Upcoming Entry Due Dates Whiffleball Tues, Aug 29 Ultimate Frisbee Tues, Aug 29 Wed, Aug 30 Wed, Sept 6 Flag Footall Wed, Sept 6 Frisbee Golf Thurs, Sept 7 For more information and to sign up: uidaho.edu/mtramurals Climbing Center **AUGUST** 9-11pm at the Climbing Center Events and instruction are for women, by women. For more information contact Elise at (208) 885-6810 or elisec@uidaho.edu Outdoor Program LABOR DAY WEEKE BACKPACKING TRIP Trip: SEPT. 2-4 Selway Crags, Idaho Cost: \$60 includes transportation and group equipment Sign up at the Outdoor Program office (208) 885-6810 | uidaho.edu/outdoorprogram Late Night at the Rec FRI. SEPT. 15

# A Crumbs recipe

# Peanut butter crunch cookies

These crunchy, gooey cookies are the perfect after school snack. With easy preparation and just a few simple ingredients, these homemade cookies are the best way to curb any sweet tooth.

# Ingredients

- 2 cups of brown sugar
- 1 cup of crunchy peanut butter
- 1/2 cup of unsalted butter
- 2 eggs
- 2 cups of flour
- 1 Butterfinger candy bar (crushed)
- 1 teaspoon of baking soda

# Directions

- 1. Mix together the eggs, peanut butter and unsalted butter
- 2. Sift in the dry ingredients and mix well.
- 3. Crumble one Butterfinger candy bar and fold into the cookie batter.
- 4. Scoop the cookies with a large tablespoon onto a baking sheet and bake for 14 minutes, or until golden brown.

Hailey Stewart can be reached at crumbs@uidaho.edu

# ARGONAUT ARGONAUT ARGONAUT

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# In the Aug. 18 issue of The Argonaut, the article "Reflecting

CORRECTIONS

back, looking forward" misnamed the School of Journalism and Mass Media due to an Argonaut error.

# UI STUDENT MEDIA BOARD

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

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

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STUDENT LIFE

# Smoke-free university

*UI to continue moving forward in* its attempt to phase out tobacco

> **Andrew Ward** ARGONAUT

It's been a little over a year since the University of Idaho quit using tobacco, with no signs of falling off the wagon.

Alcohol and Other Programs Coordinator Brian Dulin and Director of Vandal Health Promotion Emily Tuschoff both said they were pleased with the university's progress over the year following the implementation of the tobacco-free policy, which went into effect July 2016.

"I think the first tobacco-free year overall went very well," Dulin said. "We saw far fewer incidents of people smoking on campus. There are still people who are smoking, so the university has now decided to enter an educational phase with the cessation classes."

Both Tuschoff and Dulin are certified as cessation educators, and will provide Freshstart Tobacco Cessation classes to help struggling students, graduates, faculty and staff members quit using tobacco. Classes take place every Thursday at 1 p.m. in the

Student Health Services building

"Anybody (connected to UI) may come in any Thursday at 1 p.m. and get started on their journey," Dulin said. "They don't even have to be ready to quit. We are here for people to come and use their resources — it's designed to give them tools to be successful in quitting."

Dulin said the university's efforts to create a tobacco-free environment have not been completely effective, but the reduction in tobacco use on campus has been significant. However, he said there are still opportunities for improvement.

"We've seen smoking gravitate toward the outer parts of campus," Dulin said. "Most people aren't smoking on the core campus anymore. It's been a good first year, but there is certainly a lot more room to do outreach and educational efforts."

Tuschoff said overall, most students seem to support the tobacco-free rule, and there have only been a handful of complaints about the change.

"We implemented this policy fairly quickly last summer," Tuschoff said. "Although it was after several years of build up, so I think a lot of the campus community was aware that this was coming. We've received very little pushback this first year."

In terms of enforcement, Dulin said the university's main deterrent to breaking the tobacco policy is educating students about the risks and effects of tobacco consumption. He said he believes education is the best route, and that there are no plans for more physical enforcement, such as tickets.

"We're hoping to achieve compliance through education and outreach," Dulin said. "Currently there are no plans to shift into an enforcement model. That's not the plan right now, but if there is trouble achieving voluntary compliance I'm sure there will be an ongoing discussion about what more we can do to achieve that compliance."

Dulin said the tobacco-free policy isn't in place to implement punishment as much as an attempt to phase out tobacco from everyday culture.

"It's not about punishing (students)," Dulin said. "It's about making a culture change. I think ten years down the road we will have a culture where people will automatically recognize that this is a tobaccofree campus."

Dulin said Student Health Services administers the National College Health Assessment every two years, and according to

the assessment, both cigarette and chewing tobacco use is decreasing.

Dulin said UI administered a tobacco survey to nearly one thousand students in Oct. 2015. Within the previous 30 days of the survey, 13 percent reported smoking cigarettes, five percent reported using chewing tobacco and eight percent reported using some variation of an electronic cigarette.

"We are seeing use of vaporizers and ecigarettes," Dulin said. "Now that they are interchangeable with tobacco and marijuana, it's an ongoing concern about people vaping. The health effects from it haven't been conclusive, so we don't know the full extent of how safe or unsafe it is."

Tuschoff said she had the community to thank for the support UI has received in its attempt to eradicate tobacco use on campus.

'We've received a lot of praise and feedback from people regarding the stance we've taken," Tuschoff said. "People who have been trying to quit for a long time have come forward to say our policy has really helped in their efforts to quit."

> Andrew Ward can be reached at arg-news@uidaho.edu or on Twitter @WardOfTheWorlds

## **DIVIDES**

Cox said decentralizing faculty and staff services will decrease the amount of time required for ITS staff and their customers to get to each other. It will also allow ITS staff to focus their services on the individual customers.

Cox said the changes began with a new funding model, implemented July 1 by Vice President for Infrastructure, Dan Ewart. The previous model required ITS to charge individual departments an hourly rate for service for their faculty and staff. Now, all departments prepay for IT services.

Cox said the new model, though it has greater potential for inequity between departments, is largely beneficial and saves time in paperwork and administration.

"Already, those desk-side support staff are seeing about 15 percent of

their time they would be spending doing paperwork documenting their work doing other work instead," Cox said.

Cox said some areas of campus already had their own individual IT staffs and the model seemed viable for use around the rest of campus.

Varney said those with their own staffs will keep them, but will have ITS available for additional support to fill any gaps.

With only one new hire and some software being retired, Cox said the ITS budget has not changed significantly. Instead, staff are being retrained and further specialized to make better use of their time. Cox said currently, ITS employs 69 full time staff and about 36 temporary staff and will soon employ around seven to 10 students on work study.

