

THE UNIVERSITY OF IDAHO ARGONAUT

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FOR, OF AND BY THE STUDENTS SINCE 1898

THURSDAY, SEPTEMBER 13, 2018



UI seniors Ashley Buzzini and Bernadette Beeman kayak on Lake Brienz in Interlaken, Switzerland, during spring 2018.

Courtesy | Bernadette Beeman

Learning about life and culture

UI students experienced brand new cultures and experienced challenges returning home

Jordan Willson
ARGONAUT

Last fall, University of Idaho seniors Bernadette Beeman and Ashley Buzzini, both studying interior design and architecture, became two of the roughly 350 University of Idaho students who study abroad each year.

The two said they experienced varying levels of culture shock when over seas—encountering a world much different than that of the U.S. Though they said they appreciated the slower pace of life, the cultural contrasts became even more stark back home.

Travelling to Italy was easier, Buzzini said, because most people were curious about America and American culture. When coming back to the U.S., however, she said people were uninterested in Italian food, culture and what they had learned.

“People are going to ask you how your trip was, but they don’t really care that much, not enough to listen,” Beeman said. “There, everyone listens and wants to know you and really engage in who you are as a person and what you love. And so it was

so refreshing to be there, and then coming back it was like ‘oh hey, how are you?’”

Beeman and Buzzini said in Italy, students would show up to class 20 minutes late and professors wouldn’t assign due dates—and that it was normal.

“Here everyone is so stressed all the time,” Beeman said. “People are timely, prompt and they get stuff done. Life is just so fast, and you know what you’re doing five years from now. (In Italy) you just had space to breath. Life was so slow and beautiful, and they appreciate what is there, and they appreciate what’s around them.”

Buzzini said some of her other friends who have studied abroad elsewhere also noticed a slower pace in the cultures they visited.

Buzzini said she also noticed a difference in the friendliness of people. She said whenever they would walk into a room they would be greeted, even every morning when they went to school.

“In America, we’re not as nice to each other, and we don’t really pay attention to each other’s daily activities,” Buzzini said. “We’re all just stuck to our phones, and that wasn’t as prominent there.”

Other cultural differences the two noticed were the portion sizes of food, the style of dress and the mode of travel. People ate much less because the food was so rich, they con-



Olivia Heersink | Argonaut

Ashley Buzzini and Bernadette Beeman look at photos from abroad.

sistently dressed much nicer and they walked almost everywhere, Beeman said.

While studying in Italy, Beeman and Buzzini traveled most weekends and went to nine other countries including Spain,

France, Hungary, Switzerland, the Netherlands and Czech Republic, they said.

SEE LEARNING, PAGE 4

LATAH COUNTY

UI student missing

Last seen in Moscow area Aug. 25

University of Idaho student Yvonne Louise Danich has gone missing, according to the Latah County Sheriff’s Office,

The UI Dean of Students Office notified university members Wednesday afternoon. The Latah County Sheriff’s Office is looking for assistance in locating her.

The 54-year-old was reported missing by family Sept. 3. Danich, a white female, has

brown hair and blue eyes. She is 5 feet 7 inches and 140 pounds.

She was last reported seen Aug. 25 in the Moscow area. According to police, she was reportedly last seen Aug. 25 in the Moscow area. Danich may be driving a Silver 2007 Suzuki XL7 with Idaho Plate 1LC2896.

The police request that anyone with information on Danich, or anyone who can assist the sheriff’s office in locating Danich, contact Det. Ryan Weaver at 208-882-2216.

Hailey Stewart
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arg-news@uidaho.edu



Yvonne Louise Danich

FACULTY SENATE

Honorable changes

UI honors program hopes to rebrand graduate students

Gavin Green
ARGONAUT

Potential honors program changes and graduate student enrollment were the focus of discussion at Tuesday’s Faculty Senate meeting.

Sandra Reineke, the director of the honors program, spoke about her hopes to transition from an honors program to an honors college at the University of Idaho.

Reineke said having a stronger honors presence on campus will make the college

more attractive to high achieving students.

She encouraged those in attendance to go to an open forum discussion about these changes on either Sept. 24 or Sept. 25.

Sen. Allan Caplan asked what the differences would be between an honors college and an honors program.

Reineke said an honors program is run by a director who coordinates the class offerings. An honors college would function like any other college on campus with its own administration and a dean that would work in collaboration with other colleges to coordinate a curriculum.

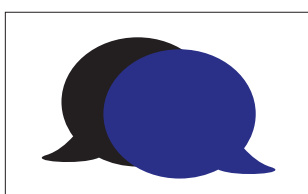
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Expand education through culture. Read our view.

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FIND WHAT MOVES YOU

CPR Classes

PEDIATRIC FIRST AID TRAINING

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

Saturday, September 22

9am - 4pm Student Recreation Center

Cost: \$60/Students, \$70/Non-Students
Pre-registration is required

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

Outdoor Program

PUBLIC LANDS DAY OF SERVICE

We will be helping clean campsites, trail building and other duties

Date: September 29

Nez-Perce Clearwater National Forest at 7 a.m.

Cost: Free

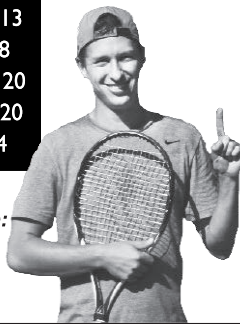


Sign-up at the Outdoor Program

Intramural Sports

Upcoming Entry Due Dates

Singles Tennis	Thurs, Sept 13
3 on 3 Basketball	Thurs, Sept 13
2 Person Golf	Tues, Sept 18
Doubles Tennis	Thurs, Sept. 20
Co-Rec Softball	Thurs, Sept 20
Co-Rec Tennis	Thurs, Oct 4



For more information and to sign up: uidaho.edu/intramurals

Outdoor Program

INTRO TO FLY FISHING

Trip: September 23

St. Joe River, Idaho

Cost: \$90



Sign up at the Outdoor Program Office

Wellness Program

UNLIMITED WELLNESS PASS

\$93⁷⁵

SEPTEMBER 24 - JANUARY 8, 2019

Outdoor Program

INTRO TO BIKEPACKING

Palouse Range, Idaho

Trip: Sept. 29-30

Cost: \$40
(includes transportation and group equipment bike bags and instruction)



Sign-up at the Outdoor Program Office



University of Idaho
Campus Recreation

uidaho.edu/campusrec



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UI Campus Rec

A Crumbs recipe

Green chili cornbread

Fall is just around the corner, and this fluffy cornbread recipe is perfect for chillier days. With just a few ingredients such as green chilies, fresh corn and cheese, this recipe pops with flavor. Pair this cornbread recipe with a warm bowl of chili or grilled chicken for a flavor-filled meal.

Ingredients

- 1 cup of flour
- 1 cup of yellow cornmeal
- 4 teaspoons of baking powder
- 1 cup of melted salted butter
- 3/4 cup of sugar
- 15 oz. creamed corn
- 1 cup of fresh cut corn
- 1/2 teaspoon of salt
- 4 oz. of canned green chilies
- 3/4 cup of shredded cheddar cheese
- 4 whole eggs

Directions

- 1.) Whisk together the flour, cornmeal, baking powder, sugar and salt.
- 2.) In a separate bowl, combine the eggs and melted butter.
- 3.) Incorporate the creamed corn, fresh corn, green chilies and cheddar cheese.
- 4.) Fold the wet ingredients into the dry ingredients.
- 5.) Grease a baking dish for the mixture and place in the oven for 45 minutes at 350° Fahrenheit.

Serves: 8 cornbread squares
Start to finish: 1 hour

Hailey Stewart
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arg-crumbs@uidaho.edu

It's a dog!

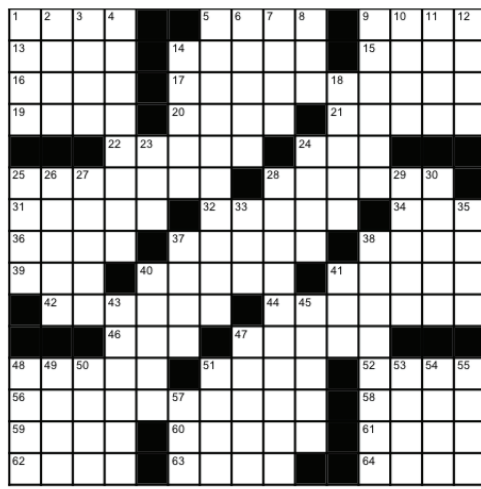


Avery Alexander | Argonaut

CROSSWORD

Across

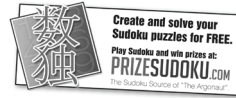
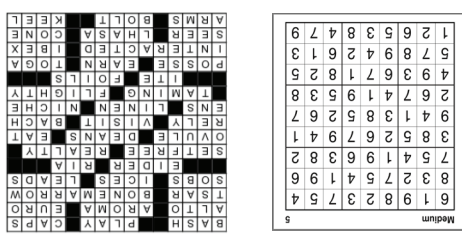
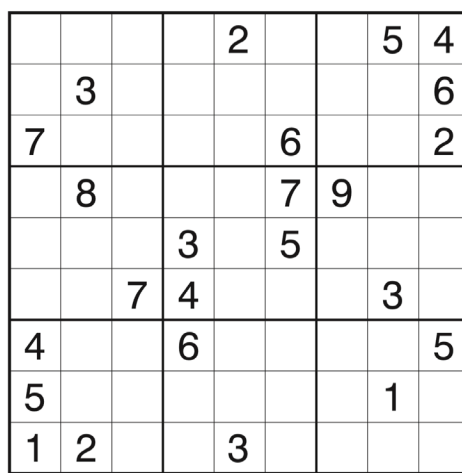
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SUDOKU



THE FINE PRINT

CORRECTIONS

In a Sept. 6 article, the groups hosting a suicide prevention 5K were mistated.

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 Brandon Hill, Hailey Stewart, Meredith Spelbring and Max Rothenberg.

LETTERS POLICY

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

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

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CAMPUS CLUBS



Hailey Stewart | Argonaut
Plaza Wednesday.

University of Idaho students gather to promote their organizations at the annual Get Involved Fair at the Idaho Commons Plaza Wednesday.

