## U N I V E R S I T Y OF IDAHO ΤΗΕ ARGONAUT

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THURSDAY, FEBRUARY 7, 2019

# COMMUNITY Friend, educator and leader

#### **Hailey Stewart** ARGONAUT

Thomas Bitterwolf, an engaged community member and professor with the University of Idaho Department of Chemistry, died in his campus office Jan. 30.

The 72-year-old had recently been diagnosed with cancer. Cathy Mabbutt, Latah county coroner, could not be reached for comment regarding Bitterwolf's official cause of death.

Along with his 30-year tenure as a professor at UI, Bitterwolf was a local Boy Scouts Leader, a member of the Moscow Food Co-op's board of directors and received numerous teaching and chemistry awards.

Before beginning his career at UI in 1988, Bitterwolf taught at the Navy Nuclear Power School and then at the U.S. Naval Academy. He taught multiple organic chemistry courses and was a large part of the chemistry department honors program at UI.

For Adam Valaydon-Pillay, Bitterwolf was more than an instructor - he was an inspiration.

"I've worked with him for quite a while," Valaydon-Pillay said. "He became one of the single most influential people in my life."

Department of Chemistry Chair Ray von Wandruszka said Bitterwolf had been making that same impact on students since

CAREER

they first starting working together in 1988.

In the beginning of their relationship, Wandruszka knew Bitterwolf as both a professor and a member of the Navy, which he was part of for 23 years.

"Periodically he would put on his fancy (Navy) suit, leave the Palouse and head for D.C.," Wandruszka said. "He was, as he said it, going to defend the country."

After retiring from the Navy, Bitterwolf dove into projects with the university and the community. People knew him as a free spirit with a great deal of knowledge to share, Wandruszka said.

SEE FRIEND PAGE 4

UI community remembers faculty member and local leader Tom Bitterwolf



Courtesy | UI Library Bitterwolf teaches a group of children.

# **CAMPUS LIFE** Vandal Alerts: 'Room to improve'

UI receives backlash following Vandal Alert, recognizes needed improvement in timeliness of future alerts

#### **Kyle Pfannenstiel** ARGONAUT

When a test rocket exploded near the University of Idaho Steam Plant in April 2017, UI officials sent a Vandal Alert to students and faculty nearly an hour after the incident.

An



Jodi Walker

internal review report released in May 2017 found the alert "signifi-

cantly delayed" and "did not include adequate information." The alert read: "Explosion occurred on Moscow Campus. Responders on scene. Avoid Area. More information will follow."

Fifty minutes after the explosion, students received the alert.

When Goodwill received a landmine - later found to be inactive - from the WWII era in September 2018, UI officials sent out an alert reading: "A suspicious package has been found

# Professional development

Jordan Willson

n a town filled with students hunting for future career options, one group hopes to bring those options closer to campus.

to live," Rambo said.

The group hosts a variety of events ranging from casual to somewhat formal, typically during the evening of the first Wednesday of each month. Some events include networking socials, speed-networking, business

a career in Moscow.

A few years ago, there was a similar group for young professionals in the Moscow-Pullman area, Rambo said, but the group disbanded within about a year of its start-up.

"When I started thinking about opportunities that I wish

existed now that I'm a

young professional here in

Moscow, this sort of group

came to mind," Rambo

said. "That's something

that I felt we could really

Young Professionals events

Kendra Ewing, Moscow

use here in Moscow."

near the Goodwill ... Please avoid the area until MPD has cleared the scene."

When a man allegedly brandished a gun at another man during an argument in August 2018 at the development site of the Identity Moscow apartments, UI officials sent out an alert which read: "alleged weapons offense in Moscow area. Police are actively investigating. Please exercise caution. For on campus SAFEWALK call 208-885-7054."

Last week, UI officials received backlash after sending out a Vandal Alert referencing information from a dated police report. The alert, sent Wednesday, cites material from a Nov. 4 police report in which Denise Bennett, a tenured journalism professor at UI, admitted to police she used methamphetamine the day before.

The alert reads: "Denise Bennett has been barred from Moscow Campus. Recent admittance to police of meth use and access to firearms. If seen on campus, call 911."

Bennett was placed on administrative leave following "unprofessional conduct" with College of Letters Arts and Social Sciences Dean Sean Quinlan and another employee, according to the terms and conditions of her leave, which she shared via livestream Jan. 29.

UI issued the alert hours in advance of a sit-in protest organized by students in support of Bennett. Walker said there was no immediate threat to campus when the alert was sent. UI President Chuck Staben has denied the alert was sent out to squash the protest.

Walker also said the information included in the alert was "brought to the university's attention" through the police report.

The report details a domestic dispute Bennett allegedly had with her husband Nov. 4. No criminal charges were pressed and the case was closed that night.

SEE VANDALPAGE 4



Rambo said another goal for the group is to keep a passionate workforce in Moscow.

"We want to provide opportunities for these young professionals to have a happy career here and to really build businesses here and to want to stay here because it really is such a vibrant place

tours and professional development seminars.

Rambo said while this group will repeat some events from last year including a casual networking social every other month — she is planning a new event for the month of May to celebrate professional development opportunities. She said the event will also serve as the group's one-year anniversary, featuring "TED-Talklike presentations" driven towards starting a small business or growing



lead, said making connections with individuals across coffee or lunch is not as prevalent as it used to be.

**SEE PROFESSIONAL PAGE 4** 

## **CAMPUS LIFE** Senate condemns intolerance

ASUI denounces cultural intolerance on campus

#### Ellamae Burnell

#### ARGONAUT

A resolution presented in English and Spanish condemning the alleged intolerant and discriminatory treatment and policies directed at multilingual student employees passed the ASUI Senate unanimously Wednesday.

The resolution was in response to an alleged incident in which a Sodexo superior told another employee not to speak Spanish while working. The resolution states it "condemns the alleged recent mismanagement of multilingual student employees."

A prior version of the resolution did not include the word "alleged" in reference to the alleged incident. The revised bill also states the Senate's appreciation for the efforts of those who stepped in to rectify the situation. The resolution no

– IN THIS ISSUE –

longer names Sodexo.

There are a couple important changes," said Pro-tempore Faustine Moulton, the author of the bill.

The vote came after a period of working hours in which Senators spoke with a Sodexo representative.

"I'm very fortunate they took the time out of their day to speak to us to be more transparent about the whole situation," Sen. Ivan Castillo said.

In a Jan. 23 Argonaut article, Sodexo representative Michael Thomsen said there is not a policy forbidding employees from speaking languages other than English.

The Senate unanimously passed a bill to transfer \$200 from the ASUI Senate Allocation Budget to the Martin Luther King Art and Essay Contest to partially fund scholarships for the winner.

