

THE UNIVERSITY OF IDAHO  
**ARGONAUT**

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FOR, OF AND BY THE STUDENTS SINCE 1898

THURSDAY, APRIL 26, 2018

**COMMUNITY**



Along Highway 8, a border sign welcomes travelers to Washington Wednesday afternoon.

Leslie Kiebert | Argonaut

**EDUCATION**

**Prepping for the end**

*The Tutoring and College Success program offers tips on how to prepare for finals*

**Kali Nelson**  
 ARGONAUT

To prepare for finals season, the Tutoring and College Success program hosted a workshop to help students come up with individualized plans to study.

“Preparing for a test is really about planning,” said Marquise Evans, leader of the workshop.



Marquise Evans

Breaking study guides into blocks which are then studied a week before the test is an effective way to manage time and ensure all the material gets covered, Evans said.

Students should also remember, even though they reviewed a concept the day before, they should still go back and review everything the next day before starting the planned material, Evans said.

“Maybe do one hour and 30 minutes on Saturday, but go back on Sunday and review the stuff you learned on Saturday,” Evans said.

Evans said students could ask others who did well on previous tests to help study or to talk to the professor to review their old tests. Planning when and what to study is the most important thing students could do, Evans said.

SEE BUDDING, PAGE 3

SEE FINALS, PAGE 3

**Budding into Idaho**

*Moscow residents and UI students speak on the legalization of marijuana*

**Emma Takatori and Brandon Hill**  
 ARGONAUT

Idaho, a largely conservative state stands surrounded by many states that have legalized mari-

juana for medicinal and recreational use.



Roger Lanier

Roger Lanier, operations division commander with the Moscow Police Department, said regulation of marijuana in Idaho has not become more complicated since its legalization in Washington. He said there is a misconception regarding legal purchases coming into Idaho. It is still illegal

to possess and consume marijuana in Idaho, even if it was purchased legally in Washington.

“We address marijuana exactly the same as we did before,” said Lanier.

Arlene Falcon, Moscow resident since 1999, was a vendor at HempFest before taking over the event in 2006.

SEE BUDDING, PAGE 3

**RESEARCH**

**Fostering forests**

*UI's forest nursery offers unique opportunities to all students*

**Brandon Hill**  
 ARGONAUT

The Palouse: a desert of golden wheat fields and rolling green hills stretching as far as the eye can see.

Outside Moscow Mountain, dense forests can be hard to come by down in the heart of town, as much of the area is dedicated to farmland.

Tucked away off of Highway 8 stands a large-scale forest nursery



Don Regan

housing hundreds of thousands of young trees.

“We’re the nursery for the state of Idaho,” said Andrew Nelson, interim director for the Center for Forest Nursery and Seedling Research. “It’s a center that’s set up to do research, teaching and outreach. The Pitkin M. Forest Nursery is our operational arm of the center.”

Nelson, along with Don Regan, manager of the nursery, lead an operation which employs more than 25 University of Idaho students and is responsible for the growth of 400,000 seedlings. With nearly 70 species being cared for year-round, Regan said it is vital

to cultivate healthy relationships with the many students employed at the nursery to ensure a successful growing season.

“Once I narrow in on students who are very accurate and dependable and detailed, I give them a little leeway and train them and then come back and constantly check,” Regan said. “Once I start to feel comfortable, I turn them loose. The results have been outstanding.”

After attaining a bachelor’s degree in finance, he said he decided to turn his focus toward forest nursery management. He came to Moscow from Southern California with the intent of realizing that dream and was hired by the Pitkin Nursery in 2001.

Nearly 17 years after starting at



Brandon Hill | Argonaut

Don Regan and Emily Behrens attend to seedlings in the Pitkin M. Forest Nursery April 22.

the nursery, Regan said he still enjoys teaching students the ins-and-outs of forest nursery and management.

“It’s teamwork, and we really emphasize teamwork,” he said. “I like students who ask questions, because when you’re learning,

you’re going to have questions.

Regan said attention to detail might be the most important skill to have while working at a large-scale nursery.

SEE FORESTS, PAGE 3

**CAMPUS LIFE**



Brandon Hill | Argonaut

Vandal Giving Day ambassadors encourage donations outside the UI Commons Wednesday.

**Giving back to U and I**

*Vandals of the past and present donate back to their school*

**Brandon Hill**  
 ARGONAUT

For the second time, University of Idaho alumni, current students and faculty opened their hearts — and wallets — to university departments.

The second annual Vandal Giving Day began at noon Tuesday and concluded Wednesday night, raising \$366,563 through

donations. Jamie Wagner, director of advancement communications for UI Alumni Relations, said the event lasted exactly 1,889 minutes, to honor the founding year (1889) of the university.



Eric Billings

“Basically, it’s just a way to bring the entire Vandal family together and celebrate in kind of a unique way,” Wagner said.

The previous Vandal Giving Day took place during fall 2016. Wagner said the long hiatus gave those in charge a chance to revise

their strategies. In 2018, Vandal Giving Day offered new features, such as the opportunity to donate to Greek Life, and an enhanced social media presence.

Eric Billings, UI’s director of Annual Giving, said in 2016, the event received \$150,000 from donations based on matches and donation challenges presented on the official website.

Halfway through 2018’s event, Billings said they had already received more than \$200,000.

SEE GIVING, PAGE 3

**IN THIS ISSUE**

UI Athletics hosts suicide prevention training.  
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Students should know the laws that affect them most. Read Our View.  
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Which turtle dominated the 2018 Turtle Derby? Find out the winner.  
**ARTS, 7**



# Find What Moves YOU

## Outdoor Program

Introduction to wilderness medicine, CPR and basic life support skills.

### WILDERNESS FIRST AID COURSE

MAY 5-6 | COST: \$225  
Taught by Desert Mountain Medicine

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## Outdoor Program

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# Thank You

to all our participants and officials for a great season.

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# Moves

## University of Idaho

Campus Recreation

uidaho.edu/campusrec

"Like" us  
UI Campus Rec

# A Crumbs recipe

## White chocolate blueberry muffins

This muffin recipe is the perfect start to your morning. With just a few simple ingredients and an easy recipe, breakfast will be ready in no time at all.

### Ingredients

- 2 cups of blueberries
- 1 cup of sugar
- 2 cups of flour
- 1 teaspoon of vanilla extract
- 3/4 cup of melted butter
- 1/2 cup of white chocolate chips
- 3/4 cup of chopped walnuts
- 1 large egg

### Directions

- 1.) Cream together the melted butter, blueberries, sugar and egg.
- 2.) Slowly add in the flour in small increments, whisking between each pour.
- 3.) Mix in the vanilla, chocolate chips and walnuts.
- 4.) Fold the mixture in on itself and combine well.
- 5.) Fill each muffin mold about 3/4 of the way full.
- 6.) Bake in the oven for 25 minutes or until a toothpick inserted in the middle comes out clean.

Start to finish: 1 hour  
Servings: 16

Hailey Stewart can be reached at crumbs@uidaho.edu

## Dead Week

Dead Week:  
- Calc test  
- Chem test  
- Art project  
- Speech

Finals Week:  
-

All my finals are due dead week. I don't even have anything finals week.

At least you get done early!

If I survive that long.

Avery Alexander | Argonaut

## CROSSWORD

Across

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Down

1	Justice's garb
2	Kind of thermometer
3	Fringe benefit
4	Superlative suffix
5	Chin indentation
6	Big East team
7	Appropriate

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## SUDOKU

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## CORRECTIONS

Find a correction? Email argonaut@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.

## EDITORIAL POLICY

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

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

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

- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, libel and clarity.
- Letters must be signed, include major and provide a current phone number.
- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to:  
301 Bruce M. Pitman Center  
Moscow, ID, 83844-4271

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## FORESTS

FROM PAGE 1

The year-long process requires immense dedication and careful examination to grow the most resilient trees possible, he said.