Spotlight: Get involved fair

Three UI clubs offer why students should get involved

Brandon Hill
ARGONAUT
Local Herbivores
What is your club about?

We promote veganism. It's for the animals and the environment, as well as human health and wellness. We hold events like helping out other sanctuaries up here and holding vigils for the cows on campus, and cows and pigs and chickens and fish at slaughterhouses. We're trying to put an end to the slaughter house here and holding vigils and peti-

tioning and raising awareness that these cruel acts are taking place on campus. It's not an isolated case you see on Facebook.

Why should students join your club?

It is a cause that is growing each day. People are making the connection that animals are sentient and they deserve respect just as much as we do. It's the healthful choice. It's the best for the environment. Why not hang out with similarly-minded people?

— **Danielle Solberg, president**

Gamma Omega Sorority
Alpha Multicultural Sorority
What is your club about?

We are a service-based sorority, so we do a whole bunch. We do a lot of events to bring awareness of bringing children into higher education. We host a dance with another fraternity, and we raise donations for kids who might not have the opportunity to get gifts for Christmas. We have fundraisers throughout the year, and everything we

do is for the community.
Why should students join your club?

When I started looking into sororities, I didn't really find the right fit until I found Gamma. For me, it was a great place because I felt welcomed. I knew this was the right fit because everyone was welcoming, they really helped me grow into the person I am today. All the service we do, the philanthropy, it's so meaningful to me our sorority.

— **Stephanie Vega, president**

Logger Sports — Paul Riebe, captain
What is your club about?

It's basically old fashioned logging, but as a sport. We're an inner-collegiate team, so we play against teams around the area like the University of British Columbia (and) University of Montana. We do events like a pole climb, there's chainsaw events, axe throw. Basically, it's a sport made out of the industry of old fashioned logging.

Why should students join your club?

It's just super fun, and you make good friends out of it and great memories. You get to travel to go to competitions. It's nice to go out on a Saturday morning and get away from campus and the university. Just breathe some fresh air and blow some wood apart with axes. It's really relaxing and a lot of fun.

— **Paul Riebe, captain**
Brandon Hill can be reached at arg-news@uidaho.edu

EDUCATION

Finding common ground in education

Author Tara Westover discusses her memoir, "Educated"

Brandon Hill
ARGONAUT

Tara Westover, author of the New York Times bestseller "Educated: A Memoir," sparked new conversations on the University of Idaho campus Monday, as she paid a visit to Moscow to discuss her book.

"Educated: A Memoir," which UI chose as the 2018 Common Read, deals with Westover's childhood and struggles with her religious family's views on secondary education.

Westover said growing up, her family abided by an extreme version of Mormonism, one she said often discouraged higher education and was often in conflict with it.

"After I had these experiences with education, I had a desire to write about it," she said in an interview before her keynote speech Monday. "I think education is more than just a way to make a living."

The Idaho native did not enter a classroom until she was 17 years old. She graduated magna cum laude from Brigham Young University before receiving a Master of Philosophy and doctorate in history from

Trinity College, Cambridge. She was also a visiting fellow at Harvard University.

Her story resonated with one UI student, who said he faced similar childhood challenges while growing up in Boise.

Zachary Lien, a recently graduated UI student who returned from studying in Israel, said his upbringing in the Mormon church greatly affected his outlook on education from a young age. Lien said after leaving the church, he began to accept other forms of learning and began to broaden his horizons.

Both Westover and Lien said their experiences with the Church of Latter-Day Saints caused strains among their family. This struggle, Westover said, created the driving force behind her decision to pen her memoir.

"I was very inspired by her willingness to share her introspection into the value of education, into her difficulties into figuring out what she wanted to do with her life, what relationships she was going to have with her family," said Lien, the 2018 recipient of the Lindley Award — presented each year to the top student in the College of Letters, Arts and Social Sciences. "I think she approached those topics with maturity and a lot of good insight other people could glean from."



Tara Westover

Lien wasn't the only one affected by "Educated." Westover said as the summer months began, former President Barack Obama gave her a call, offering his praise of the book. Obama eventually put "Educated" on his summer reading list.

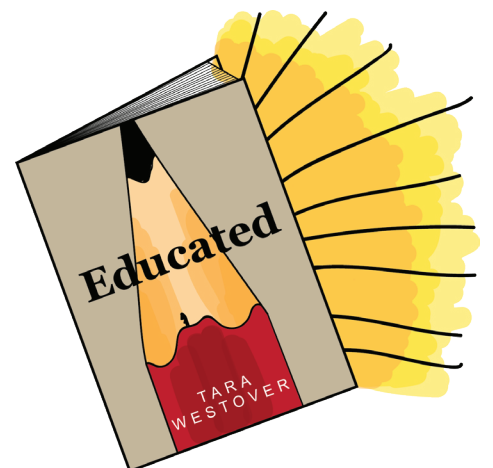
"It was surreal. I would have never expected a former president of the United States to read something I wrote, ever," she said. "Obama, he talks to an urban liberal crowd. It's a crowd I hope reads the book, because it presents a way of life that maybe they haven't encountered before."

The University of Idaho selected the book in May for its 2018-2019 Common Read, a program in which incoming freshman are encouraged to read and discuss one novel early in the semester.

Dean Pattaja, UI director of general education, said the committee that decided on the Common Read considered a number of themes, including diversity, before settling on "Education."

"All first year students have — theoretically — read the book and have something to talk about," he said. "There's a common scholarly text that they're all working from, and that's the idea, to build a community of scholars."

Westover offered a glimpse into her next project in an interview with The Argonaut. She said it will surround problems children in rural areas face.



Anslée Lechner | Argonaut

"They are very particular issues that are facing rural kids right now, especially with changes in agriculture and the death of the family farm," she said. "I think increasingly you're seeing kids that are trying to make it in cities, and certainly urban areas. They're not necessarily prepared to do that. Their education hasn't prepared them to do that."

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

EDUCATION

Queer students of color to speak on panel

Queer students of color talk culture, community issues

Hunter Diehl
ARGONAUT

The University of Idaho LGBTQA Office will host a Queer People of Color Panel Discussion Thursday to highlight the challenges queer people of color face today.

The panelists for the event are Julien Arias, Lydia Flores, JayLynn Rogers and Teja Sunku. All four are UI students hoping to shed light on what life has been like as queer people of color, and offer a vision of hope. Julia Keleher, the director

for the LGBTQA Office, said she hopes people will come to the panel to be educated on an underrepresented community and their issues.

One such issue that is likely to be covered at the panel is how queer people of color are seen in today's culture.

"Like with any community we can't assume that one or two people can speak for their entire community," Arias said. "But I think a large problem is POC queer folks deal with a lot of stigmatization. These events help give voices to us and also break stereotypes."

Arias said this panel is also a chance for him and the other panelists to high-

light how important it was finding their community.

"In my experience finding community and trying to create inclusive spaces for queer POC folk was very helpful," Arias said. "I'm a part of a lot of LGBTQA+ related organizations and it's been great having those spaces and I've had opportunities to bring attention to queer people of color in conversations. It helps to have a support network and folks to talk to."

The panel will be held 7 p.m. in the Idaho Commons Aurora Room.

Hunter Diehl can be reached at arg-news@uidaho.edu.



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CAMPUS LIFE



Meredith Spelbring | Argonaut

UI Junior Tenzin Nyima sits outside the commons on day two of his hunger strike.

Hungry for reform

Tenzin Nyima started a personal protest against Vandal Meats

Meredith Spelbring
ARGONAUT

Tenzin Nyima, a self-proclaimed animal lover and vegetarian, took a stand against the Vandal Brand Meats slaughterhouse — a five-day stand.

After hearing of the slaughterhouse located on the University of Idaho campus during a meeting of the Local Herbivores, a club for vegetarians and vegans, Nyima felt motivated to take action.

“The whole end goal of this is to make the college of Agriculture and Science, the slaughter house, to make them stop killing animals,” Nyima said. “I am also doing this to raise awareness. I don’t have a specific day, like, ‘Oh, I will stop on day five.’ I am going to keep going until they stop, or bring change to it.”

Nyima began his hunger

strike Sept. 6, shortly after the meeting where he learned of Vandal Brand Meats. He called off the strike Monday.

“I realized that my goal or my demand ... to stop slaughtering the animals was not going to be ratified. Also, I should not worry about the outcome of it. It is all about raising awareness,” he said following the end of his protest. “I hope I affected some students and that this will be a ripple for others and (myself) to take more action in the future.”

The junior decided to take a non-violent approach to the issue with a hunger strike — a method he said has an effective history.

“You can do alternative ways, like brochures, or informing, but I think a hunger strike really gets there quicker in the end,” Nyima said.

While he relied on his health to get him through the hunger strike, Nyima said he did not worry about his well-being in the process.

“I can do it,” Nyima said Sept.

7. “This is my body and I believe physically I can manage and go on a long time like this. However long it takes for the college to stop killing the animals at the slaughter house.”

With the intention of continuing his hunger strike until he saw change from the UI College of Agriculture and Science, Nyima said he called off the strike after five days so he can address his concerns through other methods that do not sacrifice his health.

“With the build up of weekly assignments and the state of my health and understanding that hunger strikes should be about raising awareness, I decided to stop and that I have future opportunities to spread more awareness, inform to other people about the wrongs of killing an animal, and to make them change their perspective,” he said.

Meredith Spelbring
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HONORABLE

FROM PAGE 1

Jerry McMurtry, dean of the College of Graduate Studies, provided an update about the challenges and triumphs regarding recruiting graduate students at the university.

