

WOMEN'S MARCH

Marching forward

Moscow community members reflect on women's rights one year after the historic Women's March

Hailey Stewart & Savannah Cardon
 ARGONAUT

In 1912, the first birth control clinic opened in Brooklyn, New York. In 1968, the National Right to Life Committee formed. In 1973, the landmark case of Roe v. Wade ruled a woman's right to an abortion is protected under the 14th Amendment.

Nearly 44 years later, in 2017, more than three million people joined the Women's March advocating for women's equality and health across the world. These marches, rallies and movements have not gone unnoticed in Moscow's small corner of the United States.

Nearly 2,500 people gathered in East City Park January 2017 as part of the Women's Marches that took place across the country.

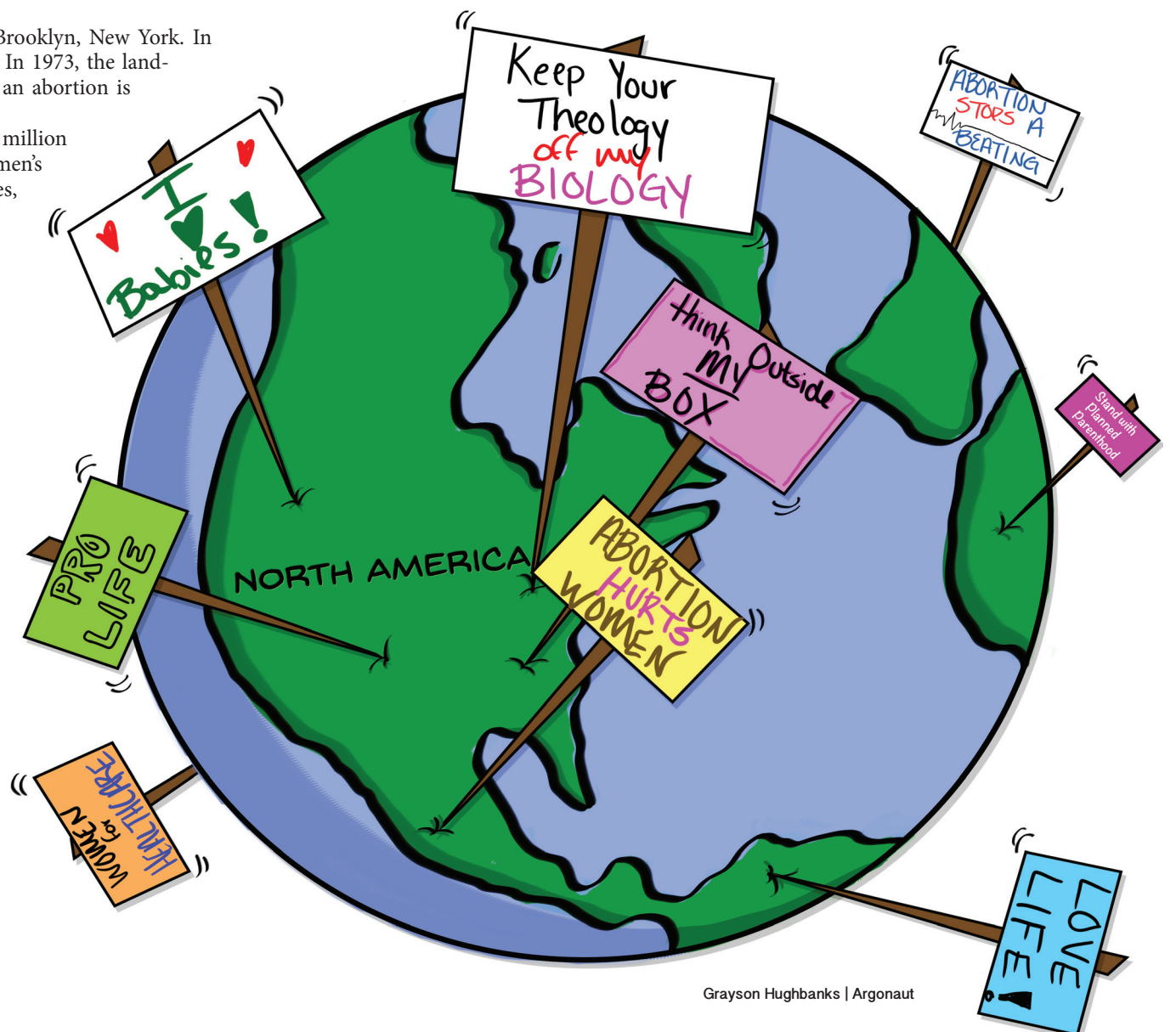
According to a 2017 Argonaut report, Palouse marchers felt trends from previous decades rose to the surface with the election of President Donald Trump. A year since then, the conversation surrounding women's health, especially with the presence of both pro-life and pro-choice advocates in the area, remains a constant.

Advocates from both sides of the debate met Saturday afternoon in Friendship Square. Moscow Right-to-Life organized a March for Life rally through Moscow and was met by a silent counter-protest of pro-choice advocates.

Nearly 300 pro-life supporters rallied in the square and listened to speakers across the street from 50 counter-protesters holding signs.

Audrey Faunce, a University of Idaho law student and organizer of this year's protest, said counter-protests have been assembled on the Palouse for years.

Faunce said it wasn't until Trump's election that she commenced her organizing efforts.



Grayson Hughbanks | Argonaut

SEE MARCHING, PAGE 4

SEXUAL ASSAULT

Ignored epidemic

Christian Center hosts lectures on sex trafficking

NATIONAL SEX TRAFFICKING HOTLINE:
1-888-373-7888

Andrew Ward
 ARGONAUT

The University of Idaho Campus Christian Center hosted a lecture on the realities of human trafficking Tuesday evening, the first in a series of lectures on raising awareness of different types of sexual exploitation during "National Human Trafficking Awareness Month."

The Rev. Dawn Beamish, the director of the Campus Christian Center at the university, said human trafficking is one of the least covered forms of exploitation in America. "One of the things I know for sure is that human trafficking is underreported," Beamish said. "When you look at most forms of sexual assault, you'll find the same type of thing."

Beamish said the biggest challenge in terms of stopping human trafficking is its constant evolution that increases with the expansion of technology. "No matter how certain you are that you know how (human trafficking) works, it adapts and evolves," Beamish said, "it's like a virus."

The main speaker during the lecture was Lynsie Clott, an alumna and student program coordinator at UI who has extensive experience in human trafficking across the country.

Clott's presentation discussed human

trafficking topics such as data, root causes, prevention methods and how and why victims are targeted. One of Clott's main points to begin the lecture was understanding the definition of human trafficking and what the word means in terms of legal action.

One of the big differences she pointed out was between minor and adult victims.

"A minor is a sex trafficking victim if that minor is induced into commercial sex, period," Clott said. "Whereas adults have to prove the use of force, extortion or coercion being used against them. This requirement is key when it comes to prosecution. Without it, there is no case."

Clott covered multiple maps that showed estimated rates of trafficking across the United States, and explained how such crime can occur anywhere.

Beamish said trafficking can occur in places many would not expect.

"In my research I have found that this business is done in storefronts – legitimate businesses," Beamish said. "Like a chiropracting office or massage parlors."

While legitimate fronts would be the more business savvy way to commit such a crime, Beamish said she has seen trafficking in much less refined ways.

"I was in a community recently (outside of Idaho) where parents were discovered trafficking their middle school daughter to older men in the parking lot of their local school theater," Beamish said. "Teachers were able to recognize that their students were dressed very scantily. As it turned out, the mom would be going around drumming up business, while the father was handling money just outside the van."

SEE IGNORED, PAGE 4

STUDY ABROAD

'The world is the best education'

UI students gather in the Idaho Commons to learn about study abroad opportunities

Sierra Rothermich
 ARGONAUT

The University of Idaho held a study abroad fair Wednesday to show students the opportunities for international experience.

More than 370 universities in 69 countries are affiliated with UI to provide global learning. On average, 15 percent of graduates have studied abroad.

"The world is the best education," said Justin Barnes, a UI professor. "It's important for students to get outside of their comfort zone and have meaningful experiences with different countries, cultures and people."

Barnes taught a storytelling abroad course last summer with UI students in Amsterdam, Prague, Munich and Berlin.

"As an advertising and Spanish major, I could not have thought of a better way to fully experience my college career than making the decision to study abroad," said Maria Meza, a UI student. "This experience was unlike anything I will ever experience again and I highly recommend it," Meza said.

Meza said her host city, San Sebastian, Spain, quickly became her home and holds a huge part of her heart. UI student Nikaya Johnson said her favorite experience from her semester abroad was sleeping in tents in the middle of the Sahara Desert.

"I learned more than I thought I ever would from our Nomad friends who spent their whole lives as 'students of the desert,'" Johnson said.

Johnson said the sand was their home and they were the most content, self-aware and logical people she ever met.

"A couple hours with these people and my perspective was changed for my entire



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www.uiargonaut.com

life," Johnson said.

Johnson said she finds herself repeating things they mentioned to her so that she can enjoy every moment and be content with where she is at.

"It's really crazy to think how fortunate we are to have all of the 'things' we own and a lot of times we aren't content," Johnson said. "These people may have nothing, but I think they may be the happiest people in the world."

UI student Emmy Runge said studying abroad was a once-in-a-lifetime experience. She said she made so many incredible friends, traveled to some of the most amazing countries throughout Europe and had the time of her life.

"I miss my home in Spain so much already and I can't wait for the day I get to go back and visit," Runge said. "If you're a student and you have the opportunity to study somewhere, do it."

Runge said students who choose to spend time abroad would not regret the decision.