Starting in the late summer months, Regan and his staff contact seed suppliers or visit the UI school forest and gather seeds from species like Ponderosa Pine, Douglas Fir and many others. The staff then attempts to break the dormancy of the seed, treating them with acids normally found in the stomachs of birds. Regan said this helps the plants grow at a uniform rate. Without careful treatment, he said, plant growth across the greenhouses would resemble a natural forest, leading to lower yields as some smaller plants lose out on sunlight.

"With sowing seedlings, you only get a one-time shot," Regan said. "The seed treatments, the quality of the seed, the sowing

part of it all has to be pretty much perfect."

Students like Emily Behrens are tasked with making sure the nursery doesn't lose out on funds, as she and other student-employees make sure each plant will grow to its fullest potential. Behrens said it was her father's job working for the Forest Service in Coeur d'Alene that helped her become enamored nursery management.

"After working here, I've learned more about packing them and shipping them and the whole cycle," Behrens said. "Everyone seems to really get along here. I like being active and just spending more time outside and getting to be able to move around."

Regan said after Behrens and her fellow employees thin out weak or dying plants, staff members begin irrigation. Once fall hits, Regan will open the doors to the greenhouses to chill the plants, preparing them for real-world conditions. Around this same time, orders start rolling in, and the students begin preparing to pack and ship off the

trees to new locations.

Lauren Goss leads the charge in sales. As the nursery's sales and outreach coordinator, Goss said she makes sure all the plants make their way to their customers.

She came to the nursery like many of her fellow staffers, as a student. After graduating in 2017, Goss took a seasonal internship before eventually returning as a full-time employee, giving her the rare opportunity of being involved in every step of the nursery process.

"I was helping sowing the seedlings, then I went and packed all of them and now I get to sell all of them and ship them off to their new homes," Goss said. "That will never happen again, because I will never get to do every single step again."

Goss and the team send the young trees to places like Nebraska, Wyoming and Washington, as well as local areas on the Palouse.

Nelson said he and fellow researchers are always trying to find new ways to grow

stronger, healthier seedlings.

"It's a hands-on teaching facility here. (Students) learn operational skills that they can take out into the work force," Nelson said. "We do a lot of research that's primarily focused on improving seedling quality and regeneration of a variety of species."

Regan said Nelson and he both agreed working for the nursery offers students the unique opportunity to be given larger, managerial roles.

"You go around and talk to people who work in the forest industry, and three out of five people are going to be graduates of this program and worked here at the Pitkin Nursery," Nelson said. "They're hired because they have this skillset. We're really unique in that aspect."

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or on Twitter @brandonmtnhill*

## BUDDING

FROM PAGE 1

She said she thinks until there is a change in legislation, there will be no reform regarding marijuana in the state.

"We are very frustrated here in Idaho, because we have absolutely no laws in favor of decriminalization or legalization at all and it feels like nothing will change in Idaho until it changes federally," Falcon said. "In Idaho, we would be happy with anything, even just recognizing medical marijuana as a viable alternative to opioids."

The combination of the feelings of unrest associated with the Great Depression and America's institutionalized fear of immigrants led to cannabis becoming illegal in 1937, according to PBS.

The National Commission on Marijuana and Drug Use (also known as the Schafer Commission) released a report called "Marijuana: A Signal of Misunderstanding" about the reality of marijuana consumption. The report called for partial prohibition and lower penalties for small possessions, but the findings were ignored by the Richard Nixon administration.

Jim Boland, a member of Moscow's city council, said he believes marijuana should be legal for economic reasons. Boland, a longtime proponent for legalization, said many in the state and federal

government simply do not understand the intricacies of the subject.

"I do not think in this area, public perception (of Washington's recreational legalization) has changed all that much," Boland said. "We have had legalized marijuana 100 feet from the outskirts of town and there has been no increase in the amount of problems with people driving under the influence or criminal activity in regards to that."



Jim Boland

According to 502data.com, the state of Washington generated \$261,728,841 in sales tax revenue and \$724,021,302 in marijuana tax revenue. Over 60 percent of Washington's marijuana tax revenue is slated to go toward public health and safety programs over the next two years, according to thenewstribune.com.

Daniel Stahn, a former UI student, grew up in Idaho Falls as a member of the Church of Latter-Day Saints. He said his assumptions about marijuana came from the negative stigma it had in his community. Once he came to UI, he started to expand his view and do more research on the subject.

"I think marijuana should be legal because there are a lot less detrimental effects from marijuana than there are with cigarettes," he said. "I know that Moscow is a bit different than the rest of the state."

*Emma Takatori  
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## GIVING

FROM PAGE 1

Wagner said she expected the Idaho Central Credit Union Arena, a proposed new basketball stadium on campus, to receive a large portion of donations. Wagner, a UI alumna herself, said she hoped donors give to departments and areas of the university they cared about the most.

"It's really whatever you're passionate about," Wagner said. "We have students who come by and make small gifts, because maybe they love the marching band, so they say, 'Hey, my \$5 gift will help the marching band face these larger challenges.'"

In the UI Commons Plaza, Vandal Giving Day Ambassadors encouraged students and faculty to give whatever they can. City Councilwoman Anne Zabala, UI graduate and Annual Giving program



Anne Zabala

coordinator, took time to give back to her school. Zabala said she credited the university for making her more engaged in her community, especially after graduation.

"I would say that a big part of why I'm civically engaged now and active in the community is through U of I programming, like the Volunteer Center," she said.

Zabala, who said she donated to UI's Alternative Service Break Program, said she would encourage anyone to give back, even if the contribution was minimal.

"As a recent grad, I have student loan debt and other financial obligations," she said. "I still feel very passionate about some of the programs that I was involved with enough to make small donations, and I always encourage others to do as well."

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

## FINALS

FROM PAGE 1

When studying for math classes, Evans said to rework all the problems, because math is all about practice.

Students can also prioritize finals preparations for each class based on how they feel about their performance and put more

time into studying for their harder classes, Evans said.

"This is it. Put everything into getting the grade you want," Evans said. "This ain't the first or second test where you can save your grade."

*Kali Nelson  
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th animals from the Humane Society of the Palouse



Wednesday, May 2

Idaho Commons Whitewater Room

Noon- 1 pm

**I** University of Idaho  
Department of Student  
Involvement



# ARGONAUT SPORTS



"If we play our best we're definitely going to be there at the end and have an opportunity to win."

— David Nuhn

PAGE 5

## ATHLETIC DEPARTMENT

# Hope and help

*UI Athletics on board for suicide prevention training*

**Colton Clark**  
ARGONAUT

Question. Persuade. Refer.

It's the QPR Institute — a 20-year-old, Spokane-based suicide prevention organization. It's also a chronological set of guidelines.

"How do I know I need to ask the question? That's the Q," said Dr. Sharon Fritz, who works at the Counseling and Testing Center (CTC) and heads QPR training at the University of Idaho. "Then we talk about how we'll ask the question. After that, 'how will I persuade them to get help?' and finally, 'where do I refer them to?'"

Fritz received a grant funding suicide prevention training at UI five years ago. Since then, the QPR program has been offered to students, faculty and staff at no cost.

It's not mandatory for students.

According to Brian Quinnett, a QPR Master Trainer, National Training Director and son of the group's founder and CEO, about 97 percent of people who take the training report back, "That'll help me help someone."

However, the NCAA filed a report on the subject last summer, spurring athletic departments at universities across the nation to institute mental health and suicide prevention programs.

In the last year, it has become an obligatory lesson among

student athletes. Rob Spear, Idaho's athletic director who was put on paid administrative leave, has also encouraged all coaches and athletics staff to take the online portion. As of now, several UI teams and

coaches have participated in either the hands-on or online trainings.