ITS will hold information sessions for faculty and staff looking to learn where to go for help setting up their

Already, those desk-side support staff are seeing about 15 percent of their time they would be spending doing paperwork documenting their work doing other work instead

> Brian Cox, **Director of Customer Technical Support**

classrooms with the technology they need Aug. 29 and Aug. 30 at different locations around campus.

> Nishant Mohan can be reached at arg-news@uidaho.edu

# **FEMINIST**

"Please exercise your right to vote, use your voice," she said. "It is so important, especially in these times, to make sure that you have a say in our country's electoral

To inspire fair-goers to visit as many tables as possible, pink FEMFest raffle tickets were handed out to everyone in attendance. The tickets contained 12 boxes, which could be filled with stickers provided by each table, if attendees stopped by.

The raffle tickets could be turned in for a shot at winning Vandal T-shirts, sunglasses, Frisbees and more.

MillerMacPhee said celebrating the women's suffrage movement, which fought for 72 years to earn the right to vote means everything to her.

"I wouldn't be able to do this job," MillerMacPhee said. "I wouldn't be able to vote, I wouldn't have my own credit card if not for the women who fought for the rights that I enjoy today."

Ian Hahn can be reached at arg-news@uidaho.edu



U.S.ARMY

# **PAINT**

Sawadogo said it's good to go beyond the confines of one's comfort levels and explore the variety of organizations to get involved in around campus.

"It's good to get out of my bubble, and show the younger ople that it's a good thing to do," Sawadogo said. "We can be rewarded by (volunteering) because we get to know people, make friends, and acquiring leadership skills and opportunities"

Sawadogo said she encourages anyone to volunteer and help those in the community who aren't fully prepared to

'Next year, I invite everybody to come out to Paint the Palouse and get their hands dirty," Sawadogo said. "Everybody can use help sometimes."

Kylan Kikuyama, an academic mentor at the university,

said the authenticity of Paint the Palouse toward those in the community is what stood out when choosing a cause to volunteer for. 'With Paint the Palouse you get to learn about a specific

person or people in the community," Kikuyama said. "You get to know the person you're volunteering for as opposed

Mathew Murphy-Sweet, a mechanical engineering major at UI, said Paint the Palouse is one of many ways to go beyond one's self to help others.

"It's amazing to get out into the community and get involved in something bigger than yourself," Murphy-Sweet

Murphy-Sweet said he chose to volunteer for Paint the Palouse, as opposed to other events on campus, because it offers things for volunteering students and community

members at the same time. Murphy-Sweet said he was looking forward to working with those on his residence hall floor and building a working community with them.

> Andrew Ward can be reached at arg-news@uidaho.edu



# S PORTS



"It is great that all the programs could get together" — Jon Newlee

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#### **SOCCER**



Leslie Kiebert | Argonaut

The Vandals Women's Soccer team celebrates after a goal during the game against Boise State Friday in the Kibbie Dome.

# Final second finish

Last second goal earns Idaho a draw against Boise State and Saint Mary's ends a winning streak

> Colton Clark, Zack Ozuna THE ARGONAUT

# **Idaho vs Boise State**

Fans showed up in record-breaking force for the 2017 Idaho women's soccer season opener against Boise State. The exciting game got even more exciting in the final second of play when junior defender Kelly Dopke netted a goal on a header in the last second of play.

Dopke said it is important to give the game full energy in the closing minutes

"The last couple seconds you've just got to put everything up there," Dopke said. "You've got to sell out for every single ball, so I just went up and was going to attack anything that came my way. It was either going in the back of the net or out of bounds because I wasn't going to run back, and it went back of the net. Best thing you could

After a scoreless regulation period, the

Vandals came back to force a double overtime after surrendering a goal in the 72nd minute to the Broncos.

Idaho's offensive attack, led in part by senior midfielder Olivia Baggerly's persistence in pushing the ball in scoring position, ended up breaking the Broncos' defensive front and setting the score even at 1-1.

Idaho's intensity on the pitch was evident from the first possession. An aggressive strategy appeared to give the Vandals the upper-hand against a Boise State squad during the first half.

The Vandals held control of the game in the opening minutes, suffocating Boise State's offensive attacks for the first 20 minutes of the match. The Broncos were unable to get within 20 yards of the goalie box until the 16th minute and did not receive a corner kick until a minute later, at which point Idaho already had four shots and three corner kicks.

Idaho ended the first half with eight shots, eight fouls and five corner kicks, compared to Boise State's four shots, 11 fouls and only one corner kick.

The Broncos took a more aggressive offensive position throughout most of the second half, as Boise State's Sarah Taylor

nearly netted a goal set up by Raimee Sherle.

Idaho redshirt freshman Taylor Brust lined up to launch the free kick into the goalie box in the 89th minute. The kick ended up gliding right into the necessary spot, where Dopke bopped it in with a header.

Brust said she had little experience with free kicks, but felt confident with her shot.

They put me on the ball, which is rare. I usually don't take the free kicks but I just said a little prayer," Brust said. "Once I served it in and saw where it was going, I knew there was no way it wasn't going in."

Both overtimes were closely contested as the defense of both squads stepped up. Junior goalkeeper Makayla Presgrave came up big on a save right before the first intermission and later recorded another save in the final five seconds.

Idaho head coach Derek Pittman was far from upset after his team's miraculous start to home games in the dome, made evident by his encouragement of fan participation after Dopke's goal.

What more can you ask for?" Pittman said. "Tremendous crowd, so thankful for the fans, students, faculty, everyone who could come out. I know a lot of people put a tremendous amount of effort into getting people out here and we gave them a show, a really exciting finish. (I'm) really proud of our players for fighting until the bitter end."

The final stats favored the home team. Idaho was able to get off 18 shots, five of which were on goal along with 10 corner kicks. The Vandals finished with 10 fouls, six of which resulted in yellow cards and one in a red card. This is comparable to Boise State's recorded 11 shots, five corners and 23 fouls.

The 4,171 fans in attendance marked the largest turnout ever recorded for Idaho soccer. The match also will go down as the first time in which an NCAA women's soccer team has ever played a regular season matchup in an indoor stadium.

The Vandals will return to play Saint Mary's College of California 12 p.m. Aug. 27

#### at the Kibbie Dome. Idaho vs Saint Mary's

Before Sunday, the Idaho women's soccer team had not lost a home game in more than 30 months, but Saint Mary's ended that streak when they defeated the Vandals 1-0.

Head coach Derek Pittman said the team created its own issues on the field.