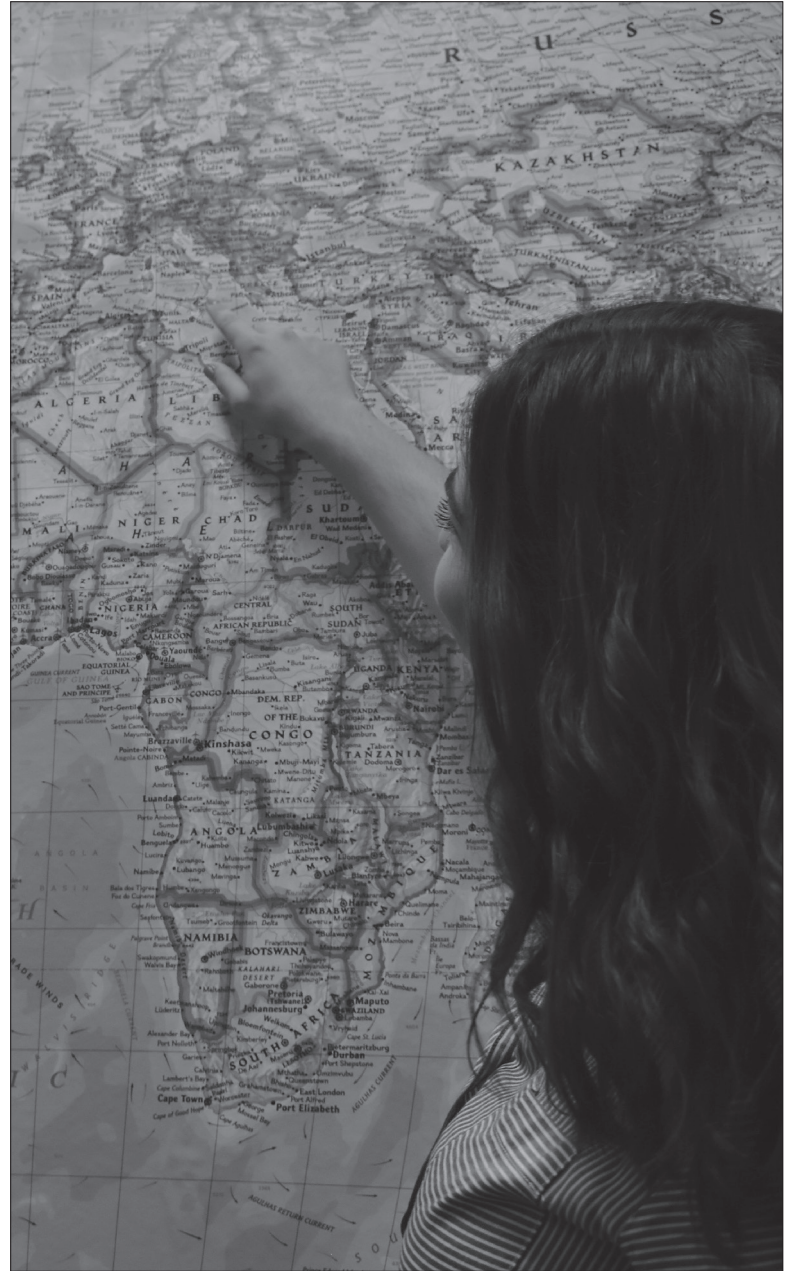
Overall application is up 4.9 percent, she said. McMurtry suggested some of this success has been a result of new online application systems that have made it easier for students to apply.

Some challenges McMurtry and his colleagues have faced include a decrease in international

student application. McMurtry attributed these issues to the tense political climate and prospective students having their visas denied.

Additionally on a domestic front, McMurtry said the department needs to work on national visibility. He said many students looking for places to attend college simply do not consider Idaho because “they heard about it (Idaho) in eighth grade geography and that is probably the last time they thought about this state.”

Gavin Green
can be reached at
arg-news@uidaho.edu



Olivia Heersink | Argonaut

UI senior Bernadette Beeman points Italy out on a map.

LEARNING

FROM PAGE 1

Beeman said her favorite trip was to Interlaken, Switzerland, where the two kayaked on Lake Brienz. She said it was quiet — a blissful retreat from the bustle and noise in Florence.

“I wanted to sit in the silence and take it in,” Beeman said. “It was so breathtaking, and after travelling so much and being so busy, it was such an amazing and completely different experience that we had, and I loved it.”

Buzzini said it is hard for her to pick a favorite time during their trip, but Budapest, Hungary, and Prague, Czech Republic, impacted her.

She said these places had old Jewish quarters and displayed heartbreaking history.

“You could go up to the buildings and still see the bullet holes,” Buzzini said.

Colton Oliphant, UI Education Abroad adviser, said students have the opportunity to travel to over 70 countries, and every major on campus has some sort of international opportunity available.

Oliphant said study abroad experiences range in duration from a couple weeks to a year.

Different trips to different countries cost varying amounts of money, but some trips are less expensive than if a student were to

stay and study at UI in Moscow.

Oliphant said if cost is a major factor, students just have to remember to bring it up.

Buzzini said UI provided assistance where she and Beeman need it.

“The abroad office was more than happy to help find ways to get us there and help us figure out ways we were going to pay for it,” Buzzini said. “They wanted to help us get there.”

After studying abroad, Beeman and Buzzini said they will definitely return to Italy and travel to other countries, particularly to places that not a lot of people know about.

The two also advocate for all students to study abroad, if they can.

“We encourage everyone to go because it’s such a huge, amazing growing experience and cultural experience,” Beeman said. “A lot of people live here, grow up here and then they just stay here, and there’s so much more to this world.”

Beeman said the two found it refreshing to live in a place where people held different values than those commonly treasured in the U.S.

Although short, the pair won’t soon forget their time traveling in Europe.

“We learned so much more about life and people and culture,” Beeman said.

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BRAVE AND BOLD

Where student leaders come together

Pratt, Nicholas (npratt@uidaho.edu)

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ARGONAUT ARTS & CULTURE

COMMUNITY



Hailey Stewart | Argonaut

Kelly Kingsland and Russell Poe show Affinity Farm tour attendees a patch of squash Monday evening.

From tour to table

Local farmers give tours to community members as part of the Eat Local Month program

Hailey Stewart
ARGONAUT

Kelly Kingsland and Russell Poe did not originally go searching for Affinity Farm in Moscow.

"We kind of got found by this place," Kingsland said.

Prior to opening Affinity Farm in 2001, Kingsland said she worked with the Moscow Food Co-op, while Poe worked for another North Idaho farm. They have been part of the locally grown food scene for most of their lives, which have been spent on the Palouse.

To show the knowledge they have gained during their time in the area, Kingsland and Poe open their farm to community members once a year.

As part of Moscow's Buy Local program, Kingsland and Poe partnered with Rural Roots, University of Idaho Extension and the Palouse-Clearwater Food Coalition to share their experience harvesting crops in a sustainable capacity.

To kick off Buy Local's Eat Local Month, Affinity Farm was the first farm tour on the calendar of events. About 20 people attended the Monday night event, which began at the Palouse-Clearwater Environmental Institute Nature Center.

A quick hike on the institute's nature path leads to Affinity Farm — a five-acre area — where attendees met with Kingsland and Poe to learn about their farming operations and ways to sustainably grow fresh vegetables.

During the tour, Kingsland and Poe

showcased a variety of their plants and planting styles. The two explained how they best utilize small spaces and reuse farming products year after year.

Iris Mayes, a UI Extension educator of small farms and horticulture, said these kinds of farm tours are geared toward local farmers and educating consumers.

"Often consumers do not have access to farms or get to see how local food is produced," Mayes said. "A lot of work goes into each and every vegetable. We want consumers to understand that, so they value what they are buying and eating."



Iris Mayes

Sarah Stolberg, the owner of a small, local organic orchard, and her five-year-old daughter, Ellen, a gardener in practice, visited Affinity Farm with the hope of learning more about growing tomatoes.

"My daughter is getting old enough to sort of understand where our food comes from and how to grow it herself," Stolberg said. "So, this is interesting to come to and learn about how others are doing what they do."

Poe said yearly tourists might notice some changes in their farming practices. The pair's operations have evolved throughout the years, Kingsland said, to reflect changes in climate and farming technology.

"We've always grown just an acre, but over the years with experience, innovation and efficiency, we are able to produce more and more," Poe said.

While the pair know how to grow a greenhouse full of tomatoes and a flourish-



Hailey Stewart | Argonaut

Community members hike a trail to Affinity Farm Monday evening.

ing patch of winter squash, Kingsland said they are always reading up on new practices to help their farm stay as environmentally sound and as profitable as possible.

"Three years ago, we would have been talking about something else we were into," Kingsland said. "But that's just a part of gardening. Come back in three years and we might be into something else."

Marci Miller, the executive director of Rural Roots, said the organization's goal is to support and enhance sustainable agriculture and local food systems in Idaho, particularly the Inland Northwest. In doing that, Miller said she has seen an increase in community members buying local and keeping that sustainable momentum going.

"Each year we see more and more people coming to the Moscow Farmers Market and

more restaurants buying local produce," Miller said. "We see the demand for local food increasing more and more and it's our goal to help more farmers meet that demand."

Kingsland said she has also noticed the growth of involvement from community members and local businesses working with farmers.

"It is a great wheat and legume growing area," Kingsland said. "But, the Farmers Market, the Co-op, local restaurants and a lot of people with great food awareness, make it great for small scale vegetable farmers, too."

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FILM

The message within

Vandal Health Education hosts free Mental Health Film Series monthly on campus

Kaylin Lechner
ARGONAUT

Sometimes the best way to tackle a difficult subject is through the art of film.

Mental health is one of these concepts, said Amanda Ferstead, a program coordinator with the University of Idaho's Vandal Health Education (VHE).

In order to increase awareness on the topic and decrease any stigma associated with it, Ferstead said VHE officials created "a new program on campus that aims to promote mental wellness through the discussion of films" — the Mental Health Film Series.

The free, monthly event kicked off

Tuesday in the Bruce M. Pitman Center's Borah Theater with a showing of "It's Kind of a Funny Story," starring Zach Galifianakis, Keir Gilchrist and Emma Roberts.

The movie follows the story of Craig Gilner, who is experiencing thoughts of suicide and decides to check himself into a mental hospital. Throughout the film, the audience sees his journey during his stay at the facility.

Other 6:30 p.m. showings in the series include:

"Infinitely Polar Bear," Oct. 16
Ferstead said this film features "A father experiencing bipolar disorder who must navigate his new role as primary caretaker of his two daughters, while his wife is studying away from home."

The film stars Mark Ruffalo and Zoe Saldana.

"Megan Leavey," Nov. 13
The film, starring Kate Mara and

Edie Falco, follows a woman who is experiencing PTSD due to a past serious injury after serving on the K9 Marine Rex, completing more than 100 missions.