"It's great information for everybody to have," said Jon Newlee, head coach of Idaho's women's basketball team. "It really

shows you how to be aware of signs that you maybe wouldn't normally think about ... I'm glad these programs are in place to make people more aware and prevent needless tragedies here and around the country."

Now, 194 student athletes have received the training, and it'll be taken annually in order to catch new student athletes up, according to Fritz. The program is evidenced-based, meaning "using the best available research and data throughout the process of planning and implementing your suicide prevention efforts," according to the Suicide Prevention Resource Center.

In a nutshell, the one-hour program exhibits practicality. Quinnett said it promotes simple training and action steps to save lives and educates enrollees on risk factors and warning signs, while fleshing out myths and misconceptions relating to suicide and mental health.

Among those misconceptions are that people struggling with mental health are already receiving help, which Fritz said is generally not true. Other common, but generally false notions are that discussing suicide prevention "plants the seed," and people expressing suicidal thoughts or action are not prone to receiving help.



SEE HOPE, PAGE 6

## WOMEN'S GOLF

# Record-shattering champions

*Idaho women's golf shatters records en route to second Big Sky Championship in three years*

**Colton Clark**  
ARGONAUT

Idaho junior golfer Sophie Hausmann was named Big Sky Golfer of the Year ahead of the weekend's Big Sky Tournament at Boulder Creek Golf Course in Nevada. Junior Michelle Kim and freshman Valeria Patino were also recognized with third and second-team honors, respectively.

Friday through Sunday, in the most crucial situation of the season thus far, they shored up expectations set by the honors they earned.

Hausmann — Idaho's first ever women's golf Big Sky Golfer of the Year — finished the conference tournament first overall for the second time in her career. Kim nabbed runner-up honors with three under-par scores and Patino ended in the top 15 to vault Idaho to its second Big Sky Championship in three years.

"It feels amazing," Idaho Head Coach Lisa Johnson said in a news release. "It's great to be able to represent the Vandals this well and perform under pressure."

The Vandals led the field through all three rounds, carding a 2-over 866 aggregate to outrun Sacramento State by 10 strokes and set a new tournament record

for lowest championship tournament by a team. Idaho supplemented its top-spot position with a combined 8-under third-round back nine. Its 5-under 283 final-round total matched the Big Sky Championship record for the lowest single-round score.

After a 1-over first round, Hausmann caught heat with a 7-under 65 in the second, which tied her own tournament record for a single-round finish. Her second-round total also matched the second-lowest round throughout the entire NCAA 2017-18 season, according to GolfStat.

Hausmann, a self-titled "long hitter," strung together three consecutive birdies early in the second round. A couple of pars later, she knocked in another. On the back nine, she carded two-straight eagles on the 13th and 14th holes — the second of which is a par 4.

"When I saw back-to-back eagles show up on the live scoring I didn't think it was real," Johnson said. "Sophie hits the ball so far that this course is really short for her."

Hausmann's back nine in the last round proved just as noteworthy. After a 1-over front-nine finish, it all began to click.

She stayed safe with two pars, then fired home two birdies. Following another pair of pars, Hausmann managed her third eagle in two rounds on the 540-yard par-5 16th hole.

"I was pretty relaxed all four days, including the practice round," Hausmann said. "I



Bryson Lester | Media Relations

Junior Sophie Hausmann competes at the BSC Women's Golf Championships.

felt really good about the whole team and our approach, so I didn't put or feel any extra pressure on myself or get real nervous."

Hausmann said she knew she needed to

notch a few more birdies to win. She said she had no clue who was nipping at her heels.

SEE RECORD, PAGE 6

## TRACK AND FIELD

# Strong in Spokane

*Idaho closes its third meet in Spokane, taking home victories and top-5 finishes*

**Meredith Spelbring**  
ARGONAUT

Idaho closed out its third Spokane meet of the season with six athletes taking home victories and a number of others with top-5 finishes.

Freshman Hannah Ringel finished the meet with strong performances in multiple events. Ringel won the shot put with a toss of 13.91 meters to move into sixth place in conference standings. She also placed fourth in the discus with a throw of 34.84 meters and the hammer throw at 39.70 meters.

Junior Quinn Mitchell finished with three top-three titles in the shot put, discus and hammer throw. Mitchell took second in the shot put with a throw of 14.07 meters, second in discus at 42.85 meters and third

in the hammer throw at 47.72 meters.

Sophomore Brian Skinner took fourth place in both the javelin and the hammer with a 48.88 meter throw in the javelin and 45.49 in the hammer throw.

On the women's side, freshman Makenna Behrens posted a personal best to take second in the javelin with a throw of 41.22 meters. A handful of Vandals finished with top marks in the field events. Sophomore Rechelle Meade took the victory in the long jump with a hop of 5.71 meters. She now sits in eighth in the Big Sky Conference standings after her first outdoor competition of the year.

Sophomore Lauren Curlanis took fourth in the triple jump with a leap of 10.35

meters. Sophomore Jonny Magee took the victory in the long jump at 6.57 meters.

Junior Matthew Baumann also took home the individual title, winning the discus with a personal best 43.19-meter throw.

Rounding out the field event success for Idaho were the pole vault athletes, led by sophomore Chloe Woest. Woest tied for first in the event with a vault of 3.42 meters. Junior Cecilia Watkins finished not far behind in third at 3.25 meters.

Following in suit with the rest of the team, the distance squad closed out the meet with a number of wins and top-5 finishes. Freshman Jenner Higgins took home the victory in the 1,500 meters with a time of 4:04.81. Junior Austin Fred finished not far behind in fourth with a time

of 4:08.31.

Sophomore Kara Story grabbed second in the women's 1,500 meters with a 4:45.54.

Senior Christopher Black took second in the 800-meter race with a 1:54.48. Sophomore Josiah Anderson finished the same race in fifth with a time of 1:58.13.

Three Vandal women finished in the top-5 in the 800-meter race, led by junior Erin Hagen in third with a time of 2:14.51. Freshman Malaina Thacker and sophomore Emily Wesseling grabbed fourth and fifth place finishes with times of 2:16.73 and 2:17.97, respectively.

SEE STRONG, PAGE 6



**MEN'S GOLF PREVIEW**

# Down, but not out

*Men's golf looks to turn the tides at Big Sky Tournament this weekend*

**Colton Clark**  
ARGONAUT

After cruising through 2015 and 2016, scooping up Big Sky Conference championships in both years, the Idaho men's golf team has since decelerated.

They'll look to contradict that trend April 27-29 at the Big Sky Tournament at Boulder Creek Golf Club in Nevada.

At the dawn of the spring season, they were chosen by the coaches to finish fifth. However, with the plurality of Vandal scores throughout the spring generally hovering around high-70s and low-80s, and as some of the top finishes flutter near the mid-70s, a top finish would come as a pleasant surprise.

But the Vandals have an

ace in their pocket in all-conference golfer Enrique Marin. The junior native of Spain has consistently notched commendable scores, and has led Idaho in 17 of its 20 rounds in the 2017-18 season.

"It's been a mental aspect for me because I've been trying to work hard on focusing when I'm up on a leaderboard, trying to finish good on the last-day rounds, trying to grind it out," Marin said. "I feel like that's what's taken me to the next level."

Marin is also a four-time Big Sky Men's Golfer of the Week and regularly places in the top 25 in each tournament. In the five matches of the spring, for example, he earned the low-round in every one with scores averaging around par.

At the Redhawk Invi-

tational on April 2 and 3, Marin battled back from 2-over and 3-over first and second rounds to knock in a 1-under 70, tie for fifth and led the Vandals to their best team finish of the season.

Idaho notched a 10th place finish in the 17-team field at Seattle-area's Chambers Bay Golf Course.

That's been the problem throughout the season — consistency. But, according to Head Coach David Nuhn, his team's self-assurance has increased throughout the year.

