

**DIVERSITY**



Gavin Green | Argonaut

Junior Shavaine Byass and freshman Delstrom Williams listen as senior Dorothy Apai shares her opinion during the Black Student Union meeting Thursday night in the Multicultural Affairs Office.

**RESEARCH**

**Fighting resistance**

*UI researchers identify genes for antibiotic resistance in bacteria*

**Nishant Mohan**  
 ARGONAUT

Researchers at the University of Idaho, led by professor Eva Top, discovered two genes that aid a bacteria's ability to hold onto genetic material coding for antibiotic resistance.

"Bacteria become resistant in two major ways — mutation, and what we study, plasmids," Top said.

Plasmids are genetic material that bacteria exchange with each other without reproduction, allowing the adoption of traits critical to a bacteria's survival in a process much faster than inheritance, Top said.

"Nobody really knows where they come from," Top said. "Some can even transfer between species."

Top, a researcher at UI's Institute for Bioinformatics and Evolutionary Studies, and researchers from the University of Florida, the University of Washington and Point Loma Nazarene University received \$1.7 million in grant funding from the National Institutes of Health to study the genetics behind plasmids. UI's Wesley Loftie-Eaton, Jack Milstein, Samuel Hunter, Kelsie Bashford and Kieran Dong worked on the project.

The team identified two genes that help a harmless variant of *Pseudomonas* bacteria hold onto plasmids coding for antibiotic resistance.

"For a while we were in the age of antibiotics and we thought we were winning," Top said. "Now resistance is appearing."

Antibiotics rendered obsolete by evolution may still have use, however, as plasmids often leave a species as quickly as they appear. Top said study of the mechanisms which allow bacteria to hold onto plasmids could lead to a method of blocking those plasmids.

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SEE FIGHTING, PAGE 4

**A campus for U and I**

*Black Student Union members express concerns about campus diversity*

**Kyle Pfannenstiel**  
 ARGONAUT

The University of Idaho Black Student Union recognizes students are affected by more than just academics, which is why they want to improve racial and ethnic diversity on campus, member and former vice president of the organization, Cynthia Ballesteros said.

"Our population has been shrinking (on campus), so we need a space to feel comfortable," said George Ngalamulume, Black Student Union president and second-year chemistry and international studies student.

Allocation of student fees, de-

partment funding, recruitment efforts for black students and acquiring more diverse faculty are among the issues members expressed concern about.

Dorothy Apai, former president of the Black Student Union and fourth-year accounting and economics student, said she was angry to see how student fees are allocated toward athletics.

UI's Budget Office breaks down the 2017-18 academic year's student fees per student per semester, not including tuition, for full-time undergraduate, graduate, resident and non-resident students. Of the \$1,070.93 of full-time student fees per semester, \$577.98 go to the dedicated activity fee, which is comprised of programs aimed at supporting students. The re-

**BLACK STUDENT UNION UPCOMING EVENTS:**

- The Black Student Union Soul Food Sunday is 11:30 a.m. Oct. 1 in the Student Diversity Center. Free food including Mac and cheese, collard greens, potato salad, Mexican

rice, and more will be served on a first-come, first-served basis.

- The Black Student Union Soul Food Sale is Oct. 19. Location has yet to be determined.

maining \$492.95 goes to facility fees and student computing and network access.

Almost 20 percent of the activity fee portion goes toward intercollegiate athletics, which receives \$113.57 of a student's fees per semester. Meanwhile, about one percent, \$5.54 of the activity fees' almost \$600, is allocated directly to the Office of Multicultural Affairs (OMA), according to the UI Budget Office FY18 Student Tuition and Fees.

Many multicultural groups are pushed and confined to OMA, with the exclusion of the Native American Student Center, Apai said. She understands the premise behind having one center, as it provides a space for all multicultural groups, but feels it isn't enough.

"There's individual needs too," Ballesteros said.

**CAMPUS**

**Real scoop: not a fluff piece**

*Service dogs practice socialization with students*

**Nishant Mohan**  
 ARGONAUT

Students distressed with service dogs-in-training who, for some, reminded students of their own canine companions back home.

Vandal Health Education organized the Therapy Dog event with Palouse Paws, which brought two puppies training to be service dogs, and Pet Partners, which brought two adult companion dogs, to the University of Idaho Commons Thursday.

Radar and Rosetta are service dogs-in-training. Katrin Spilde, dog trainer and vice president of Palouse Paws, said if the two complete their training, they will be able to serve people with any disability, except the blind, who require dogs with specific training. She said both dogs could serve someone in a wheelchair, someone

with autism or work in the therapy wing of a hospital.

"This is practice socialization," said Spilde, who has been working with dogs over the last 15 years.

Spilde said animals can lower a person's blood pressure, respiration and perspiration.

"We try to provide comfort to our community and encourage others with dogs to see if their dog can contribute through comfort work," Spilde said.

Lucy and Houdini are pets trained to provide comfort in hospitals, where most dogs would be distracted by the sounds, smells and people beside their patient, Spilde said.

During the event, students told the handlers about their dogs back home, or their childhood animals, some of whom they've been away from for the first time. The handlers were used to students missing their pets.



Leslie Kiebert | Argonaut

A dog from Palouse Paws gains student's attention in the Whitewater Room in the Commons on Thursday.

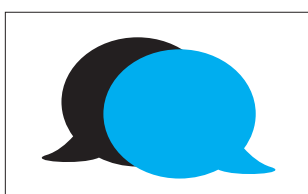
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**IN THIS ISSUE**



Idaho volleyball opened Big Sky play with 2 clean sweeps at home.

**SPORTS, 5**



Students should commit to health as flu season hits. Read Our View.

**OPINION, 11**



Vandal Overnight games is this Saturday.

**ARTS, 9**



# Campus Recreation

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

## Outdoor Program

### INTRO TO BIKEPACKING

Ride: Sept. 30- Oct. 1

Cost: \$60  
(includes transportation, group equipment and instruction)



Sign-up at the Outdoor Program Office

## Intramural Sports

### Upcoming Entry Due Dates

2 Person Golf	Tues, Sept 26
Co-Rec Tennis	Thurs, Sept 28
Dodgeball	Tues, Oct 10
Kickball	Tues, Oct 10
Volleyball	Wed, Oct 11
Floor Hockey	Wed, Oct 11



For more information and to sign up: [uidaho.edu/intramurals](http://uidaho.edu/intramurals)



## Outdoor Program

### OREGON COAST SURF TRIP

Trip: October 6-8  
Cannon Beach, Oregon

Cost: \$100  
includes transportation & equipment

Sign up at the Outdoor Program Office  
(208) 885-6810 | [uidaho.edu/outdoorprogram](http://uidaho.edu/outdoorprogram)



## Student Rec Center

### PEDIATRIC FIRST AID TRAINING

Heartsaver Pediatric Adult/Child Infant First Aid, CPR and AED

Saturday, October 14  
9am - 4pm Student Recreation Center

Cost: \$50/Students, \$60/Non-Students  
Pre-registration is required

For more information or to register, contact the Campus Rec Office at (208) 885-6381

## Climbing Center



### YOGA for climbing

Wednesday, October 4  
9pm at the Climbing Center

Cost: \$4

For more information contact Elise at (208) 885-6810

### LADIES

## Save the Date

All are welcome to join us for the

# HEALTH and Rec Fair

Wednesday, October 11  
1-5pm at the Student Rec Center

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## Find What Moves You



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# A Crumbs recipe



## Hummus pockets

This recipe is perfect for the on-the-go college student with a busy fall semester schedule. Make these hummus pockets a day or two in advance and lunch is ready for most of the week.

### Ingredients

- 4 pita pockets
- 2 cups of hummus
- 1 grated garlic clove
- 4 cups of fresh spinach
- 1/2 of a chopped bell pepper
- 1/2 of a chopped onion
- 3 cups of mushrooms
- 3/4 cup of chopped tomatoes
- 1 cup of shredded pepper jack cheese

### Directions

1. In a pan, heat the garlic, spinach, pepper, onion and mushrooms until the spinach has wilted.
2. Fold the vegetable mixture into the hummus. Season with salt and pepper to taste.
3. Evenly fill the pita pockets with the hummus and vegetable mixture.
4. Garnish with pepper jack cheese, tomatoes and a drizzle of olive oil.

Start to finish: 20 minutes  
Servings: 6 pockets

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## PICKING OUT COSTUMES



Cecil Milliken | Argonaut

## THE FINE PRINT

### CORRECTIONS

- In the Sept. 19 issue of The Argonaut, the article titled "ASUI Brief" misspelled Shawn O'Neal.
- In the Sept. 19 issue of The Argonaut, the article titled "The power of Athena" misspelled Leontina Homel's name.
- In the online article titled "Cultivating progress" The Argonaut mislabeled the first goal of the university's strategic plan. It is innovate — not giving.

Find a mistake? Email [arg-opinion@uidaho.edu](mailto:arg-opinion@uidaho.edu)

### UI STUDENT MEDIA BOARD

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

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

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

Editorials are signed by the initials of the author. Editorials may not necessarily reflect the views of the university or its identities or the members of the Editorial Board. Members of the Argonaut Editorial Board are Mihaela Karst, Savannah Cardon, Hailey Stewart, Meredith Spelbring and Nina Rydalch. —

### LETTERS POLICY

The Argonaut welcomes letters to the editor about current issues. However, the Argonaut adheres to a strict letter policy:

- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, 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

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Non-profit Identification Statement: The Argonaut, ISSN 0896-1409, is published weekly during the academic school year and is located at 301 Bruce Pitman Center, Moscow, ID 83844-4271.

The Argonaut is printed on newsprint containing 24-40 percent post-consumer waste. Please recycle this newspaper after reading. For recycling information, call the Moscow Recycling Hotline at (208) 882-0590.



CAMPUS LIFE

# Food, friends and root beer

*A German festival with a University of Idaho twist*

**Kali Nelson**  
ARGONAUT

The 11th annual Living Learning Communities (LLC) Oktoberfest brought students together to take in one of the first official days of fall with German-themed food and festivities.

