**DECEMBER 12, 2019** 

### THE UNIVERSITY OF IDAHO

FOR, OF AND BY THE STUDENT'S SINCE 1898

**COMMUNITY** 

Holiday lights brighten up Moscow



### Community members ao all-out with festive decorations **Ellen Dennis** ARGONAUT

From campus to the outskirts of the city, elaborate holiday light displays sparkle under a dark winter sky each night from dusk until dawn.

This year, a host of permanent residents. businesses and students add color to the season with their festive winter decorations.

Although its trees are illuminated by approximately 7,500 linear feet of LED lights year-round, Main Street comes to life each December with the addition of a winter tree in Friendship Square.

The tree, donated to the community by Woodbury Tree Farm, will remain in the square until the New Year, said Greg Morrison, City of Moscow Sports Recreation Supervisor.

The tree's lights came on for the first time during Moscow's annual Light Up the Night Parade Dec. 6.

"We really try to make the parade a city-

contest's judging panel consists of five people: Emsi CEO Andrew Crapuchettes, City of Moscow Mayor Bill Lambert, Moscow City Council Member Gina Taruscio, a local pastor and a local Catholic priest.

Burrow said the

Just south of Emsi, on the corner of Jackson and Sixth streets, exists a towering grain silo light display which reads "Merry Christmas From Emsi."

Crapuchettes purchased this silo lot in 2017 and has used it for annual holiday light displays ever since.

Members of FIJI, a Greek Fraternity on campus, decorated their house's exterior with a light display which flashes in coordination with music. This is the fourth year the house has created such a display, and it was their biggest one yet, Michael Lejardi, FIJI brother and fourth-year UI student said.



wide venture," Morrison said. "Wells Fargo, Costco, Gritman Medical Center and others donated goods such as hot chocolate to make the parade more welcoming."

This year, Emsi, a local economics firm, is sponsoring an outdoor Christmas decoration contest which is open to all of Moscow.

The main parameters for entry are that contestants live within five miles of Emsi, at 409 S. Jackson St., and the light displays are "very obviously Christmas" themed, Gwen Burrow, Emsi marketing and events coordinator said.

The contest is still open for entries - from individuals and businesses alike - as the judgement and selection process for its winner will occur this weekend. The winner will be announced on Monday.

The display lasted over an hour and ran on a cycle which was repeated over the course of three hours. 850 strands of lights were programmed to flash to the individual beats and melodies of 25 different songs.

FIJI's light show tradition began three years ago as a philanthropy event to raise money for the Society of St. Vincent de Paul. This year, the fraternity is donating fundraiser proceeds to the Moscow School District.

FIJI brothers raised this money by hosting a pancake feed inside their house, with hot chocolate for sale as well.

SEE LIGHTS, PAGE 6



Brianna Finnegan | Argonaut

### **ADMINISTRATION** UI accepting proposals for outsourcing, firms to be on campus this week

Proposals from the firms are due Jan. 8, according to the official RFP

#### John Webb ARGONAUT

Outsourcing firms will tour the University of Idaho campus this week as the university continues to look into outsourcing specific units in UI Facilities Services.

UI opened requests for proposals (RFP) for facilities management and operations Nov. 23. The firms will be on campus Dec. 12 before the proposals are due Jan. 8, according to the official UI RFP.

UI Director of Communications Jodi Walker said in a previous interview with The Argonaut outsourcing

would only impact a small percentage of employees working custodial, grounds and maintenance trade. Outsourcing firms will be

on campus Dec. 12, touring the university and prepping a proposal for officials to consider. The top three companies will provide the

university with proposals and at that point, officials will determine if outsourcing will be a possibility, said Brian Johnson, assistant vice president of Facilities Services at a Dec. 10 facilities meeting.

> Many UI Facilities Service workers stressed their frustrations and worries about budget cuts, potential furloughs, separation incentives and outsourcing during the meeting in the Lawn Shop.

Once the proposals are submitted, the finalists will present on-campus in mid-February before a selection is made later that month, according to the tentative schedule included in the RFP. The State Board of Education

(SBOE) will receive the final contract with the selected company in March with a request for approval in April. If approved,

the selected firm would begin transitioning and the official contract would start in the summer 2020

UI President, C. Scott Green announced major budget cuts to the university earlier this semester, leading to potential outsourcing within Facilities Services, among other departments, and offering furloughs and other incentives.

"There is a lot that I do know, and a hell of a lot that I do not know," Johnson said of the solution to the projected \$22 million university deficit at the meeting.

SEE OUTSOURCING, PAGE 6



News,1 Sports,7 Life, 11 Opinion, 15 University of Idaho

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WINTER BREAK

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ASUI

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### Vandal Health Education

mental health film series Thursday, December 12 | 6:30pm | Library Classroom





In celebration of the upcoming winter commencement, I experimented with different ways to decorate simple cake mix cupcakes.



### Ingredients

- 1 box cake mix
- $1 \frac{1}{4} \text{ cup water}$
- 1/2 cup vegetable oil
- 3 eggs
- 1 small frosting container of vour choice
- Your favorite Vandal-themed frosting

Prep time: 5 minutes plus baking and cool time Servings: About 16

Across

1 LaBeouf of Transformers 5 Treat in a shell 8 Pavarotti solo

12 Line dance 14 Inlet

\_\_\_-pointe (ballet) 16 Like som

### **Directions**

- 1. Preheat oven as directed on cake mix packaging
- 2. Mix together cake mix, water, vegetable oil and eggs
- 3. Spray cupcake tin with nonstick spray or place cupcake liners in the tin
- 4. Pour batter into cupcake tin
- 5. Bake cupcakes as directed on mixture packaging.
- Remove cupcakes from tin to cool 6.
- 7. Add frosting to the cupcakes in a small swirlyou want the focus to be on the silver and gold sprinkles
- 8. Add your sprinkles to the cupcake
- 9. Optional: if you would like to add a Vandalstyle surprise to these cupcakes, remove a small amount of cake from the middle of the cupcake, fill with sprinkles or your favorite silver and gold candy, frost over the hole and add more sprinkles on top.

Alexis Van Horn can be reached at crumbs@uidaho.edu



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# Despite national climate change fatigue, UI faculty persevere through research

Research team studies human behavior, glacial changes and more

Elizabeth Holdridge ARGONAUT

University of Idaho faculty members have created a team of climate change researchers with diverse expertise to study these issues and provoke discussion on the UI campus.

Professors and students in the sciences are striving to understand the impacts climate change has on our environment.

Kristin Haltinner, a sociology professor, researches why people are skeptics on climate change, people who've changed their minds and what behaviors lead them to change their minds.

She said she has found fear can be paralyzing for many people and prevent them from taking action. She also found that most people change their minds in college, when they are receiving higher education and surrounded by many different people, opinions and backgrounds.

Jeff Hicke, a geology professor who focuses on the effects of bark beetle outbreaks is the Pacific Northwest forests, is one of the many faculty members doing research for climate change.

His research suggests the beetle outbreaks are caused by a rise in global temperatures, which creates a continuous cycle of global warming. As the temperatures rise, the beetles kill more trees, and as the beetles kill more trees the temperature rises even more.

Timothy Bartholomaus, a geology professor and glaciologist, researches what controls fast glacier and ice sheet change. He's been on over 20 expeditions to Alaska, Greenland and Antarctica to collect data of glaciers and ice sheets rapidly moving and melting.

In these expeditions he said found the driving force of glacier change is the increasing temperature of the water from climate change, seasons and the shape of the trough.

These researchers acknowledge climate change is an issue and are working to understand how it affects people. By understanding climate change, they know how to better prepare and believe it's still possible to fix.

Bartholomaus said he knows the world is looking at climate disruption already, but believes there's so much room for us and our governments to make choices about the future we want.

"Below the federal government level and even in the House of Representatives and the Senate there is acceptance of climate change, there is action. I think that is sort of pushing the federal government," Hicke said.

Individual states are moving quickly to adopt new forms of energy. Many companies, institutions, and governments have signed on to "We Are Still In," an organization indicating their commitment to the Paris Agreement despite the United States pulling out.

"I don't think the problem is education, it's agendas...I don't think it's congressmen not knowing, it's that they don't want to admit to know because it's a problem for their contingencies or they'll lose the funding provided by gas," Hicke said.

Amongst all the controversy, they still find hope. Haltinner, Bartholomaus and Hicke said they believe there is still time to fix climate change. From synthesis reports, academic reviews and increased discussion, more Americans every year are believing and taking climate change seriously.

People like Great Thunberg, a 16-year-old climate activist, are what give Haltinner hope. She is in full support of the Friday protests for climate change, but said it will take a lot of Greta's until real change.

Climate change is now and largely a result of human activity. The only way to explain the observed changes in global climate, patterns, and weather is by accounting for the influence of carbon dioxide, Bartholomaus said.

"I don't think it's too late, I do think we have to start acting pretty darn quickly and we have to do a lot of figuring out and we have to do it with political will," Hicke said.

As climate scientists, they all do their part in cutting their carbon footprint.

Bartholomaus has committed to eating less meat based on studies that show raising animals for meat is a major source of carbon pollution.

Hicke purchases credits to offset the carbon burned when he travels and recently made a donation to the UI Sustainability Center effort to install solar panels on the IRIC building.

Haltinner has solar panels installed in her own home and tracks the energy usage of her and her family.

All three researchers acknowledge the harmful effects traveling has on the environment, and try to reduce their impact no matter how difficult.

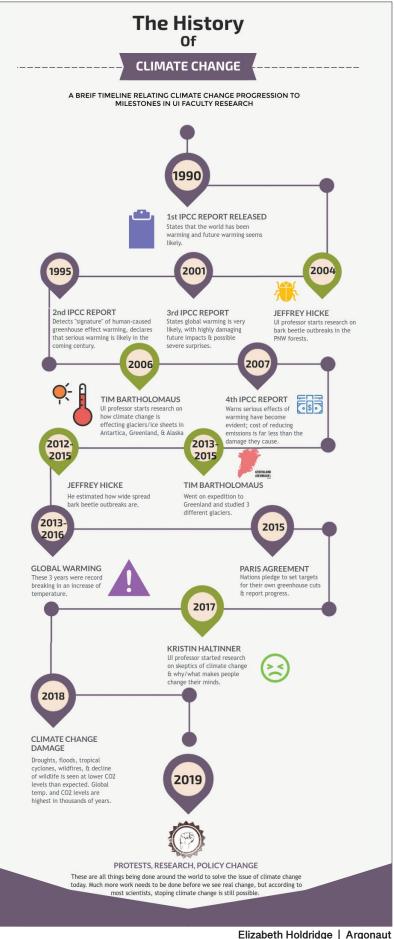
Haltinner travels via train with her family on trips to the other side of the country because it's less harmful than flying.

Bartholomaus and Hicke said they ride their bikes or walk to work almost every day, winter or summer.

These researchers try their best to do their part in the fight for climate change. Small changes in your everyday life can make a big impact in an issue that may seem too inconceivable to tackle.

According to these researchers, it's not too late if we start right now.