"Definitely their consistency and practice I feel like have really come a long way," Nuhn said. "I see a lot of focus day-to-day and good preparation."

Idaho's team is relatively top-heavy. Marin is obviously the captain, but freshman Adam Veenstra and sophomore Brock Anderson oftentimes lend a

bit of support, albeit, a few notches down the line.

Veenstra and Anderson flip back and forth between the second and third best scorers on occasion. They generally shoot in the mid-to-high 70s and insert themselves in the middle of the pack.

"Seeing a lot of the younger guys step up and be competitive right away is a nice surprise," Nuhn said. "What we need to do to be successful this weekend is just to take it one hole at a time. We can't allow the moment to be bigger than it is, because it's just golf; find a way to get the ball in the hole as quickly as possible."

As for the Vandals' competition next weekend, they will get a break from their regular tenacious opponents. Only four of the eight Big Sky teams are ranked in the top 200 of Golfstat's relative rankings — the

predominant college golf ranking system.

"Realistically, we've spent eight months just preparing for this last tournament," Nuhn said. "We've been playing in fields featuring top 25 teams and top 100 players, week in and week out, and now we're going to go play in the Big Sky tournament where I think it'll be a much more even playing field."

Northern Colorado, the coaches' pick for conference champion, comes into the tournament as the No. 152 team in the country. Southern Utah, the pick for second, is 167th. Sacramento State, last year's champion, sits at 194 and Weber State at 187.

Idaho is currently ranked 222nd in the country.

Thus far, the Bears — last year's second-place finishers — have fielded perhaps the best overall team, and almost

easily the best individual.

Sophomore Coby Welch, the conference's freshman of the year last season and all-conference selection, finished second as an individual.

At last year's tournament, Marin claimed the eighth spot, but Idaho finished seventh overall.

The women's team is coming off a Big Sky Championship, which has been a catalyst for the men's team.

"The guys understand that if we play our best we're definitely going to be there at the end and have an opportunity to win," Nuhn said. "We've been preparing mentally and now seeing the women's team go out and finish their business it gives us a lot of motivation to go out there next week and try to do the same thing."

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



David Nuhn, Men's Golf Coach

# Staff predictions

*Vandal Nation Staff predict who will compete in the upcoming NBA Finals*



Meredith Spelbring ARGONAUT

**Meredith Spelbring — New Orleans Pelicans vs. Philadelphia 76ers**

After the Pelicans humiliates the Blazers I would at least like them to humiliate the Rockets and Warriors as well. In the east, "underdogs" for the win. The 76ers bring home another title to Philly.



Chris Deremer ARGONAUT

**Chris Deremer — Cleveland Cavaliers vs. Golden State Warriors**

I really want to choose two other teams, but it's hard to say LeBron won't make it back and that the Warriors will lose a step. These teams will unfortunately meet for a fourth straight NBA Finals and prove that everything else throughout the season doesn't even matter. Warriors in five.



Zack Kellogg ARGONAUT

**Zack Kellogg — Philadelphia 76ers vs. Houston Rockets**

Houston will prove why they are the one seed in the West, with their high scoring offense and deep bench. Philadelphia is playing some great basketball, and with a healthy Simmons and Embiid, the 76ers will make through the east. Rockets in seven.



Brandon Hill ARGONAUT

**Brandon Hill — Cleveland Cavaliers vs. Golden State Warriors**

I'm resistant to change and blissfully obsessed with King James. LeBron will snag one last trophy for The Land in another thrilling game seven.



Colton Clark ARGONAUT

**Colton Clark — Philadelphia 76ers vs. Houston Rockets**

I've just got to go with Philly here based on the hope for change, completeness and my personal desire to witness three conquests of Brotherly Love. Might as well go with the Bearded Chef on the other side. Sixers over Rockets in ... six sounds good.

## Argonaut Religion Directory

**BRIDGE BIBLE FELLOWSHIP**  
Sunday Services 8:30 a.m. & 10:30 a.m.  
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Mr. Kim Kirkland - Assistant Pastor  
Mr. Nate Anglen - Assistant Pastor  
960 W. Palouse River Drive, Moscow  
882-0674  
[www.bridgebible.org](http://www.bridgebible.org)

**Moscow Bible Church**  
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[www.moscowbible.com](http://www.moscowbible.com)  
Pastor Josh Shetler. 208-874-3701

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-  
Sunday Classes - 9 am  
Sunday Worship - 10:10 am  
-  
Middle and High School Youth Ministries from 6-8 pm at E-Free  
4812 Airport Road, Pullman  
509-872-3390  
[www.efreepalouse.org](http://www.efreepalouse.org)  
[church@efreepalouse.org](http://church@efreepalouse.org)

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Wednesday Taizé Service 5:30 pm  
405 S. Van Buren [fpcmoscow.org](http://fpcmoscow.org)  
Moscow, Idaho 208-882-4122  
Pastor Norman Fowler

**Bahá'í Faith**  
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College Dinner + Study Tuesdays at 6:30 p.m.

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Tues. & Wed. 5:30 p.m.  
Phone & Fax: 882-4613  
Email: [stauggies@gmail.com](mailto:stauggies@gmail.com)

**Moscow**  
208-882-6873  
•Avengers Infinity War  
PG13 2D Daily (3:20) 6:10 6:40 8:00 10:00  
Sat-Sun (10:15) (12:00) (2:45)  
3D Daily 9:30 Sat-Sun (11:15)  
•I Feel Pretty  
PG13 Daily (4:20) 7:10 9:50  
Sat-Sun (11:00) (1:40)  
•A Quiet Place  
PG13 Daily (5:00) 7:20 9:40  
Sat-Sun (12:10) (2:30)  
Ready Player One  
PG13 Daily (4:50) Sat-Sun (1:30)

**Pullman**  
509-334-1002  
•Avengers Infinity War  
PG13 2D Daily  
(3:20) (5:20) 6:10 6:40 8:45 9:10 10:00  
Sat-Sun (10:30) (2:00) (2:45)  
3D Daily 9:30 Sat-Sun (11:15)  
•Super Troopers 2  
R Daily (4:40) 7:05 9:40  
Sat-Sun (11:45) (2:10)  
•I Feel Pretty  
PG13 Daily (4:20) 7:00 9:40  
Sat-Sun (11:00) (1:40)  
•Isle of Dogs  
PG13 Daily (4:05) 6:30  
Sat-Sun (11:05) (1:40)  
Blumhouse's Truth or Dare  
PG13 Daily (4:50) 7:30 10:00  
Sat-Sun (11:50) (2:20)  
•A Quiet Place  
PG13 (5:00) 7:20 9:50  
Sat-Sun (12:10) (2:30)  
Ready Player One  
PG13 2D Daily (3:20) 6:35 9:35  
Sat-Sun (12:10)

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[www.EastSideMovies.com](http://www.EastSideMovies.com)  
Show times Effective 4/27/18-5/3/18



**HOPE**  
FROM PAGE 4

“We’re saying that there’s lots we can do to stop it,” Fritz said. “It really reaches out and touches people. Every presentation I give on QPR, someone stays after to talk to me about a friend, themselves, or something. To me, that’s the cat’s meow because it lets me get out and do some broader prevention work.”

According to a 2016 U.S. National Institutes of Health study, about 40 percent of Division I athletic departments feature mental health clinicians. The number has been steadily rising as the focus on student-athlete mental health awareness has been rising. At UI, Fritz acts as the CTC liaison for the athletics department.

“We’re trying to reach out to different populations so that (the CTC) has some presence, and so students can get to know the counseling center and get to know me,” Fritz said. “So hopefully they’ll have an easier time accessing services.”

Programs like QPR are also meant to destigmatize mental health issues among athletes, according to both Fritz and Brian Hainline, the NCAA’s first chief medical officer.