Oktoberfest, which took place Saturday in the LLC Courtyard, was a place for students to gather with friends, eat free food, listen to music and enjoy a weekend afternoon outside.

With a variety of games like cornhole, badminton, four square and croquet, students had an array of events they could take part in.

From German foods such as pretzels and sausages, to more American foods like cotton candy, popcorn and snow cones, Oktoberfest catered to nearly every hungry student's needs.

Root beer floats and hot apple cider were also in abundance, taking the place of alcoholic beverages one might usually see at an Oktoberfest celebration.

With no set schedule for the event, students came and went as they pleased, however some stayed a while to play a game or two with friends.

Oktoberfest brought the University of Idaho community together.

Many students stood beneath the sun to talk and eat German-themed foods as the event continued through-



Alexandra Stutzman | Argonaut

Students gather to chat and eat at Oktoberfest at 1 p.m. Saturday in the LLC Courtyard.

out the afternoon. The LLC Courtyard was almost always full of students.

Turnout exceeded the 50-student expectation which many coordinators considered the number needed for the event to be a success. Hagen Hunsaker, a coprogramming chair on Oktoberfest and fourth-year UI student said the event exceeded expectations and had a

pretty good turnout.

"It's bigger than expected by a lot — I'd consider it a success," Oktoberfest coordinator and second-year UI student Josh Standish said.

Hunsaker said this year's Oktoberfest reached its goal, and even exceeded far above it. Both Hunsaker and Standish said the event was an overall success because the student turnout was so great.

With recent unexpected rainstorms and poor weather conditions, Standish said coordinators were prepared for the worst and reserved an indoor room for Oktoberfest just in case. However, he said he was pleasantly surprised with Saturday's weather turnout, which allowed the event to remain beneath the sun.

Some student's won-

dered why Oktoberfest took place in September instead of October. Standish said the event was originally supposed to take place Sept. 30, but the date was the same as Vandal Overnight Games. He said coordinators believed more students would go to overnight games than Oktoberfest, and decided to move the event up one weekend so they could reach the most students.

“

It's bigger by a lot — I'd consider it a success

**Josh Standish,**  
Oktoberfest coordinator

*Kali Nelson can be reached at arg-news@uidaho.edu*

## We're looking for a few good Engineers

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"A lot of my friends in Seattle and other places are working 70, 80, 90 hours a week," says Bruno Wilson, Mechanical Engineer and 2015 University of Idaho graduate. "Not at EPC. When we talk about 'work-life balance,' we mean it."

"It's challenging and interesting work," says Cody Swisher, Electrical Engineer, University of Idaho Class of 2015. "We're developing new products and going in new directions, so it's never boring. And you can't beat the location. My wife and I are both from North Idaho, and this is where we wanted to be."

"I get to work directly with customers, helping them spec our encoders for their applications," says Sarah Walter, M.S., Electrical Engineering. "There's always something new to learn."



Sarah Walter, left, and Cody Swisher, right, discuss new products in our 100,000 sq ft facility just south of Sandpoint, Idaho.



Bruno Wilson, Mechanical Engineer, enjoying some hands-on time in the shop

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Department of Student Involvement

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Center for Volunteerism &amp; Social Action

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Idaho Commons Whitewater Room**Senate Meetings****ASUI SENATE MEETING**  
ASUI Official Business is conducted  
– Open to public –  
September 6th | 7 pm – 8 pm  
Idaho Commons Whitewater Room

VandalSync

**SCIENCE**

# What's for dinner?

*CALS speaker series hosts discuss GMOs*Elizabeth Marshall  
ARGONAUT

Public knowledge on GMOs is important to Cara Santa Maria.

The first session of the speaker series, "What's for Dinner? A Guide to Understanding GMOs," last Tuesday featured award-winning science communicator Cara Santa Maria.

In addition to this, Santa Maria is a journalist, television personality, producer and podcaster and is the creator of her own weekly science-oriented podcast, "Talk Nerdy with Cara Santa Maria," as well as a correspondent on "Bill Nye Saves the World" on Netflix.

Santa Maria identifies herself as a skeptic.

"I consider myself to be a skeptic. I think the skeptic community is a very warm one and fits in well with the scientific work," Santa Maria said.

Santa Maria's talk focused on communication and public knowledge of genetically modified organisms (GMOs).

During the presentation, she referenced many Pew Research Surveys regarding public opinion surrounding GMOs and noted there could be an inherent bias within the polling and to analyze the results with some skepticism.

"We try to slice and dice them (people) up into different groups — but it's not always that easy," Santa Maria said. "With a little bit of media literacy, you can dig deeper and find some more interesting and reliable information."

Santa Maria said a Pew Research poll found that Americans are more trusting of information about genetically modified foods from scientists and small farm owners rather than food producers or elected officials. But Pew also found roughly one-in-five Americans say scientists understand genetically modified foods "very well." Most Americans instead selected the option "fairly well." To this point, Santa Maria said she believes a lot of people underestimate the consensus of scientists on GMOs, but that she will still be

skeptical to immediately accept a consensus from the broad science community.

"I don't know about you, but a theoretical physicist's view on evolution isn't as relevant as a geneticist's view on evolution," Santa Maria said.

She said she was offered a job at Monsanto, a major agrochemical and agricultural biotechnology corporation which is brought to the forefront during GMO debate because of its production of genetically engineered seeds in the U.S. Santa Maria chose not to work with them for the sake of her reputation as a science communicator. She said she wanted people to trust her based on her evidence and recognized a portion of the population wouldn't if she were ever paid by Monsanto.

"We do have to think about these things less in an idealistic way and more in a pragmatic way," Santa Maria said.

Fred Gould, co-director of the Genetic Engineering and Society Center North Carolina State University is a prominent member of the National Academy of Sci-

ences and presented at the CALS speaker series. Gould specializes in the ecology and genetics of insects with the goal of improving human and environmental health, as well as food production rates.

Gould's presentation focused on a research report he led. Gould's team issued their report in May 2016 titled, "Genetically Engineered Crops: Experiences and Prospects."

The committee's task which examined evidence both for and against genetically engineered, as well as examining the future of genetically engineered crops. During his presentation Gould touched on specific results from the report and said the rest of the report can be found online easily.

Gould also spoke on the resistance to new scientific research within the population.

"Science can be very accurate but there is a social to what kind of science gets done and how easy it is for you based on your priors to decide if it's right," Gould said.

Elizabeth Marshall  
can be reached at  
[arg-news@uidaho.edu](mailto:arg-news@uidaho.edu)**CAMPUS**

FROM PAGE 1

According to a Forbes article analyzing enrollment statistics from the 2016-17 academic school year, 1.4 percent of students at UI identified as black or African American.

"I think the biggest thing is that the University of Idaho doesn't try to recruit people of color as much as other universities," said Shavaine Byass, Black Student Union vice president and third-year mechanical engineering and

neuroscience student.

If UI wants to recruit people of color in state, Ballesteros said the university should focus on bettering recruitment efforts in southern Idaho, where African Americans and Africans comprise a notable demographic of the Boise metropolitan area's population. The problem with recruiting students there, Ngalamulume said, is that many stay around Boise to be near family.

UI could do something similar to the Vandal Challenge, which aims to recruit Latino students, but with

a focus on recruiting black students, Apai said.

She noticed there are more people of color staff this year, but as a black student she said she feels underrepresented, particularly in the business college. A more diverse base of faculty provides more visibility and understanding between staff and students on social issues, Ballesteros said.

The organization first formed at UI in the '70s, but has dissolved and been recreated a total of three times, Ballesteros said. Throughout the organization's history, and

recently, Ballesteros said they have reached out to administration to improve black student recruitment efforts. Apai said from her experiences speaking with administration, most seemed motivated and supportive.

"Things can happen in small groups, but numbers speak volumes," Apai said. "With everything that we want to do, we still need administrative backup one hundred percent."

Kyle Pfannenstiel  
can be reached at  
[arg-news@uidaho.edu](mailto:arg-news@uidaho.edu)  
or on Twitter @pfannyyy**FIGHTING**

FROM PAGE 6

Top said her researchers selected for antibiotic resistance over many generations by exposing the bacteria to the drug. She said DNA sequencing to compare the resistant generations to the previous was done at the Integrated Research and Innovation Center.

Researchers usually identify only one gene for traits like this, Top said, but her team found two that appear to work together. She said one codes for retention of the specific plasmid, while the other codes for retention of plasmids in general.

With the original grant

completed, Top said she is requesting additional funds for further research on the subject. Top said her first attempt to obtain the nearly \$2 million funding she needs was rejected, but another proposal is on the way.

She said future research will look into the mechanisms behind each gene — how bacteria hold onto specific plasmids and how they hold onto plasmids in general — with the hope of gaining insight into how to block the mechanisms, allowing obsolete antibiotics to work again.

Top said solutions could take many forms, including developing similar plasmids to trick the bacteria

and take the place of resistance plasmids. Another solution, she said, would be to find a molecule that physically blocks the plasmid from being absorbed.

The research could lead to solutions to many species' antibiotic resistance, including a harmful species of what Top's team studied, *Pseudomonas aeruginosa*.The team's full paper, "Compensatory mutations improve general permissiveness to antibiotic resistance plasmids," is published in *Nature Ecology & Evolution*, an online scientific research journal.Nishant Mohan  
may be reached at  
[arg-news@uidaho.edu](mailto:arg-news@uidaho.edu)**SCOOP**

FROM PAGE 6

Shanti Friedman, Peer Health Educator at Vandal Health Education, handed out coloring pages and information on other ways to destress.

"It's very important for people to have different outlets for stress," Friedman said. "One, of course, is pets like dogs, but a lot of things can help, like exercise and art."

Friedman, a fourth-year art major, said she hopes to become an art therapist. Friedman said coloring is an easy form of destressing through art because it does not require worry about the finished product. Vandal Health Education provides coloring sheets with information on health resources.