Elizabeth Holdridge can be reached at arg-news@uidaho.edu





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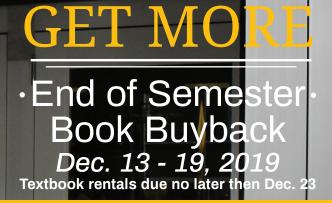
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 Covering the

# SAFETY UI commencement: what to watch for

Increased traffic and possible inclement weather expected this weekend

#### Alexis Van Horn ARGONAUT

Winter commencement is approaching quickly and with approximately 600 students graduating this semester, Moscow will soon be filled with parents, friends and family from across the world gathered to celebrate. What can Vandals, community members and visitors expect from the weekend?

Parking on campus

Stuart Rob, field operations manager for Parking and Transportation Services, has worked 26 commencements for PTS. He said he has not seen any major parking problems at commencement and does not expect anything major this weekend.

PTS is working to create a map specific to the event to help attendees park in the correct locations. The parking lot west of the Kibbie Dome will be reserved primarily for commencement attendees. There will be space for RVs to park in lot 110 near the Kibbie Dome on a first comefirst served basis.

To accommodate friends and family of graduates that may need parking closer to the Kibbie Dome, UI-specific disability parking permits will not be required on evenings or over commencement weekend, Rob said. State permits alone will suffice.

Rob and PTS Information Specialist Robert Mitchell expect more traffic to come through town on Friday and Saturday.

In addition to commencement this Saturday, Festival Dance and Performing Arts Association will host their annual Holiday Showcase Winter Performance in the Physical Education Building. Vandal Men's Basketball will play California State University Bakersfield in the Memorial Gym and the Theatre Arts Department presents two performances of Little Women at the Hartung Theater. These events will add additional traffic to campus.

"(We want) to make coming to the event a non-event," Rob said. "We want people to be able to get there easy, to get to the event and enjoy the event and not have to worry about parking and how they're getting there. We're the last thing we want



A photo from the spring 2019 commencement ceremony.

Biljana Jovanoska | Courtesy

people to have to worry about when they're coming to campus."

Specific information about closures and parking can be found on the PTS website.

Safety in Moscow

Captain Tyson Berrett, the campus division commander of Moscow Police Department, said Moscow should not expect anything out of the ordinary from the police department. He said there have been no major problems at commencement before, except for medical issues and falls, so he does not expect any problems.

The police department will work with UI Public Safety and Security, Allied Universal and StaffPro, groups hired to manage safety at large campus events.

MPD will search the Kibbie Dome before commencement, support StaffPro during bag checks and maintain officer presence throughout the building and at all doors during the event. The group will also check social media in advance to keep an eye out for possible threats.

"It's going to be more crowded than it

usually is and there is the potential for snow and inclement weather," Berrett said.

Berrett recommended visitors and community members alike ensure they give themselves ample time to travel, make sure their vehicles are in working order and tell others when to expect their arrival. **Commencement Ceremony** 

Assistant Registrar Biljana Jovanovska is part of the team that organizes commencement. She said there will be a brunch at 10 a.m. honoring those receiving honorary degrees. The Kibbie Dome doors will open at 11 a.m. and the event will begin promptly at 12:30 p.m.

"The community can expect that town will be a little bit more vibrant and busier," Jovanovska said. "It will feel like there is a little bit more people in our community. School spirit increases for that weekend and you will see families ready to celebrate."

Jovanovska said the Office of the Registrar, Event Services, the Office of the President, Communications and Marketing and more work together to create the ceremony. Preparation for the event begins at the start of the semester. She described the team that brings commencement to life as a "well-oiled machine," with clearly defined roles.

She encourages graduates to share with their family why they chose UI and share the community of Moscow and memories from their time here. She welcomes families and friends of graduates to have fun and celebrate the accomplishments of their graduating loved ones.

Members of the team disseminates relevant information about commencement as widely as possible, but if there are unanswered questions, she encourages anyone to reach out and ask questions. More information about the ceremony is available at www.uidaho.edu/events/commencement/ winter-commencement

> Alexis Van Horn can be reached at arg-news@uidaho.edu or on Twitter @AlexisRVanHorn



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#### ENGINEERING



Jacob Miller | Courtesy Alex Montes (left) wears his prosthetic arm next to his brother Cesar Montes (middle) and engineer Marshall Townsend (right).

## Forging friendships through prosthetics

Engineering student applies his experience to help a friend

> **Alexis Van Horn** ARGONAUT

Jacob Miller met childhood friend Cesar Montes last summer by chance in a Coeur d'Alene bar. While chatting about family, Montes mentioned his younger brother Alex had lost his arm in a car accident. He asked Miller, a mechanical engineering graduate student, if he could help.

Miller accepted the challenge.

He worked with two engineering graduates - Jessica Darney and Marshall Townsend — and Cesar to create the arm. Townsend had recently bought a 3D printer. Darney, a biological engineer working to become a prosthetics practitioner, suggested exploring e-NABLE, an open-source software that provides 3D printable designs for prosthetics.

Miller said the team tweaked a design found on e-NABLE to better fit Alex and was ready to print the pieces within a week. After Townsend printed the pieces, they bent the plastic to the correct shape using a method called thermoforming.

When you 3D print something, the plastic comes through a hot nozzle that melts and can be shaped," Miller said. "Thermoforming takes advantage of that. You boil water and dunk these parts in there, leave them there for 10-20 seconds. What that does is it softens up the plastic again to the point where you can bend it. Then you just hold it there until it re-cools."

Alex traveled to Moscow from McCall at the end of August to pick up the finished prosthetic.

The prosthetic Miller made will serve as a transitional tool to help Alex train his brain to use his arm again. A commercial prosthetic arm would have cost \$15,000 - and half of the money would have been required up front. Alex said this would take two to three years of saving.

"This prosthetic is not very heavy duty,"

**Register Online:** 

Alex said. "It's made out of printed plastic, so for heavy duty things like carrying a stack of wood, it's not ideal, this one that (Miller) made me. What it does help with is the everyday things, like holding something still so it doesn't move, holding a steering wheel."

Alex said commercial prosthetics are more expensive because they are customized to each individual and use stronger materials. The light plastic his prosthetic is made from is often used to create prosthetics for children, who grow and often need a new prosthetic every few years. The lighter plastic is inexpensive and adjustable, which is perfect for growing children.

In the future, Alex hopes to have a natural-looking prosthetic arm that matches his skin tone. He said he doesn't feel different, but sometimes strangers staring can get to him.

Alex said he can do everything he could before he lost his arm, but having the prosthetic helps - especially on long drives. He takes road trips often but holding the

steering wheel for several hours with only one hand is dangerous. The prosthetic allows him to rest his hand.

The prosthetic also helps Alex in the kitchen. He works as a cook and the prosthetic allows him to hold potatoes, tomatoes and other ingredients steady while he works with them.

Miller will defend his graduate thesis next semester. He hopes to find work in the northwest to stay close to his family and eventually start an engineering firm.

"3D printing resources are abundant now," Miller said. "They're readily accessible, they're easier than you think and cheap. Just because you have a hang up doesn't mean all hope is lost and you have to go with the traditional route. There's always some in-between. Easy to say coming from a mechanical engineer, but this technology has the potential to change a lot of lives."

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

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### OUTSOURCING

FROM PAGE 1

Johnson said Facilities Services will need to cut back \$1.9 million. The question is how to cut it from a budget Johnson said is already tight. Several solutions have been offered by the university, including outsourcing, separation incentives and furloughs.

About 70 employees within Facilities Services received two different voluntary separation incentives via email, Johnson said. Voluntary Separation Incentive Program (VSIP) and Optional Retirement Incentive Program (ORIP) are the two plans that have been offered, according to the Nov. 22 memo emailed by Green.

VSIP is available to employees who have at least 10 years of consecutive service without an already-approved resignation or retirement announcement. Employees who meet the requirements and wish to go forth with this program will receive 33% of their Fiscal Year 2020 salary in exchange for resignation. Employee separation payments would not be made until after the start of Fiscal Year 2021.

ORIP is restricted to employees 55 years or older. The employee must have worked at least 20 consecutive years for the university and do not have an approved retirement plan. The retiree would receive 20% of their Fiscal Year 2020 salary annually for five years.

"There is no expectation or pressure that employees apply for these programs, but it is important to provide options for those of you who decide voluntary separation or retirement makes sense," Green said in the memo sent to staff and faculty.

Salary reductions are on the table, however, no decisions have been made, Johnson said.

Johnson said offers have been made with UI Vice President of Finance and Administration Brian Foisy to consider, but they have yet to be authorized.

John Webb can be reached at arg-news@uidaho.edu or on Twitter @johnwebbnews



ARGONAUT

Holiday lights decorate the windows of Team Idaho Real Estate.

### LIGHTS

FROM PAGE 1

Lejardi has been the mastermind behind programming the lighting effects for each individual song since the creation of the show, he said.

"Each song is individually programmed," Lejardi said. "From that, we go through the entire song, turning everything on and off and fading — each song takes about three hours to do." Lejardi said he is teaching some underclassmen about the process so the tradition can carry on in the years to come.

Allen Bowles, a longtime Moscow community member, has been decorating his family's property with extensive holiday light displays for 20 years. Bowles said he began decorating his

yard after he purchased some strings of lights for a highly discounted price when a small hardware store went out of business in 1999. At the time, Bowle's brother-inlaw lived right next to him, and the two of them ended up in a friendly competition surrounding holiday lights.

Although Bowles does not currently live next to any fierce competition in the way of yard light displays, he continues to carry out the annual tradition — he begins unraveling dozens of strands of lights each year as soon as the week after Thanksgiving.

Located just North of town on US

Highway 95, the Bowles family lights can be seen driving on the highway.

"We just hope the public enjoy them some and come by," Bowles said. "The best view is just past our barn and look up this way (toward the house)."

John Webb contributed to this report. Ellen Dennis can be reached at arg-news@uidaho.edu or on Twitter @edennis37

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### THE ARGONAUT

PAGE 7





#### WOMEN'S BASKETBALL

# Family over everything

A look at the Idaho women's basketball Klinker sisters

Zack Kellogg ARGONAUT

Going to college is often an exciting but emotional time for students.

Hitting the road to start a new adventure, often going hundreds of miles away from family and only getting to see them over holiday weekends.

But for junior post Natalie Klinker and her sister, senior wing Lizzy of Idaho women's basketball, not only do the sisters get to share the court, but they have found a second family in the process at UI.

Lizzy was born in 1996 and Natalie in 1998, to Marty and Marcia Klinker in Great Falls, Montana, and grew up in the small town of Fairfield, Montana, with their siblings Tyler and Molly.

Basketball runs in the family, with their dad, aunt and sister all playing at the collegiate level in Montana, either in Bozeman or Missoula, while their grandfather played on the hardwood too.

Before coming to UI, Natalie and Lizzy played at Fairfield High School, where they were part of a historic 120 game win streak, lasting until Lizzy returned to Fairfield High for her senior year toward the end of the season.

"It helped me because I felt that we had to constantly play with a target on our back," Natalie said. "It was just those high-pressure games, playing in those, especially the super close ones. I remember when we lost the opposing team made t-shirts."

After the streak was broken and the hype died down, the Klinkers knew how their mentality would translate at the next level.

"But now we know how to win in games that everyone wants us to lose," Lizzy said. "We can kind of bring that winning culture and feed off the winning culture at Idaho as well and know how to grit down in those tough games and find a way to win."

When Lizzy graduated, she went to Utah State to join the Aggies, while Natalie chose the coaching staff and the family culture under head coach Jon Newlee at Idaho.