SEE SENATE PAGE 4



Idaho men's basketball looks to the future at halfway point. SPORTS, 8



Vandal Alerts should be more specific. Read our view. **OPINION**, 9



Local couple discusses their relationship and businesses.

ARTS. 5

Arts, 5 Sports, 7 **Opinion**, 9 University of Idaho

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Recyclable



PAGE 2

# A Crumbs recipe

## Spicy taco salad

With a little kick and fresh ingredients, there is no way you can go wrong with this salad. Take it for lunch or set aside a larger portion for dinner. Anything you have in your fridge will go great with this recipe.

#### Ingredients

- 3 cups of seasoned ground beef
- 8 cups of romaine lettuce
- 1 cup of canned black beans
- (drained)
- 1 cup of guacamole
- 1/2 cup of chopped tomatoes
- 1/2 cup of corn
- 1/2 cup of olives
- 1/2 cup of onions
- 2 cloves of garlic • 1/2 cup of chopped cilantro

Start to finish: 30 minutes

- 1 cup of ranch
- 1 tablespoon of hot sauce
- 1 teaspoon of chili powder
- 1/2 of a lime

Servings: 4

Directions

- 1) Cook the ground beef with chili powder, garlic and onions. 2) In a small bowl, whisk together the ranch, hot sauce, chili powder and the juice of half of a lime.
- 3) Drain the canned black beans and corn.
- 4) Chop the tomato and cilantro.
- 5) In a large bowl combine the lettuce, black beans, tomato, corn, guacamole, ground beef and olives.
- 6) Drizzle the dressing mixture over the top and toss to combine.
- 7) Add cheese and corn chips for extra flavor.

Hailey Stewart can be reached at crumbs@uidaho.edu

### **Super Bowl Sadness**



Avery Alexander | Argonaut

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CORRECTIONS

**UI STUDENT MEDIA BOARD** 

In the Jan. 31 issue of The Argonaut, Bailey O'Bryant's name was misspelled.

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 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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UI student Colten Hoff examines the inside of his unique living situation: a van renovated for full-time living.

Colten Hoff was tired of traditional college housing, so he reimagined his options

#### Alexis Van Horn Argonaut

University of Idaho third-year architecture student Colten Hoff decided the living options available on and off campus did not suit him — so he created his own. Hoff tried living in a fraternity, UI's on-campus options and an apartment, but couldn't find a good fit.

"It's kind of unique to me as an architecture major, I spent so much time in the studio, I was like, 'Why am I paying so much money for all this housing when I spend most of my time doing schoolwork in the studio. I only go home to sleep and eat," Hoff said. "At the same time, I've always been interested in small living, like tiny houses, but then something kind of clicked."

Last summer, Hoff bought a 1991 Dodge B350 12-passenger van. Hoff researched and worked almost entirely on his own, but accepted the help of his family to customize the van in only two-and-a-half months. Hoff has running water, solar-powered electricity for lights and a refrigerator, bed space for multiple people and plenty of storage space.

"I just put the amenities that (people) usually need inside," Hoff said. "But having to solve the problems of where I'm going to do my laundry, where do I take showers and where do I go if it gets too cold, I use the campus amenities."

Hoff was inspired by "Vanlife" and "Tiny Houses," two modern movements advocating for nontraditional methods of living.

Hoff's living situation, in a decked-out van, is unique in the UI community. Hoff has heard a rumor about people living in their cars and has seen a truck with a camper parked on campus consistently. He has not, however, heard of anyone else who decided to live in their vehicle of their own accord.

"One time, I heard — it was an alumni I was talking to, someone who graduated like twenty years ago," Hoff said. "And he heard about someone who lived in his van down in an RV park while he was going to school a long time ago."

Hoff does not recommend "Vanlife" for everyone, but he does have advice for those interested in going down that road. He recognizes not everyone will have the circumstances and access to space and tools that allowed him to build his van.

Hoff also said one should mentally prepare for long hours alone, the need to do things nontraditionally and maintain a positive mindset.

Hoff said he enjoys his living situation

Olivia Heersink | Argonaut

and although life is never perfect, he appreciates the small inconveniences that test his patience and help him grow as a person.

He said he wishes he had focused on insulation and heating in his van more to prevent pipes from freezing. Hoff also cited difficulties with patching leaks, overcharging solar panel batteries, cooking and washing dishes.

"It's a lot of worrying about things. If I park somewhere and someone comes up or some (police) officer comes up and tells me I can't park there," Hoff said. "It hasn't happened to me, but you get paranoid about people watching you, about people seeing that you're living in a van and then word getting around to authorities that can find you and tell you that you can't do that."

Alexis Van Horn can be reached at arg-news@uidaho.edu





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#### VANDAL

FROM PAGE 1

Walker said the follow-up alert, which included a link to a memo by President Chuck Staben and Provost John Wiencek, was a "thoughtful and thorough reflection on the intent of the decision we made." But she said the university also does "recognize there is room to improve the timeliness of follow-up communications in the future."

The follow-up alert was sent out nearly 24 hours after the initial alert at 10:04 a.m. Jan. 31. The initial alert was sent out 10:51 a.m. Jan. 30.

In the email memo, Staben and Wiencek said the university chose to "communicate very specifically and directly to our university and community."

Walker said Staben approved both alerts, which is standard procedure for most Vandal Alerts.

Emma Williams, a second-year UI student, was taken aback by the contents of the Vandal Alert, initially fearing safety concerns about going to class. She said her mother texted her when the alert first went out, asking her what was going on and if she was safe. The follow-up Vandal Alert did not do much to abate her concerns.

"It was a little slow on the uptake and they should have released a bigger email, especially targeted at parents saying that their children are safe," Williams said. "Some of us are like 20, like I am, and they're still concerned about their kids."

Williams said the alert initially made her worry about her safety going to class. She said, once she knew she was safe, the alert prompted thoughts that the alerts should undergo more review before being sent out.

"It was a little disconcerting," she said.

Ryan Benson, administrator of the Facebook page "Students for Denise" and an organizer of the walk-out held last week, said he "had no doubt in my mind that it had to do with our protest in at least some regard."

Staben, in a rare appearance before Faculty Senate meeting Tuesday, said the alert was not meant to squash the protest.

"The way the alert was written presented a clear and immediate danger to campus," Benson said. "Chuck Staben himself may as well have walked around campus with a bullhorn screaming 'active shooter.' The effect was the same."

He also said parents were worried and that students feared for their safety after the initial alert. But he said he felt that the initial alert wasn't true.

"I had a gut feeling that something wasn't right," Benson said. "The picture that was painted in that 156 character message was not my professor. It was not my mentor. It was a false and inflammatory statement engineered to cause panic."