"We like to host these events to help people here but also to encourage students to do these things on their own," Friedman said. "People don't always realize these activities really help."

Friedman said the Vandal Health Education's Well Space in the Student Recreation Center also provides resources for mental health, as well as physical and sexual health.

Vandal Health Campus Dietician Marissa Rudley organized this year's therapy dog event. The event is usually organized by a mental health coordinator, which is currently a vacant position.

"It's always a big hit with the students," Rudley said.

Dogs will be on campus a total of four times this semester, with the next event on October 3 in the Clearwater Room of the Idaho Commons.

Nishant Mohan  
may be reached at  
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# S A R G O N A U T SPORTS



"Heat and Hustle. Ohana and excellence. Those are our care values."

-Kelly Dopke

PAGE 8

**VOLLEYBALL**

# Bruising the Bobcats



Leslie Kiebert | Argonaut

Redshirt freshman defensive specialist Maura Donovan serves the ball during the game against Montana State in Memorial Gym Saturday.

*The first home volleyball game results in sweeping fashion for the victorious Vandals*

**Zack Ozuna, Marisa Lloyd**  
ARGONAUT

**Idaho vs Montana State**

The Idaho volleyball team (6-6, BSC 1-0) swept Montana State Thursday evening in three sets. The opening home victory gives the team its first conference win of the season.

Idaho head coach Debbie Buchanan said there is no single player who stands out. Instead, each individual on the team is contributing in their own way right now.

"I think that is why our team is fun to watch," Buchanan said in a news release. "We have multiple girls — and girls on the bench that want to get in, waiting for their time."

The Vandals battled to take the first set 25-19, resulting in a 1-0 match lead. From there, Idaho's success only continued.

By score, the Vandals were more impressive in each consecutive set. The team hit the ground running and only improved as the game progressed.

Strong defense complimented by a timely offense placed Idaho in control for the entire matchup.

The Bobcats could not find any way to spark momentum because of Idaho's dependable defense.

"Our goal was to see how good we could get defensively," Buchanan said. "We have to make that an emphasis."

While defense limited, the offense capitalized.

Junior outside hitter Kaela Straw tallied kills left and right. Her effort played a pivotal role for the Vandals both early and late. She led the team with 12 kills on the night.

Junior outside hitter and middle blocker Reece Carman was not far behind Straw. The Boise State transfer added 10 kills in her home debut.

The second set featured more success from Idaho. The Vandals claimed the set with a score of 25-14, in large part due to their defense.

The will to sellout and keep the ball alive is one superior element of the

Vandals' game. Ultimately, it aided the team's winning effort in the second set.

Idaho took the final set 25-12, which solidified the win.

**Idaho vs Montana**

The win against Montana pushed Idaho's winning record to 7-6.

Idaho head coach Debbie Buchanan said in a news release the team is starting to reach its goals.

"We are reaching the goals that we have set," Buchanan said. "We are doing a great job of keeping our errors to a minimum and playing level volleyball. Tonight was not as crisp as it was the other night (against Montana State) but we were still able to do some great things."

Idaho was in control for the majority of the match, leading Montana in aces 5-1 and 43-35 in kills.

In the first set of the game Idaho was not hesitant to start putting points on the board with a kill from senior middle blocker Torrin Crawford.

Montana took the lead late in the following set but Idaho caught back up quickly.

After a few more kills, some errors from Montana and an ace from Montana's Cassie Laramee, the Vandals won the set 25 to 20.

In the second match Idaho again found itself on the board after an error by Montana. Idaho quickly took the victory in this match 25-15.

In match three, Montana took the first point of the game with a kill from Mykaela Hammer.

Idaho still managed to take the win in this match 25-20.

Idaho junior outside hitter Alycia Wodke said in a news release the two-game win streak feels good for the team.

"Starting 2-0 feels great," Wodke said. "Being able to win when you are at home is probably the best feeling. Starting out 2-0 — I can't even explain it."

This win brought Idaho's home record to 2-0 and continued their two-game win streak.

The Vandals face North Dakota Sept. 28 in Grand Forks, North Dakota.

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**GOLF**

# Golf gets going

*Men and women's golf are back in action, each with impressive numbers from top performing athletes*

**Zack Ozuna**  
ARGONAUT

**Women's Golf: WSU Cougar Cup**

Idaho women's golf placed third in the WSU Cougar Cup Sept. 18 and Sept. 19 Junior Michelle Kim's 3-over par (71-72-76) landed her in fourth place to conclude the tournament.

Idaho head coach Lisa Johnson said in a news release that Kim's performance reinforced her place among the best collegiate golfers in the country.

"She is one of the top players in college golf and displayed her talent again this week," Johnson said in a news release.

Kim's fourth-place finish was undoubtedly the best for Idaho, but freshman Valeria Patino also played a pivotal role in the tournament.

Patino finished 11-over par (72-77-78) and placed 12th overall in her first matchup with the Vandals.

Poor weather played a factor in the final day of the tournament. Johnson said the team's ability to persevere and compete through the conditions proves something.

"This team loves golf and that was evident today," Johnson said in a news release. "To finish in third this week is a good result that we can build on."

Idaho hits the road for the Coeur d'Alene Resort Collegiate Invitational Sept. 26 in Coeur d'Alene.

**Men's Golf: Ram Masters Invitational**

The Idaho men's golf team placed 19th in the Ram Masters Invitational last Monday and Tuesday. Junior Enrique Marin led the way for the Vandals. He finished tied for 23rd and shot four over par.

Head coach David Nuhn said in a news release Marin's steady scoring helped him place atop

“

"This team loves golf and that was evident today. To finish in third this week is a good result that we can build on."

Lisa Johnson, Women's Coach

several other players in the field.

"(Marin) played really well and really consistent throughout the tournament," Nuhn said in a news release.

Marin capped the first two rounds with a two over par (70-72) performance. The score placed him tied for 19th entering the final round of competition.

The first round Marin had under control. He kept his numbers low, tallied three birdies and finished even.

Marin dropped a couple of strokes in the second, which ultimately landed him tied for 19th and two over par.

Freshman Adam Veenstra also added to the Vandals' effort. Veenstra recorded an 8-over par (76-72) on the first day of competition.

Marin's third round score matched his second. He shot 2-over par (72) and ended the tournament shooting 214 (70-72-72).

Veenstra finished with a five over par (75) performance in the final round. He concluded the tournament shooting 223 (76-72-75).

Next up for the Vandals is the Mark Simpson Invitational Sept. 25 in Erie, Colorado.

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**BRIEFS**

**Cade Coffey recognized in the Sun Belt**

Redshirt freshman kicker and punter Cade Coffey earned Sun Belt Conference Special Teams Player of the Week following his performance at South Alabama. Coffey scored a career-high 11 points in Mobile, including seven in the fourth quarter and overtime.

Coffey finished the double overtime win at USA on Saturday with a perfect kicking performance, making all three field goal attempts and hitting the 34-yard to tie the game in regulation and then again making the PAT to send the game into overtime.

This is the first weekly award for Coffey and his first as a Vandal in the 2017 season. It is also the 10th season in a row at least one Vandal has been named to Special Teams Player of the Week.

**Bridget Daley earns Big Sky honors**

Junior forward Bridget Daley earned Big Sky Offensive Player of the Week last Tuesday for her performances against Memphis and Nevada.

Daley scored twice in Idaho's big win against Memphis, a top team in the country. She scored once again a few days later against Nevada, giving Idaho the winning goal. She was also recognized by TopDrawer-Soccer as a member of the Team of the Week. Daley was among some of the best players in the country on the list, with players from big name programs such as USC, Florida and North Carolina.

**Volleyball Defensive Player of the Week**

Junior outside hitter/libero

Alycia Wodke was named the Big Sky Defensive Player of the Week on Monday. Following a strong defensive performance from Wodke, Idaho got off to a 2-0 start in conference play, sweeping both Montana State and Montana last weekend.

The junior ended the weekend with a total of 37 digs in six sets for Idaho, leading her team defensively in both matches. She opened the regular season with 11 digs over Montana State and then matched her season high of 26 digs Saturday against Montana.

Wodke's performance against the Griz marked the most digs in a three-set match in the conference so far this season. She currently leads the Big Sky with 6.17 digs per set in conference play.

This is Wodke's first weekly award since transferring to Idaho from the College of Southern Idaho and is the first Vandal to earn the title since 2015.

**Tennis star Marianna Petrei represents in California**

Junior Marianna Petrei kicked off the fall 2017 season for Idaho in the ITA/Oracle Masters. Petrei, the reigning back-to-back Big Sky Conference MVP, played singles and mixed doubles in the preseason tournament.

The tournament started Sept. 21, with Petrei seeded 15th overall. She lost her first matchup to the no. 17 seed and played the consolation bracket Friday. She advanced to the consolation quarterfinals on Saturday before losing to South Alabama's Alexandria Stiteler.

Petrei and the Big Sky's male representative Tim Handel of NAU played mixed doubles. The pair drew the Big 10 matchup in the first round. The duo lost to Ohio State 6-4.



## SOCCER

# Double overtime weekend

Idaho soccer plays a tough weekend at home with a win and a draw

Meredith Spelbring and Colton Clark  
ARGONAUT

## Idaho vs Northern Arizona

The Vandals lost an overtime battle in the Big Sky Conference home opener against Northern Arizona.

Idaho head coach Derek Pitman said he was disappointed in the way the Vandals played.

"In all honesty, very disappointing," Pitman said. "I think at the end of the day we got what we deserved. I thought we did a good job in the first half really limiting their chances, really creating our own, outshooting them 5-2 but at halftime NAU came out swinging and definitely fought the entire second half and clawed their way back into it. Hats off to them for doing that on the road. It is a lesson our players have got to learn and grow up from, that no one is going to give us anything in this conference and we have to be better and bounce back from this and get ready for a very good Sac State team coming in here on Sunday."