"(Newlee) would always talk about how important his family is to him," Natalie said. "Just hearing him talk about that, just how much he loves his family and will reiterate how much he loves us, I think that's one thing that really brings us close."

After two seasons at Utah State, Lizzy felt a change in scenery was needed, and the answer came in her final game as an Aggie;,which happened to come against her sister and the Vandals in the postseason tournament.

"I had never been to Moscow before, and when we lost, the next time I put on a jersey, it was actually a Vandal jersey," Lizzy said. "I got the inside from Nat and how she liked her first semester, so I was like, 'You know what? This is a great place to continue my career'."

When Newlee heard the news that he could bring in another Klinker, he did not hesitate.

"When we had the opportunity to talk to (Lizzy) when she was looking for somewhere else to go – I pretty much jumped at it," Newlee said. "I just thought , Natalie's been so great for us, to have another Klinker,' it's just been so great for us."

After Lizzy saw how important being a family was to Newlee's team and saw the

opportunity to play with her sister again, she said it "truly was a blessing."

Both Klinkers are a mainstay in the starting lineup, and it's easy to see why. Natalie averaged almost eight rebounds

a game and over five points last season.

She was also tasked with being the main defender in the paint, all while shooting over 56% from the floor.

Natalie's physical presence on the court has pushed freshman forward Beyoncé Bea to step up her game inside the paint.

"Natalie is one of the hardest workers I have ever met," Bea said. "She just has a crazy motor and just wants to do her best for the team – it has definitely rubbed off on me and pushed me to become a better rebounder as well."

Lizzy works more on the outside, shooting 47% from three and nearly averaged 10 points to go along with over seven rebounds a game.

Newlee said he knew when bringing in the Klinkers he would get no shortage of energy on the floor.

"They are both extremely, extremely athletic," Newlee said. "That, their physicality and their high motors are what make them so successful."

Although the sisters have only shared the court for a single season, Natalie said that in that time she accomplished a childhood dream.

"My favorite memory was winning the regular-season championship playing with Liz. That topped it all, just that moment," Natalie said. "Definitely winning regular season champs with Liz, and with everyone else, but it was unreal having my sister there with me because that's been a goal of mine since I was probably 10."

Now with half the season done and the Big Sky right around the corner, the

Klinkers gave the same answers on how this season is going to end: winning the Big Sky and making it to the NCAA tournament.

"Regular season champs and a big game in the dance. I've never been, so I would love to help Nat and the rest of the team get there," Lizzy said.

With this being the final ride, Lizzy wants to make sure she doesn't just enjoy this season with Natalie, but with this team that has become her family.

"What I try to tell everyone is that I'm a fifth-year and how fast time flies and to just cherish these moments. That's been one of my goals this year, to enjoy every moment," Lizzy said. "Yes, I am going to turn the ball over and yes coach might yell at me, but it's another moment to look back on and enjoy. I don't want to have regrets and playing together, it's crazy that we got to play together and it's crazy that it's going to end."

Newlee said he knew that bringing in these sisters would build on the key to Idaho's winning culture: family.

"We talk the talk and we walk the walk here in regard to family," Newlee said. "I am huge on that, I take care of our girls just as I would take care of my own daughters. This is a family atmosphere. I want them to leave here thinking, 'I loved being a Vandal and I am going to be a Vandal for life.""

> Zack Kellogg can be reached at arg-sports@uidaho.edu or on Twitter @kellogg\_zack

#### HOCKEY

### Dedication and love for a sport drives her to play

Breanna Murdoch's love for hockey has broken barriers

#### Elizabeth Carbajal ARGONAUT

Breanna Murdoch is one of the many girls who loves sports. Her love for sports has translated to the ice, where she currently plays on the men's club hockey team at the University of Idaho.

She's known as a local here in Moscow, but Murdoch's roots lie in Canada.

Her love for hockey started when she was young.

Murdoch has been playing hockey since she was four years old, and skating ever since she was three.

Murdoch moved to Moscow back in 2007.

Due to Murdoch's talents, she has been given chances to play on both men's teams as well as an all-girls hockey team.

For the longest time, the UI hockey team wasn't allowing girls on the team because of how much of the sport is full-contact.

"This year, one of the gentlemen on the team, Dustin Doan, he asked, 'Hey they're letting girls play, Gonzaga has a girl, do you wanna play this year?" and I was like, 'Yes I do," Murdoch said.

The Vandals aren't the only team that has a female player. Gonzaga University also has a woman on the team.

Murdoch has already seen the woman from Gonzaga during a previous matchup this season.

The Vandals swept the Bulldogs last weekend. Winning Friday's game with a score of 6-4 and Saturdays game 4-2.

Off the ice, Murdoch is currently a junior at UI and plans on receiving two degrees in what she said she hopes will only take five years.

Murdoch said she looked into other colleges because she had originally wanted to play for a Division I school, but eventually decided to prioritize her education.

Murdoch studies medical sciences and business. Once she gets both degrees, she wants to combine them and pursue pharmaceutical sales.

Her relation to UI stems from both parents teaching here at Idaho. Her father teaches courses in anatomy and physiology, while her mother teaches genetics. She said her parents have been fully supportive with her decision to play

hockey ever since she was a kid.

The love and support for the sport Murdoch loves still continues today.

"Back when I was really little, my brother already played hockey; everyone at our age played hockey," Murdoch said. "I would go put on his gear and I would walk around the house with his padding and everything. So, they decided 'okay, well we'll put her on the teams and everything like that.""

Hockey hasn't been the only sport Murdoch has been a part of. She played soccer until she was in high school. Murdoch's love for sports extended through, track, swimming, running in triathlons and playing baseball.

When she played baseball, it was with a boys team. When Murdoch played baseball with the boys in Moscow, the team wasn't as welcoming as the hockey team.

"I actually got a lot of rude

comments," Murdoch said. "They weren't very welcoming, they weren't supportive as a team.

Murdoch appreciates the camaraderie with her team now after her previous experiences.

"I think they're pretty considerate if they have to lay a big hit, they know they don't have to actually lay me out," Murdoch said. "They could probably hit me and still gain possession of the puck without putting quite as much force into it. I do know some of the teams are not and actually in those games I just don't play. I don't want to risk getting injured."

Murdoch said that she has yet to run into any problems with members of the team and that they all get along well.

"It kind of means I have a little bit more pressure," Murdoch said. "I'm the only one that has to prove that they belong out there because all of the other guys, even if they're not the best player on the team, or anything like that, they don't stand out significantly. But with any sport, if there's just one girl, it's a little bit of a 'I have to prove that I should be playing with you guys.""

Pressure or no pressure, head coach Kyle



Breanna Murdoch (center) takes the puck up the ice during the Gonzaga game

Watne doesn't hesitate to put her on the rink during a game with the rest of the guys.

Murdoch isn't alone on the rink. Her teammates support her, but there's one that stands out above the rest of them.

Her older brother Xavier Murdoch is also on the hockey team. Murdoch and her brother are three years apart.

"So, when it comes down to it, someone has a dangerous hit on me or something like that, my brother would definitely get into a fight and so would a lot of the gentlemen on the team," Murdoch said. "It's like, for all of them, it's like having a little sister on the team. They would all get in a fight for me but are also looking out for me. They're nervous in that aspect but they trust I'll be fine."

Her favorite moment this season was when her brother hugged her after he scored a goal.

"Even without a sibling, I'm sure all the guys would take super good care of me, and look out for me," Murdoch said. "But my brother has been looking out for me for years and so it's really nice and comforting to have him there. We drive to games together, we go to practice together, and everything like that. It's really nice to have him on the team with me."

Saydee Brass | Argonaut

The Murdochs have an unbreakable bond and it's grown stronger through the years, she said. Sometimes it really is the little things that matter. Murdoch looks forward to the little things that take place on the ice.

"There's just something about hockey that beats out every sport in my mind," Murdoch said. "I've played almost everything in my life and hockey was by far my favorite. It's more fun to watch for me and its super fun to play in."

Elizabeth Carbajal can be reached at arg-sports@uidaho.edu

### Congratulations ITS Graduate Darren Kearney!

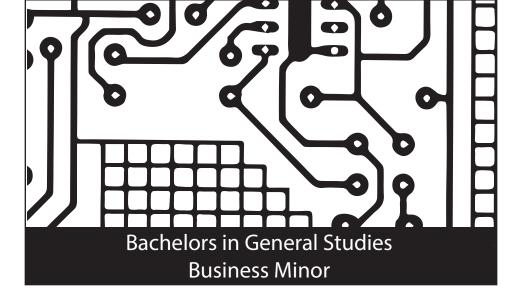
### STAFF PREDICTIONS

Vandal Nation staff predicts this weekend's men's basketball matchup against CSU Bakersfield in Memorial Gym

### MEREDITH SPELBRING - CSUB 61, IDAHO 55



Although both teams are struggling to get their feet under themselves, Idaho is just not there yet. With so many guys still out and dealing with lingering injuries, this team will need a bit of time before they find much success. It will happen, but just not this weekend.



### 



#### CHRIS DEREMER — CSUB 70, IDAHO 60

Both teams will be desperate to try and pick up a win on Saturday, with neither team finding a win in the month of December yet. The Roadrunners have always posed a difficult matchup for the Vandals, and Saturday night will be no exception. Expect this game to stay close throughout, but ultimately CSU Bakersfield will go on a run to seal the win.

### MAX ROTHENBERG - CSUB 55, IDAHO 25

Both teams will be chasing this December victory, but the only victory Idaho's squad will come away with is the upcoming academic break. While Idaho has already played several games this season, you couldn't tell by looking at the scores. In fact, maybe Thanksgiving break hasn't ended yet. In their desperation to take down the Roadrunners, the real Looney Tune is our own team.



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#### WOMEN'S BASKETBALL

**DECEMBER 12, 2019** 

Vandal basketball may have found their final piece to an NCAA tournament run

#### Zack Kellogg ARGONAUT

Making the transition from high school to the college level can sometimes feel daunting to players. An increase in speed, size and basketball IQ is needed to be successful.

It sometimes takes years to make an impact on a team, but freshman forward Beyonce Bea is on her way to be a key piece for Idaho women's basketball.

"It's been going really well," Bea said. "It has been really fun so far. I've loved it."

The 6-foot, 1-inch Bea was recruited from Washougal, Washington, playing at Washougal High School.

As a member of the Panthers, Bea received offers from several Big Sky schools, including Montana, Northern Arizona and Eastern Washington, even getting consideration from Fresno State in the Mountain West Conference.

But she ultimately decided to come to Moscow for the coaching staff, team atmosphere and the small-town feel.

It took Bea until the start of the season, but she now realizes she is playing at the next level.

"It didn't really hit me at first until we really started playing games," Bea said. "It was definitely a shock, but now I'm getting used to playing Division I basketball."

When looking at the stats, it is easy to see how much of an impact she has made.

Looking at the per-game averages for the team, Bea is first in rebounds, three-point percentage and made field goals, and second in points, field goal percentage, blocks, minutes played and assists.

"Overall, I am really happy with Bea's progress so far," Idaho Head Coach Jon Newlee said. "She is just so versatile in the things she can do offensively and the amount of positions she can guard defensively."

Bea has already come through in big moments in her first year.

At Seattle University on Nov. 20, Bea had her careerbest game, scoring 27 points which included a last-second 3-pointer to send the game into overtime.