Benson levied more displeasure with the UI administration's response.

"At no time have I felt that Chuck Staben, or his administrative team, have attempted to reach out to concerned students, upset staff or in any way attempt to level with the general population of campus to truly explain their apparent concern for student and staff safety."

When asked if the same Vandal Alert would be issued given a similar situation, Staben said at the Faculty Senate that the information which was released in the case of Denise Bennett was relevant, and if given the same instance again, the same choice would be made.

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

### SENATE

The Senate also passed bill allocating \$560 from the ASUI Senate Allocation Budget to purchase of a Nintendo Switch, two extra controllers and four games for the ASUI Vandal Lounge.

The bill by Sen. Kristen Nesbitt said the purchase will promote student engagement and relationship building on campus.

The Senate also unanimously passed an amendment to the ASUI Constitution that will adjust the spring election timeline. The amendment will shift the spring elections to one week earlier than usual, allowing more time for position transitions.

The Senate also discussed a bill that, if passed, would allocate \$700 from the ASUI Senate Allocation Budget to fund the Vote 4 Her event. The conference presents a panel each year highlighting women in Idaho public office. According

#### PROFESSIONAL

FROM PAGE1

"What (Moscow Young Professionals) provides is a platform for individuals to not only have that face time and be able to interact and socialize but to add educational processes and information into their own tool kit that they're able to take back to their own industry or organization and implement," Ewing said.

She said Moscow Young Professionals provides an important opportunity for people to hear stories from other individuals that are in similar positions. Story-telling increases growth opportunities for individuals that are trying to pursue being a leader or manager within their own industry, Ewing said.

For older professionals in Moscow, the group provides an opportunity to mentor young professionals, Rambo said. But for younger students, it's helpful to communicate with other young individuals, she said.

#### FRIEND

FROM PAGE1

Bitterwolf taught many of the higher level chemistry courses and labs, Wandruszka said. His research and teaching focus surrounded inorganic chemistry and organometallic photochemistry. Among all the complicated lectures and lab work, Wandruszka said Bitterwolf took those challenges and made his classes into a performance.

"Teaching is sort of like a show," Wandruszka said. "Bitterwolf definitely knew how to put on a show. He was the star."

Because of his teaching style, Wandruszka and Valaydon-Pillay said many chemistry students remember Bitterwolf long after their first class with him.

"A few years ago, I heard a few undergrads speaking with the parents of prospective chemistry students. One after the other, each one started in on how great their first lab with Bitterwolf was," Wandruszka said. "He had such caring and extensive relationships with his students."

Wandruszka said various chemistry department faculty members will take on Bitterwolf's classes for the spring semester.

"Students will continue to get the education they deserve, but they will, unfortunately, miss that show he always put on," Wandruszka said.

Bitterwolf's relationships extended far outside the university. Among his various community engagements, he was the treasurer for the Moscow Food Co-op board of directors. to the bill, the funds will cover the travel costs for around three speakers. The project is solely organized by ASUI.

Sen. Nesbitt said there is currently \$2,790 left to be allocated from the budget.

"I just want to point out that if we can spend \$560 on a Switch, then we might want to start thinking about supporting this type of project," Sen. Jacey Bacon said.

The bill will go up for vote next week, along with a resolution that calls upon the state to enact reforms regarding marijuana policy.

ASUI President Nicole Skinner asked senators to encourage students to apply to the upcoming legislative ambassador trip from the State Capital Feb. 17 through Feb. 19. The trip is all expenses paid and gives students a chance to talk to legislators about higher education.

> Ellamae Burnell can be reached at arg-news@uidaho.edu or on Twitter @EllamaeBurnell

"It's something that I really wish would've existed or I would've known about when I was a student because it is so helpful when you're just starting your career to meet some people who are already in careers but they're still young," Rambo said. "So they have that career mind, but you can still relate to them, and they can still relate to you."

Jenny Ford, the group's community liaison, said joining the group would be beneficial to all students trying to improve their socialization skills and better understand the Moscow community. Ford said the professionals who attend events each have a different perspective, which helps assist student growth. Plus, the individuals students would have access to could be potential employers, Ford said.

"It really is just an opportunity for you to share what you do, what you love, what you're passionate about with a group of people that are equally as passionate," Rambo said.

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

Idgi Potter, president of the board, said Bitterwolf held that position for almost a year and was a role model for other board members.

"We will miss his years of wisdom. He had such a breadth of experience," Potter said. "With Tom being an elder member in the community and having so many relationships with younger people from teaching, he could connect with all groups of people," Potter said.

Valaydon-Pillay said Bitterwolf's zest for life came from the "Try It" mantra — a saying that hangs high in his lab.

That same saying often made the third floor of Malcolm Renfrew Hall busy with admiring and eager students.

"The east end of this building was always buzzing with people," Wandruszka said. "His kind of chemistry always brought good people."

Valaydon-Pillay said he will always remember Bitterwolf — whom he, like many others, affectionately called "Doc" — with an open door and welcoming presence.

"His door closed so suddenly," Valaydon-Pillay said. "It's going to feel pretty empty around here for a long time."

Bitterwolf is survived by his wife, children and grandchildren. In lieu of a funeral, a celebration of Bitterwolf's life will take place 2 p.m. to 4:30 p.m. Friday in the Vandal Ballroom of the Pitman Center, according to Short's Funeral Chapel.

The university encourages those affected by Bitterwolf's death to reach out to UI's Counseling and Testing Center at 208-885-6176 or to file a VandalCARE report at vandal-care@uidaho.edu.

Hailey Stewart can be reached at arg-news@uidaho.edu



# ARGONAUT ARTS & CULTURE

#### COMMUNITY



Kathy Sprague (left) and Tabitha Simmons (right), owners of Safari Pearl Comics, talk with one another Feb. 1 at their store.

# Just an everyday love story

Safari Pearl owners share how their love for one another helped create multiple businesses

#### Alex Brizee ARGONAUT

wners of Safari Pearl Comics, Tabitha Simmons and Kathy Sprague, never thought they would be married - let alone the first samesex couple legally wed in Idaho.

When gay marriage was legalized nationally in 2015, they left behind three freshly hired employees in the middle of the work day to go and say "I do."

"We are going now, before someone changes their mind," Simmons said on that day in 2015.

Despite the chaos across the state, Simmons and Sprague unknowingly became the first gay married couple in the Gem State due to Latah County's quick the Moscow Community Center - now known as City Hall. She saw Simmons walk away and later asked a friend who she was.

"Oh my god, you don't know Tabitha Simmons?" the friend responded, prompting Sprague to ask for an introduction.

"It was essentially a one-night stand gone horribly wrong," they said - their classic joke about their now 30-year relationship.