SEE **FINAL**, PAGE 6

# **COMMENTARY**

# Loud and proud

Mihaela Karst

The first Idaho soccer game in the Dome brought a renewed sense of Vandal spirit

> Mihaela Karst **ARGONAUT**

On Friday evening the Idaho soccer team took to the field against in-state rival Boise State Aug. 25. Athletes laced up their cleats, coaches attempted inspiring speeches in the locker room and fans crowded the

stands to cheer on the Vandals. What separated this game from any other soccer game in the past? It

was played inside the Kibbie Dome, making it the first women's NCAA soccer game to be played indoors. Before the game, administrators

said they would like to see 5,000 spectators come out to support the Vandals. They were just shy of their goal with 4,171 fans cramming into the stands in

an attempt to get the best seat in the house. As visitors walked through the door, they were handed vuvuzelas to help create

even more noise in the stands. And they did not disappoint. The combination of the cheers, the band

and the vuvuzelas created both a deafening noise that filled the Dome and an atmosphere that was tough to beat.

"What more can you ask for?" Idaho

head coach Derek Pittman said in a news release. "Tremendous crowd, so thankful for all the fans, all the students, all the faculty, everybody that was able to come out."

The Dome buzzed with energy until the first kick and then the stadium erupted. The fans went wild with their vuvuzelas, which seemed to give the Vandals extra energy throughout the game.

Pittman said he was glad the fans were able to see a fun and exciting game.

"I'm really proud of our players for fighting to the bitter end to get that result," Pitman said. "To get that goal that sent it into overtime and then ultimately grinding out a result against a very good Boise State team."

The key component to the Vandals' exceptional performance against the Broncos was the crowd's enthusiastic energy. There was not

a single person in the Dome that wasn't cheering on the athletes on the field with every breath.

Moving Idaho soccer games into the Kibbie Dome may not have been everyone's favorite decision, but it certainly gave fans motivation to come out and support the Vandals. The fans on Friday gave a whole new meaning to the phrase "home-field advantage."

> Mihaela Karst can be reached at arg-sports@uidaho.edu

# **OPINION**

# Changing times

The Kyrie Irving trade may mark the beginning of a new era in the NBA

The Kevin Durant move to the Golden State Warriors sent shock waves around the world, at least the world of sports fanatics.

The term "super team" jumped into many commentaries and conversations amongst fans. The NBA is now in the middle of what feels like a super team era, with big names moving around just hoping to take a shot at what currently looks like an invincible Warriors team.

Yet, right now the focus does not seem to be on a super team that is building but rather one that seems to be falling apart.

Early this summer reports were released of the Kyrie Irving requesting to be traded in an attempt to break out of the immense shadow cast by teammate LeBron James. No one can outshine the King, a fact Cleveland guard knew all too well.

The norm in the NBA right now is players moving to form super teams, yet Irving willingly turned his back on a team that took down the team many others are building up to break. Granted, it was a pre-Kevin Durant Warriors team but it was an

impressive win nonetheless.

Cleveland fans are hurting, but maybe Irving's logic behind wanting to leave a championship winning team shows something new in the NBA. The reason Irving has given for wanting to leave is escaping out from under James and being the focal point as opposed to simply a sidekick. While everyone else is teaming up to build up, he is branching out and looking to build up on his own as Kyrie Irving, not as LeBron's teammate.

Maybe the NBA needs more of this, more players wanting to strengthen on their own without caving to the pressure of the super team. The Portland Trailblazers' Damian Lillard has been preaching this for years, growing a team from within and remaining loyal until his team is strong enough to take the grand prize in

the form of a championship. The Kyrie Irving move comes from locker room politics and changing dynamics around the NBA. But maybe, just maybe, he could be the start of a new era in professional basketball, an era where players boast ideas of loyalty as opposed to solely greed for a personal title.

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



# **Sports briefs**

### Award watch lists grows

Senior defensive lineman Aikeem Coleman is the most recent athlete to be named to a preseason award watch list. Coleman was one of 34 athletes named to the Ted Hendricks watch list, one of four collegiate athletes not in a Power Five conference to be named to the list. The award is announced Dec. 6 and is given to the best defensive end in the country. The most recent award winners were Jonathan Allen of Alabama in 2016 and Carl Nassib of Penn State in 2015.

Last season Coleman was named the 2016 Sun Belt Conference Newcomer of the Year. He ranked fourth in the conference and 47th nationally in sacks as a junior, with eight sacks and 11 tackles for loss.

### Early-bird football ticket access

Idaho athletics announced an early-bird ticket discount to those who purchase tickets ahead of time in an effort to shorten ticket lines at the window and improve the experience for those attending. All tickets bought in advance for the season opener against Sacramento State Aug. 31 will be 10 percent off through Aug. 30. Fans can purchase tickets online using the promo code EARLYBIRD, in person at the Athletic Ticket Office or via phone at 208-885-6466.

University of Idaho Athletic Director Rob Spear said the goal is for fans to fully enjoy game day as opposed to waiting in line.

"We want our fans to fully enjoy Vandal game day," Spear said in a news release. "We anticipate a large walk-up crowd for this game and the last thing we want is for people to miss out on the pregame festivities, or even kickoff, because they had to wait in line to get their ticket."

Fans are further encouraged to come out to the game to be one of the 12,000 to get a free t-shirt to "White Out" the Dome.

#### Idaho and Eastern Washington basketball to meet in doubleheaders

Idaho and Eastern Washington will switch the regular season meetings to doubleheader games in the 2017-2018 season. The first meeting between the two Big Sky programs will tipoff on Jan. 12 in Cheney, Washington, starting with the women's game before the men start at 7:30 p.m. The match will return to Moscow, Feb. 9.

In a news release, Idaho women's head

coach Jon Newlee said he thinks the revamped matchup is great for the program.

"I think it is great," Newlee said. "It is something that we have been wanting to do. It is great that all the programs could get together and come to an agreement that is in the best interest for all of our fans. Having all of us in one venue, twice a year, will be fantastic for our fans and boosters. It will really help enhance the atmosphere in this series."

Ina news release, Idaho men's head coach Don Verlin said the doubleheader is good, not only for the teams, but for the Vandal community as well.

"It's a great move for the communities and for the fans of the programs," Verlin said. "We got the ball moving last year by switching the men's game to Friday nights and we saw the impact right away. To now have all four teams playing in the same venue on the same night is just the right move for everyone involved."

# Vandals set exciting 2017-2018 schedule

Idaho women's basketball team firms up a tough 2017-2018 season schedule that will be highlighted by the University of Washington in Moscow. The Vandals will take on four NCAA tournament-qualifying teams from the 2017 tournament.