Bea had 12 rebounds as well for her first career double-double.

"That was an awesome feeling for sure," Bea said. "Just to be able to be there for my team and knocked down the shot that we needed in order to get us to overtime so we can get the win."

The confidence to come into those moments and knock down the big shots is something the team admires



Beyonce Bea attempts a shot against Lewis-Clark State College

Senior guard Lizzy Klinker described Bea as a player

"She is kind of like of a silent killer," Klinker said.

"One of those that lead by example, works hard, that for

sure and all the sudden she'll back me in and get a layup.

She's been great and really fun to have her on the team.'

One of the things that brought Bea to UI was the

There has been no shortage of support from the

upperclassmen, doing whatever they can to elevate the

"I would say everyone has really taken me under their

wing honestly," Bea said. "The upperclassmen have done

want everyone to be successful and they care about you."

a great job with helping us freshmen out. They just all

Idaho Athletics | Courtesy

This support has led to Bea improving her overall game and becoming more involved in the offense.

With two games left before the conference schedule starts, Bea, along with her teammates and coaches, know that a run at the NCAA tournament is a reachable goal and the opportunity of a lifetime.

"That would be an amazing experience, honestly, as a freshman to get to do that and to get to play and make it to the NCAA tournament is awesome," Bea said. "Honestly, I would love to experience that and I really think we can do it."

Zack Kellogg can be reached at arg-sports@uidaho.edu or on Twitter @kellogg\_zack

### women's basketball preview The time to show up is now

A look at Idaho women's basketball with just two games before the Big Sky season

> Zack Kellogg ARGONAUT

The 2018 season of Idaho Women's

they really stick to the scout to the plan going in," Newlee said. "That's a tribute to Christa Sanford who gets that gets that defense together. And I think they're really

about her.

newcomers.

with quiet confidence.

family culture among the team.





basketball was labeled as one last run for stars Mikayla Ferenz and Taylor Pierce.

Now, 2019 is that of a team finding themselves again and looking to make a run at the Big Sky championship.

Idaho (4-3) has had an up and down ride this non-conference season.

"I've been pleased with our progress," Newlee said. "It's been slow at times, slower than I would like, but I also feel like we had some really good performances and really shown what we are capable of."

With a road trip to Tampa and a meeting in Moscow with Hawai'i on the schedule, here is where Idaho stands.

**Role transition:** Ferenz and Pierce will go down as some of the best to ever play at University of Idaho.

But the void they left behind led to questions on how the upperclassmen would step up to the challenge.

"It was quite a change for (the upperclassmen) to go from Jon more role type players to the people that we're relying on to score the basketball and play major minutes," Newlee said. "I think once we got over that hump, mentally, we've been a lot better as a group."

Sophomore guard Gina Marxen and freshman forward Beyonce Bea lead in scoring, averaging 13 and 12 per game respectively.

Also helping pick up the slack offensively is senior guard Lizzy Klinker, having 11 a game on 43% shooting.

The Vandals also returned team captain Isabelle Hadden, who is a senior post and represented Idaho beside Pierce and Ferenz.

Ali Ford-like defense: For Vandal fans that might not remember Ali Ford, she was key to Idaho's success from 2012-2016.

One of the best defensive players in program history helped anchor a team to three NCAA tournament appearances and Newlee said this year's team has the same ceiling defensively.

"As a group, we play good defense. And

buying into that and they've done a really good job of holding people down."

The Vandals are holding teams to below 20% shooting from the three-point line along with over three blocks per night.

**Offensive struggles:** It sounds weird to say with how good Idaho has been on offense for years, but the Vandals are now in search of a new offensive identity.

With 15 turnovers to 12 assists per game, Idaho has a turnover ratio anyone

will brag about.

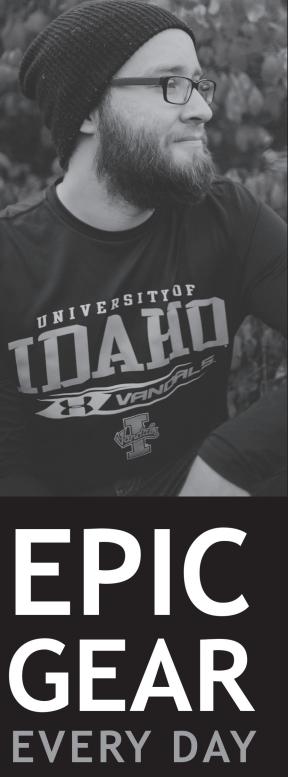
Newlee said taking care of the ball and rebounding are the main struggles currently for Idaho. If the Vandals want a shot at the conference championship, things will need to turnaround quickly.

Klinker, along with the rest of the team, knows that once these get put into practice, things should fall into place.

"As soon as we start applying the simple skills of our offense into our season, it will be great," Klinker said. "There are so many new things that people won't be ready to scout because we haven't done them in games, so that's going to be huge. Just the flow in our offense."

Idaho plays the University of South Florida at 10 a.m. Dec. 15 in Tampa and University of Hawaii at 2 p.m. Saturday, Dec. 21 in Moscow.

> Zack Kellogg can be reached at arg-sports@uidaho.edu or on Twitter @kellogg\_zack.







Quinton Forrest prepares against Washington State last wednesday

Leslie Kiebert | Argonaut

### **MEN'S BASKETBALL** New home, new threads, same dream

Quinton traveled across the country to continue his education and his passion for basketball

#### Elizabeth Carbajal ARGONAUT

Quinton Forrest is a graduate transfer student from Jacksonville University in Florida. He got his bachelor's degree in social science and is now pursuing his master's in public administration here at the University of Idaho.

Forrest may love basketball now, but it wasn't always like that.

He didn't start playing basketball until his sophomore year in high school. It wasn't until the basketball coach invited him to practice one day that Forrest decided to play basketball.

"I was always just the big kid walking around campus and then the basketball coach — I see him in the hallway one day - and he was like, 'Hey come to practice,' and I was like OK," Forrest said. "I came to practice, and it just took off from there. Like I had no aspirations on playing college basketball, it just happened.'

Forrest was born and raised in Philadelphia until his eighth-grade year. 4x100-meter relay and ran the 400-meter race once.

"Playing different sports just makes you appreciate sports, because everybody is going through the same thing as far as stretching and injuries and just like the preparation," he said. "It taught me a lot."

For Forrest, growing up along the east coast was a much different story than living here in Moscow. When he went to JU, he was only two hours away from home and would easily be able to go home on weekends, but now that he's across the country, it isn't that easy anymore.

While his parents have yet to see him play in Idaho, they have seen him play in an Idaho uniform.

When the team hit the road to play in the Arkansas tournament earlier in the semester, his family went to see him play. Since the team would be playing three games in Arkansas within the timespan of four days, his family thought it would be best to go see him play there instead of coming all the way to Idaho for just one game.

The family has, however, planned to come see him play in Moscow for his senior night game in the spring semester. In the mix with those plans they will make the effort to see him play in many more games, whether it's at home or on the road.

his master's degree and I was just like, 'Man like, I just wanna be a part of that program.'

Before Forrest went to Jacksonville University, he went to school in Daytona Beach, Florida. His first college was Bethune-Cookman University. He was there for his first two years of college before he transferred to JU for his junior and senior years.

Forrest said the coaches got let go and he wanted to stay in Florida because of the easy access to home on the weekends. He also said his former head coach at Bethune had connections through a friend at JU and was told he was wanted on the team. Forrest then decided he would go there.

Since Forrest transferred from a Division I school to another Division I school, he had to sit out for his first year at JU as a redshirted player. However, it wasn't a pretty start at JU because he had to sit out due to an injury.

He tore his labrum in his arm, and was out for six months. The injuries kept coming for him at JU. It was only his third year playing due to being redshirted.

"I feel like my whole life I've been facing obstacles, but like the reward at the end is always worthwhile, you know like the light at the end of the tunnel," Forrest said. "My freshman year I won a couple accolades, my sophomore year a couple accolades, and then not playing for two years pretty much was tough. So, I felt like coming to Idaho would be a good change, like no distractions." Forrest isn't the only player on the basketball team that is an out-of-state student far from home. Some of the other players are from Michigan, Illinois, Massachusetts, Georgia and even Canada. Whether it's basketball related or not, this team is almost always hanging out and getting along. "It's funny because this is my first team that all the guys on the team get along, all the guys hang out," Forrest said. "So, it's just a bond, it's a brotherhood, it's super dope. And it being my last year,

that's what I wanted, so when I get done with school, I can always reach out to those guys."

Forrest is the oldest player on the team, and many of the players look up to him. But at the age of 23, he's still young and has a lot of aspirations in life.

Since this is his final year playing collegiate basketball, he knows eventually it'll come to an end. Forrest said he would like to pursue becoming a professional basketball player and is determined to see how far he can get, but he has other plans as well.

"The ball is going to stop bouncing one day," Forrest said. "I really have aspirations to go into politics, that's why I did public administration. I wanna learn about local law and stuff like that. I have desires to one day be a mayor. My dreams go beyond the basketball."

The Big Sky season has yet to start for the basketball team, but that doesn't mean that nothing has happened yet.

"When you come back, you're like, never really the same, so like that process was hard "Forrest said of his first game back. "Just being here, hearing my name called again, being able to play basketball in front of a live crowd and just being able to put on that Idaho jersey." Forrest said he is excited and ready to get the competitive Big Sky season underway. After the long sit-out he's had, he's ready to compete once again.

After, he moved to Florida with his mom.

Forrest comes from a family that was always athletic. His step-dad played professional baseball, his older stepbrother played baseball at the University of Central Florida, and his mother played flag football last year. She is currently taking the year off, but is practicing Zumba and Yoga

"In our house if you sleep past 9 a.m., you gotta get up," Forrest said. "Being an athlete just helped you prioritize what you need to do. It just helps you be consistent because everything my dad does is very consistent, and it has worn off on me, my brother, my mom."

Forrest also ran track during his sophomore year in high school. He did the high jump and made it to state. He ran a

Forrest may love Moscow, but he said he will always consider Florida his home.

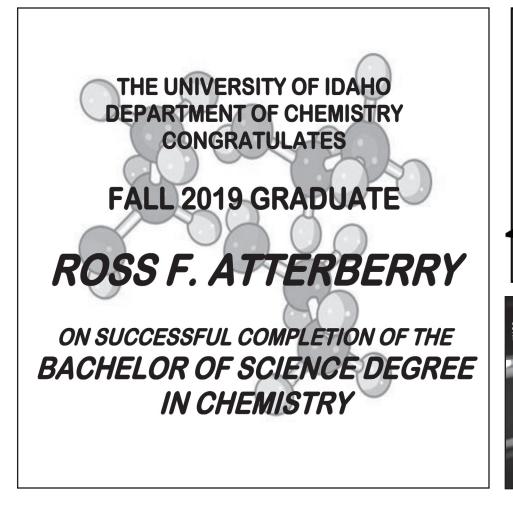
"This is a great place to come to recuperate and just really figure out life," Forrest said. "I like Idaho because it slows you down and makes you appreciate things."

It was because of the kind words and constant reaching out over the summer of a good friend of his Steven Madison that Forrest decided to come to the University of Idaho. Madison was a former player for UI and a graduate assistant last year.

"He set the bar really high and I looked up to him too," Forrest said. "He had a good basketball career. Once he got done with his basketball career, the university that he went to, which was here, opened back up to him with open arms. He got

"Conference is big, those are the games I dream about and you dream about hitting the game winning shot," Forrest said.