Scoring got off to a slow start for both teams. Idaho netted the first goal in the 29th minute of play after junior forward Bridget Daley set up a corner kick. Freshman defender Ashlee Workman kicked the ball down the center where redshirt freshman midfielder Taylor Brust headed it in for the Vandals' first score and her first collegiate goal.

The NAU Lumberjacks responded shortly after halftime with a goal from Paige Maling in the 47th minute to even the score.

The crowd pitched in to show some support for the Vandals in the Kibbie Dome as the home team tried to rally and get the win in regulation.

The score stayed tied, despite repeated goal attempts and free kicks from the Vandals, sending the game into overtime.



Leslie Kiebert | Argonaut

Junior defender Claire Johnson blocks an offender against Sacramento State in the Kibbie Dome

But overtime didn't last long. In the 93rd minute the Lumberjacks scored, ending the game 2-1 and giving Idaho the first conference loss.

The Vandals finished the game with nine shots, only two on goal. NAU outshot the home team with 12 shots, seven of which were on goal. Junior goalkeeper Makayla Presgrave had a total of four saves on the game, compared to only one from the opposing goalie.

Pitman said he expects his team to learn from the mistakes and prepare for Sacramento State on Sunday.

"More than anything it is just a reality check," Pitman said. "I think every game is going to be a battle, there is not going to be any easy matches whatsoever and it is time for our players to understand that and just pick themselves back up and go. They will, I know what our players are made of, and I expect them to fully respond come Sunday."

## Idaho vs Sacramento State

Just a day after Idaho football pulled off a double overtime win, Vandal soccer was tested at home with an extra-time challenge of its own.

Idaho (4-5-2 overall, 0-1-1 Big Sky) was unable to get its first Big Sky win of the season over Sacramento State (5-4-2, 0-0-2 Big Sky) however, as both teams struggled mightily to score in a foul-heavy contest, ending in a 0-0 draw.

Junior goalie Makayla Presgrave recorded five saves in her fourth shutout of the year. Presgrave was tested often, as the Hornets were able to take Idaho scoring opportunities and turn them into fast-break chances of their own.

The Vandals came out firing fast, as sophomore forward Myah Merino and junior midfielder Megan Goo fired off two shots in the first 10 minutes.

In what could only be described as a whistle-fest, any scoring opportunities were followed by fouls. Any time Goo or junior forward Bridget Daley struck a corner kick, the momentum would be shifted as Sacramento State was awarded free-kicks.

The Hornets had plenty of chances to take the lead also, but many shots taken by Hornet forwards Kayla Collins and Kylee Kim-Bastillos were either saved by Presgrave or sailed high.

Late in the contest, Idaho would receive a slew of corner kick opportunities, but Sacramento State goalie Aaliya Fesili often would jump in front for a save. Fesili had a total of five saves at the end of the game.

The defensive contest stretched into overtime as both squads could not find the back of the net. A near-goal by Collins almost sent Sacramento State home with a win at the end of regulation, but Presgrave provided a much-needed save to extend the game.

The foul, corner kick, foul trend continued throughout both overtimes. Idaho managed to get off three shots in the first overtime, but to no avail.

A boot by freshman forward Brooke Sosa was saved in the 103rd minute, but Sosa tried again in the 106th, this time slamming the post.

Presgrave recorded her fifth save of the night with just over a minute remaining in double-overtime, batting down another attempt by Collins.

Despite the non-scoring affair, Idaho was able to get 14 shots off in the contest compared to 10 for the Hornets. The Vandals also were granted 13 corner kicks compared to only two for Sacramento State.

Both teams were whistled extensively, as Idaho was called for 15 fouls, two yellow-cards and Sacramento State was called for 10 fouls and one card.

Head coach Derek Pittman said in a news release he liked the Vandals offensive attack, but it was just not enough to seal the deal.

"I was proud of us for creating 14 shots, but I thought we could've created more," Pitman said. "We need our forwards to step up and be a little more selfish in those situations and not be afraid to rip shots from 25 or 30 yards out."

Idaho will look to pick up its first conference win with a visit to Southern Utah 3 p.m. Friday in Cedar City, Utah.

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## COMMENTARY

## Vandals experience unexpected loss

The Idaho soccer team opened up Big Sky Conference play against Northern Arizona Friday night in the Kibbie Dome. The Vandals fell to the Lumberjacks 2-1 after a close overtime matchup.

The Vandals took control of the first half when a goal from redshirt freshman Taylor Burst in the 29th minute placed Idaho just ahead of Northern Arizona. Despite the Vandals' early lead, the Lumberjacks sent the game into overtime with a goal from NAU's Paige Maling.

In the 93rd minute, NAU's Adrian Nixt put an end to the game with a goal and started the Vandals' conference play with a loss.



Mihaela Karst  
ARGONAUT

After this weekend, with a loss against Northern Arizona and a split against Sacramento State, the Vandals sit in ninth in the Big Sky Conference standings, behind both Northern Arizona and Sacramento State but just ahead of the next opponent, Southern Utah.

Many Vandal soccer fans have watched the team play through ups and downs this season, but still expected the

returning two-time regular season Big Sky Conference champs to open the season with a bang. Prior to this weekend, Idaho had a winning record versus NAU, leading the series 2-1-1. Last season the Vandals managed to hold the Lumberjacks 2-2 in double overtime yet on Friday the team did not come out tough enough to hold off a tougher NAU.

The game against Northern Arizona was a potential victory Idaho could have really used under its belt as conference play begins. The Vandals currently have a 4-5-2 overall record, however the team has yet to win a game in conference play. This

The Idaho soccer team loses Big Sky opener

is not the way most fans wanted to see the team start the season.

While the Vandals have not struggled with it in the past, the Big Sky Conference is filled with tough opponents — including North Dakota and Eastern Washington, who sit in first and second in the conference standings, respectively. It is still early in the season, but it is clear Idaho will have to bring its game back to what it was in past seasons as the Vandals seek out their third straight conference title.

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FOOTBALL



Connor McCaughan | Argonaut

Idaho offense pictured right after the snap during the UNLV game Saturday, Sept. 9 in the Kibbie Dome

# A thriller in South Alabama

*Vandals win first Sun Belt game of the season against South Alabama in double overtime.*

Chris Deremer  
ARGONAUT

The Idaho football team put the pieces together to escape South Alabama in Mobile, Alabama with a 29-23 double overtime victory in the Sun Belt Conference opener.

This game ended the Vandals' two game losing streak, giving the team a 2-2 record for the season.

Junior running back Isaiah Saunders fumbled on the first drive of the game, leading to an early first quarter touchdown for South Alabama.

After stalled drives from early offensive mistakes by the Vandals, freshman defensive back Christian Elliss came up with a 31-yard interception return in the second quarter to bring Idaho inside South Alabama's 10-yard line. This led to a two-play drive, ending with a six-yard run from

senior running back Aaron Duckworth, as he shed off two Jaguar tacklers to tie the game 10-10 heading into halftime.

After a lightning delay in the middle of the fourth quarter and a score of 13-13, South Alabama running back Xavier Johnson broke off for a 34-yard rushing touchdown to make the game 20-13.

Senior quarterback Matt Linehan led a late fourth quarter drive with no timeouts left, finishing with a back corner strike to senior wide receiver Alfonso Onunwor to send the game into overtime at 20-20.

The Idaho defense came up with big stops during the overtime period after allowing 226 rushing yards to South Alabama in regulation. The defense stopped the running game in the second overtime on a big third down, leading South Alabama to miss a field goal, putting Idaho in position to come out with a win.

Then came another 30-minute weather delay. The Vandals came out ready to finish after the delay with Saunders breaking out for a 22-yard run to get to South Alabama's

two-yard line. Saunders followed the play with a two-yard touchdown to finish the game and come out with the win.

Despite being a game with rough playing conditions, senior quarterback Matt Linehan said in a news release how big of a victory this was for the Vandals.

"To come up with a win like this under these circumstances is huge for us as a team," Linehan said. "It's something we can build on going forward. The adversity we had to deal with, the delay, being down in the fourth quarter, another delay and come back in overtime and win the game is huge for us. Our team should have all the confidence in the world right now, knowing we can go out and get a win when we need to."

Linehan finished the day with 273 passing yards, one touchdown and 27 rushing yards.

Onunwor finished the game with eight receptions for 119 receiving yards and a touchdown. Senior wide receiver Jacob Sannon ended with 10 receptions for 103 yards receiving.

Duckworth ended the game with 56

yards rushing on nine attempts and one touchdown, but was sidelined in the second quarter and did not return until after the first lightning delay.

Junior running back Isaiah Saunders finished the game rushing for 63 yards on 18 attempts and scored the game winning touchdown in the second overtime.

Idaho head coach Paul Petrino said in a news release how proud he is of his team after pulling out the win.

"A game like that comes down to toughness. Our guys kept fighting and kept fighting. It's one of the best wins we've had on the road since I've been here."

After a Saturday filled with strange moments and a huge win in Mobile, the Vandals look to get some rest heading into the bye week.

Idaho looks to pick things up for homecoming against Louisiana-Lafayette 2 p.m. Oct. 7 in the Kibbie Dome.

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COMMENTARY



Connor McCaughan | Argonaut

Excited fans cheer on their Vandals for some free Chick-Fil-A during football game on Thursday, Aug. 31, at the Kibbie Dome

# A strange football game

*Idaho's double overtime victory against South Alabama was strange to say the very least*

What an odd Saturday.

In easily one of the strangest games in its history, Idaho managed to pull off a 29-23 win over South Alabama in double overtime on Saturday, a game that began at 11 a.m. and would not conclude until around 6 p.m., due to about two and a half hours of lightning delay.

It was not pretty by any means. Frustration could be seen in the faces of both Vandal and Jaguar players, but not only because they had to take to the locker room for about as long as they were on the playing field advantage was a rarity to say the least.