In a news release, Idaho head coach Jon Newlee said he likes scheduling hard teams to test and strengthen his players.

"I always schedule really tough," Newlee said. "I think it is really great for our players to go to different environments. I like to play in the top leagues around the country if possible."

Idaho will face 10 non-conference opponents including an opener at Colorado State Nov. 10, Ohio State, followed by Abilene Christian on Nov. 18 before the Warner Center Marriott Thanksgiving Basketball Classic hosted by Cal State Northridge. The Vandals will start off the tournament against CSUN on Nov. 24 and will close with either Texas Christian or Arizona.

A home streak will be jumpstarted with Washington on Dec. 1. This will be the first matchup between the two programs since 2012. The Huskies made it to the Sweet Sixteen of the Women's NCAA Tournament before falling to Mississippi State.

Cal State will make its way to Moscow followed by Wyoming on Dec. 9. Seattle University will be the last team the Vandals face before hitting the road again. The team will travel to Arizona State to cap off the out of conference schedule.

Big Sky Conference play will start off with North Dakota on Dec. 28.

# **Staff Predictions**

## Mihaela Karst, Idaho 35- Sac. State 14

I think the Vandals will still be feeding off their success from last season. If senior quarterback Matt Linehan can work well with his receivers and the defensive line can remain strong, don't be surprised if the Vandals start the new season with a win.

### Colton Clark, Idaho 41-Sac. State 17

Idaho has a great offensive game, and runs away with the win.

## Meredith Spelbring, Idaho 38- Sac. State7

The Vandals have one year left in the FBS and one year left with standout quarterback Matt Linehan. This season is big for the program so the team will want to start the season off on a bang.

#### Jonah Baker, Idaho 48- Sac. State 28

Sacramento State is coming off a 2-9 season in which they gave up an average of 40 points per game and did not win a single contest away from home. According to ESPN, the Vandals have over a 95% chance to win on Thursday, with good reason.

#### Zack Ozuna, Idaho 39- Sac. State 16

Linehan and Idaho offense will combine for a big offensive game, scoring three or more touchdowns in the air.

## Grayson Hughbanks, Idaho 27- Sac. State 3

Idaho will come out as a cohesive team by making big plays to put the opponents away and defend the home turf in the season opener.

## **OPINION**

# Preparing for game day

Zack Ozuna

ARGONAUT

College football has a strong following, and once the season is in full swing there will be no shortage of action

For some, it's the Vandals. To others, it's the Cougars. College football is one of

the most interesting and beloved sports around. It has an extremely resilient fan base and many people hold unique connections to their favorite teams.

College football is followed as attentively as some professional sports. There are shows specifically dedicated to it, games televised routinely throughout the week and promotional advertisements on many

of the popular networks.

attract the following that college football does, but people are watching, paying and supporting more than ever before.

There is often a serious correlation

Generally, amateur athletics do not

between fan and alumni, and it's one of the most unique aspects of college football.

Making that connection between football and someone's alma mater gives people a little something more to cheer about. A

fan is no longer supporting just a team, but

also an institution of higher learning.

It's that connection to the school which can drive a fan's passion in a way that professional athletics cannot. College football and its players are relatable.

People typically don't realize that players are full-time students too. They have daily classes, homework and other studious responsibilities, with one blaring difference: game day.

A serious argument is often put forth in favor of paying football players a set salary. The idea is that their capabilities and performance is generating revenue and popularity, so they ought to be reimbursed. Yet the idea is far from realistic.

How is the payment system going to work? Who gets paid what? Who determines how much? These are merely a few of the reasons why a pay-to-play system would never work.

Regardless, the popularity of the sport will likely only increase with the start of every fresh season, and this one is no exception.

Zack Ozuna can be reached at arg-sports@uidaho.edu or on Twitter @OzunaZack21



ARGONAUT

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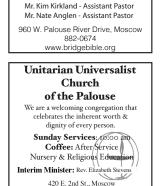






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## **FINAL**

FROM PAGE 4

"A tough loss here at home," Pittman said. "I felt like we did some really good things at times, made a few good decisions and created a couple of chances in the first half. We did a little better in the second half, but ultimately we gave ourselves some self-inflicted wounds, made some poor decisions in some untimely moments that ultimately cost us."

After playing in a double overtime thriller on Friday, Pittman said today was a grind. Further hurting the Vandals was the absence of junior Claire Johnson, who was serving single-game suspension.

Idaho still managed to take several shots, despite none of them hitting the back of the net. The Vandals got off a total of 12 shots on the day, seven of which were on goal.

The Gaels managed to score early and then played defensively the remainder of the game. Pittman said the 66

"We'll get better, but our players need to definitely take a few things away from this game

Derek Pittman , Head Coach

opposing players were giving space rather than pressing up close, which is a different style of play than the Vandals have seen.

"We'll learn from this," Pittman said. "We'll get better, but our players need to definitely take a few things away from this game and improve this week going into Hawaii."

Idaho will look to begin another home winning streak when they square off against Hawaii 6 p.m. Friday in the Kibbie Dome.

Colton Clark and Zack Ozuna can be reached at arg-sports@uidaho.edu VOLLEYBALL

# **Cobwebs in Corvallis**

Idaho loses three straight games at Beaver Classic

Colton Clark ARGONAUT

The Idaho women's volleyball team jumpstarted the 2017 season over the weekend at the Oregon State Classic in Corvallis.

The Vandals were unable to return home with any victories, however, as they dropped three consecutive matches to Oregon State, Kansas State and the University of the Pacific.

Idaho started with a match against the home court Beavers, a contest in which Idaho could not seem to shake off the cobwebs from the offseason. The Vandals made 21 errors in the defeat compared to just seven from OSU.

Junior outside hitter Sarah Sharp recorded a team-high nine kills on the match and junior outside hitter Kaela Straw added eight more. Junior setter Haylee Mathis had 28 assists to start the season.

In a quick turnaround, Idaho performed well against Kansas State Saturday morning, a team receiving votes on the NCAA top-25 volleyball poll.

Sharp led all players in kills for the match with 14 to go along with three aces, but the commendable play was not enough to stifle the Wildcats, who took the match 3-0.

Junior middle blocker Reece Carman came away with a teamhigh five blocks to contribute to 14 total. Idaho was unable to put together its first win of the season but the team did manage to take a few leads and string together runs against one of the nation's more formidable teams.

The Vandals lost all three matches to the Tigers of Pacific, but were able to increase their hitting percentage considerably, hitting .314 compared to the below .200 in the last two matches.