"Inside Out," Dec. 4
The program's final film centers on a young girl, Riley, who is dealing with the emotions of moving to a different state. The viewer is able to see the emotions going on in her mind. It stars Amy Poehler, Bill Hader and Lewis Black.

Ferstead said each film in the UI Borah Theater will be followed by a discussion with "voices from the (UI) Counseling and Testing Center, populations represented in the films ... and students."

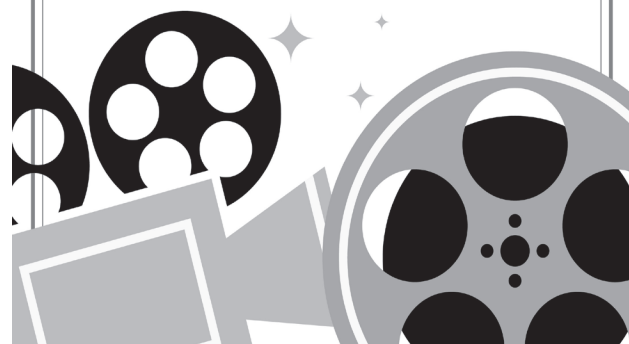
More information can be found at uidaho.edu/vandalhealth.

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mental health film series

September 11 | It's Kind of a Funny Story
October 16 | Infinitely Polar Bear
November 13 | Megan Leavey
December 4 | Inside Out

all films begin @ 6:30 pm | Borah Theater
panel discussion to follow screening



DIVERSITY

Olivia Heersink | Argonaut
Wednesday.

University of Idaho junior Betsy Spaulding studies for her animal science courses in the Native American Student Center Wednesday.

A place to call home

Native American Student Center helps students succeed at UI

Jordan Willson
ARGONAUT

JayLynn Rogers felt like she didn't belong at University of Idaho and considered leaving.

But, after discovering the Native American Student Center, she changed her mind.

"I would've dropped out," said the UI junior studying secondary education. "The Native Center provided a space for me that felt like home. I didn't find those connections that I needed until I got (here)."

She said the Native Center allowed her to relax and get involved with more Native American students who had similar experiences, both growing up and at the university.

UI junior Betsy Spaulding said she spends most of her time at the Native Center.

Spaulding, who studies animal veterinary science production, works as an office assistant at the Native Center, saying when she is not in class or at home, she is studying or relaxing there.

Like Rogers, Spaulding said the decade-old space has played a major role in her life.

"Without them, I probably wouldn't be as dedicated to school as I am," Spaulding said. "I might've not come back to school because they've helped me a lot financially too."

Spaulding said she wants to set an

example for freshmen in the Native Center, believing if they see her studying, they will know they should, too.

The Native Center has been on UI's campus since 2007 with the goal of supporting all students who self-identify as Native American, said Sydel Samuels, director of the Native Center.

Samuels said the Native Center focuses on encouraging Native American students to attend the university, stay and eventually graduate.

Native Center officials provide outreach and education to the university community, bolstering an understanding of Native populations, Samuels said.

She said the Native Center provides many services for students, but it is also a place where they can come have lunch, take a nap or study.

They also have many evening programs, such as craft nights, food Fridays and holiday parties, Samuels said.

Spaulding said studying at the Native Center has helped her grades because she gets distracted easily.

Spaulding, a Native Center scholarship recipient, is required to attend specific events and meetings, which she said are helpful in encouraging success.

These requirements include study hours, tutoring and monthly leadership workshops.

As part of the scholarship, Spaulding also attends advising meetings every other week, where the Native Center staff works with her to establish goals for the year and learn how they can better assist her.

"They want us to succeed just as much as we want to," Spaulding said. "If we're hitting a bump in the road, they're going to help us get over that bump."

"I felt I could talk to Sydel (Samuels) about anything," Spaulding said. "She's so welcoming and very personable. If she sees that there's something wrong, she will ask. She knows my potential, and she pushes me."

Rogers agreed, saying the staff is a big reason why she stayed at UI because of their motivation, reassuring she could get her degree and graduate.

Samuels said the Native Center staff has an open door policy, so students can always stop by and visit.

They can help with classwork, as well as financial troubles, tribal relations and problems with professors.

She said it's important for staff members to be down to earth and approachable, but also let students know

they're there to work.

Outreach goes beyond the Native Center and into the tribal communities, where they can familiarize themselves with students' parents, grandparents and tribal leaders, Samuels said.

"Staying connected with what's going on in their communities makes them feel valued and like they know somebody," she said.

The Native Center also works to connect students with community members and other university offices and departments.

Samuels said their goal is ultimately to help students "learn the system that wasn't designed for them" and help them be successful maneuvering within it.

She said the Native Center is always setting goals to make their services more beneficial for students.

Working with students every day and helping them when they need it, Samuels said, is not only important, but fun.

"It's critical that we prepare our future leaders so that they can lead our tribes, be stable in their family lives, operate in our environments and also come to the universities and look at careers and be prepared and confident in everything that they do," Samuels said.

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Sydel Samuels

Village Centre
C I N E M A S

THE PREDATOR
R

A Simple Favor
LIONSGATE R

White Boy Rick
R

Moscow
208-882-6873

- The Predator**
R Daily (4:20) 7:00 Fri-Sun 9:45
Sat-Sun (11:00) (1:45)
- A Simple Favor**
R Daily (4:40) 7:15 Fri-Sun 9:50
Sat-Sun (11:10) (1:50)
- The Nun**
R Daily (5:00) 7:30 Fri-Sun 9:55
Sat-Sun (12:00) (2:40)
- Crazy Rich Asians**
PG13 Daily (4:30) 7:10 Fri-Sun 10:00
Sat-Sun (11:00) (1:40)
- Alpha**
PG13 Daily (4:50) 7:20 Fri-Sun 9:50
Sat-Sun (12:10) (2:25)
- Flashback Film: Back to the Future**
Wed. 7:00pm

Pullman
509-334-1002

- The Predator**
R Daily (4:20) 7:00 9:50
Sat-Sun (11:00) (1:45)
- A Simple Favor**
R Daily (4:15) 6:50 9:30
Sat-Sun (11:00) (1:35)
- White Boy Rick**
R Daily (4:25) 7:20 10:00
Sat-Sun (11:10) (1:50)
- The Nun**
R Daily (5:10) 7:35 9:55
Sat-Sun (12:15) (2:40)
- Searching**
PG13 Daily (5:00) 7:20 9:45
Sat-Sun (12:00) (2:30)
- Peppermint**
R Daily (4:40) 7:10 9:35
Sat-Sun (11:40) (2:10)
- BlackKlansman**
R Daily (3:45) 6:45 9:40 Sat-Sun (12:40)
- Crazy Rich Asians**
PG13 Daily (4:30) 7:15 10:00
Sat-Sun (11:00) (1:40)

www.PullmanMovies.com
www.EastSideMovies.com
Show times Effective 9/14/18-9/20/18

CHANNEL YOUR INNER ARTIST



University of Idaho students tap into their creative side at the Bob Ross Style Paint Night Wednesday.

Leslie Kiebert | Argonaut

FOOD REVIEW



Olivia Heersink | Argonaut

Sonic Drive-in opened early September on Moscow's Main Street, offering Palouse residents another fast-food option.

Running back for more

Sonic Drive-In offers a wide variety of flavors for local fast food enthusiasts

It's a dark, dreary night on the Palouse — 11 p.m. to be exact. With multiple exams looming on the horizon, my studying has drained me of energy.

I'm long past the hunger pangs, the food cravings and the sense of personal accomplishment that comes with cooking a meal in my own kitchen — not that I get much of that anyway.

Restaurants and fast-food joints are starting to close down. I've missed the crucial 9 p.m. window for chicken tenders and a shake from Zip's. I need more than a standard, utilitarian burger and fries. All hope seems lost.

What if I want it all? I can picture the food, but I don't know what to do.

Out of nowhere, a voice pops into my head — a beacon of hope shining in the night. I hear one simple word, "Sonic," and I know I'll be OK.

Many places keep the menu simple — a burger and fries, chicken meals like sandwiches and nuggets, maybe an onion ring or milkshake thrown in for good measure.

Sonic is a jack-of-all-trades.

If I want a foot-long, chili cheese coney and stains on my nice shirt, I know where I'm headed. If I want mozzarella sticks and the ever elusive pickle O's, the decision stands. The same can be said for shakes, malts and SONIC Blasts — the list goes on and on.

Sonic isn't perfect, but this is one example of how this fast-food chain set itself apart.

The service is surprisingly fast and each customer tailors their own experience. If I want to eat in my car where no one can see me, that's perfectly fine. Plenty of tables are also available outside, presumably for warm, sunny days. Personally, I would still choose the car.

Even for more traditional fast foods, Sonic does a satisfactory job. Burgers and chicken sandwiches have plentiful toppings, and there are a number of available varieties.

And don't get me started on drinks. While I previously mentioned shakes, Sonic knocks it out of the park with their assortment of frozen drinks, lemonades and "ocean water" — although I still have no

idea what that is.

It's important to keep a level head and not go in expecting a masterclass in cooking. The food is very good but not revolutionary, and I'm sure some might be slightly disappointed with the flavors. Yet, some food just isn't for everyone.

My only real gripe isn't even with the food, but it raises an important question. I really just want to see the skating carhops in action, and I haven't yet had the chance. So, what exactly happens in winter? I suppose I'll have to keep going to find out.

So next time you overlook dinner, don't panic. Take a deep breath, and first understand you shouldn't have skipped it initially. Once that's out of the way, remember everything will be OK — Sonic is calling.

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Max Rothenberg
ARGONAUT

ALBUM REVIEW

A glimpse into the future

How artist Mac Miller's early album cried for help before his 2018 death

The 85-minute monolith by Pittsburgh rap star Mac Miller was overlooked in its release, but in its reflection, the album adds incredible context to the MC and producer's recent drug overdose.

Executively produced by Miller himself, "Faces" was released as a free mixtape — the last he would ever release.

With production features by icons such as 9th Wonder and Earl Sweatshirt, as well as vocal features by Ab-Soul, Schoolboy Q and Vince Staples, it's an amazement that this record — with the extensive run length in mind — didn't blow up more.