It really could have gone either way. Both teams played well enough to win, but the Vandals were graced by a good bit of luck and, with another mark in the win-column, who's to complain?

Both teams were hard-pressed in finding advantages, as the contest was relatively even throughout. When senior quarterback Matt Linehan connected downfield with senior wide receivers Jacob Sannon or Alfonso Onunwor, the next play seemed to result in either a sack, a tackle-for-loss or a near-interception.

The largest lead of the game was just seven points. Momentum shifted by the possession, so both teams could only hope for small wins and losses.

Idaho's defense would make a big play, but then South Alabama's defense would strike right back. The Vandals would knock in a field-goal, only to be followed by a Jaguar field-goal. When senior running back Aaron Duckworth broke off a few big runs that led to points, South Alabama would find a way to mimic the action on the back of Xavier Johnson, who finished with 155 yards and two touchdowns.

What made Idaho fans most optimistic a good rushing defense led by an experienced linebacking core and defensive

linewas not quite what was expected coming into the game.

What could best be described as a confusing muddle of missed opportunities, both teams could not quite find footing. Linehan had two incredibly errant throws intercepted and returned for touchdowns, but both were called back on South Alabama as defensive penalties.

The Jaguars were plagued with penalties in dire situations, including an offensive holding call on an overtime run by Johnson in which he was pushed out at the two-yard-line. That may have sealed the win for South Alabama, but it simply followed the trend of the game weird.

With just eight minutes remaining in the match up, the whistles blew. Both teams and fans, many of whom would leave after the first delay, were asked to seek shelter by officials, as the lightning in Mobile was approaching. The livestream went black and Vandal supporters were left with baffling silence. Finally, Idaho's radio came alive and alerted viewers of the bad news.

After the delay, the Jaguars took a 20-13 lead on a 34-yard Johnson run, and it

looked like the pause had deadened Idaho.

But Idaho was far from dead. It was as if the lightning had shocked the Vandal offense back to life, Linehan led a game-tying drive in one minute, tossing a touchdown to Onunwor to send the game into overtime.

Idaho's defense got a stop in double overtime, leaving the game in the hands of the offense. But fans had to wait another half-hour in agony before seeing senior running back Isaiah Saunders plunge into the end zone for a game-winning touchdown, as another lightning delay was called, this time for 30 minutes.

The lightning delays were less than fortuitous. But perhaps an extended break was what the Vandals needed to gain their bearings and pick up their first Sun Belt Conference win of the season. An extended break is what Idaho will receive this week before returning to the Kibbie Dome for homecoming, where lightning delays are impossible.

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Colton Clark  
ARGONAUT



OPINION

# Keeping the score

Children are playing a game not many people can relate to

Now more than ever, coaches of young athletes are not keeping score in elementary school recreational sporting events.

The reason behind this trend in athletics is no child leaves with a broken spirit. Supporters of this concept believe that children should not be told if the result of their game is a win or loss in order to spare feelings and keep every child wanting to play the game. The logic behind this is pretty clear — if you never lose a game it is hard not to love every minute of it. However, this can create problems for today's youth.

As kids, most of us learned what it was like to lose. It is easy to remember what it was like to stand in a huddle after the game, listening to your coach give a disappointed talk to your team standing in a big circle waiting to get your name brought up for a missed goal or dropped ball. Even sitting in the dead silent car going home wondering how much your coach would make you run and train to make up for the loss.

This may seem like a harsh reality in childhood athletics but it is the moment most young athletes learn to thrive in their favorite sport.

Young athletes today have no motivation to get better without knowing the score in a big game or getting a motivating talk from the coach. Not having the tough-love or harsh motivation ultimately ends up only harming these children.

Learning how to lose is not only essential in the world of athletics but in other facets of life as well.

Learning at a young age that some things don't always result in a positive outcome prepares people for real life situations. For example, someone who is more than qualified will not receive a job offer following every interview they have.

Athletics are meant to instill life values into the young minds of those taking the field. Without the key aspects of competition as well as the understanding of what it means to win and lose, children will not learn as much from playing for a team as prior generations have.

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Marisa Lloyd  
ARGONAUT

SOCCER



Leslie Kiebert | Argonaut

Junior defender Kelly Dopke controls the ball during the game in the Kibbie Dome Sunday.

# Don't doubt Dopke

The third-year standout is providing a spark to a threatening Idaho soccer team

Zack Ozuna  
ARGONAUT

Before junior defender Kelly Dopke scored the improbable last-second goal against Boise State Aug. 25, there was a buzz in the Kibbie Dome. It was the first game the Idaho soccer team played in the Dome and it was in front of record-setting attendance.

The Vandals prepped for the free kick. A large, roaring Idaho crowd set the scene. Time started to tick and the unlikely became reality.

"(Boise State) thought they had won the game at that point, but it only takes one second to score a goal, as you can tell," Dopke said.

That moment against the Broncos was intended for Dopke. Headers and other set pieces are one of her many responsibilities to the team, said head coach Derek Pittman. Dopke said filling that role is something she looked forward to doing when she came to Idaho.

"Being able to recruit and get Kelly, we knew she had the potential to step in and compete," Pittman said. "Her timing and heading ability, the courage and commitment it takes to sell out for head balls, it's a big asset for our team."

In her freshman year, Dopke said it was the will to be great that motivated her to show out and take a starting spot on the field. Pittman said coming in, there was a spot to be filled at center-back.

"In order to earn the respect of my teammates, I knew I had to work as

hard or harder than them," Dopke said. Working hard is something Dopke said she is more than accustomed to, and she does it both on and off the field.

Pittman said Dopke is the type of person to stay after practice to put in extra work or watch film. On top of her hard work on the field, she also brings home impressive grades each semester.

Before bringing her hardworking mentality to the Vandal soccer program, Dopke said she was on the verge of signing with the University of Louisiana Lafayette, though things did not feel like family.

Dopke later received an official visit to Idaho, and she said it was obvious the team was the perfect fit for her.

"The players on the team paralleled the type of player I am — a hardworking player who is willing to sell out for her teammates," Dopke said.

Pittman said she is committed and dedicated to everything she does, and the team is no exception. He believes she is always working to achieve her full potential.

Potential can only go so far, which is why Dopke said she follows the Vandals' team values every time she steps on the field.

"Heart and hustle. Ohana and excellence," she said. "Those are our core values."

The values have not only driven Dopke since joining the Vandals, but they were found in her upbringing as well. Even if they weren't immediately apparent, the values were certainly applied to her game at Idaho.

Growing up, sports and competition took a greater meaning to Dopke and her family. She is one of five siblings and her dad would oc-

asionally coach them on the same team, she said.

Dopke said she started playing around the age of five or six. From then on, soccer was her sport. She competed at Arcadia High School in Arcadia, California.

Rather than settling for mediocre at the high school level, Dopke said she pushed herself and became a key player the last two seasons.

Dopke is a leader for the team but especially on the defensive unit. She said she understands the impact she has and always follows the Idaho way: defend as a team.

"We defend as a team. If we can defend correctly, we can attack properly. The defense starts the attack," Dopke said.

Attacking is one of the strong suits of this Idaho squad. More often than not, they find themselves in shot opportunities provided by none other than Dopke and the defense.

Although she plays a major role on the defense, the team looks to utilize Dopke in attacking situations as well, Pittman said.

"She's a big target for us, and she is so good in the air," Pittman said. "We've done it since she was a freshman."

In each of Dopke's first two seasons, Idaho has recorded a conference title. Dopke said there's no doubt in her mind that the team is capable of bringing home another.

"There is no team in this conference who can stop us," Dopke said. "A repeat is definitely in the future if we keep doing what we are doing."

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3D Daily 8:50
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R Daily (3:45) 6:40 9:20 Sat-Sun (12:50)
- Friend Request**  
R Daily (4:20)
- Mother!**  
R Daily 7:15 10:00 Sat-Sun (1:30)
- IT**  
R Daily (4:00) 7:00 10:00 Sat-Sun (1:00)

[www.PullmanMovies.com](http://www.PullmanMovies.com)  
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# Argonaut Religion Directory

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<p><b>Unitarian Universalist Church of the Palouse</b></p> <p>We are a welcoming congregation that celebrates the inherent worth &amp; dignity of every person.</p> <p>Sunday Services: 10:00 am Coffee: After Service Nursery &amp; Religious Education</p> <p>Rev. Marlene Wedler</p> <p>420 E. 2nd St., Moscow 208-882-4328 For more info: <a href="http://www.palouseuu.org">www.palouseuu.org</a></p>	<p><b>ST. AUGUSTINE'S CATHOLIC PARISH</b></p> <p>628 S. Deakin - Across from the Pitman Center <a href="http://www.vandalcatholics.com">www.vandalcatholics.com</a></p> <p>Sunday Mass: 10:30 a.m. &amp; 7 p.m. Reconciliation: Wed. &amp; Sun. 6-6:45 p.m. Weekly Mass: Mon. - Thurs. 8:30 p.m. Saturday Mass: 9 a.m.</p> <p>Phone &amp; Fax: 882-4613 Email: <a href="mailto:staugusties@gmail.com">staugusties@gmail.com</a></p>	<p><b>Evangelical Free Church of the Palouse</b></p> <p><b>College Ministry</b> Tuesdays @ E-Free, 6-8 pm (includes dinner)</p> <p>Sunday Classes - 9 am Sunday Worship - 10:10 am</p> <p>Middle and High School Youth Ministries from 6-8 pm at E-Free 4812 Airport Road, Pullman 509-872-3390 <a href="http://www.efreepalouse.org">www.efreepalouse.org</a> <a href="http://church@efreepalouse.org">church@efreepalouse.org</a></p>	

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# ARGONAUT ARTS & CULTURE

**GAMES**



File photo by Kira Hunter | Argonaut

Students play an assortment of games during Vandal Overnight Games in the Idaho Commons Oct. 3, 2015.