"My experience in Ghana and Togo challenged me to become a more globalized, understanding and curious individual," said Maddie Jacobson, a UI student.

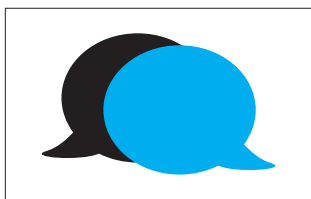
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IN THIS ISSUE



Idaho basketball prepares for a weekend of North Dakota.

SPORTS, 5



Women's rights should be at the forefront of discussion. Read our view.

OPINION, 11



Denise Bennett prepares #MeToo stories for short film.

ARTS, 8

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ASUI Official Business is conducted
- Open to public - January 31st | 7pm - 8pm
Idaho Commons Whitewater Room

A Crumbs recipe

Lasagna cupcakes

This is the perfect way to turn a boring lasagna recipe into a fun dinner. These cupcakes are anything but sweet, but they are the perfect recipe for a simple dinner.

Ingredients

- Angel hair pasta
- 1 jar of pasta sauce
- 4 cups of mozzarella cheese
- 1 1/2 cups of ricotta cheese
- 1 egg

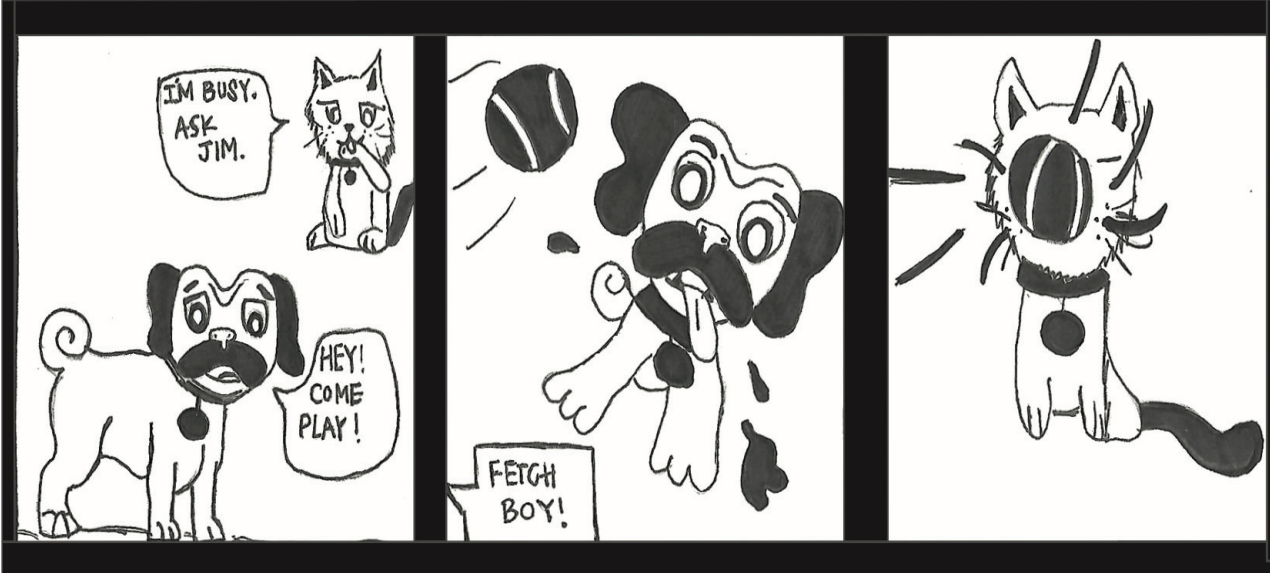
Directions

1. Boil the pasta.
2. Combine the egg, the ricotta cheese and one cup of mozzarella cheese. Stir well.
3. Remove the pasta from the water and fold in the ricotta mixture.
4. In a cupcake tin, place a tablespoon of pasta sauce into each mold.
5. Distribute the pasta on top of the sauce in each mold evenly.
6. On top of the pasta, layer another tablespoon of sauce and sprinkle the mozzarella evenly.
7. Bake in the oven at 350° Fahrenheit for 20 minutes.

Hailey Stewart
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Servings: 12 cupcakes

PERCY AND THE CAT

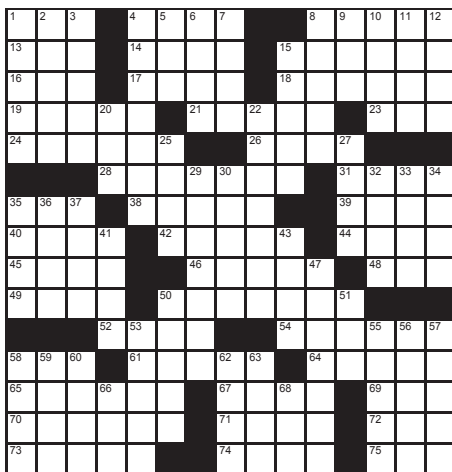


Lindsay Trombly | Argonaut

CROSSWORD

Across

- 1 School grp.
- 4 Reverse, e.g.
- 8 Breakfast, lunch and dinner
- 13 Fix, in a way
- 14 Regatta
- 15 Two-seater bicycle
- 16 Capt.'s guess
- 17 Sicilian erupter
- 18 Deep blue
- 19 Scarf bandage
- 21 Mike holder
- 23 Unit of thermal resistance
- 24 Elder
- 26 Talk like Daffy
- 28 Sgt. of the Yukon
- 31 Exhort
- 35 Henpeck
- 38 Legendary creatures of the Himalayas



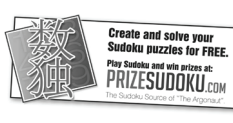
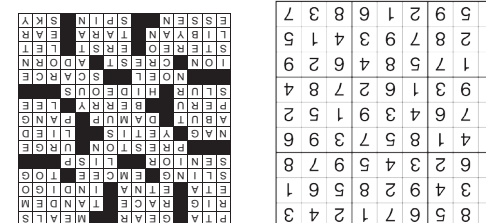
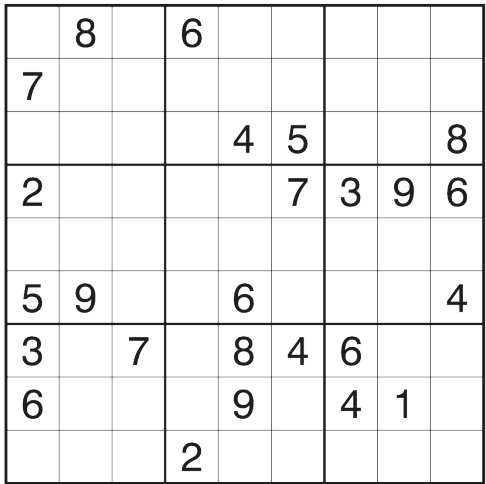
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- 39 Told a whopper
- 40 Go up against
- 42 Obstruct
- 44 Twinge
- 45 Cuzco's country
- 46 Edible fruit
- 48 Filmmaker Spike
- 49 Bit of slander
- 50 Repulsive
- 52 Wassailer's song
- 54 Not abundant
- 58 Kind of chamber
- 61 High point
- 64 Decorate
- 65 Sound system
- 67 Once, long ago
- 69 Court do-over
- 70 Like some Bedouins
- 71 Reid of "American Pie"
- 72 Canal site
- 73 Ruhr Valley city
- 74 Public relations effort
- 75 Blue hue
- 9 Armageddon
- 10 Mine entrance
- 11 Danish toy company
- 12 Urban haze
- 15 Link
- 20 Small bite
- 22 Resolution
- 25 Kind of organ
- 27 Juice ingredient, at times
- 29 Not mobile
- 30 Cloaked
- 32 Omani money
- 33 Heredity unit
- 34 Nose out
- 35 Siestas
- 36 Eve's son
- 37 Mentor
- 41 Go sour
- 43 Mavens
- 47 Mexican peninsula
- 50 Marsh wader
- 51 In a funk
- 53 New Jersey county
- 55 Cameos, e.g.
- 56 Floorboard sound
- 57 Vestibule
- 58 Catalina, e.g.
- 59 Elevator inventor
- 60 Bills
- 62 Tennis units
- 63 Sting operation
- 66 Manhattan ingredient
- 68 ___ Lanka

Down

- 1 Newspapers
- 2 Sir or madam
- 3 On the other hand
- 4 Pope from 1831 to 1846
- 5 Consume
- 6 Teen affliction
- 7 Paper purchase
- 8 Flowing tresses

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THE FINE PRINT

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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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- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, label and clarity.
- Letters must be signed, include major and provide a current phone number.
- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to:
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COMMUNITY

New juice on the Palouse

A new door opens in downtown Moscow and offers a healthy alternative

Brandon Hill
ARGONAUT

Moscow's Main Street, a central hub for the Palouse community, houses a myriad of unique and interesting local businesses.

From One World Café to Bucer's Coffeehouse Pub to the Corner Club, it can be difficult to stand out from the crowd. Yet somehow, that is exactly what Palouse Juice has done.

Toni Salerno-Baird, founder of Moscow's newest downtown addition, said the journey that led her to opening her own juice bar began 11 years ago when she constantly battled a variety of illnesses, including serious issues with her thyroid gland.

Countless trips to the hospital and dozens of prescriptions for antibiotics failed to have any effect on her health. Fed up, Salerno-Baird took matters into her own hands.

"I decided to just go completely organic. I got rid of anything in the house that wasn't natural. I mean, we're talking from toothpaste to things that were in my fridge," Salerno-Baird said. "It was a huge overhaul, a mass exodus of toxins."

After cutting out soda, pizza and other processed foods from her diet, Salerno-Baird said she felt immensely better. Her thyroid problems went away and she no longer had to take antibiotics or rely on traditional medical practices.