“The stereotype is that student-athletes are tough somehow or more put together than others,” Hainline said, quoted in a 2017 article in The Ringer. “No. People are people.”

Physical and academic soundness have long been focuses of athletic departments, but Fritz said mental health awareness has been overlooked, especially in the past. Physical and mental solidity are on the

“same par,” and both are treatable.

Athletes, along with all students, can experience stressors — expectations to perform, depression and anxieties — but there is always someone to turn to, and admitting the need for help is nothing to be ashamed of.

“I think it’s important to recognize life is more stressful,” Fritz said. “There are more demands on us and higher expectations, which means more people are struggling with mental health. We’re unique on campus in that we offer free and confidential counseling services. So, people can know it’s treatable, they know there’s help ... We don’t have to struggle with mental health and mental illness. There’s good help.”

UI offers extensive resources, including the CTC and Vandal Care Report. Among

**IDAHO SUICIDE PREVENTION HOTLINE (208) 885-6716**

those, the university also features its own hotline, which affords trained local and personal specialists, so students coping with mental health issues can seek nearby aid, instead of at the national level.

As one UI campaign put it: “There is hope, there is help.”

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

**RECORD**  
FROM PAGE 4

It was Kim, her teammate, who finished only four strokes behind Hausmann. The closest non-Vandal to Hausmann was Sacramento State’s Julia Becker, who was seven strokes shy of medalist honors.

Kim was the only competitor to avoid an over-par round throughout all three. She carded consecutive 1-under 71s, and followed with one better — a 4-under 68, a draw with Hausmann’s third-round score and the second-best tally overall in the tournament.

Kim is the first golfer in the history of the Big Sky Tournament to shoot un-

der-par in all three rounds. Her 54-hole total also is the third-best three-round total in the tournament’s history.

“I couldn’t be more impressed with Michelle,” Johnson said. “This semester she didn’t perform as well as she’s capable of, but she didn’t let that define her season ... She has won some big events in her career and to see that Michelle come back this week was incredible.”

Her birdie-to-bogey ratio was 12 to five. She avoided any over-par marks, and according to Johnson, played dauntless golf and had an exemplary tournament on the green.

Patino, Idaho’s one freshman in the group of five, was the third head in the three-pronged attack. She fin-

ished at a tie for 12th with an even final round, made possible by a 2-under back nine featuring a birdie on the 18th.

With the win, the Vandals earn their sixth all-time bid to the NCAA Regionals. The full field will be announced Wednesday. From May 7-9, Idaho will play at one of four western sites for a chance to appear in the NCAA Nationals.

“I told the team that I love regionals, but I love nationals more,” Johnson said. “We might as well go for it. If we play like we did this week, we can pull it off.”

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

**STRONG**  
FROM PAGE 4

Idaho had no trouble finding the top places in the short sprint events in Spokane. Three Vandal women took three of the top-five spots in the 200-meter dash, headlined by sophomore Kaylee Hove in second with a time of 25.93 seconds. Sophomore Maddy Dustin finished in fourth with a time of 26.80 and also grabbed a fifth-place finish in the 100-meter dash. Freshman Hana Tyndall rounded out the scorers for Idaho in

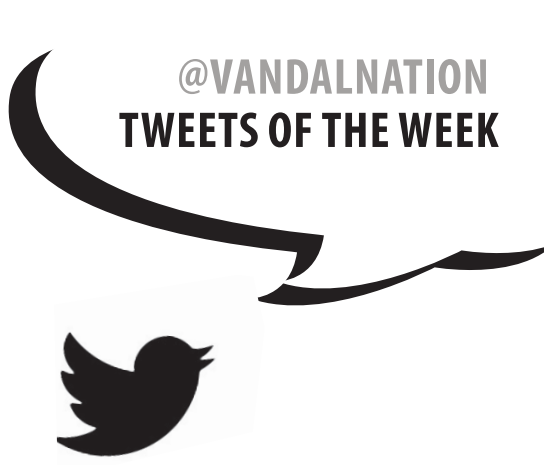
the women’s 200-meter dash with a fifth-place finish.

Senior Nicole Carter finished the 100-meter dash in 13.06 to take third place. Junior Rikki McCaw nabbed a fifth-place finish in the 100 meters with a time of 11.43.

Sophomore Dean Ellenwood took third in the 400-meter race with a time of 51.15.

Idaho travels to Oregon State for the OSU High Performance Meet beginning April 27 in Corvallis, Oregon.

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



**@vandalstennis**

Mark Kovacs records his school record 96th career win against Boise State! #GoVandals

— Kovacs become the all-time leader in wins for Idaho men’s tennis, while also leading his squad to a No. 1 seed in the Big Sky Tournament.



**@VandalHoops**

Vandals add another, this time with Midland College star Marquell Fraser #GoVandals

— Another transfer is added to the Vandal Hoops squad in Marquell Fraser, which will hopefully add some experience to the now young men’s basketball squad.



**@BigSkyConf**

The 2018 #BigSkyGolf Women’s Championship with a tournament record of 866 the @Idaho\_Vandals

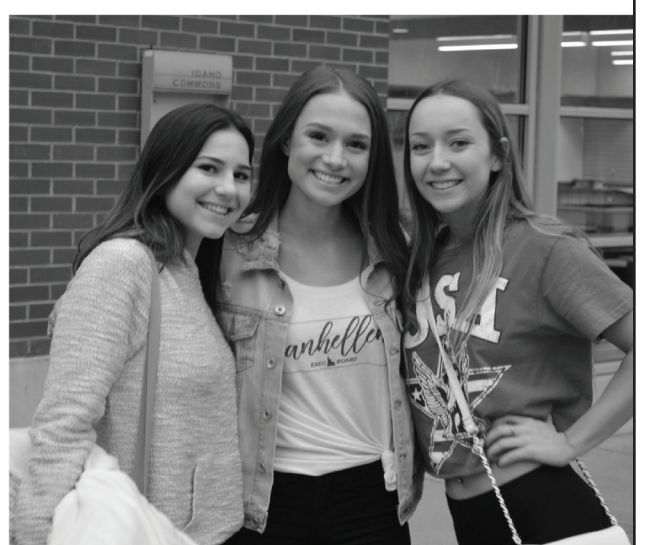
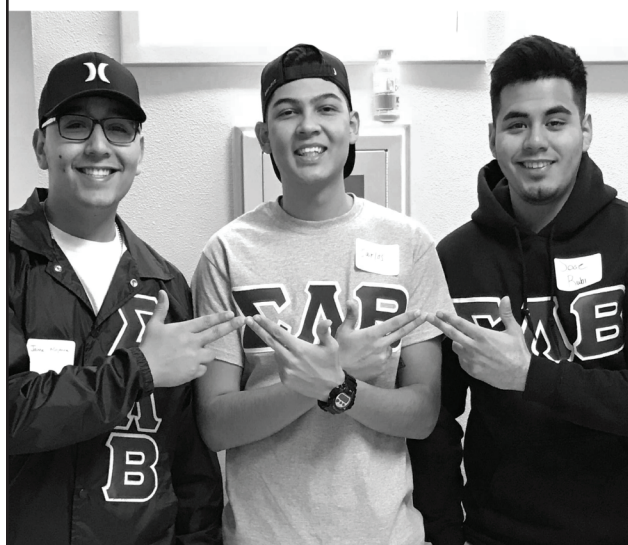
— Idaho women’s golf took home another Big Sky championship after dominating throughout the regular season and tournament.