## Making video games social

*Palouse gamers to gather at UI Commons*

**Jordan Willson**  
ARGONAUT

Vandal Overnight Games will be Sept. 30 in the University of Idaho Commons and Teaching and Learning Center.

This is the seventh Vandal Overnight Games held by the UI Information Technology Services (ITS) department as a community outreach gaming event. The event is open to all UI students and members of the community and is free with no pre-registration required.

The original vision for Vandal Overnight Games was to create an event for an underserved group of students that likes to get together, hang out, and play vid-

eo-games, said Darren Kearney, UI ITS manager and Vandal Overnight Games co-founder. However, Kearney said it has quickly evolved to include much more than just videogames.

He said the event includes a variety of activities such as gaming competitions, board games, cosplay and Dance Dance Revolution as well as karaoke and a photo booth.

"We want this to be an event where students can just come in and not worry about anything," Kearney said. "We don't want any stress."

Clubs and groups from around campus and the community come to the event to share what they love to do with others, Kearney said. He said student groups can get plugged into the event by talking to ITS. Kearney said one of

the most popular activities is put on by a UI murder mystery group that usually participates. Palouse Board Games comes to the event to let people try a variety of new games, including some that have yet to be released, Kearney said.

From 4 p.m. to 8 p.m. there will be free food including hamburgers, chicken sandwiches, Idaho chips and fresh fruit. ITS will also be giving away free T-shirts, Kearney said.

He said they use almost every open space available, with ITS reserving every classroom in the building for the night. Vandal Overnight Games will also mark the opening of the new student lounge in the Idaho Commons, and be the first event to use the lounge.

Jacob Flynn, ITS employee and one of the other co-founders

of Vandal Overnight Games, said one of the most exciting moments of the night is the UI Leadership Invitational — a Mario Kart tournament involving UI President Chuck Staben, Dean of Students Blaine Eckles, Vice President of Infrastructure Daniel Ewart and Vice President of Finance Brian Foisy. The four administrators compete against each other, playing the game on a 12-foot screen in front of all the attendees.

Kearney said ITS sets up a special network in the TLC specifically for the event. He said they've challenged their network team to make the connection faster each year. Attendees are welcome to use any technology at the event or to bring their own gaming devices and technology, from cell phones to gaming consoles, Flynn said.

"We've had people show up with 30- or 40-inch TVs," Flynn said. "The event is designed so you can plug in and go."

In addition, Kearney said attendees have access to new virtual reality technology, 3-D printers, and small robots.

There will be a drawing for a \$1,000 UI scholarship around 10 p.m., Flynn said. The scholarship is available to anyone who is in attendance at the time of the drawing and who will be a student at UI next semester. He said it is basically a participation prize.

"It's an opportunity to say 'hey you're a part of the community,'" Kearney said.

*Jordan Willson can be reached at arg-arts@uidaho.edu*

**FILM**

## Money will make the shows go on

*'Dr. Jekyll and Mr. Hyde' to be accompanied by local musicians*

**Cecil Milliken**  
ARGONAUT

The 1920s silent film "Dr. Jekyll and Mr. Hyde" will be on screen at 7 p.m. Sept. 28 at the Kenworthy Performing Arts Centre, accompanied by a live orchestra.

This is the Kenworthy's main fundraiser for the year, and admission is \$20 for the general public and \$10 for students. Tickets can be ordered online or bought at the door.

Attendees can also buy food from Maialina Pizzeria Napoletana and Hunga Dunga at a no-host bar in the theater, said Jamie Hill, Kenworthy operations manager. She said appetizers and desserts at the event are included for ticket buyers.

"We're a nonprofit organization and so we try and have one big fun fundraiser every year," Hill said.

"Dr. Jekyll and Mr. Hyde" is a story of Dr. Henry Jekyll, whose studies cause him to become obsessed with creating a potion that will separate the good from the evil in people. In the story, most people either believe Jekyll's end goal is a gamble that shouldn't be made or they just see him as a joke or 'mad.'

Hill said the showing of "Dr. Jekyll and Mr. Hyde" will be accompanied by musician Dylan Champagne, a UI alumnus who also accompanied the Kenworthy's showing of "The Phantom of the Opera" last year. Hill said Champagne's score proved popular, and she said she and others at the Kenworthy were happy to

**UPCOMING KENWORTHY SHOWS**

- "Dr. Jekyll and Mr. Hyde" — 7 p.m. Sept. 28. Tickets are \$10 to \$20.
- "I, Daniel Blake" — 8 p.m. Sept. 30 and 4:15 p.m. and 7 p.m. Oct. 1. Tickets are \$6.
- Saturday Market Cartoons — 9 p.m. Sept. 30. Tickets are free.
- Reel movie Mondays: "Fido" — 7 p.m. Oct. 2. Tickets are free.
- Palouse French Film Festival: "Cezanne et moi" — 7 p.m. Oct. 3. Tickets are \$5.
- "Step" — 8 p.m. Oct. 6, 5:30 p.m. and 8 p.m. Oct. 7 and 4:30 p.m. and 7 p.m. Oct. 8. Tickets are \$6

have him back.

It was Champagne who chose "Dr. Jekyll and Mr. Hyde" as the film for the fundraiser.

Along with Champagne's composition, a live 8-piece ensemble directed by Al Gemberling will accompany the silent film.

"Sometimes you never know what's coming with these kinds of things, but they always tend to wow you," said University of Idaho freshman Valerie Denton. "But Jekyll and Hyde has been amazing in any format it encounters and each of these has a new splash of life to it. Whether it be the book, the film, the musical, or this new score. It all creates a different perspective on a classical novel."

*Cecil Milliken can be reached at arg-arts@uidaho.edu*

**MUSIC**

## Stories through song

*Pop/rock/soul artist will perform at One World Cafe Oct. 1*

**Beth Hoots**  
ARGONAUT

Lia Menaker has been singing for her entire life — her mother claims she sang "Sixteen Going on Seventeen" from the "The Sound of Music" as a two-year-old. An experienced actress, singer, songwriter and pianist, Menaker describes her shows as "if Fiona Apple met Joni Mitchell at an old cabaret club."

Menaker will perform from 7 p.m. to 9 p.m. Oct. 1 at One World Cafe in downtown Moscow as part of her 2017 East to West Coast Solo Tour.

The Atlanta-based musician has worked in various positions, from an actress to an Emergency Preparedness and Response Team member for the Center for Disease Control. Though it was often pushed to the side, Menaker said she always knew music was her true passion and calling.

"My roots are definitely in theater, and that will always be a part of me," Menaker said. "There's typically a sense of theatricality and storytelling to my music."

Menaker performs a blend of pop, rock and soul music in a unique way that highlights her passion for musical theater.

Drawing inspiration from her own life and wild imagination, Menaker said she considers her music to be stories in song form. She said she also enjoys "just playing around" with her recording equipment to find new chords and lyrics.

"Sometimes I can just be playing around with chords on the piano, and just saying whatever words come out, and those lead me to a song," Menaker said.

With 2017 marking her first major tour, Menaker said her experience has so far

been incredible. For the storyteller, connecting with devoted fans and new listeners has been the most rewarding part of her journey, she said.

"Working off of the energy of the crowd, connecting with them... can be fun, especially with a smaller, more intimate crowd," she said.

Menaker said she appreciates the constantly changing venues and crowd sizes for the wide variety of performances she is able to give — sometimes playing for a packed room and sometimes being able to crack jokes with individual audience members.

"People crave to connect, and (to connect) through art, which is the most beautiful thing to me," Menaker said.

Members of her audiences across the country have sketched her during concerts and written her poems.

She said those personal connection with strangers can be especially meaningful to her as she travels across the country, away from her family and friends.

"I've had to be alone with myself a lot, and often without a podcast, or music or a friend to talk to. That can really be a powerful thing if you let it," Menaker said.

Even when facing dead cellphone signals and long drives alone, she said she is determined to make her tour a positive experience.

"I know it's made me a stronger woman and a stronger human being in general," Menaker said.

Menaker's Moscow performance promises to be a reflection of her theatrical style. No matter the concert attendance or the length of the road ahead of her, Menaker said that performing is "110 percent completely worth it" and is fun for her as a musician.

*Beth Hoots can be reached at arg-arts@uidaho.edu*



## INTERDISCIPLINARY ART

# 'Leonardo's Children'

UI professor speaks about the intersection of art and science

Cecil Milliken  
ARGONAUT

On the surface, art and science might not seem to have much in common.

David Roon, instructor and program lead for Ecology and Conservative Biology, brought this up in his lecture "Leonardo's Children: Creative Synergy at the Art-Conservation Interface" Sept. 19.

Roon said traditionally, the fine arts and the natural branch of science are often seen as twins in that both are considered easy "A" classes, but are otherwise considered unrelated to each other. Roon said now, opinion is adjusting and revealing that the two have much in common.

Roon's lecture derived its name from Renaissance man Leonardo Da Vinci, designer of some of the most well-known pieces of art today.

"Leonardo Da Vinci captivates me because he's an influence of the art world," Roon said. "He created very detailed diagrams and paintings about his work when science itself was seen more as an objective rather than art."

At the beginning of his lecture, Roon handed out art pieces to the audience. After they had been distributed, he revealed the work as his own. Roon, who is primarily a sculptor, said art and science are



Speaker David Roon lectures a group about art-conservation in the Idaho Commons the afternoon of Sept. 19.

Connor McCaughan | Argonaut

closely linked. He also told the audience about the scientific explanations and inspirations behind each of his sculptures.

Roon said scientists and artists think similarly and both approach topics without fear of the unknown, rather embracing it. However, Roon said there is a slight difference between the two.

"It seems like in science we want to learn the stories, but an artist doesn't always want to dis-

close stuff," he said.

Roon said coming from a scientific background, he sometimes wants to be more obvious as an artist, but refrains. He referenced one of his new art pieces — a sculpture of a crocodile coming out of the floor surrounded by lily pads. He said he made the piece to represent contamination and pollution, but viewers created their own idea about what the sculpture meant. Roon said there

were a variety of interpretations, but the most popular theory was that it centered on gender identity in society.