Salerno-Baird, a Florida native, said her main inspiration behind Palouse Juice came from the abundance of juice bars across the Sunshine state. Following some extensive research and

conversations with close friends back home, Salerno-Baird said she set her sights on opening her own shop, a place where only the highest quality organic foods would be served.

"My husband and I had been sitting on the idea for like four or five years, but it just seemed like it wasn't going to happen," she said. "Then, this past year, we just were fearless."

In 2015, they began to look around Moscow for a location, talking to different realtors and community members. Salerno-Baird said that it was a challenging time with funds being so tight and the options downtown severely limited. To add to their struggles, the family was struck by tragedy. Salerno-Baird, pregnant with two twins, lost her unborn children in utero just a year-and-a-half ago.

Salerno-Baird said she decided to take a step back and evaluate what she wanted her dream to become. She enrolled in the teachings of Dr. Linda Kingsbury, a local expert on organic diets and herbal healing. After graduating from Kingsbury's school, Salerno-Baird said the tides of fortune began to change.

"Right about the time I graduated from her school, this place opened up," she said. "It was Scott's House of Flowers. It was the perfect location. By then, we had already gone to hell and back."

Salerno-Baird and her husband Zack took on the roles of owners. Salerno-Baird focuses on handling day-to-day operations and managing the growing staff. Zach meanwhile, handles most of the supplies and produce. When not in the shop, he works at Grittman Medical Center as an evening coordinator. Zach said he is extremely grateful for the support his co-



Leslie Kiebert | Argonaut

Employee Ivy Quinn pours a drink into a cup Monday at Palouse Juice in downtown Moscow.

workers have given his family.

"We're all a huge family working together for a common goal," he said. "I hope to bring the same family atmosphere into Palouse Juice and all the local surrounding businesses."

After a soft-opening in December, Palouse Juice celebrated its grand opening Jan. 18, ringing in the new year and new semester to lines out the door, according to Salerno-Baird, with students ordering the wide assortments of fruit and vegetable juices, acai bowls and organic sandwiches.

Some of Palouse Juice's menu items offer unique names that Salerno-Baird said she takes pride in. She said she hopes when customers see drinks named "Hang-over Helper" or "Wake Me Up before You Coco," they'll get a healthy dose of nature's best medicine: laughter.

With less than a month of experience under her belt as an official owner, Salerno-Baird said sometimes she still can't believe she is living her dream, and that she can't wait to see what the future holds for her new business.

"We have a mission to empower people and feed them the highest quality nutritious foods and drinks and to really encourage them to take their health back. That's the difference," she said. "I'm concerned about every single one of my customers. My intention is that everybody that walks through those doors feels the benefits and feels better with every sip."

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ASUI

Making medical amnesty permanent

ASUI is asking for permanent medical amnesty legislation

Nishant Mohan
ARGONAUT

A two-year old law that sets aside underage drinking charges in Idaho during emergency medical situations might soon expire.

The law was originally lobbied for by the Associated Students of the University of Idaho. Now, students are back at the legislature, this time working to keep it.

First passed as House Bill 521. The medical amnesty policy had unanimous support in the Idaho State Senate and House of Representatives. However, the law as passed has a catch – a sunset clause giving the law an expiration date in the summer of 2019 unless the policy is amended.

Clayton King, ASUI's lobbyist to the state legislature in Boise, has been working to gather support for making medical amnesty

permanent. Rep. Caroline Troy, R-District 5, sponsored the original bill in the House and said she will sponsor this bill. King said Sen. Patti Anne Lodge, R-District 11, who sponsored the original bill in the Senate, will return as sponsor. King said he has found four co-sponsors in the Senate and two in the House.

King and Troy have yet to introduce a bill. When they do, King said the bill will amend house rules to remove the record of the sunset clause happening instead of directly amending the law. The last day to introduce a bill for a hearing is Feb. 22. King said he has also been talking with legislators who either are in opposition or have doubts about the bill.

"A few of them, after hearing what I have to say about it, they seemed much more inclined to hear more about it," King said. "None of them have affirmed they will vote for it, but they seemed much more open to

more information. I can see some of them switching given enough time."

To help, ASUI has a petition on Change.org that has received more than 750 signatures.

Giving amnesty to those in need of medical attention but who drink under age is meant not to reduce the number of minor in possession and minor in consumption citations, but to increase the number of people calling for help.

"My policy is focused on the students and not the police force," Troy said. "I want to encourage students not to make that a barrier."

The law has been in effect since the summer of 2016, but Cpl. Casey Green with the Moscow Police Department's campus division said officers in the department already had discretion in possession and consumption situations and would typically let people off the hook in an emergency.

"Even before amnesty, we responded with some level of compassion. The calls

we've encountered, we tend to err on the side of the student or the person in need of medical care," Green said. "Even if someone is found not because of a call, we still apply medical amnesty. We find people unconscious, even if it isn't necessarily their friend calling. There have been incidents, that are fewer, where people who have been found have received citations."

He said he has not encountered any situations in which he has applied medical amnesty where he wouldn't have let the person off without a citation before.

"What it's intended for is the person who needs help gets help faster," Green said. "By the time they're in need of medical amnesty, they're not a problem anymore."

Nishant Mohan

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MARCHING

FROM PAGE 1

"I didn't see that anyone else was coordinating a counter-presence to let the other voices be heard," Faunce said. "So, I was thinking, 'I have a little free time — let's do this.'" Although a second Women's March was not coordinated in Moscow this year, individuals on the Palouse are still involved in the conversation surrounding the climate of female reproductive health.

Lysa Salsbury, the director of the UI Women's Center, said following Trump's election, the fear about women's access to healthcare has grown. This includes the gender-based healthcare insurance premiums, access to pregnancy and maternity care and reproductive healthcare screenings, she said.

"Since Trump was elected, and following his appointment of cabinet members who are hostile to women and reproductive rights, there's been increasing fear and concern among women and their supporters around potential rollbacks of benefits provided by the Affordable Care Act," Salsbury said.

Uncertainty surrounding women's rights has risen in the last year, Salsbury said — making the future unclear. She said it will take a large amount of support socially, politically and economically for women to feel secure in health services again.

"I do see advocates for women's health being more visible and vocal than ever before," Salsbury said. "And, we're going to need to grow that momentum to keep pushing back against the constant social

and political threats to women's reproductive freedom."

Frances Arend, the president of the Students for Life at UI said the current administration works positively in the favor of pro-life advocates. Both Trump and Vice President Mike Pence have added to the pro-life movement's momentum, she said.

"Both the president and vice president are pro-life and have already been working to protect pre-born lives during their administration," Arend said.

At the East Coast March for Life demonstration, Trump addressed the crowd, becoming the first president in history to do so, according to one Politico article. Trump acknowledged late-term abortions and said America is becoming more accepting of pro-life views. According to Gallup, 46 percent of Americans possess pro-life views and 18 percent believe abortion should be illegal under all circumstances.

Anna Green, a member of the Student's for Life organization said the turnout at the most recent March for Life rally last weekend was one of the largest Moscow had ever seen.

"I suspect that, with the beginning of the Women's March, we will see a rise in the acceptance of abortion and contraception in the next year," Green said. "After that, however, seeing how many students are willing to stand up for life across the country assures me that this increase will not last."

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IGNORED

FROM PAGE 1

While trafficking has been a growing problem for many years, Beamish said the growth of the internet, social media and backdoor chatrooms has widely expanded traffickers' ability to advertise and distribute their illegal business.

"Perpetrators consider themselves to be entrepreneurs," Beamish said. "They keep expanding what they consider to be creative business practices — that's what I mean when I said the practice evolves."

Beamish said her area of expertise is in finding characteristics that could make people vulnerable to traffickers. She said one of the more dangerous ways to live, especially in a diverse community like a college campus, is in isolation.

It is dangerous for a person to be socially, politically and emotionally disconnected from their environment.

"Maybe they may have a bad relationship with their family, traffickers will play right off that," Beamish said.

"They'll say things like 'I'm paying for your rent, and I'm paying for your food. You don't need them.' Traffickers do these things to cause victims to back away from their relationships, and then

all of the victims' support network is gone before they know it."

Hannah Reinhold, an undergraduate student who attended the seminar, said she enjoyed the presentation and thought it was filled with valuable information. Reinhold said she attended the presentation because she was confronted with the reality of human trafficking when she was young, and it has inspired her to do what she can to raise awareness for this targeted group of people.

"In seventh grade I was in Canada on a trip for marching band, and while I was there I saw a movie on sex trafficking that was very graphic — it was really heavy on my heart," Reinhold said. "Ever since then I've wanted to know things I can do to raise awareness, big or small." Beamish said the biggest challenges undermining efforts to raise awareness are apathy and ignorance.

"People don't think (human trafficking) is a problem," Beamish said. "It may not be an area of high crime here, but there is crime. It is naive to think it can't happen here. It's here, it's in rural areas and it's in big cities. It's all over."

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S A R G O N A U T SPORTS



"We are going to embrace those challenges."

- Jon Newlee

PAGE 6

MEN'S PREVIEW

The stats point home

Defense and rebounds will help lead Idaho to another win over UND

Colton Clark
ARGONAUT

The North Dakota of 2016-17 is almost completely detached from the Fighting Hawks of today.

Thus far, the course has been choppy and disappointing for UND. The once-proud, 22-10, conference reigning Hawks have taken a major statistical tumble since winning their first Big Sky title last season.

The lack of an imposing under-the-rim presence has been a major impairment. Forward Drick Bernstine's departure to Washington State after last season and the loss of guard Quinton Hooker, who often laid it all out to collect a ball bounced astray, has excessively clipped the wings on UND's hopes of repeating.