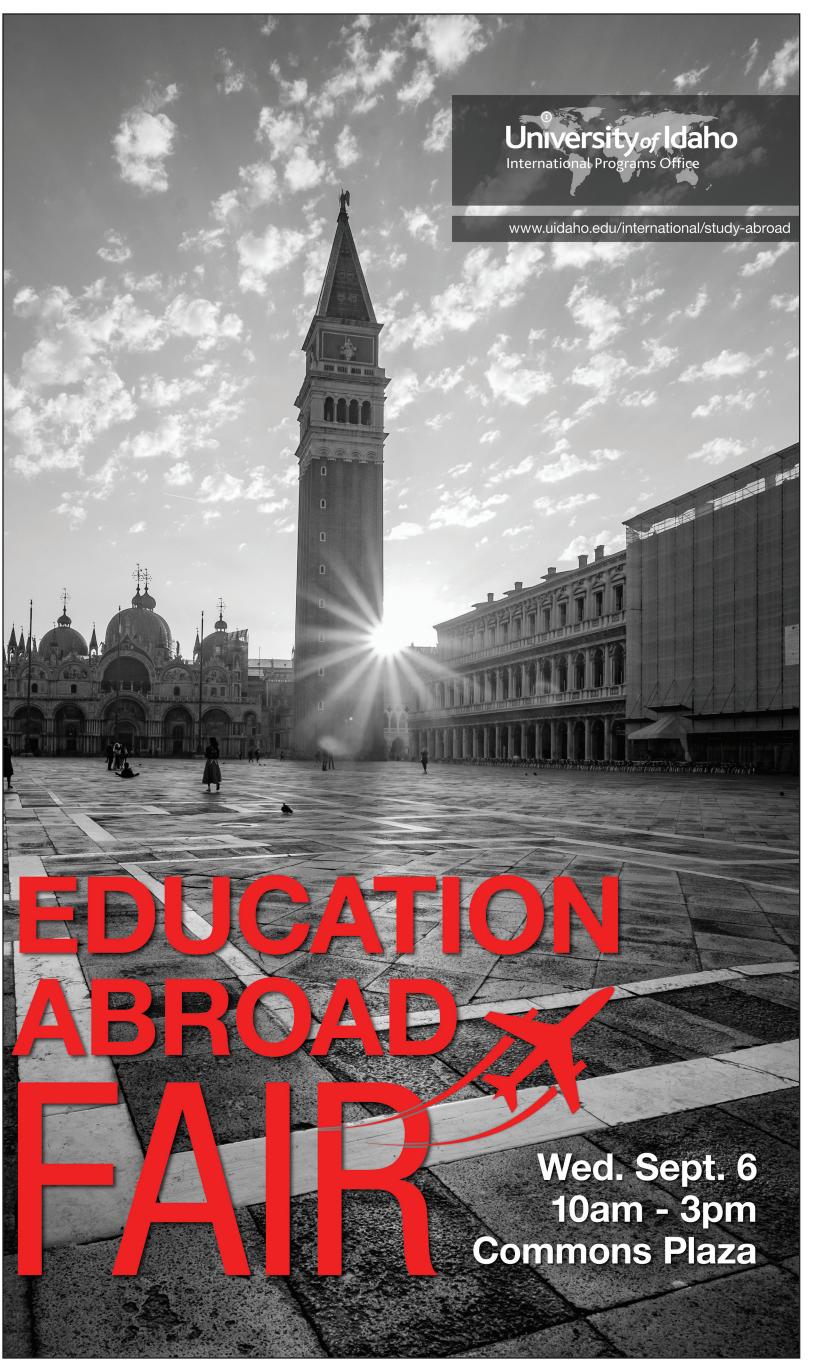
Idaho committed just six errors in the match, but extended runs by Pacific led to the loss.

Sharp was named to the all-tournament team following the match. She recorded another eight kills against Pacific to push her weekend total to 31, about 3.44 per set.

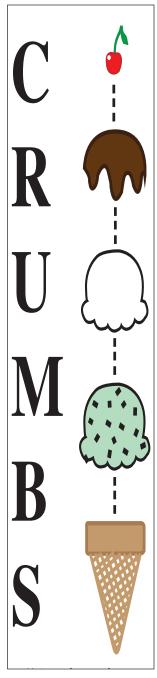
Mathis added 23 assists on the match and Carman, Straw and senior middle blocker Torrin Crawford each had five kills.

The Vandals look to continue fine-tuning their play against DePaul University 4 p.m. Aug. 31 in Chicago for the UIC Tournament.

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







# ARTS & CULTURE

### **LGBTQA**



Joleen Evans | Argonaut

Community members listen to the numbers called during Drag Bingo Friday night at the Best Western in Moscow.

# 'Not your grandmother's bingo'

LGBTQA community kicks off Palouse Pride weekend with bingo

> **Danny Bugingo ARGONAUT**

Students and community members filed into Moscow's Best Western Plus University Inn for a night of food, dancing and provocative bingo Aug. 25. The event marked the start of Palouse Pride weekend, bringing together the LGBTQA community in Moscow and Pullman.

"It's full of spunk," said Stephesity of Idaho.

Advertised as "not your grandmother's bingo" on Facebook, the evening featured 10 rounds of bingo interspersed with titillating exhibitions from a cast of drag performers.

The evening was headlined by Aquasha DeLusty, a local drag artist, and Landon Cinder, a Los Angeles based drag artist with a large following on social media.

Students enjoyed the break after a stressful first week of classes.

"It's a good way to take your mind off school, and play some bingo with a bunch of drag queens," said Gabi Wachs, a fourth-year student at UI.

A Mexican-style buffet and a nie King, a student at the Univer- Tillamook sundae bar — as well as ties of the Palouse. a bar serving alcoholic beverages

— ensured attendees were well-fed and in good spirits.

Local businesses and supporters donated prizes, including a Nintendo Switch gaming console for the person who blacked out their bingo board in the final round.

"I think it's really cool how everyone comes together," said Kylie Unlikely, one of the performers at the event. "It's not a judgmental environment. I think it's cool that the bingo is going toward something that is benefit-

ing the gay community." Proceeds from the event went to Inland Oasis, a volunteer-based organization working to serve the needs of the LGBTQA communi-

Drag Bingo launched Palouse

Pride festivities, which also included a march through East City Park the following Saturday, a drag show at the 1912 Center Saturday evening, and a community brunch held at Maialina Pizzeria Sunday afternoon.

Palouse Pride has grown tremendously over the years, according to Katherine Sprague, an event organizer affiliated with Safari Pearl comic shop.

"This is our 23rd year. It has grown from 30 people having a pot luck in East City Park - we will have 45 booths tomorrow," Sprague said, referring to vendors setting up shop at the park.