The two not only own Safari Pearl Comics, but also TabiKat Productions and Eclectica. Simmons said their personalities complement each other, allowing for different perspectives on various ideas. "No matter what sort

of relationship you want

with someone, communication is key," Simmons said.

Having been in the community for several decades, Sprague said her customers have grown with her — from children coming in as toddlers with their parents to graduating with doctorate degrees. "We have customers come in with their young kids, and we watch these children grow up. But at the same time, they see us as a couple, as a normal part of society," Sprague said.

adding her partner to the mix wasn't a challenge, and they came together naturally.

'We've both been geeks our entire lives," Simmons said.

Being an openly gay couple in Idaho may be ground breaking for some, they said they do their best to keep the politics of their lives out of their businesses. Having respect for customers no matter

their beliefs, Simmons said, is a number one priority.

> When being gay wasn't as openly accepted as it is now, Sprague said there were times when people wouldn't come into the store because of who they were and their sexual orientations.

"It is much easier now than it was then, certainly. But it wasn't entirely orientationbased when Kathy first started. A lot of it was just flat out sexism," Simmons said. "There were some guys that

### DIVERSITY Sampling a culture

Nepalese Students' Association host annual celebration Sunday

> **Alexis Van Horn** ARGONAUT

Music flows through the ballroom. On the stage, performers sing, dance and act in front of an audience enjoying authentic Nepalese food. They chatter back



the rich cultural display Sainaz Bajracharya before them — an op-

portunity those attending Taste of Nepal will have a chance to experience Sunday.

"This event helps us let people know about Nepal, how the lifestyle is, how the country runs, how festivals are celebrated," said Sainaz Bajracharya, president of the Nepali Students' Association (NSA) of the University of Idaho.

Bajracharya and Sauzad Baskota, NSA coordinator, said their organization spent months planning the annual event, collaborating with the NSA group at Washington State University.

Although exact details are a secret, a variety of dramatic acts, music and dance will be featured. A Nepalese festival-style dinner will be served to attendees as well.

"(The food that will be served) is something like the usual food we have during our festivals right now," Bajracharya said.

The event, now in its 17th year, aims to promote Nepalese culture and lifestyles. Each year, the NSA tries to focus on a specific theme. Baskota said Taste of Nepal will spotlight Nepalese festivals this year.

"I was making a list of festivals yesterday," Baskota said. "It was beyond 50 in a year, and that's just the main festivals. We have different ethnic groups that have their own culture, their own festivals."

Nepalese students work together to create the comprehensive event, participating in every aspect — planning, cooking and performing.

"Being an international student, we get to learn a little bit about America here through different kinds of (events)," Bajracharya said. "(With Taste of Nepal), they also will get to know our country a little bit — that's our aim."

Taste of Nepal 2019 will be held in the Bruce Pitman Center's International Ballroom from 5 p.m. to 7 p.m. Sunday. Advance tickets cost \$12 for students and \$15 for non-students.

"It's known as a very peaceful country. We have harmony between different kinds of cultures and different kinds of caste groups," said Bajracharya. "Even if we practice Hinduism, Buddhism, anything, everyone comes together in a peaceful, harmonious way."



#### PAGE 5

service, Sprague said.

Though their union wasn't officially legal until 2015, they considered themselves married long before then, having what they called a "hand fasting ceremony" in 1991.

"It wasn't really a stance (the relationship), it was just matter of fact - we're together," Sprague said.

The couple met at a dance hosted by the Inland Northwest Gay Peoples Alliance in

While Sprague started selling comic books before Simmons came into the picture, were unwilling to buy their comics and games from any woman - didn't matter what type of woman."

When approached by anti-queer rhetoric, they instead focus on civility, not hate. "We have changed minds simply by

being civil," Sprague said.

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#### **CAMPUS LIFE**

# A year of trial and error at campus Co-op

#### **Allison Spain** ARGONAUT

Alisa Melior's relationship with the Moscow Food Co-op began nearly two decades ago as a volunteer, packaging dried fruit at the age of 18. Now, she is the general manager of the Co-op's branch on the University of Idaho campus, which opened a year ago.

Her high energy and commitment to customer service resides on the corner of

University Avenue and Elm Street home to plenty of natural light, the scent of freshly roasted coffee and a variety of grab-andgo foods.

Born and raised in Pullman, Melior put her interest in nutrition aside to graduate with a philosophy degree from Washington State University. Working as a barista at various coffee shops - such as the

Daily Grind and Thomas Hammer — during college, she said she has always enjoyed customer service jobs because of the people.

"I learn so much from my costumers every day, and it's rewarding to get people's days started with a fresh cup of coffee," Melior said. "I get all kinds of fun facts and interesting information from costumers it's just a blast."

After graduation, she travelled to Boulder, Colorado, for four years with her soon-to-be husband before coming back to Moscow. Upon her return, she set aside her philosophy degree in favor of a career in



Melinda Schab

customer service - her passion.

Once the construction of the new Co-op was completed at UI, Melior said she was immediately hired as the general manager. She said she is passionate about bringing a higher quality of nutritious food options to campus, especially for people with dietary restrictions where options are often not as readily available elsewhere.

"I have never been able to take some-

thing from the ground up, which has been a really cool experience," Melior said. "And fortuitously (by chance), my boss, Melinda Schab, is incredibly open with me trusting my instincts, which is something you don't always get when you are doing something new."

Schab, general manager of the downtown Co-op, said

Melior loves hearing suggestions and requests from costumers. She said she is the perfect person to manage the campus endeavor, especially due to her long history with the Co-op, as well as her understanding of the business model and its desired impact on the community.

"Alisa is a talented barista who genuinely loves serving customers, and it shows," Schab said. "She's easy to get along with and she's incredibly flexible. I don't believe we could have hired a better person to represent the Co-op to the campus community."

Schab said no one knew what to expect

#### Campus Co-op celebrates a year of high-quality food options at UI



A customer browses food options at the campus Co-op Wednesday afternoon.

in terms of sales with the opening of the campus location, but she said she is delighted it's going well.

"Truthfully, we are always looking to improve our product selection to meet the needs of our costumers — we think of this work as an ongoing process," Schab said. "We consider our hours to be fairly flexible as well, (and) we're interested in meeting the needs of the campus community, so we love feedback."

Melior said one of the biggest challenges and surprises she has experienced in the first year since the opening is the shelf life of some items. She said it can be a guessing game to predict, without any background, how much inventory to order every week -especially for perishable foods. Beyond that, Melior said she still wants to get the word out to more people about the location.

She said there is no right way to do things, but now there is a year of trial and error to reflect back on and learn from.