The Hawks (7-12, BSC 2-5) finished last season overall as the sixth best rebounding team in the conference and fifth on preventing adversary boards. Currently, they are dead last in every rebounding stat category - collection, prevention and way, way back in rebound margin.

Idaho (13-6, BSC 5-2), on the other hand, has thrived under the rim, a complete Hawk paradox. At the end opposite of UND in nearly every rebounding category, across the jumble of Big Sky teams, perch the Vandals.

North Dakota is atrocious in rebounding margin. The Vandals are +6.7 in turnover margin. Stats alone cannot predict the future, but they almost constantly correlate with the past. In Idaho's 74-57 thumping of UND on Dec. 29, the Vandals out-boarded the Hawks, 35-21, almost a dead-on illustration of the overall margins.

Senior guard Chad Sherwood, who is by no means a rebounder, recorded four boards in that game, only one less than Conner Avants, UND's rebounding leader of the night.

Idaho's offensive attack hasn't been particularly satisfactory. At 73 points per game, the Vandals scoring offense sits in ninth in the conference, while the Hawks own sixth place with nearly 77 points per game. Thanks to a problematic turnover margin and prevalence of scoring droughts, Idaho's offense has some flaws.

But while Idaho and UND are dead-locked in field-goal percentage at a .455 average, the Vandals are the Big Sky's best at hitting the triple. With a .420 average, Idaho again acts as a Hawk catch-22. UND, while attempting the sixth most 3-pointers in the conference, scrapes the linoleum in that category with a .316 average.

SEE STATS PAGE 7

WOMEN'S PREVIEW

Hawk hunting

Idaho hopes to get back on top of the Big Sky, starting with a win on Saturday

Chris Deremer
ARGONAUT

The Idaho women's basketball team has been on fire in their last two games at home and look to continue their hot streak during their journey on the road against North Dakota.

The last time these two teams met ended in an 80-75 Vandal victory. Idaho is looking to get the season sweep against the Fighting Hawks.

Going into Saturday the Vandals have the opportunity of getting back on top of the Big Sky while preparing for the last stretch before the conference tournament. To stay hot, Idaho is going to have to rely heavily on the splash duo of junior guards Mikayla Ferenz and Taylor Pierce.

The duo combined for 54 in their matchup against Northern Arizona and in order to win in a hostile environment in North Dakota. Head coach Jon Newlee said in a press release that Ferenz is helping get everyone involved as well as being a scoring threat.

"(Ferenz) is doing a good job. People are double teaming her and doing special things against her but she is able to adjust and find open teammates," Newlee said. "We have a lot of people that can score on this team, we'll move the ball around and get it to other people who can certainly score."

The Vandals have struggled this season to control the basketball. In order to control this game, cutting down turnovers is a must. The x-factor of the game is going to be the last member of the big three - senior Geraldine McCorkell. Rebounding is going to be another big factor for Saturday, something that Idaho has slowly been getting better at toward the latter half of the season.

SEE HAWK PAGE 7



**IDAHO
MEN**

VS

**NORTH
DAKOTA**

**7:00 P.M.
JAN. 27**

**IN THE
COWAN
SPECTRUM**



GRAPHICS BY CONNOR BRAASE

TRACK AND FIELD

Track time

Missed the WSU track meet? Here is what you missed and what is to come

Meredith Spelbring
ARGONAUT

Idaho track and field is up and running after the opening home meet and the WSU Indoor Competition Saturday.

The squad now prepares for the UW Invitational Meet in Seattle, Washington. Here is what you need to know from one meet to the next.

WSU Indoor Open, Jan. 19-20

Sophomore Kasin Pendergrass-Anderson put up strong performances in both the long jump and the 60-meter dash. Pendergrass-Anderson brought home the victory in the long jump with a new personal-record jump of 7.46 meters. He also grabbed a third-place finish in the 60-meter dash with a time of 6.99 seconds, but set a new personal best in the event in the qualifiers with a 6.93 finish.

Fellow sophomore sprinter Ben Doucette grabbed a second-place finish in the 60-meter hurdles with a time of 8.12 seconds.

Freshman Britt Ipsen took third in his first collegiate long jump

competition with a leap of 6.90 meters while sophomore Jonny Magee went 14.29 meters to take fourth in the triple jump.

Idaho showed out in the long sprints. Junior Kaizer Gillispe took the victory in the 200-meters with a time of 22.53 seconds. Sophomore Mack Baxter won the 300-meters in 36.66 seconds.

On the women's side, sophomore Kaylee Hove finished second in the 200-meters with a time of 26.07 seconds, just short of her personal-best. She also nabbed a fourth-place finish in the 400-meters with a new personal record at 1:01.29.

Freshman Nik Chappee tested the waters in his first 400-meters as a Vandal and found success, taking the victory in the event with a time of 50.62 seconds.

UW Invitational, Jan. 26-27

Idaho will take a trip to the other side of Washington to compete at the UW Invitational beginning Friday in Seattle, Washington.

Idaho Director of Track and Field Cross-Country Tim Cawley said he has seen strong performances across the board in the opening weeks of the season, from distance to field events.

SEE TRACK PAGE 7

WOMEN'S TENNIS

Taken down by the Cougs



Idaho Media Relation | Courtesy Junior Marianna Petrei sets up a serve.

The Idaho women's tennis team comes up short in the season opener against WSU

Meredith Spelbring
ARGONAUT

The Idaho women's tennis team opened the season at Washington State, but found little success across the border, falling 7-0.

The neighbors took the first points in the doubles. The Cougars took the first match 6-1 on the No. 2 court where Michaela Bayerlova and Aneta Miksovska took the point, overpowering Idaho's freshman Laura Spataro and sophomore Maggie Chen, 6-2 in No. 3 play.

The singles games did not go any better for the Vandals. The Cougars took the top two courts to give WSU a 3-0 lead. Both Spataro and senior Lucia Badillos each found a way to pick up a set for the Vandals. Spataro claimed the 7-6 victory in her first set over Miksovska, who then retaliated in the third set to take the match 4-0.

Badillos forced the third set in No. 3 play before losing to Tiffany Mylonas 6-2, 4-6 and 6-3. The Vandals will take a few weeks off before traveling to Gonzaga Feb. 10.

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

DRIVING THE BALL HOME



Leslie Kiebert | Argonaut

Junior guard Mikayla Frenz drives the ball past Southern Utah University defenders in Idaho's victory over the Thunderbirds Thursday in Cowan Spectrum.

OPINION

Regional Love

No matter who you love to hate, you have to love the PNW sports teams

I love the Northwest.

I understand the "who we hate". Cougars clutter our eateries with top-to-bottom crimson jumpsuits and the Spokane/Cheney area is now and then belittled as a rundown, boorish shamble.

But the region, its university sports and fans are absolutely phenomenal. It's essentially a melting-pot of sports devotees who may argue and quarrel occasionally, but still recognize each other as regional family.

Nowhere better is this regional fusion of devotion illuminated than on the campuses of Northwest universities. It's an ordinary sight now in addition to the throng of apparel bearing the golden I — purple W's screen-printed on black Nike shirts, "Cougars 1889" hoodies and almost surprisingly, loads of green-outlined, yellow O's plastered on sweaters and t-shirts.

Some of the more dedicated Vandal fans would become irate at the sight of apparel exhibiting former and current rival schools being worn by Idaho students. I welcome it.

I've encountered dozens of people here who are unashamed of their prior associations with nearby schools. Many began their college careers elsewhere and later came to UI, or the other way around. I may only be a Vandal, but that doesn't mean I don't respect our several surrounding fellow schools.

Colton Clark
ARGONAUT

My youth lacked any family-affiliation with universities. My household didn't push me to want to enroll or root for any school. Along with the lack of generational allegiance, I lived in a kind of sports "no man's land." The Palouse was a three-hour drive south, Spokane and Cheney were an hour west, Seattle was a six-hour jaunt and the Oregon schools and Boise were about eight hours out of reach.

I grew up completely unaware of which school I'd adhere to, and I honestly didn't care. I saw it as an opportunity to root for the entire Northwest region, instead of just riding the wagon on one and hating the others.

I was completely blind in regards to Vandal athletics until my teenage years. I didn't follow any teams, likely because there was no way to. I had no connection to the school and neither did my television.

Aside from my minimal fandoms, I had forces pushing me every which way. I'm not from an area where the majority are graduates of a certain school, so they push the town's youth to follow their lead. No, it's much more sporadic than that.

The townsfolk were about split into quarters. Some were Vandals, others were Broncos, then you have your Eagles and Cougars. Spice it up with a small sprinkle of Zags, Huskies, Montanians and Oregonians, and you have yourself one mighty sports goulash.

When I decided I'd be enrolling at Idaho, the town that Vandals naturally came out of the woodworks to offer me advice.

"You'll never again like any other teams except Idaho," they would say. "Forget about everyone else."

But that's been a problem for me, and I assume many others who were born into

a similar situation as myself. I was never handed affiliation, and I never fashioned one on my own. Instead, I've found myself in this strange cycle of rooting on every team from the area, no matter the unpopular opinions bestowed upon me by peers — I just don't care.

Obviously, because I joined the Idaho tribe, the Vandals are at the helm. But when any other Northwest team faces off against, say, a Midwest school, I back my region.

It's how I'll always be, and trust me, I can take the criticism, which has been abundant.

In times of real-world tragedy, like the present, our differences within the region are put to rest. Please, whether you're a Vandal, Cougar, Husky, Bulldog, Eagle, Duck, Beaver or yes, even a Bronco, always respect each other, provide support and don't take these rivalries too far.

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OPINION

Halfway to Reno

Where does the women's team stand halfway through the season on the road to Reno?