Throughout his lecture, Roon allowed the audience to ask questions about his experiences with instructing art from a scientific standpoint. The vast majority of those in attendance did ask questions, specifically about his experiences with students and their talents, how art has impacted him

personally and what caused him to strive to get his art out there.

Roon ended his lecture by showing the audience water filtration devices he made out of clay along with coffee grounds. He said he is in the process of working on a piece to associate these to polluted waterways.

Cecil Milliken  
can be reached at  
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## HISTORY

## Being a Vandal 100 years ago

"Vandal Traditions" exhibition showcases the history of Vandals

May Ng  
ARGONAUT

The "Vandal Traditions" exhibition at the Third Street Gallery takes audiences into the life of being a Vandal, from as early as the 1910s.

The exhibition, a compilation of memorabilia and trophies throughout the history of University of Idaho, is the product of a collaboration between several departments within the university.

Erin Stoddart, head of Special Collections and Archives in the UI Library, said the exhibition was initially planned to focus on athletics, but has since evolved to also include other significant traditions in UI history.

"There are so many rich traditions and iconic things that have been in our archives that I think is worth bringing out to show people the past so that they can help us create the future," said Rob Spear, UI director of athletics.

The exhibition is placed along

the hallways of three floors on the Third Street Gallery. The first floor consists of athletics memorabilia and trophies, while the second houses a blend of items from the special collections archives and the third focuses on textiles.

The first floor showcases some old footballs from various times in history and trophies from athletic teams that have since disbanded. Among those teams were boxing, fencing, skiing, baseball and riflery. Some of the trophies date as early as 1911. The most recent trophy to be on display is the prized 2016 Famous Idaho Potato Bowl trophy.

The second floor encompasses fall traditions throughout Vandal history. Display cases and information boards demonstrate fall traditions such as Homecoming, spirit squads and the marching band. Also included are the origins of Joe Vandal.

"We have the original Vandal. He was not Joe Vandal, he was The Vandal," Stoddart said.

In one of the several display cases stands a statue about 12 inches tall. Created in 1924 by old yearbook "Gem of the Mountains" editor, Peter Paul Drus, it is said to

be the first iteration of Joe Vandal.

"We call him 'Creepy Baby Joe' in my department. He kind of looks very child-like, like a cherub face, but then he is also very muscular, looks also older at the same time," Stoddart said. "I personally think everyone should see the statue, it is very weird. I think most people have no idea that that was the first kind of mascot that we've had."

The third floor features old textiles from the Margaret Ritchie School of Family and Consumer Sciences' Leila Old Historic Costume Collection. Among those on display is Vandal gear dating back to as early as the 1920s.

Other displays include old traditions like the freshmen green felt beanie and spirit beanie. At one point, the university required freshmen to wear green felt beanies at all times except at athletics events, when they were required to wear the spirit beanie.

"I think a highlight from the historic textile collections for me was seeing a banner that has student names written on it from a long time ago," Stoddart said.

There will also be a speaker

series scheduled for various times attached to the "Vandal Traditions" exhibition. Each will begin with a reception at 5 p.m. followed by the speaker session from 6 p.m. to 7:30 p.m.

The first of the speaker series, which is Sept. 28, is titled "Vandal Traditions," and speakers will be Kathy Barnard, Executive Director of UI Alumni Relations, and Stoddart. Stoddart said there will be a presentation and discussion about ongoing Vandal traditions, traditions that have died out and future traditions.

Next in the series is "Vandal Football" Oct. 26. Spear said this will be a panel discussion consisting of former Vandal football players from different eras.

The former players will talk about their experiences as athletes and about football traditions during their respective times at the university. Spear said he is in the process of lining up the panel and said he would like to have representation from four to five decades.

Last in the series is "UI Marching Band History" Nov. 16. Music professor Dan Bukvich from the Lionel Hampton School of Music

### VANDAL TRADITION SPEAKER SERIES

All events will begin with a reception at 5 p.m. Speakers will present from 6 p.m. to 7:30 p.m.

Sept. 28 — "Vandal Traditions"  
Oct. 26 — "Vandal Football"  
Nov. 16 — "UI Marching Band History"

will talk about the history of the UI marching band.

"I think just being able to walk through and get a sense of our history here is a good experience for people whether this is their first semester on campus or they've lived here for 50 years of their life," Stoddart said. "I think there's something that will surprise you for everybody."

The exhibition is open to the public and free of charge from 8 a.m. to 5 p.m. Monday to Friday until Nov. 24. The exhibition will also be open during all home football games and speaker series.

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

## Welcoming all Vandals!

Student Health Clinic services now available to all Vandals, including faculty and staff.

Call 208-885-6693 for an appointment (walk-in services available on a limited basis).

[www.uidaho.edu/studenthealth](http://www.uidaho.edu/studenthealth)

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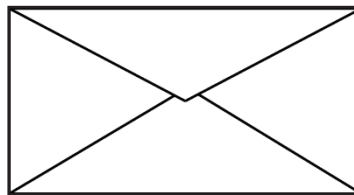
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# OPINION



Send us a 300-word letter to the editor.

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OUR VIEW

## Beating the bug

*Staying healthy can be challenging, but there are steps students can take to prevent illnesses.*

If you have never been hit with what many call the “Moscow plague,” it is more than likely you know someone who has.

The best time of the year has rolled around to Moscow once again — the time when the sound of coughing and sniffing fill classrooms. The last thing anyone needs is to get sick.

While there is no way to guarantee one’s health this time of year, it is possible to avoid any and all of the germs and illnesses that flood the community at this time in the season. There are many steps students

can take to protect themselves.

Every year the University of Idaho hosts a free flu shot clinic for all students. The first one took place in the Kibbie Dome Monday, however, students who missed it are not out of luck — other clinics are set to follow.

The next flu clinic on campus is 1 p.m. Oct. 11 in the Student Rec Center. For more information on free student flu vaccines, visit the Vandal Health Education page.

Unfortunately, the flu is not the only illness moving around campus and flu shots are not the only way to preserve one’s health.

While taking vitamins, and eating and sleeping well are important pieces of staying healthy, there is one piece that is often overlooked —

mental health.

When one’s mental state is less than healthy, the rest of their physical health can deteriorate as well. It is easy to fill our schedules and stay on-the-go, but it can be more than beneficial to plan a day to slow down and take a day for oneself.

If you are sick or even feel like the Moscow plague may be starting to bring you down, don’t stress about missing one meeting or one class. Everyone is human and needs a day to focus solely on personal health.

Proper hygiene also goes a long way in preventing illnesses from spreading. While it may seem like an obvious hygiene habit, there is a reason elementary teachers tell kids to cough into their sleeves and wash their hands

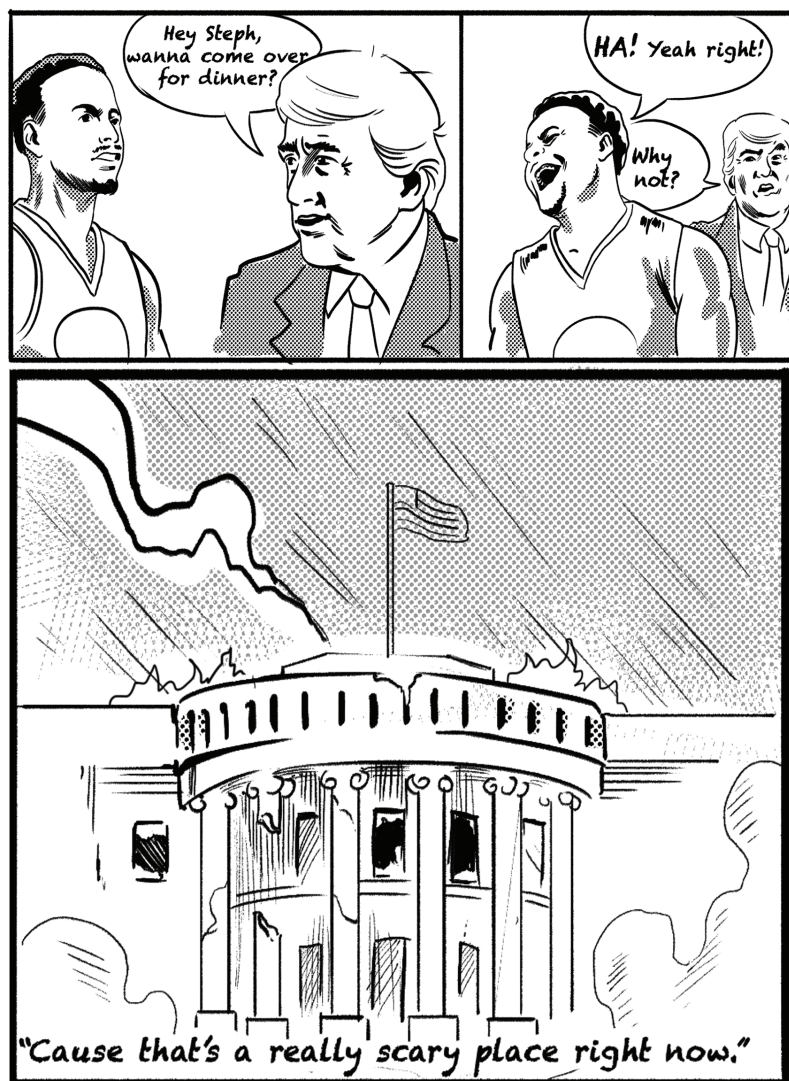
often. Those principles apply outside of elementary school and are both key ways illnesses can be contained. Even with the best hygiene and all the flu shots in the world, you may still find yourself knocked on the sofa reaching for any medicine that may ease the pain and discomfort.

The UI Student Health Clinic is open for those days.

The Vandal Health Education page recommends seeing a doctor if a fever hits over 101 degrees Fahrenheit or symptoms worsen.