REVIEW

#### Olivia Heersink | Argonaut



# **Cruising the express lane**

Panda Express isn't your typical fast food. It's dependable, it's (situationally) nutritious and most importantly, its wide variety can appeal to a wide range of hungry college students. As a Panda Express connoisseur and in celebration of the Chinese New Year — I've taken it upon myself to top last week's Air Bud rankings and deliver the ultimate Panda power rankings — side dishes excluded. Let's get started.

#### 99. "Super Greens"

Even with only 14 entrees on the menu, a rank of 99 still feels too generous. What happened to the good ol' days, the days when broccoli, zucchini and carrots helped me feel like I was making a slightly better nutritional choice? Those days are long gone, and in its place is something that doesn't taste so super. Kale? Sure, maybe this doesn't quite count as an entree, but a statement has to be made.

#### 14. Mushroom Chicken

Rounding out the real list is, well, a dish that tastes like its name would suggest. I typically get a mouthful of mushy mushrooms, which to some may be perfectly fine. However, it doesn't quite work for me.

#### 13. Five Flavor Shrimp

I'll say it loud and clear — I think this needed a sixth flavor and a renaming. Don't get me wrong, these are quality ingredients like the name suggests. The dish's downfall very well may be its appeal to healthiness.

#### 12. String Bean Chicken

Pastors:

Everything here is serviceable. The beans are well strung, and the chicken is nice and moist. What the dish seems to lack is an identity, and also smaller chunks of onions. Please.

#### 11. Broccoli Beef

Panda Express delivers a delicious take on a classic, but falls victim to inconsistent broccoli texture and sauce. It's a shame, because this has the potential to appeal even to those who hate the foreign green specimen.

#### 10. Black Pepper Chicken

Surprisingly, the pepper is not what drags this dish down. It's the head scratching addition of celery that tragically drops this entree's ranking. Once again, all of the components have incredible potential, but the return of hulk-like onion chunks and a celery crunch raises more questions than answers.

#### 9. Kung Pao Chicken

This chicken is indeed spicy. The chili peppers provide a great kick, but it's hard to thoroughly enjoy the intense flavor when I'm stuck picking out intimidating foreign food objects. I'm also not a big fan of peanuts, so take this one with a grain of salt.

#### 8. Sweet and Sour Chicken

It's sweet. It's sour. It's sweet and sour chicken, and it doesn't disappoint. It took a while for this dish to grow on me, but I have come to respect the flavor it brings to the table. Not only is the chicken



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cooked to perfection, but the included vegetables add a perfect texture.

#### 7. Honey Walnut Shrimp

I have a love/hate relationship with this shrimp. There is immense potential at stake, but once again, inconsistency hurts this dish's long-term placing. Sometimes the honey sauce is just breathtaking. Yet other times, especially when combined with the tempura batter, the combo just falls short. You never quite know what to expect with this one, but it's worth the risk.



This beef is like nothing else on the menu. The peppers and onions form a melody that sings in your mouth, or at least that's what it sounds like when I'm eating. There's a hint of spice for those daring to look for adventure.

#### 5. Honey Sesame Chicken

A bit of an oddity, this entree cannot always be found. That's a shame. Contrary to the previous green been dish, the stringy vegetable works well in tandem with the sauce and bell peppers. If a Panda Express near you has this dish, don't hesitate to try it.

#### 4. Grilled Teriyaki Chicken

Wow. Some might say the sauce has a bit too much sugar, but you have to understand this is out of necessity. Not only is the chicken grilled with love only a mother could provide her children, but the employees even slice it up tableside. What's not to love?

#### YEAR

Max Rothenberg

Argonaut

#### FROM PAGE 5

"We are learning as we go, but so far the campus community has been really enthusiastic and supportive of this Co-op, which makes me really happy," Melior said. "I would really like to see more students realizing that we are here. Staff and faculty have been so

The definitive Panda Express entree rankings

#### 3. Orange Chicken

This is the Panda Express classic. I understand it is practically treason to have this at No. 3, but there's good reasoning. This comprehensive list was formed from a self-proclaimed "food critic" who has eaten at Panda many times over many years. Some could say I lived there. Orange chicken has appeared on my plate at least 38 percent of those times. As more intricate and new entrees are released, we sometimes lose sight of our first love. Looking ahead, it's possible orange chicken will rise from the ashes and reclaim its spot on the throne.

#### 2. SweetFire Chicken

Sweet chili speaks to me in a way few other things can. Panda's take on this classic nails it every time, with a mix of pineapple, peppers and a sweet and spicy sauce. To make matters even better, every restaurant always seems to have this dish in massive quantities. They know their audience, and more importantly, they know their flavors.

#### 1. Shanghai Angus Steak

Each bite is a journey. Potatoes? Asparagus? This dish takes us back to the days of The Goonies," where a band of misfits team up for an unforgettable adventure — more or less. Bursting with personality and flavor, this is one dish you simply can't miss. ... unless juicy steak doesn't sound appetizing.

> Max Rothenberg can be reached at arg-arts@uidaho.edu or on Twitter @theRothenberg

"We gave up some main office space so the Co-op could come in, but we were also able to update our kitchen and put in a handicap accessible bathroom upstairs," Neumann Smiley said. "I think with a transition this big, things could not have gone any smoother."

Neumann Smiley knows the downtown cooperative well, seeing as she has been a member-owner for more than 18 years.

She said the biggest obstacle of downsizing The Center has simply been sharing and finding spaces for



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things. However, she said she has dreams of growth.

"The future isn't bad to good, but good to better," Neumann Smiley said. "And looking at ways that we can keep serving both of our constituencies."

She said the biggest piece of advice she could offer campus is to come check out the Co-op and

'The common misconception I hear is that the Co-op bought the building, but we are still here — there was no replacement, there is just a bigger way of serving campus on this corner now," Neumann Smiley said. Allison Spain can be reached at arg-arts@uidaho.edu





# WORKING FROM THE GROUND UP

#### Idaho hopes to build off of a troubling season to prepare for success in the future surrounded by young players

#### Chris Deremer Argonaut

he Idaho men's basketball program reached new heights last season, showcasing the progression L the program made over the years leading up to the 2017-2018 season.

The "senior six" led the Vandals to the second-best record in the Big Sky Conference, leaving many to believe a Big Sky Championship and a NCAA Tournament appearance may be within reach.

But compounding hope all slipped away in a short 40-minutes.

The Vandals were upset in the opening round of the Big Sky Tournament. Many questions lingered as to how Idaho could respond after losing the talented seniors who got the team there.

More hardships occurred toward the beginning of this season for Idaho, with the loss of senior Nate Sherwood and junior transfer Marguell Fraser.

Fraser battled hip issues through the beginning of the out for the season due to undisclosed reasons.