After their win against Northern Arizona on Saturday, the women's basketball team is a little more than halfway through a rollercoaster season.

The team has 11 of its 18 conference matchups left to play and there are plenty of positives and negatives.

Idaho is currently 8-10 overall and owns a 4-3 record in conference play. At their best, they have been a scorching offense with disciplined rebounding to dominate the game inside and out of the key. At worst, the shots don't go in and there isn't enough to fall back on to stay competitive.

As expected, Coach Jon Newlee's squad has relied heavily on the 3-pointer. The team leads the Big Sky in threes attempted and made, led by junior guards Taylor Pierce

and Mikayla Frenz. The pair are first and second in the conference in threes made, respectively, and both are shooting over 40 percent from beyond the arc. The team as a whole leads the league in threes made and attempted, which suggests it isn't just

Jonah Baker
ARGONAUT

Frenz and Pierce that are doing all the heavy lifting.

The group's leadership as a whole has certainly stepped up.

Frenz, Pierce and senior post Geraldine McCorkell have led the team with unceasing production. The trio have combined to average 52.8 points and 16.9 rebounds per game, which means that this team gets about 74 percent of its scoring and about 44 percent of its rebounds from three players. Pierce and Frenz are both among the conference's leaders in

minutes with 36.3 and 36.4 per game respectively, and McCorkell isn't too far behind with 30.9. In most cases, those numbers would be troubling, but the formula appears to be working in this case.

To top it all off, Frenz is averaging 22.8 points per game as of this writing. That is good enough for first in the conference and seventh best in the entirety of NCAA Division I.

Scoring has not been Idaho's problem. The defense and turnover margin, however, leaves something to be desired.

The Vandals are currently giving up the third-most points per game in the conference at 74.9, which brings their average scoring margin down to -3 per game. This stems in large part from the team's tendency to turn the ball over at a normal rate and their inability to

force turnovers. Idaho's defense is only forcing a conference-low 10.2 turnovers per game, which limits fast break opportunities and puts increased pressure on the defense to get every rebound.

Idaho will play each of the other 11 Big Sky teams once and the Vandals will face seven opponents for a second time. The team will get ample opportunity to avenge its earlier conference losses with proper adjustment and foresight.

"We're going to handle the basketball better and we're going to face some tough conditions on the road in the coming weeks," Newlee said. "We are going to embrace those challenges and play at that high level that I know we're capable of."

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

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STATS
FROM PAGE 5

However, the Vandals' scoring defense is arguably their greatest asset, aside from rebounding. Idaho only allows about 66 points per game, the best mark in the Big Sky, compared to UND's lousy, 11th-ranked scoring defense, which allows just over 82 points per game.

The Hawks have a knack for allowing ho-hum offenses to boom, while the Vandals do the opposite. UND's percentage of field-goals allowed is, again, dreadful. The Hawks grant opposing offenses a .493 percent FG average, an outstanding figure from an offensive perspective.

In yet another conference-topping category, Idaho allows the lowest opponent FG percentage at .399. While using a shutdown defense to limit the Hawks, Idaho's sometimes cumbersome offense will be expedited by a UND defense adverse at preventing scores.

This defensive distinction between squads is what led to Idaho's conference opening, commanding win over the defending champions. In the most profound instances of Vandal superiority, clamp-down defense ignites an offensive attack, and while this

offense may not always put up staggering numbers, it holds its opponents to laughable stats.

The Hawks had no space on offense, and seemingly no hope. By halftime, UND was shooting 28 percent from the field and 11 percent from deep. The Vandals seized a 17-point edge at the break and held steady through the second. Against the Big Sky's number one defensive team, a near-20-point disadvantage proves disastrous for any conference opponent.

North Dakota has become marginally one-dimensional since the departures of Hooker and Bernstine, forcing the backcourt to squeeze out almost every ounce of scoring. Guards have tallied the most points for the Hawks in 17 of the team's 19 games, compared to 12 of 19 for a more balanced Idaho team.

Balance, boards and bulwarking defense are where Idaho thrives and where UND withers. The Hawks recently went on a 3-game winning streak, taking down notable Weber State in the process, but the contradictions between teams grants Idaho favor.

Colton Clark can be reached at arg-sports@uidaho.edu or on Twitter @coltonclark95

HAWK
FROM PAGE 5

"(Rebounding) is evolving right now, and is something that needs to. In this league if you can't rebound you're not winning many games," Newlee said. "I loved our focus on rebounding this week at home and we've done a great job getting it on the glass."

On the defensive side of the ball, North Dakota forces over seven steals a game and opponents average around 16 turnovers a game against North Dakota, so controlling the ball and tempo throughout the game while taking care of the basketball is a must-have on the road against the Fighting Hawks.

With the Big Sky being such a close race this time year, the Vandals have an opportunity to turn around this season and have a chance to get back on top of this conference, a place they are more than familiar with.

Newlee said the team is ready for the challenge Saturday.

"North Dakota plays extremely well at home. They have a great home crowd, it should be a great environment out there, but we have to embrace that environment and play hard," Newlee said.

The Idaho Vandals will travel to play the North Dakota Fighting Hawks at 12 p.m. Saturday in Grand Forks, North Dakota.

Chris Deremer can be reached at cderemer@uidaho.edu

TRACK
FROM PAGE 5

"I think the team has performed fantastic and the really nice part of it is from all facets," Cawley said. "The jumps have started off really well, especially the school record and everything, that is not a bad way to start the season. To the sprinters, to the hurdlers, to the throwers, I mean we are really in a solid place right now."

After several weeks of intense practice and competition, Cawley said the team is on a recovery schedule before ramping up ahead of conference matchups.

"To have the performance we've had with the volume and intensity that we've put together these last few weeks, I'm just really proud of the team," Cawley said.

Idaho opened the season on home turf before taking a quick trip to Pullman. Cawley said the next trip to Washington will give the athletes the opportunity to show their skills and give the new kids a bit of experience under their belt.

"Going to Washington, that is going to be a much more national-caliber meet," Cawley said. "That is a huge meet, to where it gives some

of our top-end kids a little bit of that chance to do it and it also gives amazing experience to some of our kids who are growing, to see some of that level. It is always good to kind of get themselves into some different environments, if you will, to get them prepared for conference."

The Vandals will begin competition Friday in Seattle.

The Argonaut and Vandal Nation will continue to cover Idaho's progress throughout the weekend.

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

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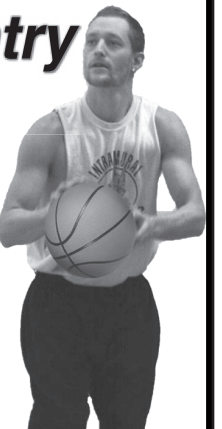


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FILM



A screenshot from Denise Bennett's #MeToo documentary, which premieres March 6, 2018.

Courtesy Photo | Denise Bennett

Shedding light on local #MeToo stories

Denise Bennett documents local stories in a short film

Beth Hoots
ARGONAUT

When #MeToo posts first appeared in October 2017, women and men around the world were awakened to the extent of sexual assault and harassment. Thousands upon thousands of social media users reposted the tag across languages and genders. Denise Bennett, video production, documentary film and photojournalism professor at the University of Idaho, was inspired to take actions beyond a simple "like" or "retweet."

"I was reading my Facebook, and I was just astounded at the number of women that were sharing #MeToo stories," Bennett said. "I thought it would be interesting to look at

#MeToo stories locally and share them at LUNAFEST?"

LUNAFEST is a national film festival whose mission is to share short films "by, for and about women." Presented by the UI Women's Center, Moscow's LUNAFEST will take place 6:30 p.m. March 6 at the Kenworthy Performing Arts Centre.

Bennett has shown her films at the local LUNAFEST before, but emphasized that her #MeToo documentary stood out as a challenging film for her to make.

"It's just interview style... we're just letting the people tell their story," Bennett said.

The difficulty in film production comes from the interview process rather than from tricky filmography.

"It's horrible," Bennett said. "I thought it would be a good idea to look at what has been happening to these women locally, but you're asking people

to share maybe one of the most horrific things that have ever happened to them in their life."

Bennett said that more than half of the subjects she has interviewed have been raped.

"They're telling you that story and it's super difficult," Bennett said. "I'm really thankful for them, for their bravery. I think the women that I've spoken to thus far are really brave for wanting to share their stories on camera."

Despite the painful and frustrating subject, Bennett said she believes it's important for women to speak out about assault and harassment.

"I think women are too silent about what's going on, and culturally we need to change that because it's not acceptable," Bennett said.

The importance of standing up for oneself is something Bennett said she hopes

her film's viewers will take away from the experience.

"Don't be silent. I think oftentimes, even with discrimination, women just brush it off and they don't say anything," Bennett said. "We should stand up at the moment when it's happening, and say 'that's inappropriate' or 'that's unacceptable' and you can't treat me that way because of my gender."

There is still time to join Bennett's project and speak out as part of her documentary. While she will need time to edit the interviews together in the end of February before LUNAFEST, Bennett said she is seeking interviews through the first week of February.

Bennett said she is willing to make accommodations for individual circumstances and wants everyone to feel safe sharing their stories with her.

"I am definitely open to lighting people so they're

LUNAFEST

Tuesday, March 6
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not visible, or altering voice if they're not comfortable in that respect," Bennett said. "They can call me or they can email me. I'm shooting everything in the radio television center here on campus so if they're around on campus it typically takes about 20 minutes to do it."

In addition to LUNAFEST, Bennett will be

showing her documentary March 26-27 at the Murrow Symposium at Washington State University, and on March 22 as part of Lewis and Clark State College's Women's History Month events followed by a panel discussion.