Besides being featured on Rolling Stone's best 2014 rap albums and given a 7.3 rating by Pitchfork, the album received much of the similar response as his previous studio album, "Watching Movies with the Sound Off."

Where "Faces" differs from any of the artist's other studio work is in the central themes of mental health. His other album and mix-

tapes often had much more of a feel-good sound to them.

Song titles including "Angel Dust," "It Just Doesn't Matter," "Therapy," "Funeral," "Insomniak" or "Apparition" focused on Miller's ongoing depiction of his mental instabilities and the honest portrayal of his drug addiction.

The sounds on the record keep this idea alive with psychedelic and hazy production throughout the track. With 24 songs to digest, the listening process of "Faces" is not to be trifled with.

Crunchy, lo-fi drum samples underneath soft jazz instrumentals take up the bulk of the run length. But harder hitting songs such as "Diablo" or "Angel Dust" take Miller's once common approach to hip-hop to the under folds of the album.

The listener can use these foremen-

tioned, run-of-the-mill songs to soothe the in-betweens of jazz rap sermons fighting depression and angst with fame and money, which show the record is now more enlightening than ever.

Lyric snippets speak in cavernous echoes of these depressive themes, discussing drug habits, the human condition and a general avoidance of issues. Songs such as "Malibu," "Funeral" or "San Francisco" explore Miller's life and surroundings from an extremely troubled point of view — a drastic shock to listeners only familiar with his poppier albums, 2018's "Swimming," or 2016's "The Divine Feminine."

The album makes sense why it dove under radar, but it surely will become a staple — if not a magnum opus — in Miller's discography.

This onslaught of introspective poetry

from the millionaire's perspective rivals very few in terms of an artist's depiction of what they go through — or at one point — went through.

"Faces" can be compared to albums such as Nick Drake's "Pink Moon," even Elliot Smith's "Either/Or," for its expressive nature, detailing the artist's struggle with depression and drug addiction alongside fame before his recent overdose.

Albums are rarely released prior to an artist's death that depict the person who would eventually lead themselves to surrendering to their art-inspiring vices in both a listenable and honest expression.

Even if it was originally intended to be just another release by the hip-hop artist, "Faces" will cement itself as a hardly comparable lyrical expression of a suicidal musician.

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Remington Jensen
ARGONAUT

Argonaut Religion Directory

BRIDGE BIBLE FELLOWSHIP
Sunday Services

Pastors:
Mr. Kirk Brower - Senior Pastor
Mr. Kim Kirkland - Assistant Pastor
Mr. Nate Anglen - Assistant Pastor

960 W. Palouse River Drive, Moscow
882-0674
www.bridgebible.org

Moscow Bible CHURCH

Meeting at Short's Chapel
1125 E. 6th St., Moscow

Sunday Worship Service — 10 a.m.
Christ Centered
Biblical, Conservative, Loving
www.moscowbible.com

Pastor Josh Shetler, 208-874-3701

ST. AUGUSTINE'S CATHOLIC PARISH

628 S. Deakin - Across from the Pitman Center
www.vandalcatholics.com

Weekday Masses:
Mon. & Thurs. 11:30 a.m.
Wed. & Fri. 5:30 p.m.
Sunday Masses:
10:30 a.m. & 7 p.m.

Email: vandalcatholic@outlook.com
Phone & Fax: 882-4613

First Presbyterian Church
A welcoming family of faith

Sunday Worship 10:30 am
Sunday College Group 6:30 pm
at Campus Christian Center
Wednesday Taizé Service 5:30 pm
405 S. Van Buren fpcmoscow.org
Moscow, Idaho 208-882-4122
Pastor Norman Fowler

TRINITY BAPTIST CHURCH

711 Fairview Drive Moscow, ID
208-882-2015
www.trinitymoscow.org
Sunday Worship at 10:30 a.m.
College Dinner + Study Tuesdays at 6:30 p.m.

Evangelical Free Church of the Palouse

College Ministry
Tuesdays @ E-Free, 6-8 pm
(includes dinner)

Sunday Classes - 9 am
Sunday Worship - 10:10 am

4812 Airport Road, Pullman
(509) 872-3390
www.efreepalouse.org
church@efreepalouse.org

Augustana Lutheran Church

Sunday 10am
1015 West C St. Moscow
moscowlutheran.org

If you would like your belief-based organization to be included in the religion directory, please contact Student Media Advertising representative Grace Wiese at gwiese@uidaho.edu

ARGONAUT SPORTS



"Mason (Petrino) led the team right down and scored."

— Paul Petrino

PAGE 9

2018

Clevenger joins Vandals as the fifth coach in Idaho soccer history, with 10 years of collegiate coaching experience on his resume.



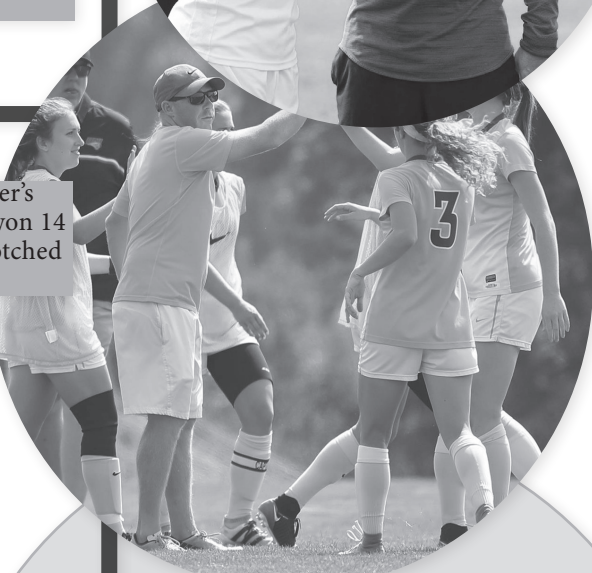
2017

In his two seasons as the assistant coach at Northern Iowa, Clevenger led the team to a program-record number of wins.



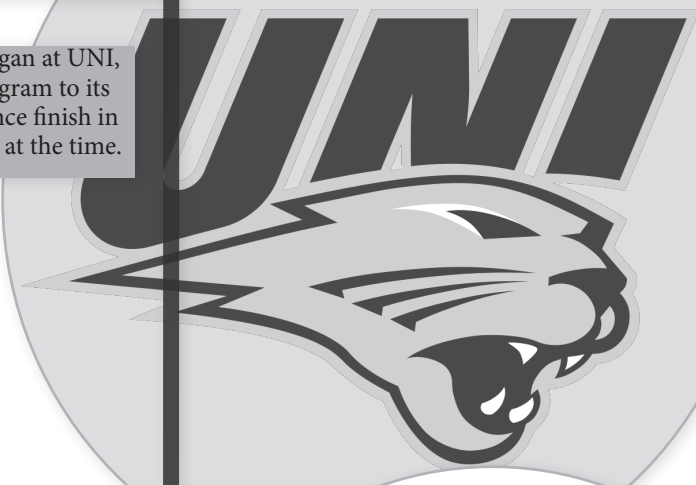
2016

During Clevenger's tenure, the Panthers won 14 games in 2017 and notched 11 shutouts.



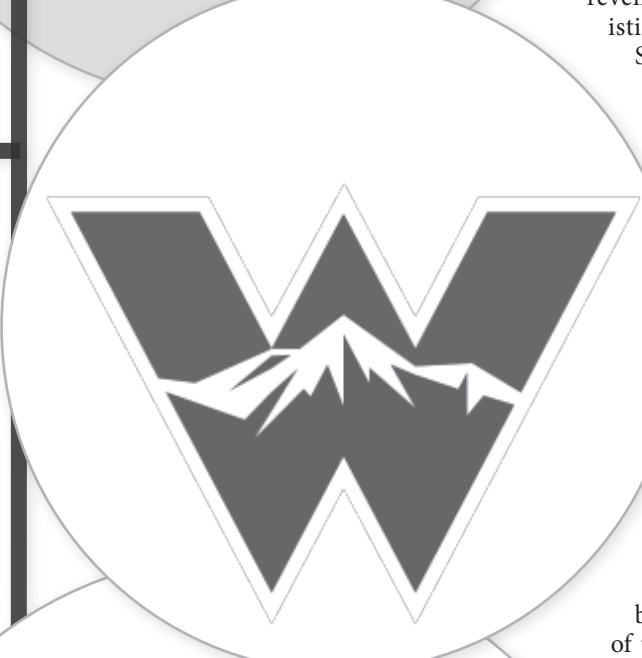
2016

Clevenger began at UNI, leading the program to its highest conference finish in program history at the time.



2012 - 16

Clevenger left Western State College in Gunnison, Colorado, in 2016 after four seasons. He was the first coach in the program's history.



Previous

Clevenger spent time at Fort Hays State, Houston Baptist, Baylor, Ottawa University, Central Missouri and San Joaquin Delta College.

SOCCER

A new impact



Courtesy | Spencer Farrin

Clevenger converses with Taylor Brust during a game in the Kibbie Dome.

Jeremy Clevenger took over as Idaho's fifth head coach in the program's 20-year history

Meredith Spelbring
ARGONAUT

After four successful seasons with former head coach Derek Pittman, Idaho soccer enters a new era this year.

Jeremy Clevenger took control over Vandal soccer in the summer, just weeks before the start of the regular season.

"It's been a little hectic, but it's been fun," Clevenger said. "It's been great getting to be part of the process and getting to know the team — getting to know how this athletic department works. I am just really blessed to be here."

The coaching change is not the first obstacle the program faced in recent months. University of Idaho President Chuck Staben announced the plan to resolve the \$1 million deficit facing the athletic department — add three low-cost, revenue generating sports or cut three existing programs, including soccer. The State Board of Education passed UI's plan to chip away at the deficit by adding new sports, saving the women's soccer program.

After the tumultuous spring, senior defender Kayleigh Frederick said the coaching change gave athletes and their program a clean slate.

"Having a new coach is not always easy, but I think it gave everyone a fresh start to compete for different positions," she said. "Positions they would have never played or positions that they have been playing that they want to win over."

The coaching transition came as a surprise to the players, who had been coached by Pittman for the entirety of their collegiate career, said sophomore midfielder Taylor Brust.