> Elizabeth Carbajal can be reached at argsports@uidaho.edu



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# Archery league provides opportunity to improve skills

The Ee Da How Bowhunters have a place to shoot your bow and stay warm

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**Ryan Hill** ARGONAUT

The Ee Da How Bowhunters is an archery organization where hunters and archery enthusiasts can join together to improve on their skills and have fun.

This organization was established in 1947. The league has an outdoor range in Viola, Idaho, but during the winter months they host an indoor league.

Tawney Nelson, the secretary of the league, said they have 48 members in the indoor league but half as many are in the outdoor league.

Jeff Nelson, a member of the league, got into bowhunting after he purchased his son, Jeffrey, a bow for Christmas and his son wanted to join the league. Jeffrey Nelson is currently the president of the league.

"I got a bow myself because I didn't want to come to the league and not shoot," Jeff Nelson said.

Ray Serrano, a member of the league, has been passionate about bow hunting since he got out of high school. He has shot in the Silver Valley, Coeur d'Alene, Spokane and Moscow and is always looking for more places to shoot. He got into bow hunting because he wanted a challenge while hunting.

"With archery you have to get close," Serrano said. "That was my challenge, to see if I can get close to animals in order to harvest them with my bow."

Serrano continues to hunt because of his dad.

"My dad got me into hunting when I was 12," Serrano said. "I lost my dad when I was 14, but then I kept going with the hunting aspect of it because (of) his passion. And when he passed, I kept that passage on."

However, not everyone is there for hunting. Some just enjoy the sport of it. Ian Tank, another member of the league took an archery class at Texas A & M University and found out he was really good at the sport. "Previously, I used to try archery and I was like, I'm not that great at this," Tank said. "But when I took beginning archery, I was taught a little bit better about it.' It's also where he met his fiance, Andrea Zinger, a student at Washington State University. She got into archery after reading the "Hunger Games" series. She is trying to shoot for WSU's team because she has one more year of college eligibility left. Jeff Nelson said they get students from both the University of Idaho and WSU, but not many. Recruitment is a challenge. Jeffrey Nelson mostly recruits via Facebook or word of mouth. Tawney, Jeff and Jeffrey Nelson are trying to figure out how to recruit students from UI. Jon Hickey, a UI senior, joined the league and has tried to get his friends to come out. Bowhunting is one of his favorite pastimes and joining the league allowed him to stay in shape and continue practicing. He enjoys bowhunting because of the skill involved with it. "I'd say in a lot of ways, it's like golf," Hickey said. "It's kind of a slow game, but it's one of those games (where) it's about your form. It's one of those things you have to be very meticulous with. There's a lot of small pieces to your short and your anchor. Little things that really, you can only gain through practice and so for me, it's more of a skill set than anything.' Ee Da How Bowhunters has a youth archery league as well. Kids ages seven to 17 can join and improve their archery skills. McKenna Knot joined the league after her friend did a senior project on archery.

McKenna is 13 years old and has won the Idaho Indoor State tournament twice. She started competing in 2016, the year she won her first championship.

"You just have a lot of different experiences," McKenna said. "You get to meet new people, and you can do indoor and outdoor. It's not like soccer where you have to stay outside."

The outdoor league begins June 1. Anyone is welcome to join the league. Membership fees for adults 18 years and older are \$50 and are \$10 for youth 17 years and younger. A family membership fee is \$60 for two adults and dependent children 17 years or younger. Full information on fees for the outdoor and indoor league can be found on their website.

Ryan Hill can be reached at arg-life@uidaho.edu

> Andrea Zinger

Mark Gottschalk

Jeffrey



#### **STUDENT LIFE**

# Pursuing a love of writing

MFA candidate in fiction describes how he got to where he is now

#### Nicole Hindberg ARGONAUT

During his undergraduate at Northern Michigan University, second year Master of Fine Arts candidate in fiction, Scott Dorsch, did not know what he wanted to do.

After taking a hiatus and working as a farmer, Dorsch was able to discover he could pursue his passion of writing as a career. He finished his undergraduate with a degree in English writing with an emphasis in creative writing.

Dorsch said he always wanted to write and farming allowed him the time and headspace to do that while away from school.

"It didn't really occur to me that I could do this (writing) as a career until I went back," Dorsch said.

Dorsch said his mentor and friend John Billman inspired him to pursue writing as a career. Billman teaches fiction, magazine journalism and creative nonfiction at Northern Michigan University. Billman allowed him to take a 400-level fiction class, despite him not haven taken any lower level fiction classes. While taking that class, he discovered that writing is what he wanted to do as a career.

"I think John in a big way was what gave me the, I guess, the permission to move towards it as a career choice," Dorsch said.

Dorsch has had his work published in Midwestern Gothic, a literary magazine based in Ann Arbor, Mich. and Chicago. The magazine publishes fiction, essays and poetry.

Dorsch has also been awarded the Legler Memorial Poetry Prize and the VandeZande Fiction Award from Northern Michigan University. Dorsch also is a recipient of the 2019 Writing in the Wild Fellowship from the University of Idaho.

Dorsch decided to come to UI for

his graduate degree because of the location and because of the way the program is set up.

The MFA in Creative Writing at UI is a three-year program that focuses on workshops and technique classes. Students in the program can choose between three genres as their emphasis: poetry, creative nonfiction and fiction. Upon completion, students can teach if they choose to do so.

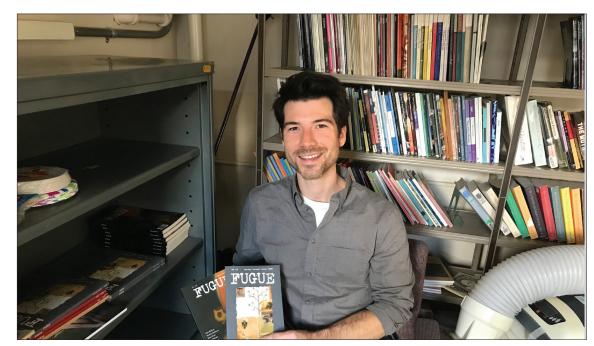
The MFA program at UI also offers full tuition waivers and stipends to all MFA students who participate in teaching assistantships; meaning they have to teach three classes a year.

"I was looking far and wide for an MFA that also fit my life trajectory with writing," Dorsch said. "To me writing is, only 50% of it, is sitting down in the chair and writing and the other 50% is living the life you want to lead. But also, what you want your characters to eventually lead to and etcetera. And I felt like Idaho was a good place to do that."

Some of the professors at UI Dorsch said he admires for their writing and the lives they lead are Kim Barnes and Daniel Orozco. Barnes teaches creative nonfiction writing and fiction writing. Orozco teaches fiction writing.

Another aspect of the MFA program at UI Dorsch enjoys is students can take workshops outside of their chosen genre. He also likes the large emphasis in literature theory and other aspects of literature. MFA students have to take five of those classes during their time at UI.

The structure of the program and the classes UI offers these students is not



Scott Dorsch poses with copies of Fugue.

the only thing Dorsch enjoys about the program. Dorsch said the environment between students is not competitive, it's more collaborative in his opinion compared to other MFA programs.

"It seems a lot in this community that a win for one person is a win for everybody," Dorsch said.

Dorsch is also the fiction editor for Fugue, the literary magazine on campus. Dorsch has been working with Fugue for almost a year and began working as the fiction editor this school year.

Undergraduate and graduate students can work at Fugue, but graduate students manage and edit the magazine.

Dorsch said working at Fugue gives him the opportunity to see how a publication process works for literary magazines. Even though the process is slightly different from larger publications, the processes are fairly similar.

"For people that are interested in this work at all, even on a hobby base level, (the magazine) is such a great way to peek

Nicole Hindberg | Argonaut

in the door and see how this whole thing works," Dorsch said.

Dorsch said he is unsure what he wants to do exactly after graduate school. He is looking for ways to further his career as an author, but he is also considering teaching after his degree.

"Even though teaching was really difficult the first year that I did it, because it was the first time and you get thrown in. But since then I've come to really appreciate it," Dorsch said. "It's a cool option to have, I think a lot of us would say that our main goal is to be an author, a poet or whatever. But I think that I'm starting to see that education is a big part of that and can continue to be a big part of that. So I'm not writing it off, no pun intended."

> Nicole Hindberg can be reached at arg-life@uidaho.edu or on Twitter @HindbergNicole.



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LESLIE KIEBERT MARY PIHIPPS DYLAN SIEGEL MEREDITH SPELBRING



WE WISH YOU EVERY SUCCESS!

DEAN OF STUDENTS OFFICE STAFF

### **STUDENT LIFE** Choose the path that works best for you

Mindfulness may be a way to cope with your busy life

#### Nicole Hindberg ARGONAUT

Close your eyes. Think about the moments that lead you up to this one. Put the stresses out of your mind and be aware of your body...

These are some of the words I've heard in different guided meditation sessions.

Most people have seen the ads for apps like Headspace. If you are like me, you are probably curious what those apps are and what they do.

These are guided mediation apps with the goal to reduce stress and anxiety, improve sleep and help with other various issues.

With our busy lives, we never take a minute for ourselves. This is why many people enjoy apps like these. You can fall asleep to them or use them for a short amount of time. However, after a while, you have to pay to use the app.

As students, we have many things to juggle like classes, work, extracurricular activities and our personal lives. With all that, we tend to become overwhelmed and exhausted.

This lack of time leads many people to believe they don't have enough time to take a few minutes, reflect on their lives and think about nothing for a short amount of time.

That is what's appealing about the University of Idaho's drop-in mindfulness sessions. They allow you to come when you can for a short amount of time to focus on mindfulness.

One thing that's appealing to me is there is someone there to guide you. It's similar to apps like Headspace except for the fact you don't have to pay for guidance after a few weeks.

Jamie Derrick, certified mindfulness meditation teacher, leads the weekly drop-in mindfulness session at the University of Idaho. Every week for twenty minutes, UI students and staff and faculty gather in the Teaching and Learning Center to participate in a mindfulness session.

Fall 2019

I decided to go to one of those sessions to see what it is like and I was happy with what I encountered.

When I went to the mindfulness session the repeated phrases I heard that made me feel comfortable were "that's okay" and "do what's best for you." Derrick knows everyone is in a different place when it comes to mindfulness and wants to help them in any way she can.

Things I didn't enjoy about the session were the harsh fluorescent lights in the room and the hard chairs you have to sit in. These two factors distracted me and made me uncomfortable. This issue is not the fault of anyone.

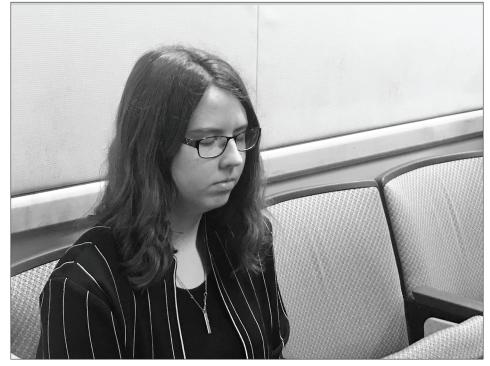
A solution to this issue I think would make these sessions perfect for me would be listening to the sessions over Zoom. This allows me to practice mindfulness in a more comfortable setting, like at home.