The impact of the loss of the two upperclassmen was point he's played like the guy I thought he would." felt almost instantly.

early season losses led to an adjustment of plans for tion for the future of the program. the program.

"Before the season starts, you have a vision and obviously our vision and plan got turned upside down with the loss of Nate Sherwood. Another guy we were counting on was Marquell Fraser," Verlin said.

Due to Sherwood's absence, freshman forward Jared Rodriguez has stepped up this season as a leader and one of the main scorers for the team. The unexpected rise in rank even surprised Rodriguez himself.

"Coming into the season I thought I was going to be a sixth man or seven man," Rodriguez said. "But then finding out that (Sherwood) can't play anymore, I had to be the leader being the redshirt freshman."

There will always be "what if" questions as to what this season would have been like with the two veterans. Many believe this season's narrative may have been different had they been active on the court.

"Those two guys were a big part of what we do," Verlin said. "When you take those two guys out of our lineup, you take 60 minutes off the floor, probably."

This year's active roster consists of six freshmen, four sophomores and junior Trevon Allen, who has found himself as the true leader of this team.

"(Allen) has had a lot of weight on his shoulders this year," season, ultimately leading to surgery. Sherwood has been Verlin said. "He has played good. Maybe he hasn't played his best basketball the last two or three games, but up until that

One of the leading freshmen on this year's roster is guard Idaho Head Coach Don Verlin said the abrupt Cameron Tyson, who has been a much needed scoring addi-

look back at the 11 years that I have been here and he's by far having the best freshman year by anybody we've ever had."

conference games played this season.

bounding issues throughout the course of the year.

"Sometimes rebounding is a habit, but it's also the ability to go get it done."

margin, averaging nearly 32 rebounds per game.

guez, who sits in the top 10 in rebounding with nearly seven rebounds per game.

me a chance to go and get some offensive rebounds."

a surplus of young players still learning are the main problems this squad battles.

under Verlin is 18.



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- "Cameron Tyson has had a good year," Verlin said. "You Tyson is currently tied for second place in the Big Sky for 3-pointers made. Tyson has made 30 3-pointers in the 10
- The main struggles for Idaho have stemmed from the re-
- "I think with time, we'll get better at it," Verlin said.
- The Vandals rank last in the conference in rebounding
- The only consistent rebounder for Idaho has been Rodri-
- "As a freshman, I kind of pride myself on rebounding," Rodriguez said. "For me to get other people open shots gives Verlin said he believes struggles to play with intensity and
- Idaho has lost 17 times so far this season at the halfway point. The most losses the Vandals have experienced



SEE WORKING, PAGE 8



The Vandal Nation staff makes their pic for Idaho athlete of

PAGE

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#### WORKING

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"You can't get tied down in your wins and losses," Verlin said. "What you have to invest in is the process of getting better and the results will come."

From a coaching perspective, Verlin said he believes this is one of his better teams at consistently trying to improve regardless of losses.

"In a way, it's kind of fun," Verlin said. "In college basketball it takes a while to grow up and we're going through the growing pains."

Freshman guard RayQuawndis Mitchell said staying united can help the team throughout the problematic season.

"We know that we can all play basketball and are good at what we do," Mitchell said. "We just have to continue to stay together because we know it's a marathon and not a race."

While it may seem grim right now for Vandal men's basketball, the future holds more shine for the up-and-coming team the next few years.

"This team is going to be good at some point," Verlin said. "I don't know when it is. It may be in a week, it may be next year, but there is enough talent in the room that eventually it will be like so many teams I've had here."

> Chris Deremer can be reached at arg-sports@uidaho.edu or on Twitter @Cderemer\_VN

#### THE BATTLE OF THE PALOUSE HITS THE ICE



Saydee Brass | Argonaut Sophomore forward Josh Sewell goes for the puck in a faceoff against a Washington State opponent Saturday at the Palouse Ice Rink.

Our readers want to know about

# Idaho Athlete of the Week

The Vandal Nation staff makes their pick for Vandal Athlete of the Week

#### MEREDITH SPELBRING - ZACH SHORT, TRACK AND FIELD



Idaho track and field has a collection of talented athletes, but thrower Zach Short has made a name for himself in the past few weeks, breaking the conference record in shot put not once but twice during the indoor season. If that is not success, hard to say what is.



#### BRANDON HILL – LIZZY KINKLER, WOMEN'S BASKETBALL

It can be easy to think about Mikayla Ferenz and Taylor Pierce as the face of Vandal basketball. However, Kinkler's 17 points — tied with Pierce's — helped elevate Idaho over Southern Utah and extended the Vandals' winning streak to four games. Here is to the next generation of literal Splash Sisters.



#### CHRIS DEREMER - SOPHIE HAUSMANN, WOMEN'S GOLF

Hausmann was just recently invited to play in the first ever Women's Amateur Tournament held at Augusta National. A historic course has finally opened its doors for women to play on the same holes that Woods, Mickelson and Nicklaus have won green jackets on. Now, the Vandal has a chance to make history on the grandest stage.



#### JONAH BAKER — NATALIE KLINKER, WOMEN'S BASKETBALL

Idaho has struggled to establish a post presence, but Natalie Klinker's recent hot streak has at least temporarily supplied an answer. Doubledigit rebounds in back-to-back games along with 12.7 points over her last three games make it seem like Idaho is finally developing a multidimensional offense.



#### ZACK KELLOGG — TAYLOR PIERCE, WOMEN'S BASKETBALL

Pierce has officially made 400 career treys — an accomplishment only three other players in Division 1 women's basketball history have reached. Pierce, in her final season with the Vandals, has now cemented her legacy as one of the best sharpshooters, not only for Idaho, but of all time.











#### Ο G N U Т R А **OPINION**

ED

HE STUDEN

#### EDITORIAL

# Unclear alerts The purpose of Vandal Alerts is unclear — but it shouldn't

When students see the words "Vandal Alert" on their screen, the meaning behind it should be instantly clear. Is there a threat? Is there a major event those on campus need to be aware of?

No one outside a select group of people really knows. But they should.

Since the end of the last school year, students at the University of Idaho have seen "Vandal Alert" pop up across their screen numerous times. Each alert contained a wide range of information — from low air quality to car break-ins and suspicious packages to possible gun violence in town. ORIAL

Each of those alerts exhibited wording which was either easy to understand (like low air quality) or incredibly vague.

But the most recent alert sent a different message - causing brief bouts of fear and confusion for staff and faculty across campus.

"Denise Bennett has been barred from Moscow Campus," read the Jan. 30 message. "Recent admittance to police of meth use and access to firearms. If seen on campus, call 911."

UI Journalism and Mass Media professor Denise Bennett was placed on administrative leave Jan. 24 following "unprofessional conduct" with College of Letters Arts and Social Sciences Dean Sean Quinlan and another university employee.