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# ARGONAUT ARTS & CULTURE

## True Thompson victorious

ΚΛΘ



### Kappa Alpha Theta's "Daniel" aka "Danny"

In a word: Adventurous  
Likes: Sunshine, off-roading, shoes  
Dislikes: Having ribbons on him  
Personality: Feisty, "definitely has a bit of an attitude"

ΛΓΔ



### Alpha Gamma Delta's "Roger"

In a word: Spunky  
Likes: Sleep, lettuce  
Personality: Energetic, strong, and "a buff boy"

ΔΖ



### Delta Zeta's "Mason"

In a word: Aloof  
Likes: Sleeping, eating  
Personality: A little lazy, but still determined

ΚΚΓ



### Kappa Kappa Gamma's "Old Sport" aka "Chick Magnet"

In a word: Spunky  
Likes: Eating, swimming, running around, studying  
Dislikes: Sitting still



### Gamma Phi Beta's "True Thompson" (2018 Turtle Derby Champion)

In a word: Ambitious  
Likes: Crawling into small corners, good music, hanging out on the deck  
Dislikes: Rats

ΠΒΦ



### Pi Beta Phi's "Phil"

In a word: Sensitive  
Likes: Bathing in the sun, eating lettuce, swimming  
Favorite band: Nickelback  
Personality: Shy, "doesn't open up to a lot of people"

Alexandra Stutzman | Argonaut

ΔΓ



### Delta Gamma's "George Banta"

In a word: Mellow  
Likes: DG, head-bob pushups, long walks in the grass  
Dislikes: Phi Delt's showers  
Personality: "When he wants to have fun, he has fun"

ΔΔΔ



### Delta Delta Delta's "Richard" aka "Dick"

In a word: Passionate  
Favorite band: The Lonely Island  
Dislikes: Anything cold, carrots  
Personality: Active, "a great performer"

ΚΔ



### Kappa Delta's "Cardi T"

In a word: Relentless  
Likes: Carrots, shrimp, having her neck pet  
Dislikes: Holding still  
Favorite artist: Cardi B

Meet the racers who competed in the 2018 Turtle Derby fundraiser for LiveLikeLou Foundation

Beth Hoots  
ARGONAUT

Front row seats to Saturday's Phi Delta Theta Turtle Derby auctioned off for up to \$500, as hundreds of spectators crowded around the chalk-drawn track on Elm Street.

A fundraiser for the LiveLikeLou Foundation to support ALS patients and their families, the event raised thousands of dollars while bringing University of Idaho

Greek students and their parents together for an entertaining afternoon.

"LiveLikeLou supports ALS research," Turtle Derby Co-Chair Gaven Flowers said. "This is the first year working with them."

Along with his Phi Delt brothers, Flowers worked all week to raise money for the foundation. ALS research is a particularly significant issue for Phi Delt members because Lou Gehrig himself belonged to the fraternity in 1925, according to Flowers.

Nine sororities competed in the Phi Delt philanthropic event this year. Each sisterhood received a turtle to name, decorate and

care for before the derby on Saturday.

As part of their entry into the event, each participating house provided a gift basket to be auctioned off for charity. They were also required to prepare a skit to introduce their turtles, which varied from hip-hop routines, to lip synchs to a Lion King-esque victory lap.

"It went great," Flowers said. "The crowd was bigger than last year, and it seemed more fun."

The day was made even better for the Phi Delt brothers by the ultimate victory by their competing turtle, "Killer," who has won every Turtle Derby for its 61-year history.

"There's definitely a secret to it," Flowers said.

Killer challenged and defeated the winner from the sorority bracket, Gamma Phi Beta's "True Thompson." According to Gamma Phi Beta member Michaela LaFountaine, True Thompson has always been a winner.

"He's a speedy little guy," LaFountaine said.

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

Learn more about True Thompson and the other 2018 Turtle Derby competitors above.



## MOVIE REVIEW

# A creative canine journey

"Isle of Dogs" tells a beautiful story about a pack of dogs on an island of misery

Chris Deremer  
ARGONAUT

When first hearing about "Isle of Dogs," I hoped the film could live up to the hype. Instead, the film surpassed expectations and should be considered a front runner for best animated feature.

From the mind of the talented Wes Anderson comes an intertwining story with a charming concept — sick dogs abandoned on a garbage island in Japan.

Set 20 years into the future in "the Japanese archipelago," dog-hating Mayor Kobayashi of Megasaki City sends all dogs away to Trash Island after a recent outbreak of snout fever and canine flu.

This is where we meet the stars of the film, the alpha dog pack. The dogs themselves may not be much of alphas, but the talented voice actors certainly are.

The group is led by the stray Chief (Bryan Cranston), sports team mascot Boss (Bill Murray), tale telling Duke (Jeff Goldblum), former celebrity King (Bob Balaban) and punky Rex (Edward Norton). Each actor portrays their dog beautifully, coming together to give a pack of wild dogs life

when they are stuck on an island full of disease and death.

When Kobayashi's nephew, Atari, arrives on the island in search for his lost canine best friend Spots (Liev Schreiber), the adventure heads in a direction that surprises many but keeps the Wes Anderson style many fans know and love.

At its heart, "Isle of Dogs" is a story about finding family in a canine companion, with hints of a political thriller. At times the humor can be dark, but there were still many times I found myself laughing out loud in theater, due to the creative humor Anderson gives his audience.

Anderson also succeeds in balancing a portrayal of Japanese heritage and funny comedy — the latter provided by an English interpreter.

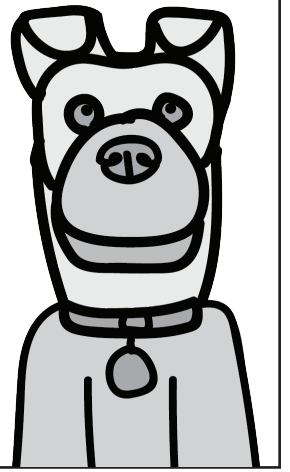
Last but not least is the astounding animation of this film. The montage sequences throughout this film are where the animation of "Isle of Dogs" shines the brightest. I never would have thought an island of trash could be so beautiful, but leave it to Wes Anderson to make something hideous into a work of art.

If there is any downside to this film, it would lie in the cluttered third act. The end of the film left me happy, yet confused at the same time.

On an island filled with trash lies a beautiful story told through creative humor and remarkable animation — the

Now playing at  
Village Centre  
Cinemas  
Directed by:  
Wes Anderson

Starring:  
Bryan Cranston  
Edward Norton  
Bill Murray  
Jeff Goldblum  
Ken Watanabe



story of a rag tag group of dogs helping a little boy find his best friend. If you love dogs, then you will love "Isle of Dogs," and it should be on your radar for best animated film of the year.

Chris Deremer  
can be reached at  
arg-arts@uidaho.edu  
or on Twitter @CDeremer\_VN

## DANCE

## Student-run, student-funded, student-loved

UI's ballroom dance team to perform at Pullman High School this Saturday

Jordan Willson  
ARGONAUT

After long hours spent in classes, doing homework and working jobs, 15 University of Idaho students meet to practice their passion.

The UI Ballroom Dance Company officially practices every Tuesday and Thursday from 7:30 to 10 p.m., but they often meet Wednesdays, Fridays and Saturdays as well, said Brenda Morgan, director and coach of the team.

"They have put in a lot of their personal time and their personal money in order to create this team, making sure that they practice and know their routine to put on a great show," Morgan said.

The team's next show will be 7:30 p.m. Saturday at Pullman High School. Tickets will be sold online and at the door — \$8 with a student ID, \$10 for general admission. The show will run for roughly an hour and a half with a 15-minute intermission.

The theme of the upcoming show is "a night at the movies," meaning all of the music will be from movies, but there will be a variety of different dances, both Latin and standard, such as the waltz, foxtrot, cha-cha and salsa.

The show will include movie clips

between each dance number, so the audience can see a dance to a song they may recognize, Morgan said.

"Putting those two things together adds another dynamic to the show," she said.

Morgan said in the past the shows haven't necessarily had themes, but to make time for costume changes they often include voiceovers discussing the history of each style of dance.