The team organizing Palouse Pride

saw some turnover this summer. "This year we're transitioning out and letting a new board take over the event," Sprague said.

She said she is happy with the result of the planning.

"It's a large event, it takes a large committee, and I think we've done a great job this year," Sprague said.

Inland Oasis hosts Drag Bingo at One World Cafe at 6:30 p.m. on the second Monday of each month, though at a smaller scale than Friday night's event. With these events, Inland Oasis aims to build an atmosphere of inclusion and acceptance for LGBTQA communities of the Palouse.

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**PROFILE** 

# A tale fit for the movies

Film and TV studies student Hagen Hunsaker tells how he became intrigued by cinema

**Kyle Pfannenstiel** ARGONAUT

Many love movies and television shows, but not all show equal love for the intricacies of cinema.

At the University of Idaho, some students are going so far as to declare a major on the topic, having the opportunity to do so for the first time this fall as the university recently added a film

and television studies degree. A farm boy from Castleford, Idaho, junior Hagen Hunsaker just started his first year at UI after transferring from Northwest College. He is among the many students declaring the new film

and television studies major. Although Hunsaker has a love as strong as fire for cinema, he said he wasn't always this way. He said he grew up on a ranch, was an active member in Future Farmers of America and expected to become a farmer like his father and grandfather.

After going off to college in Wyoming, however, Hunsaker said he realized he could be whatever he wished and discovered his love for film. It was there, he said, he created his first news package, marking one step in many toward a career in motion pictures.

"Everyone has a story worth telling, even if it's not the most exciting thing. It's their life," he said. "Don't judge anyone else's journey."

Hunsaker said he appreciates news storytelling along with filmic, and is pursuing a minor in broadcasting and digital media in addition to his major.

"I just love the work that people put into it," he said. "They put their

heart and soul into it." The art of storytelling is very important to Hunsaker, who said he knew once he started empathizing with characters in films and TV that he had fallen head over

heels for the story. While growing up, he said he often watched magazine format television shows, such as "Sunday Night with Megan Kelley," and celebrity human-interest stories intrigued him."A lot of times we put actors in this ivory tower, but they're humans. Break it down and they have just as many struggles as anyone else," he said. "They're just regular people. It's just their calling."

One specific actor he said he likes is Heath Ledger. He said his chilling performance in "The Dark Knight" often made him wonder how the Joker became so vile.

When he was becoming the Joker, he wrote a journal as Joker," he said. "He would write in it each night and then close it and be back to Heath and go to bed. Then he'd wake up and read what he wrote to



Kyle Pfannenstiel | Argonaut

Junior Hagen Hunsaker enjoys a coffee Sunday outside the VandalStore.

get back into the mindset."

Getting into a mindset, or rather a certain perspective, isn't just for actors — Hunsaker said whole movies can give viewers a new perspective.

"Get Out" may have been a class required watch for Hunsaker, but he said he loved the overt social messages director and screenwriter Iordan Peele included. He said the movie did an excellent job communicating racial injustice in America.

Although he enjoys movies that leave him uneasy, he said he has a special love for comedic shows, such as "Parks and Recreation" and "The Office." He said his affinity for these television shows, often dubbed mockumentaries, stems from their tendency to engage viewers by breaking the fourth wall and speaking directly to the audience.

Hunsaker said he hopes to one day engage viewers by writing

screenplays. "The most exposed, vulnerable state you could be in is putting your life onto pages, into words, into characters and having it out there," he said.

Kyle Pfannenstiel can be reached at arg-arts@uidaho.edu or on Twitter @pfannyyy

**REVIEW** 

# Good Kid, .NMAD CITY

Kendrick Lamar announces his album's secret – and he makes it look sexy

> **Kyle Pfannenstiel ARGONAUT**

Renowned rapper Kendrick Lamar has revealed his latest album, "DAMN.," does, as many suspected, have a double meaning.

In an interview with MTV News Aug. 24, Lamar said his album can be played backwards to tell a different story. His statement finally, albeit quite belatedly, laid rumors of a second album to rest.

"You listen from the back end, and it's almost the duality and the contrast of the intricate Kendrick Lamar," he said in the interview. "Both of these are pieces of who I am."

meaning double

"DAMN." centers around its theme, which Lamar couldn't be more blatant about as he laid out the album's ethical dilemma in its first line: wickedness or weakness.

In this, he poses the question of whether he will give in to temptation, or rise above it. Each song falls perfectly into this doubleedged theme as they tell stories of Lamar's trials and tribulations, most of which are internal.

The original tracklist, played front to end, tells the story of Lamar's moral ascension. If listeners "put it in reverse," as said in a key line of the album's final track, "DUCKWORTH.," it tells a story of Lamar succumbing to wickedness, a pseudonym for pride. Both the forward and backward versions though, explore his anxieties by using polarized character flaws, but tell two different tales.

Lamar also left hints for reversing "DAMN.," or rather ".NMAD," by including audio-reversed verses in "DUCKWORTH.," "FEAR." and "BLOOD."

The songs' meanings are relatively straightforward, at least for the rapper whose previous works gained critical acclaim for their dense and difficult to unpack lyrical content. Lamar's new songs touch on a variety of meaningful messages such as the fine line between pride and arrogance, the pitfalls in relationships that success causes, and troublesome pasts holding one back.

The two unique starting points for the album, beginning and end, function as different starting points of the story. From them, different interpretations of individual verses and entire songs can be made.

These two stories don't perpetuate the intricate Kendrick but rather the human Kendrick. They show a contrast between him believing he is the greatest rapper alive, expressed in "HUMBLE."

and "GOD.," and his fears of being inadequate. The linchpin for the character duality in "DAMN." lies in the song "LOYALTY." (ft. Rihanna). In various verses, Rihanna and Lamar probe the extent of Lamar's loyalty, at least wherein it sits, as they beckon loyalty towards vice or virtue: wickedness or weakness.

This song explores a dilemma many artists know well — struggling to stay in touch with their values in the midst of the money, fame and partying that accompany stardom. This transitionary song acts as a framework to evaluate the two versions of Lamar in "DAMN."

In .NMAD, Lamar boasts of his success but also reveals the downside to self-loyalty, expressing he feels alone in his hardships. The forward listen, in contrast, shows him staying loyal to those around him, God and his values.

Both the album's beginning and end tracks feature Lamar dying, making the meaning of the album become clear. Life is a balance between wickedness and weakness. Nothing good is black and white, and Kendrick must learn to channel both sides of himself to reach the happy middle-ground, the gray area, else he risks destroying himself.