Bennett received her official terms and conditions of administrative leave Jan. 29, which she read in full via a YouTube live stream. The Vandal Alert was sent out the next morning, hours before students planned a peaceful sit-in at the Administration Building.



SEND US A 300 WORD Letter to the editor

THE ARGONAUT

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UI President Chuck Staben said during Tuesday's Faculty Senate meeting the alert was issued partly because Bennett's whereabouts were unknown, but denied it was sent to shut down the protest. In short, the administration foresaw a potential danger and thought to alert campus.

Staben did, however, note the abnormal level of detail included in the alert.

To say the most recent alert contained more information than its predecessors is an understatement. The standard Vandal Alert includes few specifics. In the case of an emergency, it's almost immediately followed by an all clear message.

The "all clear" alert following the one regarding Bennett came roughly 24 hours later at 10:04 a.m., well after many classes were already in session.

The second alert was concise, but contained a link to a full explanation of the situation for those who may have been left in the dark.

Thousands of students received the alert, and to many of them, Bennett's name and the alert's instructions were meaningless without any background information.

To say the decision behind the alert seemed rushed and poorly planned is an understatement, seeing as confusion and concern spread across campus like wildfire.

The all-inclusive umbrella of information deemed worthy of a Vandal Alert only muddles the sole purpose of its existence — keeping the UI community informed.

#### – Editorial Board



Send us a 300word letter to the editor. ARG-OPINION@UIDAHO.EDU



QUICK TAKES FROM THE VANDAL COMMUNITY

#### What is your least favorite mundane task to complete?

#### Phone calls

I will avoid returning phone calls at all costs. Why did you all let me become a reporter?

– Lyndsie Kiebert

#### **Folding laundry**

It's tedious and leaves creases in the clothes. I'd much rather just hang everything up!

- Kate McTighe



**Cleaning woes** 

Mopping floors! – Ellen McKenzie

#### Math

Does Polya lab count? – C.J. Harkins

All those clothes

Laundry. I don't know why but it's impossible to fold laundry. Spencer Colvin

#### The usual

Folding socks. Brushing my teeth. – Žac Edwards

#### Posters

Putting up #reinstatedenise posters when Admin takes them down. - Sam Arbor

# COLUMN Buying into burnout Millennials: a generation fed up with being burnt out



Hailey Stewart Columnist Argonaut

'You seem to have done a good job avoiding burnout. Against all odds, you're maintaining a healthy work-life balance and perspective on the world. But you're still at risk of burning out if you're not careful. Maintain some boundaries and don't bite off more than you can chew and maybe you'll be okay."

Yes, I took a Buzzfeed quiz to assess my stress level. And yes, that is what the Buzzfeed quiz gods had to say about me.

Out of 55 "burnout-related" questions, I checked off 36 of the burnout symptoms.

Have you admitted to being bad at adulting? Have you avoided talking on the phone at all costs? Have you pushed a task on your to-do list more than a week? More than three weeks? Have you worked more than 40 hours a week? These are all, supposedly, symptoms of - the now widely known millennial burnout.

Anne Helen Petersen, a culture writer and analyst for Buzzfeed, often referred to millennial burnout before it was "millennial burnout" as "errand paralysis." In her piece, Petersen goes onto say she originally thought of burnout as something which only affected high-powered workers — the lawyers, surgeons and politicians of the world. Instead, she found burnout as a condition rendered into the lives of a very controversial generation — the millennial generation.

"And it's not a temporary affliction: It's

the millennial condition. It's our base temperature. It's our background music. It's the way things are. It's our lives," Petersen writes.

You might think these symptoms all sound like general traits of being human rather than a millennial. And, for the most part, you're right.

However, the term "burnout," for lack of better phrasing and a thorough definition for millennial, has been bestowed on this generation for the past few years. It just took a journalist with enough time and know-how to get to the bottom of the latest trendy phrase.

Millennial burnout is the constant feeling of anxiety surrounding even the most mundane acts in life, and putting those needs under the strenuous needs of work and longer term goals.

Some of Petersen's arguments for the contributions of millennial burnout revolve around an unforgiving economy, extensive past parenting and overall inequality.

In the lengthy article, which came out just after the new year, Petersen configures the oldest of millennials to be around 38 years old and the youngest to be around 22 years old. The younger end of that spectrum is prime time for finishing college, finding a job and "settling down" — whatever that means anymore — in a world that seemingly has a general distaste for the millennial generation.

All young people will inevitably know the feeling of being burnt out, whether it fits into the millennial burnout category or just general stress. Being put into boxes — boxes like "burnt out millennial" — is what helps to instigate these stressors. We try so hard to avoid burnout by constantly trying to understand burnout tendencies and persis-

tently chasing relaxation — a place in our lives where we might feel at peace.

But, there isn't a place like that. And if there is, it's most definitely fleeting. That's life.

Petersen also acknowledges the difficulties of mitigating burnout.

"The problem with holistic, all-consuming burnout is that there's no solution to it. You can't optimize it to make it end faster. You can't see it coming like a cold and start taking the burnout-prevention version of Airborne. The best way to treat it is to first acknowledge it for what it is - not a passing ailment, but a chronic disease — and to understand its roots and its parameters," Petersen writes.

While acknowledging burnout might be what works best for most people, categorically and conclusively adding ourselves into a generalized and formulaic algorithm of the human condition won't work.

That Buzzfeed quiz — which was not created by Petersen — won't help mitigate burnout. Instead, it only serves to generalize and categorize us.

"You seem to have done a good job avoiding burnout." Well for now, yes I have.

"Against all odds, you're maintaining a healthy work-life balance and perspective on the world." For the most part, sure.

"But you're still at risk of burning out if you're not careful." Thanks, that's quite the reminder.

So thanks to Buzzfeed, I'm more than grateful for the reminder that burnout can sneak up without remorse. But, I'll still continue pushing the items on my to-do list.

> *Hailey Stewart* can be reached at arg-opinion@uidaho.edu

#### Folding

I don't mind putting in the washer or dryer, or sorting it or putting it away. I just don't want to fold it! – Cassie Hagemann

#### Waking up every morning

We're all thinking it. I'll be the one to say it.

- Jonah Baker

#### Length matters

It seems like every time I vacuum the floor, the cord stops just short of where I need to be and then unplugs. – Max Rothenberg

#### **Filing taxes**

Rounding up the appropriate paperwork is always a pain to me for some reason, even though it's relatively menial.

– Kyle Pfannenstiel

#### **Running on empty**

Life can be incredibly hectic at times, so remembering to fill up my gas tank is the last thing on my mind.