The student-run and student-funded team has choreographed three other shows this semester and will travel to Hawaii for a week-long dancing tour beginning May 14.

While in Hawaii, the team will perform at a variety of places, such as elementary schools, senior centers and public parks, Morgan said.

In the past, the team has gone to places like Disneyland and Las Vegas, Nevada.

Morgan said the tour is funded by the majority of ticket sales from shows throughout the year, and funding for other performances comes mainly from sponsorships, a team fee and students' individual fundraising.

Madi Fisher, a sophomore at UI and current president of the ballroom dance team, has been a member of the team since spring 2017.

Fisher said she danced competitively when she was younger, but focused on sports throughout high school. She said she has really enjoyed coming back to ballroom dancing as a college student.

"I love performing, and I think getting in

the costumes and just being part of a team and having that family here on campus is really awesome."

As president of the team, Fisher handles public relations, runs the social media and promotes the team. Fisher said her favorite thing about being president is becoming a leader, work with everyone and bragging about (her) team.

Fisher said many people may view ballroom dance as another thing to worry about on top of school, but she and her teammates don't see it that way.

"A lot of us aren't dance majors," Fisher said. "We just do this because we enjoy it, we love it. We are all here because we want to be here. It's more of a release of energy and time to relax and have fun and do something we love, than it is like an obligation and a stressor."

Fisher, a pre-nursing major, said the team is made up of people from many different areas of study, including architecture, agriculture and physics. She said she enjoys seeing people from the different communities on campus come together as one.

Fisher said the team provides an opportunity for those who aren't majoring in dance but really enjoy dance to do something they love on campus.

No experience is necessary to audition for the team. Morgan said some members have never really danced before, others have a little experience and some have been dancing their whole lives.

The team holds auditions twice throughout the year, in August and February, and the number of couples typically fluctuates between 10 and 12. Morgan said they like to see students come back, but they need more men to audition.

UI's ballroom dance company originally began as a social dance group, but it is now a for-credit course offered by the university, among other dance classes, Morgan said.

Morgan has been coaching ballroom dance since 2007, but has only been UI's coach for one semester after dancing on the team for a semester before.

She said she grew up in Utah where every high school had a ballroom team, but up here it's not very prevalent. However, because the team performs at schools in the area, she is now seeing more curiosity about ballroom dance among kids.

"It's nice to be able to introduce a different art form up on the Palouse and down in the valley," Morgan said.

She said she loves getting to know the personalities of the dancers, what their majors are and what they're passionate about, but most importantly creating a "ballroom family."

"We help each other out and we've got each other's backs," Morgan said. "Once you're on ballroom team, that family is always there."

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

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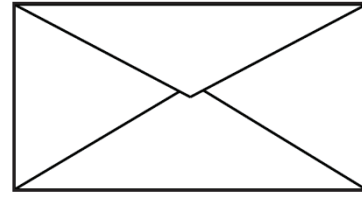
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# OPINION



Send us a 300-word letter to the editor.

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## OUR VIEW

# Blurred boundaries

*College students should know the laws that affect them most*

If an Idahoan is found in possession of under three ounces of marijuana, it's classified as a misdemeanor with a penalty of up to \$1,000 or one year in prison. Anything over three ounces becomes a felony.

But, drive five minutes away to Pullman, a town mere minutes away, these laws drastically change.

In the state of Washington, adults 21 and older can both purchase and possess marijuana. While there are still rules and guidelines to follow, the policies are much more relaxed.

Because Idaho borders Washington, Oregon and

Nevada, three states allowing legal recreational usage, the lines become even more blurred, allowing a greater possibility of legal altercations than ever before.

When a ten-minute walk can begin as an illegal activity and end as a recreational excursion, something needs to change.

For those not as familiar with the complexities of each state's policy, it can be easy to neglect just how radically different these laws are.

There are currently 29 states that legally allow the use of medical marijuana. When Colorado and Washington state passed legislation in 2012 allowing the legal use of recreational marijuana as well, others soon followed.

With eight states now legally allowing recreational usage, an increase in confusion about federal and state laws comes with it.

Understanding Idaho's marijuana laws is just one piece of the puzzle. It's equally important to become familiar with federal laws, since in many situations they can take precedence.

The Controlled Substances Act (CSA) categorizes marijuana as a Schedule I drug, the highest of five categories.

According to the Drug Enforcement Administration, these are drugs with "no currently accepted medical use and a high potential for abuse."

While federal legislation comes first, it can be dependent on whether or not federal officials decide to prosecute.

In addition to state and federal laws, the University of Idaho's Code of Conduct is important to remember.

Article VIII states a clear no-tolerance policy of illegal drugs and alcohol on campus, with a "full range of sanctions" that may be applied in certain situations.

Marijuana aside, it's always crucial to stay informed and up-to-date on state laws, as well as the laws that affect your direct neighbor — towns like Pullman that have more influence on the area than we often credit. These are constantly changing, and knowing policy intricacies can help in more ways than one.

A few minutes of research can be the difference between a warning and charges.

— MR

The EPA's new & mandatory sunglasses!



Blinders

- for only seeing what's right in front of them, and nothing else



Anslee Lechner  
ARGONAUT

## America's problem, Starbucks' predicament

*America's race problems should not fall on Starbucks to fix*

Over 10 million cups of coffee are sold at Starbucks around the world every day, Business Insider reports. If that is roughly 10 million people holding those cups throughout the day, then Starbucks is reaching a mass quantity of people's attention with its message — whatever that may be.

Two weeks ago, at a Philadelphia Starbucks, because of a viral video and social media, Starbucks' message skyrocketed across the nation.

On April 12, two black men sat waiting in the internationally recognized coffee shop for a friend.

The New York Times reports the two men asked to use the Starbucks restrooms but were denied by an employee because they had yet to buy anything.

Eventually, the men were asked to leave. When they declined, an employee called the police. The men were then arrested on suspicion of trespassing. Ultimately, Starbucks did not press charges.

On the surface, this incident might just seem like everything that happened escalated a little too quickly. But, what happened showcases a deeper riff.

Like many incidents, large and small,

involving black people and the police, the occurrence was filmed, causing a national stir — and rightly so.



Hailey Stewart  
ARGONAUT

Starbucks CEO Kevin Johnson met with the two men to learn about their experience and share future policies to curb these kinds of issues.

In response, Starbucks will close more than 8,000 U.S. stores and corporate offices for an afternoon on May 29. This time will allow for more thorough training "designed to address implicit bias, promote conscious

inclusion, prevent discrimination and ensure everyone inside a Starbucks store feels safe and welcome," according to a Starbucks news release.

It will take more than a day to "fix" what happened at that Philadelphia location. It will take more than a few training hours to "fix" racial profiling on any scale.

Johnson's statement read: "I'm writing this evening to convey three things: First, to once again express our deepest apologies to the two men who were arrested with a goal of doing whatever we can to make things right. Second, to let you know of our plans to investigate the pertinent facts and make any necessary changes to our practices that would help prevent such an occurrence from ever happening again. And third, to reassure you that Starbucks

stands firmly against discrimination or racial profiling."

These sorts of incidents happen every day. But not all of these incidents always happen on camera, or in a well-loved national chain.

If the 10 million people that buy Starbucks every single day spent the time thinking about race relations while sipping on their coffee, we might have a shot at changing the way we view race. Still, it takes more than 10 million Starbucks fanatics to change the minds of an entire society, just as it will take more than the actions of a corporate entity.

It is important that culture changes take place in companies where the mindsets of its employees are not on the same page about inclusivity and sensitivity.

Starbucks took the brunt of America's embarrassment over the last several weeks. But the shame is not only Starbucks' to bare.

"While this is not limited to Starbucks, we're committed to being a part of the solution," Johnson wrote.

Although Starbucks' reaction to the issue was well-prepared and could solve future issues, the problem is not just Starbucks — it's America.