Thus, the duality in the "DAMN." and .NMAD versions present Lamar as a real person, with real feelings, fears and struggles. This is a rather refreshing perspective to the rap music scene, where artists commonly construct idealistic, singular images of their life, possibly for the ease of a more accessible message, instead of displaying their lives as they realistically are: multifaceted.

> Kyle Pfannenstiel can be reached at arg-arts@uidaho.edu or on Twitter @pfannyyy

**REVIEW** 

# 'Marco Magoa presents Marco Magoa'

A worldly Spaniard talks about himself

> **Danny Bugingo ARGONAUT**

Keeping people interested while flipping through one's vacation photos requires either tight storytelling or empathic resonance. Unfortunately, Marco Magoa's presentation on his life of activism Aug. 24 in the Vandal Ballroom failed to deliver on both

The Spanish thespian commanded the stage, admitting he was 45 years old, but also noting, "I know I look younger," with a boyish laugh.

He began his slideshow pre-

sentation by talking about his first experiences traveling. At 13 years old, he decided to take a risk, moving to the United States to study English despite struggling heavily with the subject.

Magoa explained that the people who describe him as brave are incorrect, that he views himself as a coward and that he feels the same fear anybody else would, only differing in his decision to directly confront his fears.

This was Magoa at his worst: a man with no Wikipedia page referring to his praise and celebrity and delivering anodyne, uplifting messages about expanding one's world through travel.

Happily, he quickly advanced to images of Syrian life before the war.

"The Arab world is a play,"

Magoa said, showing pictures of vibrant cafés and lively streets. So often Syria, and more broadly the Middle East, is presented as a lifeless, bombed-out desert. Instead, Magoa painted pictures of a spirited, dynamic Syrian people, displaying an image of an exuberant storyteller whose frantic Arabic lit up a room.

This was Magoa at his best: telling the stories of everyday people in far off lands, showing how little they differ from our own, and not inserting himself into the center of things.

Unfortunately, the audience heard much more of the first Magoa than the second. He spoke about directing plays in Namibia, Cairo, and Barcelona in ways that seemed to place more weight on

his artistic vision than in how theater affected the lives of the local people.

Magoa was present for the Egyptian Revolution in Cairo, but his analysis of the situation went no further than showing some tourist pictures in Tahrir Square and fast forwarding, saying "six months later, the system collapsed and (Hosni) Mubarak was gone," before describing how he put on

He described how he "dreamed the impossible" by using empty soda boxes as lighting props, how his productions presented the human soul "in a very nice way" and were "very poetic."

At its worst — and at its dullest — his presentation was meandering, navel-gazing self-promotion.

At its worst — and at its dullest — his presentation was meandering, navelgazing self-promotion

Magoa is clearly a brilliant man with a gift for language and theater. His presentation would have done well to set that brilliance aside, and flip through his photos with an outward gaze.

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





Don't Forget



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PG Dely (3:40) 6:15 8:45 Set-Sun (1:40)
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R Dely (4:10) 7:00 10:00 Set-Sun (1:30)
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Annabelle: Creation R Daly (4:00) 6:50 0:30 Set-Sun (1:30) Dunkirk PG13 Daily (3:45) 6:30 9:15 Sat-Sun (12:50) R Daily 6:45 9:20 Despicable Me 3 P3 Dally (4:15) Sat-Sun (1:45) Wonder Woman

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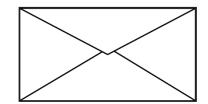




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# O U PINION



Send us a 300-word letter to the editor.

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**OUR VIEW** 

# Awareness is action

Recent events emphasize the importance of understanding and awareness

ast Tuesday, copies of The Argonaut Lwere distributed around campus and the Moscow community just like every other week. Where some students and Moscow community members saw a spirited Sound of Idaho marching band on the cover, others saw something akin to that of a Nazi

When the current media landscape is flooded with images of Nazi supporters and Klu Klux Klan members at various rallies, it can be easy to see similarities in photos, even when that is not the true meaning of the photo — even on the cover of a student newspaper.

The lesson to be learned from the misattributed cover image is one of awareness. Everyone that has access to the internet

knows of the recent turmoil that has come out of the politics of removing statues and monuments with a racist connotation.

Yet just because many people know of the recent events it does not mean they are inherently aware. Understanding these events means being able to recap and summarize what happened, and being aware means being able to recognize the way in which it affects the surrounding community.

Something that may seem insignificant to one person may have a dramatic impact on another. What some may feel as a safe community may make others feel unsafe.

Being aware of what is occurring on the national or even international stage is crucial on numerous levels — it betters the individual or group and the community around them. Recognizing that while Moscow, Idaho, feels very far removed from the tragedies in Charlottesville, Virginia, it is imperative to understand that those same events have the potential to hit close to home for various groups and individuals.

Social media boasts endless pictures and videos speaking out against contemporary racism, attempting to provoke action on one side or another. It is easy to repeatedly share this type of media. However, the better way to create change and keep the local community secure is to be aware — aware of not only what is going in the country but the different perspectives and ways in which people around will be affected.

Diversity has the power to enrich a society in a way nothing else can. Embracing diversity as opposed to isolating it is the best way to protect one another and ensure that events and ideas that transpire out of hatred make their way up to our community.

The Argonaut will continue to promote that awarness, encourage diversity and take action against hate when action is needed most.

- MS



# Renewing the news

Conversational news in the millennial media landscape

It can be incredibly difficult to find meaningful information these days.

Between the proliferation of fake news and the oftenmeaningless blips on social media newsfeeds, students might find it harder than ever to find effective reporting covering their interests. However, there may be a solution for the business and technologically inclined.

Over the past 16 months, the folks over at The Hustle have been providing an antidote to the unending stream of confusing and uninteresting news reports. The company sends out one email every weekday to its 300,000-plus subscribers, highlighting a handful of important issues in business, culture and technology news. And, instead of taking the same hyperprofessional approach to reporting the news that most outlets utilize, The Hustle uses a more conversational tone in its presentation that immediately separates itself

from the pack. Each piece within the platform's daily

emails rarely takes more than a couple minutes to read, and is always backed up by respectable sources. That may make them sound like every other news publication, but the voice that The Hustle projects and the content produced is what sets the

organization apart.

Jonah Baker

ARGONAUT

Instead of trying to educate the reader about every single issue in the world, the people at The Hustle assume its readers scroll through their news feeds every day and have to read plenty of pieces about the same news with the same dry presentation. So, instead of becoming another voice yelling into the void,

The Hustle applies a millennial-focused approach and language to important events like Amazon's prices at Whole Foods, or how the latest ownership faux pas could really sink Uber this time.