The team huddled in the Kibbie Dome for a last-minute meeting in late spring, where a choked-up Pittman delivered the news.

The team believed Pittman would lead them in the 2018 fall season, Frederick said. After the uncertainty from the spring, he began looking into other options.

He told the group he received a better offer from another program and made the decision to make the move to the University of Texas San Antonio, she said.

"I just started bawling, it was hard. Derek (Pittman) and I have always had a connection and stuff as a player and coach," Brust said. "He has made such an impact on us all. Not just him, but his family as well, so it was really hard to lose him."

Despite the added loop on the roller coaster that has been Idaho soccer throughout the past several months, Frederick said the ups and downs have only strengthened

the team and increased their motivation on and off the field.

"We've embraced it, because going from our program maybe being cut, to this situation, I think we are just happy to still be here," Frederick said. "If anything, it has just given us more motivation I feel like, on and off the field."

Clevenger said he is nothing but pleased with the way the senior-heavy team has taken to the new coaches.

"They have really been open to us as a coaching staff and new concepts," Clevenger said. "They've done an amazing job, especially as a senior-led team. To have a team with their experience but also being willing to be pushed, be willing to new ideas, I've been absolutely pleased."

Clevenger came to Idaho with six seasons of experience as head coach — two of which were spent at Northern Iowa and the rest at Western State College.

The program Pittman built and its reputation during his tenure caught Clevenger's eye, but the athletes and the student-athlete experience he observed on UI's campus is what sealed the deal, he said.

Now, nearly two months into Clevenger's time in Moscow and six games into his premier season as the Vandal head coach, the team continues to strengthen their bond with Clevenger on and off the field.

"It's more than I expected," Brust said of the team's chemistry with Clevenger. "We do little things every day just to build that chemistry, little team bonding things or games. We are working on it as much as we can."

With a fresh coach comes fresh team values, from game plans on the field to core values off the field. Clevenger said the crucial pieces that made the team successful in the past will remain in place, with minor adjustments and tweaks.

"I think there will be a lot of similarities, but going forward, kind of what we're asking, where we see us being successful will be a little bit different," Clevenger said.

Clevenger takes over a team with nine seniors looking to make their impact in their final season. The level of experience on the roster is a piece Clevenger looks to take advantage of, while still allowing them to lead their team and work the game out on their own.

"Anytime you have that experience, you want to use it," Clevenger said. "The best teams I've been around are senior and upper classmen led and we have a strong group of seniors who are great leaders."

Now six games into the season, the team continues to adjust. Despite the many moving pieces, Clevenger has simple goals for the program's future.

"I just want to get this team to playing the best it can — maximize our roster, our talent," Clevenger said. "We have the pieces to be successful. My hope is we put those pieces, again, playing the right way, and maximize our talent. If we can do that, I think we will have a lot of success."

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IDAHO FOOTBALL WEEK IN REVIEW

FOOTBALL



Leslie Kiebert | Argonaut

Redshirt-junior Aaron Boatright reacts to a play in favor of the Vandals against Western New Mexico University Saturday afternoon in the ASUI Kibbie Dome.

GAMER

Turnaround victory

Idaho football packed a punch against the Mustangs Saturday

Chris Deremer
ARGONAUT

Idaho fans had plenty to be happy about Saturday.

The Vandals took down Western New Mexico 56-10 in the home opener at the Kibbie Dome.

The Vandals did not disappoint in the opening minutes.

Idaho junior quarterback Mason Petrino got the start, leading the Vandals downfield before scoring on a scramble to the outside pylon.

It seemed as if it was going to be a smooth sailing opener for the Vandals. The Mustangs had a different idea in mind.

Idaho's defense struggled early, as Western New Mexico found many open lanes. Even with the pressure from Idaho's defensive front, Western New Mexico quarterback Blayne Armstrong found a way to scramble on plays and gain first downs.

The Mustangs finished the first quarter converting three of four third downs throughout the quarter, as well as dominating the

time of possession, having the ball for 19 minutes throughout the first half compared to Idaho's 10.

Western New Mexico found itself with an early 10-7 lead against Idaho.

"We were thinking about the next play," Idaho Head Coach Paul Petrino said. "Mason led the team right down and scored on that second drive and we finally got things rolling."

Idaho's permanent starting quarterback is still in question, but for all the right reasons. Both Mason and sophomore quarterback Colton Richardson performed exceptionally well in the home opener.

Mason finished the game 12-13 for 151 yards and a touchdown, as well as a rush for a score to start the game.

Richardson settled in late in the second quarter, leading Idaho downfield before finding junior wide receiver Jeff Cotton in the end zone with a 25-yard throw.

Richardson finished the day 9-13 for 95 yards and two touchdowns.

The two-headed attack at quarterback will continue to be the story throughout the year, and if they both keep up the consistent play the duo may see action for the rest of the season.

Senior wide receiver David Ungerer made a splash with 118 yards receiving on nine catches and a touchdown. Ungerer showed off his quick feet on special teams as well, scoring a 65-yard punt return touchdown in the middle of the fourth quarter.

After the abysmal performance from the special teams a week ago, Idaho made a complete turnaround this week.

Idaho had a deja vu moment when they found themselves on the right side of a blocked field goal when senior linebacker Kaden Ellis got a hand on the ball before senior cornerback Dorian Clark returned the blocked kick all the way back for a touchdown.

After another stop by the Vandal defense on the following play, Idaho's special teams scored again with a punt return from Ungerer.

Idaho got the confidence booster they needed Saturday, showing many Vandal fans they are prepared for the Big Sky battles ahead.

Idaho takes a week off before hitting the road to open up conference play with UC Davis 4 p.m. Sept. 22 in Davis, California.

Chris Deremer
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arg-sports@uidaho.edu

COMMENTARY

Slow starters, faster finishers

Vandal fans should expect Idaho's delayed dominance to be the new normal for the football team

Less than five minutes into the first quarter of Idaho's game against Western New Mexico, it appeared as if the young season had already reached rock bottom. The Mustangs took a 10-7 lead after a rushing touchdown, meaning Idaho was losing to a team that had not finished a season at .500 in the last 10 years playing in Division II.

Then, thankfully, came the turning point.

The kind of dramatic swing in fortunes that Vandal fans saw on Saturday could very well become the norm.

Over the course of last season and through two games of the 2018 season, it would be blatantly false to say that Idaho dominated a game from the opening kickoff. That is okay, as long as the Vandals experience the kind of dramatic turning point that took place on Saturday.

After Western New Mexico briefly took the lead, Idaho took the reins on offense and defense. The offense put together two quick touchdown drives before the end of the half and the defense locked down a Bronco offense that would not score another point all game. The touchdown that put Western New Mexico up by three woke up the team. Vandal fans can actually expect that to be the norm going forward.

As Idaho adjusts to a new conference and reestablishes old rivalries, it will take a while for the team to get acclimated. Much like a late-arriving crowd, the Vandals are not usually completely prepared at the start of the

game. But once they do find their footing, the results are very encouraging.

The team responded to a potential embarrassment by scoring 49 unanswered points in all three facets of the game.

Senior wide receiver David Ungerer turned on the jets for 235 all-purpose yards, including a receiving touchdown and a punt return touchdown. Senior defensive back Dorian Clark took a blocked field goal 47 yards back for a touchdown. The dual-quarterback system featuring junior Mason Petrino and sophomore Colton Richardson actually worked for the last three quarters of the game, as the pair combined for three touchdown passes and no interceptions.

Idaho even diverted from last game's daring strategy to use only one running back, with four running backs taking carries this game and two recording touchdowns.

It may not be the most aesthetically pleasing result and surely the crowds would rather see wire-to-wire domination of an inferior team, but sometimes we just have to be thankful for 46-point victories, however they may come.

This season is full of new expectations in a new conference and level of competition, but some things will continue to stay the same.

The Vandals will probably continue to wake up late as a team and cause undue stress among the fanbase. As long as a few of those games turn into resounding blowouts like this one — thanks to a definitive turning point, — Idaho will be just fine.

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Jonah Baker
ARGONAUT

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Staff predictions

The Vandal Nation staff makes their predictions for the women's soccer road-trip weekend as it faces Seattle U and the University of Oregon



Meredith Spelbring
ARGONAUT

Meredith Spelbring — Idaho 1-1

Idaho will take on two strong teams on foreign turf this week. The team gets a little stronger each week and will be able to take down Seattle U. In the second Pac12 game of the season, Idaho will put up a good fight, but the Ducks will prevail in the end.



Brandon Hill
ARGONAUT

Brandon Hill — Idaho 2-0

No one can stop the Vandals this year, despite the introduction of new head coach Jeremy Clevenger. Some thought new leadership would lead to growing pains, but this senior-loaded roster will keep Idaho ahead of the competition.



Chris Deremer
ARGONAUT

Chris Deremer — Idaho 1-1

With new coach Jeremy Clevenger, the transition has been nice for the Vandals. Expect Idaho to split the road series against two well-matched opponents.



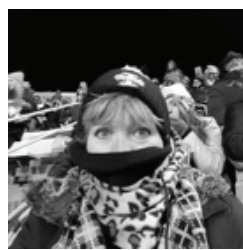
Jonah Baker
ARGONAUT

Jonah Baker — Idaho 1-1

Idaho faces another difficult weekend on the road, and playing a talented Oregon squad will be a little too much for the Vandals. Expect further positive results against Seattle as Coach Clevenger continues to gel with this team.



@VANDALNATION
TWEETS OF THE WEEK



@EllenBoatman

This #VandalFootball momma is proud of the #VandalFootball Specialists! Nice job, @Idaho_bombsquad bomb! #TheBrand #GoVandals — Idaho special teams leads the FCS in net punting yards and ranks second in punt return average after two weeks into the college football season.



@KMVT Sports

The @VandalFootball team brushes off the loss to Fresno State and takes down Western New Mexico with authority. #Vandals — Idaho football had a great home opener Saturday and hopes to continue its momentum in the Big Sky opener against UC Davis next week.



@IdahoVolleyball

Three matches coming your way from Fullerton this weekend, check the link for all the details on how to follow along! #GoVandals — Idaho hopes to win big in the upcoming matches in the early weeks of the season.