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

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Beth Hoots
ARGONAUT

Every January, the Auditorium Chamber Music Series (ACMS) welcomes a major string quartet for a residency at the University of Idaho. In the 2018 season, ACMS will host the Ying Quartet from Jan. 24 through Jan. 28.

"The Yings are one of the world's best string quartets," ACMS Director Leonard Garrison said.

The Ying Quartet is currently in residence at Eastman School of Music in Rochester, New York. From humble beginnings as a resident group in Jesup, Iowa, the Ying Quartet is now recognized as a world-class chamber music group. They have been nominated for four Grammy awards and took home the Best Classical Crossover Album title in 2005.

"They're excellent for

residency," Garrison said. "That's how they developed their career."

Garrison won't be wasting a minute of the group's time during its stay in Idaho.

"We have a whole schedule for them set up," Garrison said. "They'll be really busy."

Some of their activities while in Moscow include teaching at the Palouse Chamber Music Workshop Jan. 27, playing a pop-up concert at the Moscow Public Library and performing for children in a "Rug Concert" Jan. 26 at the 1912 Center.

At the core of the Ying Quartet's visit is their performance as part of the ACMS at 7:30 p.m. Jan. 25 in the University of Idaho Auditorium in the Administration Building.

"It's typical of an ACMS concert that we have two standard works and a new work," Garrison said.

The concert will feature traditional chamber music pieces by Mozart and Dvorak in addition to a new piece composed specifically

AUDITORIUM CHAMBER MUSIC SERIES: YING STRING QUARTET

Thursday, Jan. 25
7:30 p.m. - 9:30 p.m.
University of Idaho Auditorium,
Administration Building

Tickets are available at the door and online at
www.uidaho.edu/class/acms/tickets.

cally for the Ying Quartet by Christopher Theofanidis called "The Conference of the Birds."

In addition to its community outreach concerts, the Ying Quartet will also work with UI students in master classes, where they will listen and give feedback on select individual student performances.

Veronica Murtaugh, a freshman and cellist in the UI Lionel Hampton School of Music, will be playing in one of the Ying Quartet's master classes.

"You can pick up some great tips," she said.

This won't be Murtaugh's first master class experience

as she has been playing the cello since she was in fifth grade.

"I'm always looking for a new perspective," Murtaugh said. "The cellist that's coming is known for being a super expressive person when he plays the cello."

Murtaugh said most of all, she is looking forward to "getting exposure to somebody at that level."

"It gives you such a thrill too, to see people doing your dream," Murtaugh said. "It gives you a sound to strive for."

Beth Hoots
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MUSIC

A Diverse Review of 2017 Albums

A second look back at the music of 2017

Rem Jensen
ARGONAUT

FLOWER BOY

With a breath of confidence and a focus on a distinct style, Odd Future mastermind Tyler Okonma returns to 2017 after a semi-flop album.

In the documentary for his previous album, "Cherry Bomb," there is video evidence of Okonma meeting with greats such as Kanye West, Pharrell Williams and Hans Zimmer. These artists prompted Tyler to be engaged in their critiques and conversations, and something from these meetings must have clicked.

"Flower Boy" is the result of a slew of influences from across the spectrum that inspired Okonma to create an R&B album that rivals modern

classics like Frank Ocean's "Blonde," with Ocean even credited twice on the album. The album's flow is some of Okonma's best work, where the concept idea that was explored on "Wolf" has been ditched for more of a compilation style of album that glides smoothly along. The compilation effort allows songs like the blissful "See You Again" and the electric "Who Dat Boy" to stand back-to-back in the track listing, even though these songs are seemingly opposites. Themes of hidden homosexuality and weakness are explored on the slower and more vulnerable songs like "Garden Shed," but just two tracks later is the obvious N.E.R.D.-inspired banger "I Ain't Got Time!" Although this style of contrast can seem like more of a hinderance than a benefit, the flow isn't interrupted - it's blended.

VANDAL ENTERTAINMENT

Reliving the disco era

Vandal Entertainment hosts Roller Rink Bash with glow sticks, games and roller skates

May Ng
ARGONAUT

With flashy lights and roller skates, Vandal Entertainment took the university back to the disco era in its Back to School Roller Rink Bash Friday.

Vandal Entertainment Board Chair Shelby Burkhart and her team transformed the International Ballroom of the Bruce Pitman Center into a scene straight out of a '70s disco movie.

Skaters circled around a makeshift roller rink placed in the center of the room.

Those without skates danced, mingled and enjoyed various pizzas in the dark room illuminated by disco lights and neon glow sticks provided by organizers.

To the right of the entrance, the line to pick up skates extended across the entire room.

Burkhart said Vandal Entertainment had anticipated the headcount to be around 60 to 100 people based on responses they received on Facebook. With a supply of 75 skates and a turnout of 600 people, skates quickly became scarce.

The DJ periodically reminded everyone to return their skates if they had been skating for 20 minutes or more, so the line could continue to move.

Freshman Timothy Malm, who attended the event with his sister, said they brought

their own pairs of skates so they didn't have to wait in line.

While people waited for skates to become available, groups of students played games of checkers and giant Jenga, set up by organizers beside the rink.

The opposite side of the rink was occupied by a group of students swing-dancing. Selina Caren, an anthropology and sociology major, attended the event with her friends from church. While they waited for skates, the group decided to dance and make the most of their time.

"I like that there were a lot of space to have fun even if you're not skating," Caren said. "I expected a lot of people clumping around on skates and running into walls, specifically me. I sucked at skating."

Caren said she had probably waited around 50 minutes to get a pair of skates. Despite the wait, she had enjoyed herself and had lots of fun.

Alondra Biberos, an arts and design student who sported a pair of glow-stick glasses, said she saw fliers for the event, so she came with a friend who loves roller blading.

"This is one of the best events on campus that I've been to," Biberos said. "It was well orchestrated and the setup was awesome. I'm honestly terrified (of skating). I tried something new and it just wasn't for me."

Among the students who attended was ASUI President McKenzie MacDonald, who went with some of her sorority sisters. MacDonald said it looked like a fun



Photo by Alexandra Stutzman | Argonaut

Students roller skate Friday night during Roller Rink Bash in the Bruce Pitman Center.

event, and she wanted to see the product of Vandal Entertainment's work.

"I skated for five minutes and found out that I was not very good at it," MacDonald said. "It was really great. I really had fun."

Burkhart said Vandal Entertainment's goal is always to bring free, fun events for students.

She said they previously hosted movie nights, but the turnout has been disappointing so they decided to switch things up.

This semester there are many differ-

ent events planned, ranging from comedy shows to concerts.

"I'm happy and proud of the way this event turned out," Burkhart said. "People can come here feeling comfortable and safe and have fun — who doesn't like glow-in-the dark and a DJ? I'm super proud of my team and the street team too."

May Ng
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CAMPUS LIFE

Vandal cooking classes highlight fun, affordable meals

Kitchen classes return for the spring semester

Beth Hoots
ARGONAUT

Although residence hall dorm rooms come equipped with a Micro-Fridge microwave and a freezer and refrigerator combination unit, University of Idaho residents may feel restricted in their ability to cook fun and healthful meals. Instead of turning to instant oatmeal and ramen noodle packages, Campus Dietician Marissa Rudley invites students to learn simple and wholesome recipes at her monthly Vandalizing the Kitchen classes.

"I like to showcase how fun and affordable cooking can be," Rudley said.

The first class of the semester will be held from 4-5 p.m. Thursday, Jan. 25 in Student Recreation Center classroom 103.

"The first class is featuring easy to make soups and a side," Rudley said.

The menu will include a dairy-free and gluten-free turkey chili, a vegan and gluten-free African peanut soup and a couscous side dish.

"Soup is the ultimate comfort food," Rudley said. "It's a great way to clean out a veggie drawer, and makes amazing leftovers too."

For students who may not have regular access to a kitchen or cooking equip-

ment, Rudley said one pot of soup can have a huge payoff by providing multiple meals with minimal and inexpensive meal preparation.

The couscous can be made entirely in the microwave, making it what Rudley refers to as a "residence hall no-cook recipe."

The recipes are chosen to appeal to students no matter where they fall in a spectrum of dietary needs, culinary experience levels, food budgets and access to kitchen space.

Vandalizing the Kitchen classes also feature affordable local produce, courtesy of partnerships with the UI Sustainability Center and the Moscow Food Co-op. Sustainability Center representatives will attend the classes to hold trivia contests centered around each recipe.

Rudley will lead five Vandalizing the Kitchen courses during the spring 2018 semester. The class themes include Just Desserts, Pizza Night, Vegetarian Cuisine and Meals Fast.

With a diverse class lineup, Rudley looks to provide students with a good mix of recipes for their culinary repertoires, and empower Vandals to cook, even with limited cooking equipment.

"I think that cooking gives you a lot of freedom and independence in making choices for your health," Rudley said.

Even for students on a meal plan, Rudley said she hopes the classes will enable

students to make healthful choices in the dining hall.

Meridian Haas, a freshman living in a residence hall community, attended one of Rudley's Vandalizing the Kitchen classes last semester to learn how to make healthy breakfasts.

"I enjoy cooking," Haas said. "I thought (the class) was a good time."

Haas said the classes helped her feel more adventurous in her cooking endeavors.

"It shows you how to do more things in your dorm," Haas said. "And, at the end you get to taste test everything you made."

In addition to cooking classes, Rudley will lead two grocery store tours

this semester. The first of these will take place from 3-4:30 p.m. Jan. 31 at Winco and sign-ups are available on a first-come, first-serve basis at uidaho.edu/grocery-tours.

"Keep your eyes open for the March one," Rudley said.

The second grocery store tour of the semester will occur in the newly remod-

eled Moscow Food Co-op in the spring.