Even with this slight issue, it was nice to take a few minutes out of my busy life to reflect. It made me feel better and less stressed than I was prior to the session.

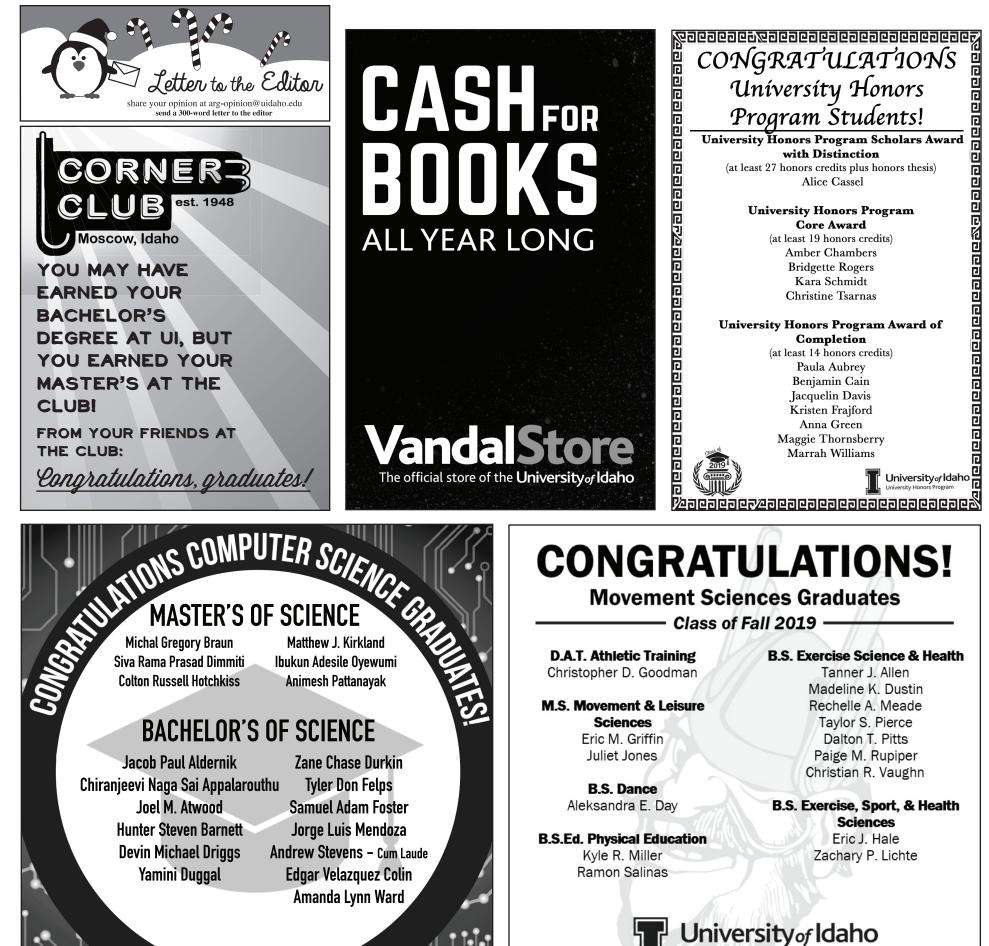
All in all, I would encourage anyone to participate in a mindfulness session. It only takes twenty minutes to stop and reflect on your life. It can be a great stress reliever and a chance to not think about anything for a short amount of time.

If anyone wants to practice mindfulness, they need to understand that everyone is different, and it may take time to find what's best for you. This is a big benefit of the drop-in mindfulness session and apps like Headspace. Having that guidance will give you a good starting point to understand what is best for you.

UI's Drop-in Mindfulness sessions are held every Wednesday starting at noon and last for twenty minutes. They are in the Teaching and Learning Center room 047. Nicole Hindberg can be reached arg-life@uidaho.edu or on Twitter @HindbergNicole



Brianna Finnegan | Argonaut Nicole Hindberg at the weekly Mindfulness session.





Department of Movement Sciences

### **MUSIC** Vinyl set to overtake CDs in sales



**Teren Kowatsch** Column ARGONAUT

Why is vinyl making a comeback decades later?

There are a good number of us who have this memory as a kid: a dusty box or shelf with some covers that we may or may not recognize from our favorite CDs. You ask to see one of them and you pull out a flat, head-shaped disc of wax.

That, my friends, is vinyl. An invention that dates all the way back to the 19th century.

Record stores and music executives would almost universally say vinyl is a dying musical medium. It is the same with the cassette, the Walkman and the CD player.

With the rise of streaming services, it

seemed like the final nail in the coffin for vinyl was finally in. However, this may not be the case.

In September 2019, rollingstones. com reported vinyl is on-pace to outsell CDs for the first time since 1986. CDs outsold vinyl by \$18 million in the first half of 2019, but the sales of vinyl have grown by over 12 % in both the last half of 2018 and the first half of 2019. So, the question is – how is vinyl not only surviving in the modern age of streaming services and online downloads, but flourishing?

In the last couple years, brands like Champion and Fila made comebacks in popularity and arguably exceeded their previous peaks. Hairstyles like mullets are making a comeback. And the baggy style of bling-era hip-hop is being reintroduced to the mainstream.

With these realities and conditions, it makes sense the aesthetic of vinyl would be appealing to teens and young adults. The fact that many current and relevant artists like Drake and Ariana Grande release vinyl on their merchandise websites could be another reason vinyl is

making a comeback.

Another factor contributing to the revival of vinyl is the sense of ownership that comes with purchasing a record. No one would argue that owning a record is more convenient than using streaming services. However, people don't own the music they're playing with those apps.

This leads to music in a streaming library being likely to change. For example, Jay-Z is the founder and president of the streaming service, Tidal. To encourage people to subscribe to Tidal, Jay-Z took all his solo material off Spotify.

This situation was frustrating to Jay-Z fans subscribed to Spotify. It is not only a hassle; it is sometimes financially unsustainable for someone to be subscribed to Spotify, Apple Music and/or Tidal. However, recently his music was put back on the streaming service.

Needless to say, this is not a problem with vinyl.

Although a vinyl record is more expensive than a monthly subscription to Spotify, it can be a great feeling to buy the album and listen to tracks like "99 Problems" and "Lucifer" again.

Another reason people enjoy vinyl is the events attached to records by artists and retailers alike. There is a national record store day in which labels ship out or make available special eddition records, merchandise, discounted classic records and other merchandise.

Regardless of the reason, the resurgence of vinyl is undoubtedly a good thing. Local record stores like Moscow's Paradise Ridge Records are now in a safe place instead of being on the brink of extinction.

Whether you're an audiophile, a casual music lover or one who doesn't buy vinyl, it can be argued the resurgence of vinyl is a great reality for music, businesses and communities alike.

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### **FILM** Must-see Christmas movies



**Nicole Hindberg** Column ARGONAUT

A list of some of the best Christmas movies available on the popular streaming service

10.) A Holiday Engagement (2011): I think I've seen this plot a million times in Christmas movies. This plot line is overdone, and I know there are much better Christmas movies out there, but it's still worth a watch to so you can dive right into the holiday spirit.

9.) Santa Claws (2014): In this movie, Santa has an allergic reaction to a sack full of kittens. While Santa recuperates, the kittens must deliver the presents. The lines are cringey and the acting isn't the greatest. However, the talking kittens are pretty cute which makes it an enjoyable experience nonetheless.

8.) The Christmas Switch (2018): In this movie, Vanessa Hudgens plays a baker and a soon-to-be princess who are twins who switch lives for Christmas. Even though it's a Netflix original it feels like a Hallmark Christmas movie. It is full of cliches and everyone ends up together. Sometimes that's just want you want around Christmas time after the stress of finals. 7.) The Christmas Chronicles (2018): A brother and sister try to stay up all night to catch Santa on camera. Kurt Russel stars as a sarcastic Santa. I haven't seen Santa portrayed like this before and it's enjoyable to watch. 6.) Home for Christmas (2019): While this is not a movie, it's still a Christmas themed television show.

It takes the relatable situation of coming home for Christmas and being bombarded with questions about your love life, work life and anything else that you don't feel like answering.

5.) Holiday in the Wind (2019): Rob Lowe and Kristin Davis star in this movie, where a newly single woman goes to Africa by herself on what would have been her second honeymoon with her husband. Their relationship ended days earlier. It's a good movie about finding yourself after heartache. It's more focused on Lowe and Davis's characters relationship rather than Christmas. However, it's still a decent movie.

4.) The Holiday Calendar (2018): In this movie Kat Graham plays a photographer who receives an advent calendar that can tell the future. I think this is a unique concept and the storyline is great. Plus, Graham kills it in her role. I think it's an adorable movie any Christmas movie lover should see.

3.) How the Grinch Stole Christmas (2000): I think most of us grew up with this story. The live action version staring Jim Carrey brings the classic story to life in a nostalgic way. It's something that I watch every year and will continue to watch every year.

2.) Christmas with the Kranks (2004): I'm impartial to this movie since I watched it every year as a kid. In this movie 1 im Allen and Jamie Lee Curtis decide to take a year off of Christmas and go on a cruise while their daughter is away in the Peace Corps. Much to their surprise, she is able to come home for Christmas. Check out uiargonaut.com for the best Christmas movie on Netflix. Nicole Hindberg can be reached at arg-life@uidaho.edu or on Twitter @HindbergNicole

### LGBTQA What does it mean to me to be queer?



**Emily Pearce** Column ARGONAUT

My journey to determining my sexual freedom

As a queer identifying person, I can say it is hard to find which terms to identify with.

I have always struggled with my sexual identity. Nothing seemed to fit. Throughout the years, I have identified with bisexual, demisexual, lesbian and gay. I have cycled through all of these, but none feel right.

Finding a sexual identity can be harder than one thinks, especially because I am also confused about who I am attracted to.

I have always known that I am attracted to women, but the older I get, I realize I'm attracted to fewer and fewer men. I am also open to anyone who identifies in-between genders. I like to think a person's soul is what I am truly attracted to. Throughout high school I dated guys and girls. Now I seem uninterested in any date I go on. There are all sorts of factors I blame for that lack of interest. Coming from rural Idaho I also still have some internalized homophobia toward myself. Luckily, when I realize I am beating myself up over my sexual identity I can ask myself one question: What sits right with me? Though I am a bit of everything, why can't I just pick one and stay with it? Being a part of the LGBTQA community gives me an unlimited amount of freedom to choose which terms I identify with. Because I am so indecisive, it is

hard to pick just one. I don't have to, but it also makes it easier to say one when people ask.

Picking an identity isn't just about who you are attracted to, it is also what term aligns with you and your essence. I could just pick a term and run with it, but that is what I have been trying to do my entire life.

If I were comfortable doing that then I would not be in an identity predicament.

Being LGBTQA means I get to choose my label, which is really comforting. Though I can identify with bisexual, demisexual, lesbian or gay, there is an umbrella term I have recently learned identifying as queer.

Being queer has a sort of beauty to it. Queer is an umbrella term for people who are a part of the LGBTQA community. It is also a label, but it has so much variety to it - it doesn't have to be just one thing.

This is what I have been looking for, a choice where I don't have to choose - it just feels right.

Though I like women and sometimes

men, I don't have to choose a specific label. The world's judgements and my own have faded while using this term because of how inclusive it is.