Trust your body. Trust that you know when you are sick and need medical assistance and when you need to simply take a day off to beat the bug.

— MS



Blake Coker  
ARGONAUT

## Irresponsibly ignorant bliss

*Ignoring current events for one’s own comfort is an attack against society.*

With so much news and media being thrown in our faces each day, it is certainly no small wonder that few can keep up with absolutely everything going on in the world.

Giving up and choosing to be ignorant of all news and media and general, however, is downright shameful.

The information-driven age that we live in is both a blessing and a burden. Never before have human beings had so much access to such a breadth of information.

Much has been said about how the advent of the internet has brought a myriad of opportunities to the masses, and how resources will only continue to grow and become applicable to more facets of our lives.

Social media has done wonders to connect people and causes with those opportunities. But, for some, the time-sucking qualities of the internet and the bastions of negativity within social media platforms outweigh the informative sides of each.

A simple “stop watching the news” Google search will produce a plethora of click-bait results, listing off reasons as to why constant exposure to the media can cause depression, inhibit creativity and slow productivity.

I am not going to pretend like each of these claims are ludicrous, and I am willing

to admit that they have merit. If a person is to make the conscious choice of consuming news, they are choosing to do so in place of some other task. For example, the recent cluster of hurricanes in and around the Gulf of Mexico has exposed me to an uncomfortable amount of devastation and human suffering.

All of these effects are natural byproducts of keeping up with current events and becoming an informed citizen. However, by and large, they are not an excuse for cognizant ignorance.

When one tunes out of a society created through the discovery of and, more importantly, the dispersing of information, they do a disservice to everyone else.

It is a given that some information will be difficult, even painful to receive at times. This does not mean that a member of society should be given a free pass when

they willingly choose the bliss of ignorance over reality. Prior to voting, expressing an opinion or making conversation about any topic, one must be informed. Since most conversations (inside or outside of social media) are centered upon current events, it is that much more important to follow the news and be informed.

A good example of the effects of uninformed and willfully ignorant people is the immediate response to Brexit. Per a Washington Post article released immediately after the referendum, there were massive spikes in online searches looking for information regarding what the European

Union actually was, and what it meant for the United Kingdom to leave it.

That curiosity would have been encouraging, had it not come after the referendum had passed and Great Britain had made the momentous decision to leave the EU. This regret was so strong it inspired a petition to redo the referendum that garnered more than three million signees within six days of the vote to leave. Had the voters been as informed as they should have been, such regret might not have happened.

In order for the voting populace to remain in control of their own sovereignty, we have to prove that we actually care enough to be informed. We cannot simply tune out information about the news around us and hope that everything goes OK or that somebody else will make the right decision for us. Authoritarian governments are born from this mindset.

So, the members of our society face a very important choice. Each of us can choose to stay updated with current events through the news, social media, or whatever platform we choose as long as it keeps us informed. Or, we can ignore everyone and everything else and insulate our little bubbles from bad news and unseemly topics.

Staying informed creates a knowledgeable and functioning democratic society. Tuning out the rest of the world results in no real society at all.

Jonah Baker  
can be reached at  
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## OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

### Q: What is the best way to cure a pesky cold?

#### Sleep it off

Nothing helps me more when I’m feeling under the weather than a long night’s sleep or nap in my big comfy bed.  
— Savannah

#### Gold Bears to the rescue

When I notice I’m feeling sick, I grab a bag of Gold Bears and my troubles start to fade away. Seriously, these are just perfect.  
— Max

#### Rabbit hole

Actively hunt out a nastier sickness. The more destructive virus wins out in the end, which means no more cold.  
— Griffen

#### A hot meal

When I’m sick, a warm meal goes a long way. It helps you breathe when you have a stuffed nose.  
— Grayson

#### Don't overdo it

Just skip that class and nap. Don’t push yourself to your limits. Remember, we aren’t invincible.  
— Kyle

#### Buck up

I wear a warm hat to make breathing easier and take lots of medication. You get over it eventually.  
— Lindsay

#### Drug induced coma

I’m not even sure NyQuil helps with any cold symptoms, but at least it knocks me out so I’ll stop whining about it.  
— Joleen

#### Sugar up

A hot chocolate and ice cream can go a long way in fixing a sore throat and a stuffy head on the days you really don’t feel like eating anything else anyway.  
— Meredith

#### Slug out

I usually just watch tons of cartoons in my bed like a bum until I either die or feel better.  
— Blake

#### Sleep, sleep, sleep

My own personal cure for the Moscow plague is sleeping and then sleeping some more. Thank you, night-time cold medicine.  
— Mihaela

#### Cleaning from the inside

Whenever I’m sick, I try to drink a lot of water so my body has the resources to do what it has to do. Feeling sick? Hydrate.  
— Nina

#### Couch it out

A new book, “Gilmore Girls” playing in the background and lots of rest on the couch. This way your roommate can tend to all your food and medicine needs.  
— Hailey

#### Leave Moscow

Go to California and lay on the beach until the sunshine brings revitalization.  
— Andrew

#### Oldie but a goodie

The ultimate sickness cure is the same as it has always been for me — chicken noodle soup and cuddle up on the couch watching movies.  
— Tea



# For diversity's sake

*Diversity should not just be about what diverse groups have to offer*

With the political climate the way it is and current events unfolding the way they are, questions about the value of diversity seem to be percolating through conversation on a regular basis.

While many wonder what inherent value lies in a diverse range of perspectives, some settle their questioning with a simple answer — diversity is important because diverse people have so much to offer. This is a lovely thought, but implicit in that statement are complexities that do more harm than good.

This mindset disregards the inherent humanness of individuals in diverse groups. Diversity should, first and foremost, be about the belief that no one person or sect of people holds more value than another on a human level.

By limiting the value of diversity to the accumulative, arbitrarily measured contributions of a certain demographic, this mindset undermines the belief that people should be respected despite their net worth. How is worth or value even measured in this scenario?

If economic or monetary contributions are the determining factor, then what hierarchical structures are being supported by that measurement? This suggests that a diverse individual's importance is variable and gauged ac-

ording to their ability to support societal power structures, which, because of privilege, often work against them.

A minority is not valuable because they take an undesirable job or pay taxes like everyone else. Their importance is far more complex.

If their money isn't the most important thing, then surely the cultural education they provide must be worth something, right? Wrong.

By assuming a diverse individual's worth lies in their ability to teach others about themselves and their cultural background, this statement supports the otherness that diversity seeks to deconstruct.

It is not a minority's responsibility to teach others about themselves. Doing so can be helpful and intriguing. However, a person within the dominant

narrative — white, straight, cis-gendered people — should seek to educate themselves, rather than inconveniencing a less privileged identity with difficult, deeply personal questions.

Diverse groups are necessary for the education and cultivation of a diverse society, but it is not their sole responsibility to speak up and educate, especially when considering the ways in which they are already oppressed.

One wouldn't expect the victim of a stabbing to stop and explain what it's like to be the victim of a stabbing with the knife still in their chest. The same applies when considering diverse and oppressed groups. A refugee suffering the effects of cultural xenophobia, or an LGBTQA individual impacted by political homophobia or even a person with a physical disability whose access

to resources is limited, should not be responsible for explaining their struggles and needs before being considered a valuable person.

No matter how you measure it, diversity for the sake of diverse contributions is not working in the favor of disenfranchised groups at all. Approaching diversity with the belief that all human perspectives are unique and have intrinsic value is the only way to work toward societal progress in terms of diversity.

People from different backgrounds are important, not because there is something to be gained from them because all individuals have inherent worth.

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## The weight of interference

*Little distractions make it difficult to complete daily tasks and stay mindful*

We live in a culture of distraction. Everything vies for our attention, and the competition is fierce. We are very good at knowing how to distract ourselves, especially when there are other things we should be doing.

Our phones constantly bombard us with notifications, diverting and robbing concentration and focus from us. With limitless access to new information our brains tend to get overwhelmed.

Adam Gazzaley, a professor of neurology, physiology and psychiatry at the University of California San Francisco, found switching between tasks causes a degradation in performance that can impact every aspect of cognition, from decision making to our learning process.

"When you really wrap your head around how broad the negative impact is, it's really, in many ways, overwhelming."

Gazzaley said.

Gazzaley also found our success in filtering irrelevant information is critical in our ability to adequately perceive, remember and make decisions about that information.

"If you process information around you that is irrelevant to your goals, it will create interference. It will degrade those representations in your brain and you will not perform at the same level," Gazzaley said.

When it is important that something be completed, distractions become apparent and

appealing, causing us to get weighed down with interference. When creativity hits a roadblock, distraction shows up. This can make productivity challenging if we aren't filtering the irrelevant.

Taking a break from a task is extremely helpful for increasing productivity, but there is a difference between taking a break

and becoming distracted. Although distraction provides respite from a difficult task, it can turn into avoidance. When we are distracted, we tend to avoid dealing with what's going on inside. Allowing ourselves time to digest and process what's going on inside helps us be more comfortable with ourselves and less eager to get distracted.

Distractions can appear in the form of interruptions, especially when we consider being distracted by technology. Phones and all the non-stop multimedia content they provide can trap the mind in a vortex of mostly pointless information and stimuli.

Sometimes that little Instagram notification urgently notifying that someone commented on a photo is the most appealing thing to check — it is so tempting. Be less reactive and more responsive. Turn off all unnecessary notifications. Being aware that you are being distracted is the first step to overcoming distraction.

It can be a rigorous battle to avoid the

temptation of mindless distraction, but the freedom found from being able to concentrate on what is actually important is worth it.

Distraction is a normal part of life, and not all distractions are bad. Getting distracted by beneficial things can be wonderful. It can be liberating to explore a new place, discover insights about a particular topic or have a conversation with a random person. All these things can start out as a distraction from the current task, but they can all turn out to be completely worthwhile. Moderation, however, should always be considered. Be mindful of what you allow yourself to be distracted by, and be open to beneficial distractions.

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