The daily emails don't stop at reporting typical news either.

On top of informing readers on what they need to know, The Hustle also delves into fascinating stories that would never make it into everyone's consciousness or social media feed. One of the more recent emails highlighted how a blog was able to scam the New York Times' Best-Seller List and skyrocket their own highly undeserving book into first place. The Hustle's daily email also covered the effects of paleo baby diets, the effects of Emojis in email and even Japan's booming rent-a-family member industry. All of these atypical approaches to reporting the news add up to a highly unconventional and effective method of bringing the right information to the people that just want the interesting stories from a relatable voice.

Take it from the company itself: "Bottom line is that our mission at The Hustle is to keep you informed through a daily email, highlighting a handful of topical stories and adding perspective and color to make it easy to understand. So, if you're fed up with traditional media and ready to try something new, join our charge and the hundreds of thousands of others who believe what you believe. We'd love to have you on board."

For students, there will always be too much news that means too little. Subscribing to a daily email from the Hustle is one of the best ways to change that.

Jonah Baker can be reached at arg-opinion@uidaho.edu or on Twitter @jonahpbaker



## Q: If you could be a celebrity for one day, who would it be and why?

#### **Act natural**

Zooey Deschanel is my all-time favorite actor and I would love to be her for a day. She is a genuine and funny person and I imagine the people surrounding her are as well.

- Nina

## Yes, really

I would be Chuck Norris — but actually I wouldn't — because you can't become Chuck Norris. Chuck Norris becomes you.

- Andrew

#### **Bernie Sanders**

As a strong supporter of his campaign, I've always wondered what it would be like to truly feel the bern.

Kyle

## Guilty

I'm going to be honest. I would love to be Blake Lively just so I could spend a day with Ryan Reynolds. Superficial? Maybe. But, I don't really care.

- Mihaela

## Men in black

I wouldn't mind being Will Smith because I could wear a black suit, go play laser tag and feel like I'm in a new blockbuster film.

- Max

# **Anna Wintour**

She sits in front row at Fashion Week and holds ultimate power in the fashion world as the editor-in-chief of Vogue. Who wouldn't want to be her for a day?

# **Stan Lee**

He's responsible for one of the biggest comic companies ever. Creating beloved characters would be a great feeling.

# Find what feels good

Adriene, from Yoga with Adriene, is a constant ray of sunshine in thousands of peoples' lives, and she inspires me to do the same. I simply wish I could do yoga as gracefully as her.

– Toleen

# **Jennifer Lawrence**

What a life to live where you can trip and fall all the time, and everyone just thinks you're funny. I could use some of that for a bit.

- Meredith

# She's a pirate

I sing the "Pirates of the Caribbean" theme song enough that simply being Captain Jack Sparrow would give me more purpose.

# The fame monster

Without a doubt, I'd want to be Lady Gaga for a day. She's beautiful, influential and has a killer singing voice. Now, only if she was still with Taylor Kinney.

\_ Savannah

# **Nora Ephron**

She was an amazing writer, filmmaker and feminist. Imagine having that much creativity and inspiration at your fingertips for one day.

- Hailey

# The happiness dilemma

Happiness and suffering can coexist

In 1998, Martin Seligman, airc be represented the University of Pennsylvania and the former president of the American Psychological Association, said, "Social science now finds itself in almost total darkness about the qualities that make life most worth living."

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Since then, numerous studies have been conducted to on the topic of happiness, looking at positivity, pleasure, neuroscience and faith, and how they connect to meaning in life. While progress has been made in this field, the topic of happiness still remains ambiguous.

Happiness should be normal, but sometimes it's necessary to embrace other emotions such as sadness, sorrow and pain.

Happiness should be like an airliner cruising in the sky — flight is the main state of the aircraft. Occasionally there is turbulence that disrupts it, but the aircraft recovers and goes on with its journey. There are necessary times when the aircraft must land, takeoff and be repaired, but airliners are designed specifically to fly, it's

their natural state.

In the same way, humans are designed to be happy as a natural state, sometimes the turbulence of life hits hard and we are temporarily distraught. And sometimes the seriousness of pain,

sorrow and sadness are to be embraced — this is when the aircraft is being repaired. It's not meant to be in this state forever, but it is necessary.

These serious emotions can be scary, and often people want to run from them. But when they are acknowledged and embraced there is a chance for healing and resolve to mend the wounds. The crying may last through a night, but there is a hope to be found when joy comes with the morning. There is something significant about the morning and the newness it brings.

There is a saying "those who

plant in tears shall harvest with shouts of joy." Don't let your sorrows be wasted, but instead let them be turned into an opportunity for character to be developed and joy to emerge.

Psychologist Dr. Kim Gaines Eckert said life is not about avoiding pain and maximizing pleasure. Rather, suffering is essential to our humanity. Instead of alleviating pain with a feel-good experience, we can grow in and through suffering.

"We don't merely want to be happy; we want our lives to matter. We want our pain to mean something," Eckert said.

We need to be honest with ourselves and each other in order for happiness to really flourish in our lives. Happiness is selfless.

Perhaps it's by changing our focus to the spiritual where we find a form of happiness that can transcend suffering and even remain in the midst of sorrow.

Ravi Shankar, also known as "Sri Sri," a spiritual leader, said the key to happiness is to not focus on one's personal desires or material gains, but instead to dedicate one's life to a larger purpose.

"But when we have this

unshakable faith that there is a Supreme Power with me at all times which loves me dearly... and will never leave me; then the strength we get from such a faith makes us glow with happiness, and our face lights up with a smile that never fades. This is why Spirituality is very essential in life," Shankar said.

Interestingly, C.S. Lewis, a novelist and scholar, also emphasized the benefit of not focusing on oneself.

"Give up yourself and you will find your real self.... Nothing that you have not given away will be really yours.... But look for Christ and you will find Him, and with Him everything else thrown in," Lewis said.

Lewis pointed to the importance of looking beyond oneself to find everything one needs, along with happiness — which in his case was found in Jesus, who he believed is the source of all happiness and joy.

"Good things as well as bad, you know, are caught by a kind of infection.... You want to be warm, you must stand near a fire: if you want to be wet, you must get in the water. If you want joy, power,

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peace, eternal life, you must get close to, or even into, the thing that has them.... They are a great fountain of energy spurting up out the very center of reality. If you are close to it, the spray will wet you: if you are not you will remain dry," Lewis said.

Maybe there is no clear answer to what happiness is and where it comes from, but it is something that can be found. Life is relatively short, so we might as well allow our days to be filled with happiness, while embracing the days of sorrow, as we begin the journey of finding the source of happiness itself.

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