Students seeking to improve their dietary habits or who want to meet with a dietitian for any reason can email Rudley to set up a nutrition counseling appointment at mrudley@uidaho.edu.

Beth Hoots
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- More info: Vandalizing the Kitchen Spring 2018
- Thurs. Jan 25 – Souper Bowls
- Wed. Feb 7 – Just Desserts
- Thurs. March 1 – Pizza Night
- Thurs. April 5 – Vegetarian Cuisine
- Wed. May 2 – Meals Fast
- All classes take place from 4-5 p.m. in Student Recreation Center Classroom 103

POETRY

Saying no to name-calling

Local charter school celebrates kindness with poetry slam

Jordan Willson
ARGONAUT

Elementary and middle school students shared their thoughts and feelings about bullying during a no name-calling poetry slam Thursday night at One World Café.

Students from Moscow's Palouse Prairie Charter School presented their poetry to celebrate National No Name-Calling Week, a week dedicated to ending name-calling and bullying in schools and the community, said Jessie Dahlin, organizer of the event and behavior

specialist at Palouse Prairie.

Dahlin said the week, which spans from Jan. 15 to Jan. 19, beginning with the celebration of Martin Luther King Jr. Day, signifies the importance of showing kindness and compassion and how it can impact lives.

"The world changes a little bit today," Dahlin said. "Together we are stronger. Together we will be heard."

Dahlin said the middle schoolers at Palouse Prairie came up with the idea for the anti-bullying poetry slam. She said originally each middle schooler wrote a poem for the project, but anyone who wanted to perform in public could do so as long as they had a complete poem and a

strong voice.

The fourth graders wanted to join in on the event because they had recently presented an evening of poetry in support of the Humane Society of the Palouse, Dahlin said.

"They are all here because they chose to be," she said.

The students presented poems that told their stories and communicated their messages of hope to end bullying, specifically name-calling, and many of the poems revolved around the theme that everyone, including bullies, needs a little help.

Dahlin said in November, Palouse Prairie made it a mission to make their school a bully-free and no

name-calling zone. She said their students have been learning about the importance of kindness in their classrooms, and this is their week to celebrate the work they have put in.

The poetry slam was a follow-up to the school's march for kindness through downtown Moscow Thursday morning, where they marched for the importance of calling people what they want to be called and adding kindness into every action.

"Today was a big day for our school," she said. "We can honestly say now that we don't call each other names."

Dahlin said the students were very excited to be a part of an event that was being

celebrated across the country and to bring it to the Moscow community, and she hopes to make the poetry slam an annual event.

"We teach our kids that their work is important and goes beyond our school walls," she said. "We teach them that they have something to say and they should take value and ownership for their work."

Carole Bogden, a Palouse Prairie parent, said she loved seeing the big crowd and the enthusiasm at the poetry slam, which she said helped to promote a lot of good messages.

"It was perfect," Bogden said. "I love our school, and I am very thankful for

“

Together we are stronger. Together we will be heard.

Jessie Dahlin,
Event Organizer

our community and especially One World to allow kids to express themselves about bullying."

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REVIEW

FROM PAGE 8

In between these two songs is the sexy but friendly "Boredom," an easy-going soul anthem with slight psychedelic influences, assisted by Rex Orange County (also featured on the equally pleasant intro track "Foreward"). Variance is key within the confines of "Flower Boy," an album that lives up to its name through the blooming and colorful sound of Okonma's maturity and guest features carefully placed as if they were rose petals on a honeymoon bedroom floor.

NEO WAX BLOOM

Brainfeeder label creator "Flying Lotus" has always

pushed for needlessly complex rhythms and compositions infiltrating the music scene, but the 2017 release from Irish artist "Igloohost" fits the style of release that Brainfeeder has been waiting for.

After receiving well deserved publicity for his EP "Chinese Nü Yr," Seamus Malliagh returns with "Neo Wax Bloom," a mild-concept album that revolves around comically extreme cartoon characters that are made from gum. The concept alone gives insight into what this album is – eclectic. The public would be hard pressed to find an album with as much variance as NWB. Fusing over the course of 41 minutes are math-

rock, footwork electronic, ambient, jazz fusion, DnB, future garage and the unique style known as "wonky." The ambiguously-named genre is best depicted in hectic songs like the previously released "Peanut Choker," or even the transition into "Super Ink Burst" from "Pale Eyes." These two songs blend a carefully executed saxophone performance with a sound reminiscent of the older experimentations of "Flume," but in hyper speed. Much of what makes "Neo Wax Bloom" an interesting album is its difficulty to be explained thoroughly. As a project that throws you fewer and fewer sounds you're familiar with while simultaneously introducing a plethora

of integral yet short-lived sequences, the track list thrives on the opportunity of an ever increasing, ever changing cacophony of sounds.

FLICK YOUR TONGUE

Lastly, we have a semi-concept album under a new moniker from Memphis rapper Lil Ugly Mane. "Flick Your Tongue" illustrates Travis Miller himself going through his recent mental health issues. Distancing this work from his more trap oriented style under LUM, he takes to the "Bedwetter" name. Showcasing personal stories from his mental rehabilitation and even the cover of the album being the saferoom he was

kept in, much of this album seems terribly personal. As expected, this is not a party album. From the intro track "john," a spoken word passage throws the listener into the fray, with dissonantly edited vocals swimming around the left and right channels. The eerie feeling isn't ditched after the intro song – if anything, it is amplified on "man wearing a helmet," an anthem of a child being abducted and abused. The specific details Miller paints on the track engulf you in the atmosphere, the grain of the gravel or a dismal winter day.

A key signature that Miller depicts throughout the album is a minor key of almost intrinsically depressing gloom, either by the

haunting guitar plucks on "fondly eulogizing sleep" or the serrated vocals on "haze of interference." Instrumental songs like "square movement" pop up as a much needed release from the asylum world that the "Bedwetter" personality traps you in. These melancholy vocals and dissociative instrumentals fuse together with so much tension, it's almost as if you're waiting for Miller to be sent upstate in the middle of recording his verses. I wish Miller the best of luck in his recovery, but as a musical listener I am intrigued to see how he continues to represent his health through sound.

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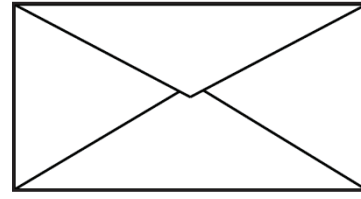
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University of Idaho

OPINION



Send us a 300-word letter to the editor.

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OUR VIEW

Keeping the conversation alive

A year after the inaugural Women's March, the fight and conversation lives on

A year after millions of people flooded streets across the country wearing pink hats and holding vulgar signs directed at the newest president elect, the same protest reignited in Moscow and other cities across the country.

In the early weeks of last year, women showed nation-wide unity in the on-going conversation regarding women's rights — a topic many feel President Donald Trump has invalidated during his time in office. The marches and protests have evolved to cover everything from women's health rights to issues of immigration. Regardless of the root-issue in protest, women have continued to show support for the cause, maintaining the momentum from the inaugural Women's March last winter.

Last year was a turbulent, yet powerful year for many women. The Trump administration made repeated moves and remarks about women and women's rights, further stirring the pot that continued to bubble after the 2016 election.

It is easy to pin-point the historic lows that could characterize 2017, but it is equally as easy to see the shining moments of the previous year, many stemming from the unified willingness to speak out in support of women.

The #MeToo movement brought to light conversation in the later months of 2017, empowering women to come forward with their stories of sexual assault. This built an army of empowered women ready to fight for change.

Not to be left out, pro-life and pro-choice advocates took to downtown Moscow Saturday to speak out on their stance on abortion. A counter-protest grew in Friendship Square where protesters carried pro-choice signs similar to those carried in the larger marches across the country.

No matter the side or stance, it is important that people, specifically women are speaking up and out.

Just as women are using the current political state to strengthen the conversations surrounding women's issues, it is hard to ignore that it all stems from the immense threat to women's rights.

We seek comfort in the empowerment that comes from #MeToo and the black-

clad actors and actresses in support of Times Up, but that does not diminish the larger threat at hand.

On days when this threat seems hard to ignore, UI students have several resources on campus to turn to. The Women's Center, located in Room 109 of the Memorial Gym, serves to be a safe environment for women on campus and helps to create open discussion on many of the common issues women are faced with.

The LGBTQA Office is also a resource for many students during times of overall intolerance. Located in TLC Room 227, the LGTBQA Office provides students of all genders and sexual identities a safe space with resources and counseling readily available.

We cannot stop the president from making offensive and exclusive remarks in office or on Twitter. Alone, we cannot sign the bills or laws necessary to legally protect women and women's rights. What Moscow residents and UI students can do, however, is continue to keep the conversation alive until the only discussion we need to have is "who can we help next?"

— MS



Grayson Hughbanks
ARGONAUT

Dangerously thirsty

Unchecked water consumption could create a crisis sooner than later

For nearly four years, the Flint water crisis has made the nation acutely aware of the risks that come with misusing water resources. We saw bad decisions can lead to undrinkable and dangerous water, and we learned how political negligence can lead to a misuse of one of our greatest resources.

Perhaps, to thoroughly show the gravity of the situation, we should start thinking about what we would do with no water at all.

A BBC report released Jan. 12 outlined the dire situation surrounding water usage in Cape Town, South Africa. Increasing consumption and population combined with three years of low rainfall put the city at risk of literally running out of water.

The city is so low on reservoir reserves that the city's engineers are able to peg April 22 as the day that the city will run out of drinking water. According to Time, the city will not literally be devoid of water at that point, but will have to ration 25 liters or 6.6 gallons of water to each citizen per day. For context, the average Canadian citizen uses about 87 gallons per day. Even a regular shower head uses between two and five gallons per minute, depending on its efficiency.