Young me would be so happy to finally find something that fit, having struggled with my identity for so long. If I could go back and tell my young, queer self something, it would be to not worry about finding a sexual identity so soon. Things will work themselves out including ourselves.

> Emily Pearce can be reached at arg-life@uidaho.edu.

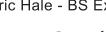




The goal of Buy Local Moscow is to strengthen the social and economic framework of Moscow by supporting and promoting the community.

### **Intramural Sports**

Dalton Pitts - BS Exercise & Health Eric Hale - BS Exercise Science and Health



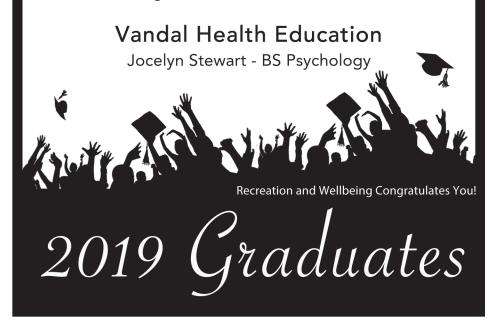
### Outdoor Program

Nicholas Hathhorn - Natural Resource Conservation



### Student Rec Staff

Michael Biancosino - BS Finance Morgan O'Brien - BS Recreation, Sport & Tourism Chris Vaughn - BS Exercise Science & Health



### THE ARGONAUT



### EDITORIAL

# Refocusing on 'for the students'

ARG

STUDE

### Students, you are our backbone — we do what we do for you

As another semester comes to a close, so does another semester of news on the University of Idaho campus.

As the 2019 fall semester got rolling, The Argonaut reevaluated its approach to storytelling and audience engagement. Our mantra, which is printed atop our paper each and every week, is "For, of and by the students since 1889." That statement is not only our slogan, but our guideline. In recent years, we have only held ourselves true to pieces of that in certain times. This year, we decided it was time to refocus back on the "for stated of the state of the

This year, we decided it was time to refocus back on the "for students" piece of the statement. Traditionally, our readership is rooted in staff, faculty and alumni. Often we miss the largest population of potential readership — students.

Our storytelling and story selection shifted in an effort to try and better understand what students not only need to know, but want to know. That lead to what could possibly be considered "unconventional" journalism — yes, a "meme" beat and meme coverage is largely unconventional. This led to meme page stories, budget story breakdowns so everyone on campus can digest the headache that can be university finances, amongst others.

The Argonaut also added a layer to its idea of "digital first" with ArgoCast, a weekly broadcast segment produced, hosted and run by Argonaut employees.

As we worked to shift our practices, the campus news waited for no one.

This semester was nothing short of busy across campus, with UI's 19th President C. Scott Green taking the helm of the university and charting a new path for the university. Green had no shortage of things on his to-do list in his early tenure with UI, including but not limited to navigating UI out of a projected \$22 million budget deficit and the ensuing turmoil that occurred.

Terry Gawlik became Idaho's first female athletic director — a strong move on behalf of the university and athletic department. While Gawlik is likely still getting her feet underneath her, she is perfectly primed

to lead the department into uncharted  $\tilde{z}$  territory and we wait anxiously for the future  $\tilde{z}$  of Vandal athletics.

Old news from the spring resurfaced and continued to make headlines into the fall as well. The Denise Bennett saga continued as the former

tenured Journalism and Mass Media professor made headlines for continued university appeals process and legal troubles.

No matter who fills the newsroom or who is out reporting for The Arg, our mission and dedication remains the same.

Thank you for sticking with us. Thank you for picking up papers Thursday mornings or coming to our site.

We are for, of and by you.

— Editorial Board



#### NEW YEAR

### A new year, a new semester, a new Argonaut



Brianna Finnegan Argonaut

### How The Argonaut plans to give back to our community next semester

When I was first named as The Argonaut's next editor-in-chief, I struggled with what my vision was for our publication. How could I possibly help redefine an organization that has been around for over 120 years? The truth is, I don't plan to.

This next semester I do not wish to redefine The Argonaut, but instead build upon it and show the community both within the newsroom and outside of it how important The Argonaut is — not only for students at the University of Idaho but citizens of the city of Moscow.

Journalism is a form of community service. As a publication, we gather information from our communities to keep individuals informed and give citizens a voice on the issues that matter to them. new staff, I plan on providing resources for the members of the newsroom to grow as journalists and provide a voice to the campus community through several outlets.

We plan to branch out and continue to build upon not only our print content, but our web and multimedia content such as our weekly broadcast, photo galleries and social media presence.

Broadcast will be forming a section of its own, changing ArgoCast from a recap of the news with a new name and its own content.

In addition to building our current systems to meet community needs, The Argonaut plans to work more with our community by asking people what they want to read so we can create a paper that meets the community's needs.

I cannot promise there won't be difficult stories the community does not want to see. I wouldn't be doing my job if there weren't. What I can promise is we will produce the same highquality journalism we strive for every semester and take pride in doing so.

I have loved my time at The Argonaut and through

Everything we do is based on how we can inform our community. The changes I plan to implement next semester are in-house things people don't really see, but they make a difference.

Next semester we will be implementing new organization systems to publish quality journalism in a more efficient manner that connects the different sections of the paper.

With a predominantly

these changes I hope we can continue giving the same experiences I have loved to our staff, and continue the legacy of community service through journalism within our community.

> Brianna Finnegan can be reached at arg-opinion@uidaho.edu or on Twitter @briannafinnega8

### COMMUNITY

# What it means to be a Vandal



### I chose UI for solidarity and I wouldn't have it any other way

People throw the word 'passion' around constantly. It makes sense — emotions are powerful and people love with a strength difficult to communicate.

I'm not sure I have the words to communicate the intensity of passion, either, partially because the word hits particularly close to home.

I have spent my entire life attempting to find what makes my heart sing. I've found many things that 'spark joy' — some of my current love affairs include the Mass Effect series and Transformers comics but I have recently struggled to find a way to express my appreciation for them.

A large part of this struggle has been a reluctance to leave my shell after high school. My high school in the depressingly cloudy and rainy side of Washington had a problem with apathy and teasing among students while I attended.

As a child, I would share what I loved with everyone — I was completely unabashed in my passions and didn't care what others thought of my interests. To be entirely clear, I had some 'cringey' interests then — Homestuck is my best example. Maybe I was teased, but my friend group was completely supportive and made me feel loved so much that I didn't notice.

When I got to high school, I thought my life would continue as normal. I shared what I loved, but within months of my freshman year, I realized the reactions from some of my new friends weren't what I expected. My previous friend group was still there, but as time passed people grew apart. My new friends swiftly informed me that my interests weren't worthy of their time or attention.

This happened with almost everything I love.

Color guard, the sport I have dedicated a significant portion of my life to, was ignored to the point the program was nearly destroyed.

My favorite TV shows and comics were considered uninteresting or cringey. When I found something powerful that I wanted to share with those I found most important, all of the sudden no one wanted to see it.

I felt completely alone.

I chose University of Idaho because I saw myself in the students here. When I researched our school online and visited, I was always greeted with passionate, hardworking people. Vandals love what we do. We forge paths forward, regardless of what people may think of us for doing so.

When I arrived here, I overinvolved myself. I lived in Steel House, the nowdefunct women's co-operative living group. I joined marching band, created a club, joined others and found several jobs. I wanted to find people like me, people who shone so bright with passion that they illuminated the room when they walked in. And I did.

The people I have met here have helped me ease myself out of the protective shell I created around my heart in high school. I have a voice now. I have a direction. But perhaps most importantly, I have a family and a community that I love with all my heart. I know that if I fall, someone will be there to help me back to my feet.

That's what I love about the Vandal family. We are mighty, we are passionate, we are brave and we are bold.

To all Vandals out there, new and old, past and future: never lose your passion. Never let anyone take your voice from you. And if you ever feel broken or empty, we are here for you.

Go Vandals.

Alexis Van Horn can be reached at arg-opinion@uidaho.edu or on Twitter @AlexisRVanHorn

Mic Dougherty | Argonaut

# The start of a new decade



Emily Pearce \_\_\_\_\_\_Column ARGONAUT

Why you shouldn't always make New Year's resolutions in January

It's the end of December. The New Year is coming, and it's a big one. The New Year can be seen as a time for improvement and growth, and can be mistaken as a time for new beginnings.

Because it is the end of another decade, there is pressure to plan the next year — no, the next decade — to every last detail.

Power to whoever wants to take advantage of this mindset and set goals and improvements for next year. But there is just one thing you should keep in mind. January is a horrible time to set goals.

We are all familiar with the failed New Year's resolution. We start strong, whether it be changing exercise habits, journaling or learning new skills. The first two weeks are easy, then we start to barter our time.

We say to ourselves, "I will do it tomorrow, just not today."

Three months later, we look back on our failed resolutions and scoff at how much of a failure each one was.

Winter is a horrible time to make resolutions and threatens ultimatums to our bad habits. There is no worse time to start resolutions than January.

By the time it is January, we are stuck in our winter funk and are in no hurry to get out of it. January is in the middle of winter and we are in no mindset to get out of our comfort zone during the season.

In the article "Why you shouldn't start a New Year's resolution on January 1, "Amy Morin said an issue people have with unmet resolutions is a lack of will power. There is a lot of energy that goes into figuring out what to change, but no push for action.

Morin also said if your habits are not ready to shift, then it is hard to succeed in changing them. Change isn't something that is forced — a hard pill for most people to swallow.

Rather than making resolutions in the winter, try spring. Spring is known to be a more productive season. Spring cleaning is an overused phrase for a reason.

We are more likely to stick to something if we have the motivation, especially if the change means something to us.

2020 is a big year and some might think it is odd to start a decade without a preplanned list of goals. We all are going to cave and make resolutions for this year during the winter.

However, when making resolutions, it is better to stick to the spring and add them when habits are ready to change, rather than in January.

All in all, it is smart to make your resolutions on April 1. If all else fails, April Fools' Day is the day to blame.

> Emily Pearce can be reached at arg-opinion@uidaho.edu

### GUEST VOICE Discussing political apathy

Zack Bishop GUEST VOICE

Zack Bishop, president of UI's Young Democrats club, talks political engagement

The University of Idaho is politically apathetic. That is not to say there aren't people who have strong feelings on issues, rather it is an admittance that we would rather avoid participating in politics in a meaningful sense.

I understand this, it seems as though all those involved with politics are self-interested and that you're only one person — not able to stand up effectively for what one beliefs in. That is cynicism and it is a characteristic that is incredibly dangerous for a democratic society to take hold of. It promotes the idea that anyone who is not aligned with us is acting in malice.

Cynicism relies on a strong dose of skepticism, which in small amounts keeps mistruths in check. When skepticism is urned against established truths and truth-seekers, it not only feeds the cynicism toward politics, it also encourages mistrust between ourselves and our institutions.

Mistrust in this mannerism is trivial and builds on assumptions. What we need to combat this is not a shared vision or reliance on experts, but we must give the benefit of the doubts to our system. We must believe in its original purpose of life, liberty and the redirect of its path by building and bettering institutions, not destroying them.

This American experiment was established as a way to tirelessly work toward a more perfect union. We have improved it since the Revolution to include more individuals. Individuals like us can help improve our system; not tear it down, ignore it, work around it, but to strengthen its founding purpose, representing all of us through

### Social Media Sexism in new Peloton ad is taking over the internet



### Nicole Hindberg

ARGONAUT

Why is the Peloton ad what we're now focused on when it comes to sexist ads?