Hailey Stewart can be reached at [arg-opinion@uidaho.edu](mailto:arg-opinion@uidaho.edu) or on Twitter at @Hailey\_ann97

## OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

### What is your go-to feel-good song for studying?

#### Hailey knows ...

Waking Up by Parachute, or anything by them for that matter. They're the best.

— Leslie

#### Justin Timberlake

No description needed, he's the best.

— Chris

#### The soaring birds

It ranges from screamo to classic rock music, all the way to jazz. At the moment though, it's been The Eagles.

— Lindsay

#### Put me on a shelf

Call me crazy, but MisterWives can pump me up like no one else.

— Brandon

#### Boy bands galore

I either have an obsession with the Brits or boy bands, or both. So, the Beatles and pre-breakup One Direction are always my go-to choices.

— Hailey

#### The classics

I have a Pandora station with 400ish hours of playtime originating from Claude Debussy's "Clair de Lune."

— Griffen

#### Don't give up

"The Greatest" by Sia. It has become an anthem for my time at UI.

— Andrew

#### Another Story

By The Head and The Heart. Also, "Walking all Day" by Graham Coxon.

— Nishant

#### Little Submarines

The Black Keys always put me in a good mood and I feel like I can conquer anything.

— Tea

#### T-Swift anything

And I am not even a little bit ashamed. I listen to her new stuff to pump me up and the classics to help me mellow out and get down to business.

— Meredith

#### Sinatra

Every song by Frank Sinatra is my favorite song. However, I love "My Way" and "That's Life" when things aren't going well. They're songs that recognize the humor that comes with things crashing down around you, and also that there's a lot more to life than what's directly ahead of you.

— Elizabeth

#### Silence

Nothing makes me feel good.

— Max

#### Saturation III

There's really nothing a little BROCKHAMPTON can't fix. It might not be considered feel-good music, but it really helps get me through long study sessions.

— Savannah

#### Something new

Finding a fun new album always puts me in a good mood.

— Grayson



# Not a missed steak

*Becoming a vegetarian offers benefits far beyond health*

It's been over two years since I first decided to become a vegetarian — a choice that didn't come without hesitation.

I cut meat out of my diet completely. I said goodbye to the juicy hamburgers, the crispy bacon and, most importantly, the smothered burritos from Cafe Rio I longed for nearly every day.

Although the decision to become a vegetarian wasn't an easy one, it was one I learned so much from and will never regret.

At first, the initiative to cut meat out of my diet was based off of the idea that by becoming a vegetarian, I wouldn't willingly be placing animals in harm's way as a means of human consumption.

I knew there had to be another way to sustain the protein in my body, while still enjoying the things I ate and minimizing harm to animals.

The first few months were the hardest. But, following that, my cravings for meat dwindled and now, the thought of consuming meat doesn't cross my mind. I've learned to adapt my diet and find healthy alternatives to meat.

I quit cold turkey and have had zero slip ups. I've never felt healthier in my life.

Vegetarianism, according to the Boston University School of Public Health, can have a number of benefits on a person's health, including a decreased risk of cardiovascular disease and Type 2 diabetes, among other benefits.

Becoming a vegetarian has not only helped my health, but my meat-free habits have also benefited the environment, leaving a positive impact on climate change.

Livestock, such as cows and pigs, which humans utilize for meat production, account for a large portion of the greenhouse gas emissions in the atmosphere due to land conversion and biodiversity loss, according to BBC.

Research conducted by a research fellow at the Oxford Martin School's Future of Food Programme suggests if everyone became a vegetarian by 2050, food-related emissions would drop about 60 percent. Additionally, if the

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By avoiding meat altogether, I am left with the hope that I am making a mark on environment by helping combat climate change, even if it's only a small amount.

world went vegan, emissions would decline around 70 percent, according to BBC.

By avoiding meat altogether, I am left with the hope that I am making a mark on environment by helping combat climate change, even if it's only a small amount.

However, becoming a vegetarian does not come without risk. Lack of nutrients such as protein, iron, b-vitamins, zinc and omega-3 fatty acids are all prominent in strictly vegetarian diets, according to Harvard Health Publishing from Harvard Medical School.

It is critical to have a plan. Know what meals to cook to maintain healthy levels of each of these essential nutrients. This is where substitutions come in handy.

Nearly every popular meat product can be replaced with a plant-based alternative. Whether it be chicken nuggets, ground beef or wings, all taste almost exactly the same without leaving the lasting impact on the environment or an animal's well-being.

Personally, I did not have a plan, which led to decreased muscle mass overall and unhealthy habits. However, I combatted this early on by creating one specific to my needs.

Becoming a vegetarian has been one of the most rewarding and eye-opening experiences I have ever embarked on. Through helping the environment and positive health habits, the benefits are nearly endless.

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Savannah Cardon  
ARGONAUT

# No place like home

*You gain a deeper appreciation for your home country when studying abroad*

If you were to ask me what I miss most about living in America, I would immediately reply with my dog, family and friends — probably in that order. Beyond that, I might say working Wi-Fi, affordable peanut butter and insulated buildings, depending on the day.

However, it isn't the material possessions or even the people left behind I find myself yearning for, but the solace and comfortability of life in America.

After arriving in Italy, I was struck by just how much I took living in the U.S. for granted and the rights that citizenship there affords a person.

This isn't a homesick feeling necessarily, but more of an appreciation for the place I had the good fortune of being born in. I never realized just how attached I was to American culture until I suddenly wasn't surrounded by it.

Prior to my departure, I was told studying abroad can provide a variety of new perspectives. Yet, I was still so surprised to find myself learning more about my home country, rather than myself.

Compared to American health standards, Italians don't seem as concerned with their personal health as Americans do, and it is evident by how many continue to use tobacco products, despite knowing the risks involved, even at very young ages.

Granted, there are things in Italy that the U.S. should take note on, such as their recycling system, which is not only in-depth, but mandatory. Don't adhere to the guidelines and you will be fined.

Most Italian cities also have an extensive public transit system, allowing for cheap, eco-friendly travel. However, these methods of transportation are often hotbeds for petty crimes like pickpocketing — a phenomenon not entirely uncommon in the U.S.

The differences might be very basic and general, but as I dove deeper into both countries, the contrasts between the two are very stark, especially in terms of safety.

I have never questioned my personal welfare more than I have while traveling overseas.

The first bouts of this realization came about after receiving a presentation from the U.S. Embassy in Rome about our new rights, or lack thereof, in Italy.

We were told a variety of different, helpful information, but the thing that stuck with me the most was related to drinking.

In Italy, our presenter told us a bartender can continue to serve patrons until they are well past their limit, even if that means feeding them drinks until the point

of alcohol poisoning. As long as a person can pay, there is no need to cut them off.

If any illegal or inappropriate behavior happens on their premises, such as sexual assault or battery, they are not responsible.

The presenter went on to tell us that even if someone is sick in the streets, bystanders most likely won't do anything for them, nor will cabs help take them home, out of fear that they might dirty their vehicle.

I was shocked after hearing this, as were several others in my abroad program. Although, public intoxication is more taboo in Italy, I would have thought people would still be willing to help someone in need, especially when their life might be on the line.

The U.S. may have its problems with alcohol consumption, which is evident throughout history, but at least people are held liable for their actions and there are precautions set in place to aid those who require it.

Despite its many shortcomings, I don't think it gets much better than the U.S. and time spent outside of the country can only prove that — it has for me.

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Olivia Heersink  
ARGONAUT



## 2018 Innovation Showcase

April 25th, Idaho Commons | Research, Scholarship and Vision, an event to highlight the research and creative successes of our graduate and undergraduate students in all disciplines at the University of Idaho.

Showcase Presentations: 8 - 3 p.m. | Awards Reception & Social: 4:30 - 6 p.m.



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