For the citizens of Cape Town, living without easy access to clean water means living in filth and generally unhealthy conditions just so they can eat and be hydrated. Even worse, Cape Town and Flint are not exactly outliers.

Citizens of Nigeria, Somalia, Syria and Iran are facing outright conflict and mass migration that stem, in part, from the

mismanagement of water resources. The World Resources Institute went as far as to say that 33 countries will be facing extremely high stress in less than 25 years. Crippling droughts across the Middle East have shrunk some lakes by as much as 90 percent.

This is not a future that can sustain society as we know it. How far is the U.S. from a similar catastrophe?

The answer is an inconvenient truth, to say the least.

Despite recent respite from widespread drought, the increasing volatility of weather and precipitation patterns has left a mark on the United States.

Less than a year ago, California was in the middle of a five-year drought that can serve as a good projection for what could come. By 2014, more than half of the state was categorized as exceptionally dry

by the U.S. Drought Monitor. The affected areas experience "exceptional and widespread crop/pasture losses" and "shortages of water in reservoirs, streams, and wells creating water emergencies." A 2015 CNBC article reported that crop losses amounted to at least \$1.8 billion and 8,550 jobs were lost because of more than half a million acres of farmland was rendered infertile.

Those drastic numbers are slowly becoming more normal.

Moscow has seen about 50 percent of its average precipitation for this time of year. We usually receive about 6.61 inches of precipitation during November and December, but 2017 brought less than a single inch over the same period.

Ski resorts across the Rockies are going into panic because of dangerously low snowfalls, which lead to economically broken resort towns that get around 70 percent of their yearly revenue from ski season.

Reservoirs across the west have grown less and less consistent in their holdings.

The Ogallala aquifer that spans most of the great Midwest cornfields reduced in size by as much as 8.3 million acre-feet per year from 2000 to 2008. Losing that much water is equivalent to the Colorado River, which feeds Arizona and Southern California, going dry for half the year.

So, what can we do? Is there even anything that can be done to prevent a future reminiscent of "Mad Max"?

Unlike the drought in South Africa, we have time. The aquifers across the U.S. are experiencing monumental stress, but their depth and breadth are significant enough that our course can be changed in time. The best fix would be to adopt policies of more efficient water use in agriculture, but there are plenty of simple domestic measures that can be taken as well.

In order to preserve what we have left, it is best to research and install low-flow faucets and shower heads while leaving the sink off as much as possible. High-efficiency washing machines and dishwashers help preserve water and drive down usage bills. Just about every appliance, from fire sprinklers to toilets, can be replaced with some newer model that conserves what little water we have left. The EPA and USGS have plenty of additional suggestions for those interested on their websites.

We can no longer just hope that rain and snow will come regularly. One of the biggest side effects of climate change is increased frequency and impact of droughts around the world. With unpredictable rain and snowfall, even our own insulated region may suffer intense damages from water shortages in the near future. Sensible consumption and active preservation are vital if we are going to avert disaster both at home and abroad.

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OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

If you could live in a fictional world, what would you choose?

The OG feminist

I would want to live in Nancy Drew's world, and by proxy, become Nancy Drew. She taught me more about investigating and journalism in 56 books than most classes could.

— Hailey

Gilmore girl

I would love to lie in the town of Stars Hollow from "Gilmore Girls." I would give anything to sit down at Luke's Diner and drink a giant cup of coffee, or stay a night at the Dragonfly Inn.

— Savannah

The American dream

"Avatar: The Last Airbender," specifically the show and not the abomination of a movie. Imagine being able to waterbend around a lake or glide through the air with airbending. That's the American dream.

— Griffen

The American dream 2.0

In an alternative timeline, I would go back to a world before November 2016. Now, that would be nice.

— Brandon

Pineapple under the sea

I wouldn't mind living in Bikini Bottom. It would be fun to hang out with Patrick in his rock and blow bubbles.

— Max

Candy, candy, candy

Candy Land would be an awesome place to live. Sliding down a gummy slide into a cola river and eating sugar flowers would make me 300 pounds and happy.

— Grayson

"Charmed"

I'd want to be Piper and Phoebe's sister, be a witch with power and fight demons all day. That sense of adventure would be amazing to have.

— Lindsay

A world of fantasy

I would live in Middle Earth, specifically Rivendell. I would spend my days going on quests, exploring and fighting all the evil that lurks in the shadows.

— Andrew

Harry Potter

I've always loved reading about Harry's world and the magic in it. I love how the magix and light in the books contrasts with the dangerous challenges the characters face. Besides, who wouldn't want to go to Hogwarts?

— Elizabeth

An eventful world

I don't know why the life of an orphan sounds enthralling to me, but I would love to take a step into Lemony Snicket's world of "A Series of Unfortunate Events."

— Tea

The Flash

If I woke up one day and became Barry Allen, the fastest man alive, I wouldn't question it for a second.

— Chris

The sitcom world

I would love to live in the "Friends" life. Spending all my hours in a coffee shop with my closest friends? That is a world I would love to live in.

— Meredith

The grid

If I could live on the grid like "Tron: Legacy," that would be a dream. Anyone else jealous of the super cool light bikes?

— Joleen

Worth every euro

Taking the time to learn in a foreign country is something every college student should do

Before I even knew what university I wanted to attend or what my major would be, I knew I wanted to study abroad at some point during my four years of college. I just didn't know where or when.

I have always wanted to travel abroad, especially in Europe. So, the idea of spending an entire semester, or longer, in a foreign place was something I did not want to miss out on.

Everyone I talked to who had gone overseas as part of their education couldn't recommend it enough and those who hadn't said it was one of their biggest regrets.

According to a New York Times article, studying abroad allows students to "appreciate difference and diversity firsthand," enabling them to realize and, hopefully reject any prior judgments toward different societies.

The authors of the article go on to state "Learning how to interact with people from other countries and cultures equips future leaders in all sectors to address urgent issues ... shared across borders."

After enrolling at the University of Idaho, my plan to study abroad fell to the wayside. I kept making excuses, thinking it would either end up being too expensive or mess with my graduation timeline.

As I reached my third-year in college, I came to the conclusion that it was now or never.

I started researching which program would work best with my educational endeavors, as well as my financial situation, on the UI Study Abroad website.

UI partners with over 370 international colleges in 69 countries spanning the globe, according to the website. The

university also works directly with 29 schools and five study abroad program providers. Internships are available in 32 countries for a variety of fields, as well.

Several days later, I settled on a program in Viterbo, Italy, through the University Studies Abroad Consortium (USAC).

I chose this specific town because I wanted to immerse myself in the culture rather than going to a place that is a common destination for tourists, since things are often Americanized and unauthentic in these spots.



Olivia Heersink
ARGONAUT

The program in Viterbo also worked well with my journalism degree and would fulfill various general education requirements.

Most importantly, it was much more affordable than I had previously thought it would be, especially with scholarship opportunities.

Every year, UI provides over \$157,000 to students to help fund international experiences, according to its website. It is also one of the few universities in the U.S. who has a scholarship comprised solely of student-fees and is specifically designated for studying abroad.

Choosing to forego learning in a foreign country, "lowers the chances of success in the ever-globalizing world that we live in — a world where bilingual is the international norm, and where multiculturalism is becoming the standard of our country," according to a New York Times article.

If you are remotely interested, start researching now and contact the UI International Programs Office to set up a meeting to figure out if it is possible.

Although learning overseas can often-times be expensive and challenging to fit in a degree path, I am finding it is worth every penny, or in this case, every euro.

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A growing Idaho

The pros and cons of Idaho's rapidly growing population

As news recently broke about Idaho garnering the honor of being the fastest growing state in the nation, citizens across the Gem State have expressed mixed feelings. Those mixed feelings pose an important question. With a growing population of approximately 1.65 million and growing, does this population boom put Idaho more prominently on the roadmap or is that the center of the problem?

Idahoans have always been proud to boast their natural resources. Our expansive forest land holds plenty of beauty and wonder. No matter where you are in Idaho, there is always beauty to be found, from the lakes of the panhandle to the Snake River Canyon's Shoshone Falls.

These wonders are part of the reason we are seeing this influx of people. People across the nation are hearing the stories of our outdoor beauty. These people are very intrigued by the thought of living so close to their favorite outdoor activities — many of which can be fulfilled by moving here.

Because of the flock of people wanting to move to Idaho, many Idahoans feel that our public resources are starting to feel crowded and less pristine. With more people than ever moving here, that feeling will only worsen.

Along with our resources, another draw to the state is the economy. Our agricultural industry is drawing huge attention, with large manufacturing firms, such

as Chobani and Clif Bar, having planted roots in the state. Technology companies, like Micron, continue to add new jobs and lead industry innovation with their Idaho workforce. There are plenty of jobs to fill across the state, and economy is willing to generously give back to those who come.

Not only is this great to hear for our workforce, but also for our universities. Recruitment and investment into our state's institutions can all be attributed in one way or another to population growth.

As a young person coming from a rural, agricultural area of southern Idaho, I have seen the firsthand effects from urban sprawl. Not only does it make it very difficult for our farmers and ranchers to conduct their business, but these residential areas are taking away valuable land and resources we depend on.

Many people are also seeing an increase of traffic in urban areas. Living in the Treasure Valley last summer, I saw more traffic than ever before. One point of living in Idaho that people love is being able to have the big city jobs and a big city feel, while not having the consequences of a big city, such as high traffic. However, as our population concentration starts to increase, those consequences are inevitable.

For those who see this population growth as a problem, there is really only one solution — compromise. Growth is inevitable. We must embrace it and help bring this new population into our community and show them our core Idahoan values.

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