There's no doubt that the Peloton ad is sexist. We all know the ad where the wife gets a new Peloton bike from her husband for Christmas and documents her journey to fitness.

The controversy over it has taken over the internet, from news articles to parodies on Twitter. Peloton has responded and defended their ad.

What I'm wondering is why this ad in particular is sparking controversy when these tactics are used in almost every advertisement. Ads directed at children reinforce gender norms, women's bodies are used to sell products along with many other negative stereotypes. featuring headlines such as "Peloton actress speaks out..." or "Peloton Husband Speaks Out About Controversial Ad" have been written. Giving recognition and time to those actors in the commercial, possibly giving them acting opportunities in the future.

With articles like this, we're keeping the brand name Peloton in our heads even if we're making fun of it. Peloton is using this attention to their advantage to get people to talk about their product even more.

The Peloton husband, Sean Hunter, has even changed his Instagram username to "pelotonhusband." This nickname gives him name recognition and brings more people to his social media and in turn have more people become aware of him.

That old saying where "bad publicity is good publicity" is working in this situation for them. In the days following their ad their stocks have dropped but are climbing back up as it gets closer to the holidays.

As more people talk about the ad, the

this advertisement play more before it took over the internet.

I don't think sexism in advertisements will change any time soon. Companies see that using content that's shocking or risqué works for them because it causes people to talk about their products even more.

These companies know that when we focus on something for weeks on end, they will continue to use those tactics in the future and reinforce negative stereotypes and ideals.

I understand the gut reaction to call Peloton out for their sexist commercial and make fun of it. If we want to change anything, people need to call all companies out when they use tactics like this to reinforce those negative ideals, because they're in most advertisements, not just Peloton's.

Nicole Hindberg

In the last few days, countless articles

more people are learning about the brand who may not have heard of it before. With this timing being right before the holidays, they will most likely sell a lot of products.

Since the backlash, I think I've seen

THE

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BY

our participation.

I think that we all want the continuation of the fight for equality, justice and democracy. We can't have it if we are apathetic, cynical or skeptical. We need to combat those instincts with our own actions and become more involved. To UI's student body, I argue to resist interaction and make our campus, state, country and the world better.

Start or join a political group or party on campus. You do this with https://uidaho.campuslabs.com/engage/

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# Hello Fresh? Hello executive function



**Alexis Van** Horn Column ARGONAUT

Using subscription boxes as a mental health tool

I can't be the only one who's been bombarded with ads for subscription boxes. I'm not entirely sure what started the trend, but one thing is for sure: it seems like there's a subscription box for nearly everything these days.

Even meals.

Subscription boxes like Hello Fresh and Blue Apron seem to be marketed toward young adults and busy parents alike, but I believe they're missing a possible major market — people who struggle with executive functioning like me.

I have a cocktail of mental health problems that I am working with a team of doctors. psychiatrists, therapists and more to identify what will help me get better. In the meantime, I need to stay functional. When I transitioned to college, this became more difficult.

I overwork myself to ward off some of my symptoms, but that causes other symptoms to bubble to the surface. More often than not, I barely have enough time or energy to take care of myself - a complaint I've heard from many of my

peers, neurotypical or otherwise. limited mental energy on This is where subscription boxes come in handy.

My symptoms make basic tasks, like brushing my teeth or starting assignments, difficult. One task above all can seem daunting — making myself a meal.

I have struggled over the course of my time in college to feed myself. I eat very little and lack variety in my diet to the point I've joked I eat nothing but bagels and pre-prepared burritos. The sad truth is this isn't always a joke.

That's why I finally bowed to the constant advertising and recommendations from influencers and bought a Hello Fresh subscription.

For the past two weeks, I have received boxes filled with fresh ingredients, complete recipes and the occasional extra goody. I hoped having the ingredients laid out in front of me, pre-proportioned and ready for use, and the recipes written in easy-to-understand language would help me diversify my diet, eat healthier meals and make food I would enjoy.

Most of the time, it works. The avoidance of grocery stores - where fluorescent lights and loud crowds can overwhelm me and render me unable to function for the rest of the day — allows me to conserve energy for things more important to me: classwork, student media and spending time with my friends.

Instead of spending my

deciding which meals to create, how to gather the ingredients to make them and what to do with the leftover scraps of assorted ingredients, I can focus on cooking the actual meal, which takes significantly more energy.

When times get particularly rough, like they have this semester, sometimes even the subscription boxes don't help. Some days, it's all I can do to roll out of bed, get dressed and go to class. At that point, I can often be seen wearing sunglasses and ear plugs, avoiding human contact and verbal communication. That's when I need the most help taking care of myself.

I'm not claiming that it should be anyone's responsibility other than my own to provide for my needs. I am an adult and will earn my place in the world, but I do need some support to make that happen. Subscription boxes that provide for basic needs are one solution I have found — and strongly recommend to those who can afford it — for this problem.

Alexis Van Horn can be reached at arg-opinion@uidaho.edu or on Twitter (a)AlexisRVanHorn

### **GUEST VOICE** Collegiate Smokeout



On July 1, 2016, the University of Idaho became a tobacco free campus after a group of passionate students were examining the health and welfare of people on campus. Since then, the maintenance and promotion of a healthy and safe environment for all students, faculty, staff and visitors has grown into a largely supported effort. To support students, faculty, and staff members who choose to quit or cut back on nicotine, Vandal Health Education offers several resources and events.

Collegiate Smokeout is part of a wider, national effort to support tobacco cessation efforts and celebrate those who have chosen to quit or cut back nicotine use. Vandal Health Education is partnering with Project Filter, motocross athletes and Public Health — Idaho North Central District to hold a meet-and-greet tabling event from 10:30 a.m. to 2:30 p.m. Tuesday, November 19, in the ISUB Plaza to help promote tobacco cessation education and resources on campus. There will be free hot chocolate, QuitKits, trivia and prizes, and cessation resources available for all.

This event marks a time to reflect on the progress the Vandal community has made in just a few years. Let's keep it up and continue to promote a healthy and safe environment for our Vandal family. Whether you

are wanting to quit or not, it is important to show your support for this event.

Anyone who is thinking about quitting, in the process or maintaining should stop by for support and resources. No one has to quit alone!

Sometimes folks can get a little confused about the Tobacco Free Campus Policy. This policy prohibits the use of cigarettes, cigars, pipes, electronic nicotine delivery systems (vaping), hookah, all forms of smokeless tobacco, clove cigarettes and other alternative products made primarily with tobacco.

Why tobacco? Tobacco is a drug that increases a user's risk for diseases of the heart, liver and lung as well as many different types of cancers. Although folks are generally aware of these negative effects, for some it is difficult to quit. In fact, 70% of the population that smokes want to quit, however the addictive compound in tobacco, nicotine, makes it extremely hard to quit. When trying to reduce the usage, there can be unpleasant withdrawal effects that can cause relapse in many users. It can take an average of five to seven attempts to quit for good.

For those looking to quit or cut back, Vandal Health Education offers free Freshstart Tobacco Cessation classes. Freshstart is free for students, faculty, and staff. This four-part class is geared to help participants increase their motivation to quit, learn effective approaches for quitting and guide them in making a successful quit attempt. Find more information about quitting resources at uidaho. edu/AOD.



Congratulations to the 104 Moscow, 3 Coeur d'Alene and 28 online students graduating with a degree from the **College of Letters, Arts & Social Sciences!** 

**UNDERGRADUATE** General Studies, B.G.S. (cont.) Organizational Sciences,

Psychology, B.A./B.S. (cont.)

GRADUATE

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#### Broadcasting & Digital Media, B.A./B.S.

Katrina Marie Arellano Bailey M. O'Bryant Mason Vijay Petrino Bryan Omar Ramirez

### Economics, B.A./B.S.

Rachel Elizabeth Mehl

#### English, B.A.

Joshua Andrew Bright Julia Grace Bryan Andrew Choske Matthew Scott Harms Irina Henderson Alexander Christopher Heston Katharine Jean Martinson Nicholas Randall Oetken Reilly-Ann Lois Rhoades Dylan John Siegel **Bowen Smith** Callen A Trapp\*\*

French, B.A. **Emily Catherine Wesseling** 

#### General Studies, B.G.S.

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Timothy Chase Stuart Dalynne Elaine Veeder Janell R. Wight Jared Michael Zastrow Ruthfee Zota

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#### International Studies, B.A.

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#### Journalism, B.A./B.S.

Mary Michael Phipps Meredith Sterling Spelbring

Music, B.A./B.S. **Dexter Ross Jones** Dominic William Schmid

#### Music Education, B.Mus. Katelynn Marie Eppenstein Carrie Jane Nolan

Music: Composition, B.Mus. Carrie Jane Nolan

Music: Performance, B.Mus. Andrew Michael Bell Tyler Davis Sass

#### B.A./B.S.

Emily Adams Hiedi Brodwater Caitlin Brooke Carlson Madeline Sky Herrold Gemma Marie Molnar Gillian Perrv **Aimee Peters** 

Philosophy, B.A./B.S. Kevin Daniel Luna

#### Political Science, B.A./B.S.

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Andres Salcido Jocelyn Marie Stewart Thomas Z. Stover Sedrick Michael Thomas Lvdia Lvnn Tollbom Callen A Trapp\*\* Eliiah Shea Wendt\*\*

#### Public Relations, B.A./B.S.

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Sociology, B.A./B.S. Jessica Destiny Grace Adkins Sierra Marie Crow Saydie Rakel Garcia Payten Hurn Danielle Jones Rachel Elizabeth Mehl Kyle Robert Miller Mikaela C Nate Rebecca Joy Pearce Hadley Pennisi Monica Reyes Kelsie Dawn Rumsey Analise Olivia Salazar Hannah Renee Trueblood Isabella M. Villalpando Madison Lori Virgil Sam Eli White

Spanish, B.A. Richard E. Crookston Kirsten Anna Dolph **Bailey Marie Guyette** Ashley Nicole Jensen

#### Theatre Arts, B.A./B.S./B.F.A.

Abraham Lee Foster Kathryn Ann Sokol\*\*\*

### DEGREES

Anthropology, M.A. Cynthia Renee Hannold Muyuanye Ma

History, M.A. Jakob Alan-Charles Long

Psychology, M.S. Scott David Church Gerardo Lopez

Public Administration, M.P.A. Shannon N Eliason James Koester Henri Dane Ranier Moses Sivula

Theatre Arts, M.F.A. Geoffrey Steven Arndt Scott Allan Winter

### PROFESSIONAL CERTIFICATES

**Diversity & Stratification** Katrina Marie Arellano Sierra Marie Crow Kelsie Dawn Rumsey Hannah Renee Trueblood

Graduating with honors: \*Cum laude \*\*Magna cum laude \*\*\*Summa cum laude



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# **Congratulations!**

### Thank you to all our student employees

### **Athletic Events**

**Dominique Ramirez – Exercise Science and Health** 

### **University Events**

Simeon Drapeau – Electrical Engineering

### Vandal Information Staff

Maria Tavares – Management and Human Resources Lucas de Lemos Coutinho – Civil Engineering Julia Byerlein – Elementary Education Alison Brown – Agricultural Education Josh Ellingson – Civil Engineering

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