@IdahoWTennis

Petrei continues to move up the @ITA_Tennis rankings, and will start the year ranked No. 20 in the nation #GoVandals — Petrei looks to build off of last year's strong campaign as one of the nation's best in tennis.

Vandals in Focus

Now **HIRING** for Fall

Undergraduate Writers and Photographers

The Office of Undergraduate Research is hiring writers and photographers for Vandals in Focus 2019, a print and web publication telling the stories of students doing incredible research, scholarship and creative activity.

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Interview undergraduate researchers to learn about their work and write feature stories for the spring publication.

Work with professional writers and editors to produce quality stories and photographs to enhance your resume.

Have fun as part of a team working to highlight the great work of U of I students.

Send your cover letter and resume to vandalsinfocus@uidaho.edu by Oct. 1, 2018.

University of Idaho

2018 Borah Symposium

TECHNOLOGICA PAX

Global stability through technology? **game on.**

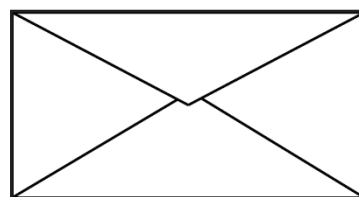
<p>MONDAY OCTOBER 8 7:00 P.M.</p> <p>Opening Keynote Address <i>War, Sabotage and Fear in the Cyber Age</i></p> <p>International Ballroom, Bruce Pitman Center Presented by <i>David E. Sanger</i>, Chief Washington Correspondent and Senior Writer for the New York Times</p>	<p>TUESDAY OCTOBER 9 12:30 P.M.</p> <p><i>Renfrew Colloquium on Gaming for Peace</i></p> <p>Vandal Ballroom, Bruce Pitman Center Presented by <i>John Anderson</i>, Program Head of Virtual Technology & Design at U of I</p>	<p>WEDNESDAY OCTOBER 10 7:00 P.M.</p> <p>Closing Keynote Address <i>The Role Technology is Playing in the Modern World</i></p> <p>International Ballroom, Bruce Pitman Center Presented by <i>Jane McGonigal</i>, World-Renowned Game Designer</p>
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All events are open and free to the public

University of Idaho

OPINION



Send us a 300-word letter to the editor.

ARG-OPINION@UIDAHO.EDU

OUR VIEW

A broader education

Take education outside of the classroom and into new cultures

Idaho is the punchline of more than a few jokes, most having something to do with potatoes. Often, however, we continuously hear the same lines over and over again. We hear that Idaho doesn't have many opportunities available to us, that we'll be trapped here forever and that we'll never really be able to explore the rest of the world and other cultures. Eventually, it takes its toll.

These lines are wrong.

For the University of Idaho, located in the small, familiar city of Moscow, the campus might not seem diverse on the surface. Many new students might not be aware of the countless cultural opportunities available to them, both locally and internationally.

UI, when you look close enough, is diverse in every sense of the word.

Currently, the university is affiliated with more than 370 universities in 69 countries, and sends roughly 350 students

abroad each year.

UI has the International Experience Grant, a student fee-funded study abroad scholarship that provides \$157,000 yearly in study abroad scholarships. While this doesn't seem like a lot, it's a step in the right direction, and can potentially account for 5 percent to 10 percent of the total cost.

Many colleges do not offer such scholarships, and the national average cost to travel abroad sits at a hefty \$18,000 per semester.

It can be a substantial drop in the bucket, but also a once in a lifetime opportunity.

It's important to dig deeper and make the most of these college years. The university's opportunities can be as diverse as one wants them to be, but can also seem shallow if the effort is not put in.

While studying abroad might not be for everyone, there are plenty of local ways students can broaden their horizons and learn more about other cultures.

Particularly for those who might not be interested in taking a semester off to travel abroad, these clubs and events can be great alternatives.

The Office of Multicultural Affairs hosts a number of events each year, with upcoming events such as Latinx Heritage Month (beginning Friday), Dia de los Muertos and Native American Heritage Month.

Additional upcoming events include the ongoing China Film Series, hosted by the UI Confucius Institute, and Bangladesh Night, hosted by the Bangladesh Association of Students and Scholars.

New students are always welcome to show up to these events, and while it can be daunting to step into unfamiliar territory, the reward will always be greater than the risk.

These events may last for just an evening or a week, but they add to our understanding of other cultures and our education.

Despite its small size and preconceptions, Moscow has something for everyone. After graduation, don't look back on time at the university with regret.

Don't think "What if?" Think of the opportunities seized and the experiences that will stick around for a lifetime.

— MR

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

What other culture would you like to spend time immersing yourself in?

Mi familia

I'd love to spend a year or forever in Italy. I'd simply start with my family tree and work my way around the country.

— Hailey

A man down under

Australian culture might not be that different from our own, but it would definitely be worth the trip.

— Brandon

There and back again

Having the opportunity to immerse myself within Italian culture for several months last spring was indescribable. I'd love to go back and do it all over — this time with a proper coat.

— Olivia

There and back again, again

I would love to visit New Zealand, not only to learn more about the culture but also to see the beautiful shooting locations of Lord of the Rings and The Hobbit.

— Max

Rising Sun

I'd love to travel to Japan, or really any Asian country. They have such a different culture from us; that it would be incredible to experience it.

— Griff

Tea and Crumpets

Based solely on viewings of "Hot Fuzz" and "James Bond", I would love to visit the movie version of Britain. Between the cutting humor, well-tailored suits and particularly strong penchant for alcohol consumption, I don't see any downside.

— Jonah

Greece is the word

Being a part of the Greek culture looks amazing from the countless movies I have seen. The food, culture and mythology has to rank as one of the best.

— Chris

Mountain tops of Nepal

It would be a total culture shock and shift from my current life style. I think it would be a nice change of pace for a bit.

— Grayson

Buffalo, beers, Bills

If you haven't had sponge candy, real buffalo wings and Chef's spaghetti parm, you haven't lived. If you can't tell already, I missed my trip back home this summer and miss it immensely.

— Elizabeth

The big apple

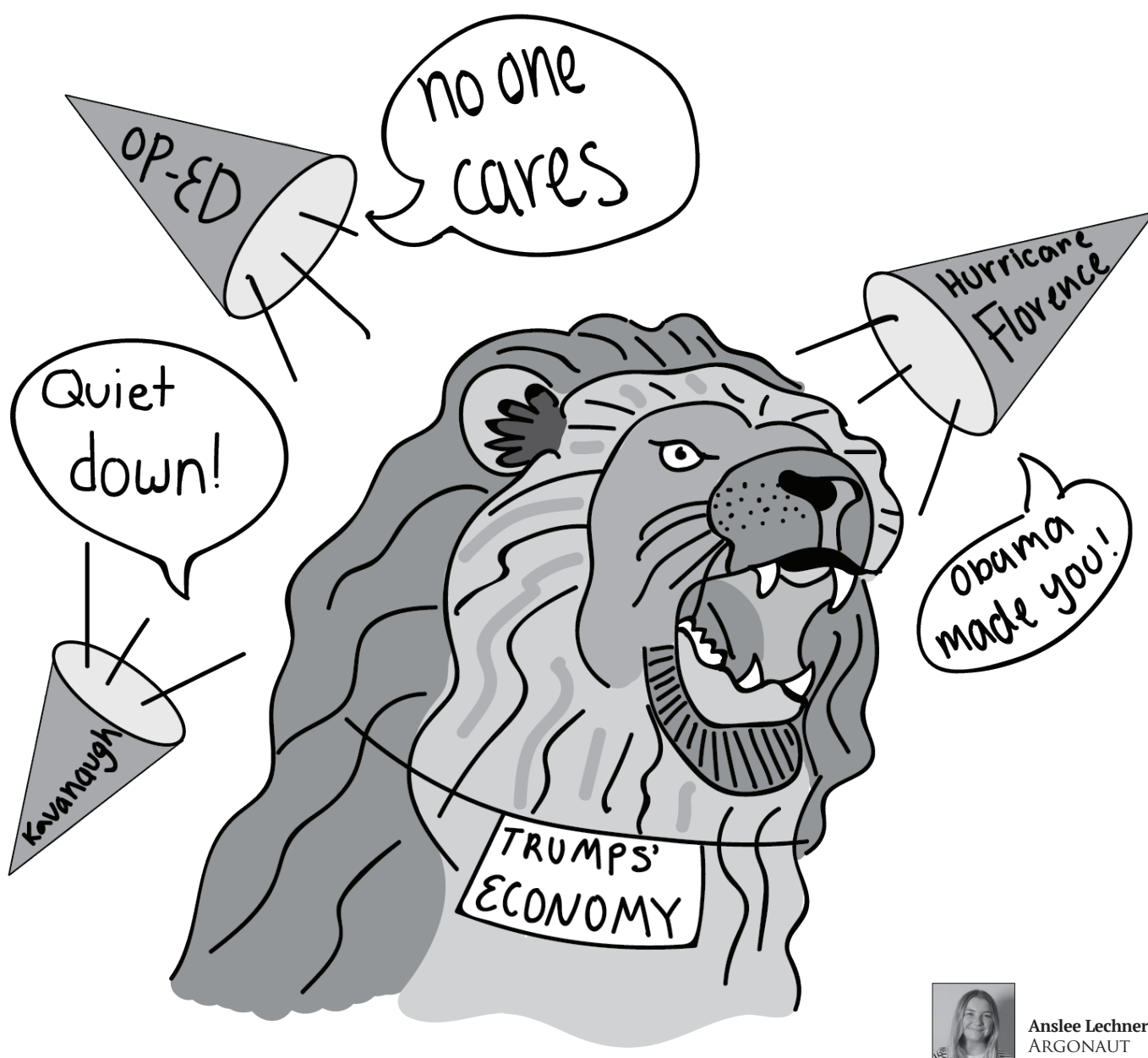
The flashing lights. The hum of traffic. The new cultures on every corner. My mom was raised there, and every time we visited it felt like home. New York City is a lot like us — hectic, but lovable — and I can't wait to return.

— Kyle

My own

Being Jewish I have a birthright to go to Jerusalem up until I'm about 28, most expenses paid. I can't wait until I embark on this trip someday.