– Olivia Heersink

#### Scrub-a-dub-dub

Dishes are a daily task that constantly suck and never seem to end, even if it's only one or two in the sink.

# A how-to for halftime

How can we fix the most underwhelming part of the year's biggest game?



**Jonah Baker** \_\_<u>Columnist</u>\_\_ ARGONAUT

Each year, the Super Bowl causes a storm of Twitter jokes poking fun at everything from the officiating to the commercials. Perhaps the most overwrought jab has to be some variation of "I heard there was going to be a football game at the (insert performer) show," and this year's Super Bowl provided no buck for that trend.

After some (very) brief internet research, no fewer than 40 internet denizens Tweeted out some pithy reinterpretation of the aforementioned Tweet. In a year where the game itself was historically sluggish, there was potential for the halftime act to steal the show, but let's not kid ourselves.

Maroon 5 is no Beyoncé, and even when accompanied by Travis Scott and OutKast's Big Boi, this year's halftime show was always going to be another flurry of questionable set pieces and chopped-up songs that look and sound like a mess that is nowhere close to the message and dazzlement worthy of the stage.

So instead of recounting the reasons why Adam Levine's oddly timed strip tease shouldn't have happened, let's take a shot at imagining what a truly transcendent Super Bowl halftime show could look like next February. There is an unfortunate inverse correlation between what is the most possible and what is the most entertaining, so we will start with the plausible and finish with the outrageous.

### Childish Gambino with a final flourish

Donald Glover has been rumored to be moving away from the musical alias since his most recent album, "Awaken, My Love!" was released at the end of 2016. Since then, he headlined just about every festival and released one of the most politically charged music videos in history, so there are few other opportunities for Childish Gambino to truly go out on top.

Playing to the roughly 150 million people who watch the Super Bowl every year would be a storybook ending and an opportunity for Glover to make a public once-andfor-all transition to the next phase of his artistry.

Oh yeah, and his music is masterful and diverse enough to make for a show as entertaining as Levine's wildest dreams. Gambino has beef with close to nobody in pop culture, meaning that we could see previously-impossible pairings.

#### Collab for the culture

First, Ariana Grande rises from the middle of the stage starting with any of the sugary-sweet anthems that half the population loves while the other half outwardly dismisses but can't help singing after one daiquiri. Then, a necessary costume and tone change to something edgier and more urgent, until suddenly the spotlight diverts to the highest nosebleed seats and rests upon a man in a simple suit and skinny black tie. Kendrick Lamar begins rapping quietly, then louder as he is delivered from the nosebleeds to the center stage via a drone-supported platform to join Ariana.

Once the shock has sunk into an audience that just witnessed new art made by our generation's greatest rapper, Kendrick and Ariana launch into a rendition of "No Diggity" by Blackstreet and Queen Pen that brings the house down.

Then, just as the audience thinks the nirvana must come to an end, Barack Obama steps out from his spot on stage, as he was secretly a backup dancer throughout the show.

The whole stadium falls silent, and the former president gives the most

eloquent message of unity and hope that the nation has ever seen, and he ends his speech giving his blessing to whoever the perfect candidate for the 2020 election is at that point. The candidate goes on to win the Iowa caucuses that take place the following day, and history forever remembers Super Bowl LIV as the dawn of a new era of American culture and politics.

#### **Tangible change**

The sad reality is that we could absolutely get something as ridiculous as an Ariana Grande-Kendrick Lamar-Barack Obama tour de force in the Super Bowl, were it not for the disappointingly backward politics of the league itself.

The NFL, as a whole, remains stunted in its views on whether or not its players deserve full freedom of speech. The league's owners also seem to view marijuana use as far more reprehensible than domestic and sexual violence, which makes the aforementioned pipe dreams for halftime shows outmoded.

Nobody as politically conscious as Glover, Grande, Lamar or Obama would align themselves with an organization that is so clearly unsure of what it means to be a good person.

So maybe, instead of a flashy musical compilation with positive messages but little force outside the stadium itself, we should all hope for the 32 owners to take time out of the league's biggest game to announce its most-overdue changes in how the players are treated.

Of course, this would also require Roger Goodell to recuse himself from his seat as NFL commissioner and end one of the most polarizing periods of sports leadership ever. There is no man more responsible for the league's image issues, and no gamebreaking play or halftime diversion would garner more applause than Goodell exiting the league for good as the NFL finally turns a new leaf.

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# A hidden gem

*Well Space can help students de-stress and practice self-care* 



#### Savanha Rodriguez

Vandal Health Education Guest Voice

According to researchers, our overall health and wellbeing is impacted by the environment in which we surround ourselves.

Our environment can influence our mood, impact our behavior, affect our level of motivation and even cause peaks in stress.

Here at the University of Idaho, there are various locations that incorporate wellness into their environment. Locations such as the library, Alice's Room, Cedar Grove or even the arboretum are good examples. Whether you have a favorite de-stress location or are looking to find your perfect space, you should still come in and visit one of the university's hidden gems — the Well Space.

The Well Space is located in the Student Recreation Center and was designed with the importance of environment in mind. It is intended to be a space for students to come in and relax when needed. It offers a rock water feature, essential oils, a comfortable couch (which you could nap on) and even some yummy treats like coffee, tea, water and snacks.

We have friendly peer health educators, like myself, who work in the Well Space during hours of operation — Monday through Friday from 10 a.m. to 6 p.m. We are eager to answer any and all questions that you may have regarding health and wellness. We can also help point you in the right direction in terms of resources on campus.

In addition to surrounding yourself in calm environments, it is also important to practice self-care.

One way that you can take time for yourself and separate yourself from the stress of school is by attending one of our weekly Well Space Wednesday events. The events occur every Wednesday between the hours of 3 p.m. and 5 p.m. While the event lasts two hours, drop-ins are always welcome and you are free to attend for as long as your schedule allows.

These events are designed to help you connect with fellow peers and relax while participating in various de-stress activities.

While the UI does offer various spaces that provide a wellness environment, don't be too quick to pick your favorite until you have visited the Well Space.

While most of the week it is a quiet location where you can relax, connect with peers or study, we do make sure to plan fun events for every Vandal to enjoy. Every week has a different event planned for Well Space Wednesday.

Be sure to follow @vandalhealthed on Instagram and Facebook to keep up to date with all the fun and exciting activities we have planned this semester. We hope your first few weeks of the Spring semester have been great thus far and that you come visit us at the Well Space soon. As always, go Vandals!

Savanha Rodriguez

# Hamp & Doc: "Doc" Skinner and the Lionel Hampton Jazz Festival

Dr. Lynn J. "Doc" Skinner as told to Alan Jay Solan

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as told to Alan Jay Solan

If ever I met an angel, it's Doc Skinner. Benny Green, jazz pianist