— Lindsay



Anslie Lechner
ARGONAUT

Rotting on display

Apple's keynote events are much less innovative

In the late 2000's, and the early part of the next decade, there were two events that everyone set aside a little time for. Mad Men dominated television with an iron fist, but Apple took hold of our online and offline consciences whenever one of its keynote events were announced.

These events used to be magical. It was a truly unique sensation to know that something big was coming, like the iPad or a new iPhone, but to still be giddy at its prospects. The event would be reported on like an arrival of aliens, and in some ways, the technologies announced changed the world in a comparable fashion.

The productions of the events themselves guaranteed the keynote would be a spectacle that would really get people buzzing. Black backgrounds, simple slideshows and one turtle-necked figure standing confidently on stage always combined as a harbinger of exciting and unimagined things

yet to come. Apple events used to be like a science fair that millions took notice of.

This, however, is no longer the case.

In spite of Apple's continued success as the first trillion-dollar company, the landmark presentations that did so much to elevate them are now mostly footnotes.

Some of it has to do with Steve Jobs' passing, but the much larger part of the current malaise comes from the products. Apple has been looking for the next big thing for years, and the less-than-groundbreaking technologies in the Watch and HomePod are just not enough to maintain the level of hype that customers and fans are used to.

At the last few events, CEO Tim Cook has relied more on

advancements in software and peripheral improvements to the iPhone to keep the buzz going. Today's event was a similar song and dance.

Apple announced new iterations of the iPhone X that include display improvements and incremental improvements to processing and durability. These are all reasonable improvements to get excited about, but none are the kind of instantly groundbreaking revelations that make you look past the price tag without the smallest consideration before buying in the same way the original iPhone or iPod did.

The presentations are still sleek, but there is no punch with the products. Instead of bringing the future of technology to the consumer, Apple has taken a backseat in innovation and instead refines their own takes



Jonah Baker
ARGONAUT

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GUEST VOICE

Nutrition advice for athletes

Sports nutrition recommendations to stay healthy

Many college athletes feel invincible. They are young, healthy and the quality of food they place in their mouths may not be as important as how it tastes. However, more and more athletes are recognizing that nutrition can make the difference between a good season and a great one.

Sports nutrition is about timing and frequency for peak performance and recovery. But it is also about preventing and healing quickly from injury and illness. With busy school and training schedules, as well as living away from home, perhaps for the first time, nutrient deficiencies can be quite common.

Common nutrient deficiencies in athletes include calcium, iron, vitamin D, B vitamins (especially folate) and zinc. These nutrients help with bone strength, red blood cell formation (oxygen carrying capacity), metabolism, wound and injury

healing. They also help with staying healthy during the sport season. When athletes are worn down from double practices or under-fueled there is an increased likelihood of becoming sick, injured or perhaps worse, a shortened season. Other important nutrients to stay healthy include omega-3's and antioxidants. Food should be a preferred source of these nutrients, but some people cannot eat enough to meet actual needs. Talk to a registered dietitian if you have questions about your health and nutrition needs.



Mindy Rice
GUEST VOICE

Athletes in college are known to under eat. Macronutrients (carbohydrate, protein and fat) are all needed for energy, muscle building,

recovery, cell membrane health, immunity and cognitive function. Without adequate carbohydrate intake glycogen stores become depleted (energy stored in the muscle and liver needed for prolonged activity or explosive based sports). Athletes who do not get enough carbohydrate are more irritable, have a harder time paying attention

in school (or listening to their coach), and have less restful sleep. Protein is important for muscle development, recovery and immunity. Protein and carbohydrate should be consumed post work-out for muscle repair. It is also recommended to eat 20g of protein at each meal. Essential fatty acids (healthy fats) help with memory, mood, immunity and protection of internal organs. An extremely low-fat diet is not appropriate for athletes, and an extremely high fat diet has other challenges.

To stay healthy during your season, look for whole foods that provide a variety of vitamins, minerals, color and fiber. A colorful plate is a healthy plate.

Make an appointment with the campus dietitian to address your nutrition concerns, including healthy eating, weight management, sports nutrition, disordered eating and food allergies.

Sources of needed nutrients
Calcium: Milk, fortified orange juice, cereal, almonds, broccoli.

Vitamin D: Sunlight, salmon, white tuna, mushrooms, milk and other fortified dairy. Fortified soy and almond milk.

Iron: Red meat, dark green leafy veg-

“

Sports nutrition is about timing and frequency for peak performance and recovery.

Mindy Rice, Dietitian

etables (spinach, collard greens), fortified cereals, quinoa, tofu, prunes.

Zinc: Legumes (peanuts and beans), 100 percent whole wheat, beef, pork, chicken, yogurt, pumpkin seeds, nuts, dark chocolate.

B-vitamins: Fortified cereal, 100 percent whole wheat bread, green leafy vegetables.

Omega-3's: Flax seed, cold-water fish, brussel sprouts, kale, spinach.

Antioxidants: Bright colored fruit and vegetables — oranges, cantaloupe, berries, sweet potato, broccoli, bell peppers, garlic, beets, red/yellow spices.

Contact Mindy Rice MS, RDN, LD at dietitian@uidaho.edu or 208-885-6717.

Political whataboutism

Weak arguments are poisoning our political climate

For the past three years, it seems like any political discussion we have most often comes down to two words: “what about.”

If you lean liberal, you are bombarded with, “What about Bernie being a socialist? What about Hillary’s emails? What about her weird pantsuit obsession?”

On the opposite end, if you lean conservative, people might attack you with, “What about Trump’s lack of political experience? What about Trump’s obvious toupee?”

The continued use of those two words together — “what” and “about” — in political conversation denotes a trend that is detrimental to our society to be able to get along. If it is allowed to continue, talking about politics with civility may become a thing of the past.

The term “whataboutism” was first used by the Soviets during the Cold War as a propaganda tool. When someone is criticized for something, they immediately shift the blame to someone else’s perceived wrongdoing.

It forces the conversation away from the original criticism and shifts it to an opponent’s mistakes. In some ways, this diverts the conversation while making the argument doubly effective.

Whataboutism also serves a more nefarious purpose. Whenever it is used, it makes the argument there is no moral hierarchy in the world of politics. It implies all actions, no matter how heinous, have equal moral grounding because all that matters is winning.

That’s the real danger of utilizing whataboutisms. It brings everyone down into the mud and blood where fighting dirty isn’t just expected, it’s applauded.

Whether we realize it or not, there are rules for how political interactions are supposed to happen if we want true educational discussion. It would be great

if others were polite, courteous and, above all, tolerant of other views.

They may not like those other views, but in order for society to get along, those views must be tolerated.

Another way to look at it is like this. Think of “Suicide Squad.” It was a dumb movie with dumb characters. One of those characters was Amanda Waller. She is the film’s stand-in for modern Hollywood’s greatest villain: the federal government.



Hunter Diehl
ARGONAUT

She is proof the movie failed, because she wasn’t really a character. She was a prop used to make the band of hitmen, psychopaths and future Halloween costumes look good. She was put in that movie so whenever the Suicide Squad did something wrong, immoral, or just plain dumb, the screenwriters could look at the audience and say, “What about Amanda Waller?”

She shot those agents in cold blood. She tricked the Suicide Squad and the military into saving her. The bad guys don’t look so bad now, do they?

That is what a lot of political conversations look like now. It is disheartening to say the least.

The issue of today is that people, including elected officials, have no interest in upholding these rules. If the president of the United States is allowed to sling mud and hide behind cheap arguments to justify methods as childish as shifting the blame, then why can’t senators, governors, ambassadors and judges do the same?

This way of thinking will only lead more members of society down the rabbit hole of weak arguments. Before this happens, how about we break the cycle and have fun, stimulating arguments again?

How about we share ideas without getting blasted by the two words that are ruining societal interaction one election at a time?

Hunter Diehl can be reached at arg-opinion@uidaho.edu

The search for balance

Find a balance between daily habit and spontaneity

In 1906 a man named Alfred Henry Lewis said, “There are only nine meals between mankind and anarchy.”

This highlights an essential part of humanity — the thread of habit and structure that needs only the slightest pull to unravel society.

Not many people realize how much they take the status quo for granted until it is changed. Something as small as switching seats in a classroom can disrupt the flow of a day.

The change nags at you all day, you notice every little bump that you would otherwise ignore.

It is as if the brain becomes primed to see the negative in every change. Having that precious order disrupted without consent is a recipe for disaster.

Take away nine meals and we turn on each other like dogs.

I understand the need to change things up once in a while, variety is the spice of life. Yet, aren’t we creatures of habit?

Think about your morning routine — subconsciously the same things happen in the same order day after day. Shower, brush your teeth, apply deodorant and so on.

Why is it that a stagnate morning routine is fine, but eating the same lunch or listening to the same five songs bothers us?

It is because humans desire order and spontaneity at the same time. This leads to conflicting ideals that can harm one’s mental state.

Order and spontaneity seem mutually exclusive when, in reality, they coexist quite well.

That is the point I want to drive home — you can live a life of habit and structure while interspersing

impulsiveness.

Too often it seems like there is an imbalance that causes an abrupt shift to the opposite side. People stuck in habits make rash decisions in hopes of finding new meaning.

Impulsive people go too far and seek out the comfort of order and stability. They lose the luster of spontaneous decisions.

Both options are equally destructive, bad habits slowly wear you down like water on rock while impulsiveness can change your life in an instant.

What it comes down to is understanding when and what you should change.

Breaking a morning routine on a work day can cause more harm than good. However, doing something spur-of-the-moment on a morning off can make the day much more memorable.

Exercise is one of the best things to change. Doing the same workout every day can breed a dislike for the gym.

Switching up running for something atypical, like climbing or swimming, opens your mind and body up to new possibilities.

You start to break out of the common “eat, sleep, work” routine that so many people subscribe to.

It becomes apparent how many opportunities are available. That is when habit becomes invaluable. When you are stuck on a decision, go with what you know.

It is important to balance your life in all aspects, from eating healthy to going outside enough.

Too much of one and you begin to grow sick of the monotony.

Next time it feels like life is in a rut or out of control, look for the spicy or steadfast options — for balance is the key.

Griffen Winget can be reached at arg-opinion@uidaho.edu



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