

Argonaut

FOR, OF AND BY THE STUDENTS SINCE 1898

Exploring Idaho's largest industry



Jessica Machado | Courtesy

The agricultural project entails a dairy farm, food processing plant and education center

Haadiya Tariq
ARGONAUT

The Idaho Center for Agriculture, Food and the Environment has been making progress on its \$45 million project to build the largest research dairy in the nation.

The project has been in the planning stages for over a decade at the University of Idaho and is finally coming to fruition in a few years.

Construction should begin in the spring of 2022, according to Jim Miller, director for development and capital projects analyst. The \$45 million dollar project is being funded with \$15 million donated by the state of Idaho, \$15 million by UI and \$15 million through outside donors.

In the mid-2000s, the project started out with the main goal of building a research facility to analyze and support the dairy industry in southern Idaho, but it was put on the back burner with

large costs and other barriers to consider. Former UI President Chuck Staben later reignited the project and initiated the process of collecting funds.

The College of Agricultural and Life Sciences became involved with the project in 2017, beginning planning for a research dairy, food processing plant and education center.

"The reason of the size is not to build the biggest research dairy," CALS Dean Michael Parrella said. "It is a dairy that represents the average size of dairies in Idaho."

There are currently 600,000 milk-producing dairy cows in Idaho's prominent industry, according to Parrella.

"You think about the dairy industry and what that represents in Idaho," Parrella said. "The dairy industry represents probably 20% of total agricultural output in the state."

Considerations like crops to feed the cows, manure use and the dairy itself all play a role in the maintenance of the research facility.

Crops such as alfalfa, used as cow feed, have seen increased growth in Idaho over the years compared to its relative absence previously. The project will also

look into the use of manure as fertilizer and its impact on soil.

"If we're going to talk about (the project) in all its complexity, it's going to be more than just the cows," Parrella said.

Idaho's population of 1.8 million people cannot possibly drink all the milk produced in the state, Parrella said. This is why much of the dairy is processed to make cheese and other products, resulting in an explosion of the state's dairy processing industry, primarily in southern Idaho.

"Can we develop a new bioeconomy for the dairy industry beyond just milk?" Parrella said. "That is a big part of the project moving forward."

The project has three locations across the state for its various research components.

The research dairy and demonstration farm is north of Rupert, Idaho on 640 acres of land, with construction expected to end in 2022 and the introduction of livestock in 2023. The site was bought from a family who had already begun basic construction of roads and corrals for a dairy.

A food processing pilot plant in Twin Falls, Idaho will work in conjunction with the College of Southern Idaho on their campus,

providing an educational opportunity for graduate and undergraduate students mainly focused on food science.

The outreach and education center, located in Jerome, Idaho will be used to educate visitors on agriculture and research. The goal is to be using the center by 2023.

Parrella said he hopes the education center can bring a greater understanding of local agriculture.

"When we envisioned what (the project) would be, it's basically all of those things," Parrella said. "We added another component to it as well, with the idea of telling the story of Idaho agriculture and where food comes from."

Carly Schoepflin, CALS director of communications and strategic initiatives, said the project was focused on the Magic Valley for a reason since it's where much of the state's dairy and food processing industry takes place.

To read more of this article visit us online at uiargonaut.com

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Positive test percentages going down

Students attending in person will be retested after spring break

Angela Palermo
ARGONAUT

After conducting mass testing at the start of the semester, the University of Idaho reported five consecutive weeks of 1.80% or less in positive COVID-19 results from students and employees, according to its case count page.

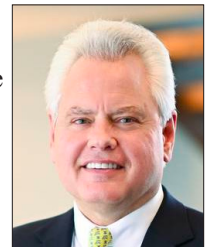
The university tested 529 people last week, yielding a positivity rate of 1.13%. Since Jan. 1, over 7,122 tests have been returned, with 121 of those being positive.

"We continue to have no cases of COVID-19 traced to a classroom," UI President Scott Green stated in an email Feb. 8. "Even if you receive the vaccine or have previously tested positive for the virus, the expectation remains the same, that we look out for each other until the threat has passed."

After Idaho Gov. Brad Little's announcement last week that moved the state into Stage 3 of the Idaho Rebounds plan, Green said UI is reevaluating many decisions for spring events.

Following spring break, classes will begin on Monday in the format indicated in the course catalog. The university will complete a COVID-19 retest of all students attending class in-person once they return from the break in March. However, those who have previously tested positive or completed vaccination will not be required to test.

"Our testing capacity can handle the volume of students returning from spring break in a matter of days," Green stated. "We are confident this plan can be executed without the need to move to online-only instruction."



Scott Green

SEE TESTING, PAGE 3

Idaho Senate passes SJR 101

A resolution forbidding psychoactive drugs moves to the House

Sierra Pesnell
ARGONAUT

The Idaho Senate voted 24-11 in favor of an anti-drug constitutional amendment, SJR 101 on Feb. 3.

SJR 101 is a proposed amendment to the Idaho Constitution that would forbid the use of psychoactive drugs. This includes the legalization of marijuana and the potential use of medicinal marijuana in the state. If added to the constitution, it would

make it difficult for the amendment to be reversed for future possibilities, of legislation.

It now proceeds to the House of Representatives where it must win two-thirds support. If passed, the measure will need majority support from voters in the 2022 general election.

According to District 5 Sen. David Nelson, there are unintended consequences of adding the statutory law to the state's constitution.

While 36 states have legalized marijuana to treat pain and other ailments, the growing number of

people who use marijuana and the doctors who treat them are caught in the middle of a conflict with state and federal laws, according to Business Insider.

Research on marijuana and its active ingredients is highly restricted and often discouraged because the federal government considers it a Schedule 1 drug.

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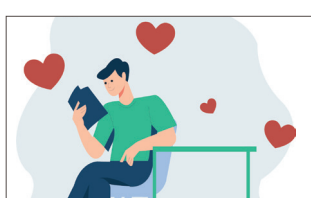
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Angela Palermo | Argonaut

Cannabis at a marijuana dispensary in Pullman, Washington

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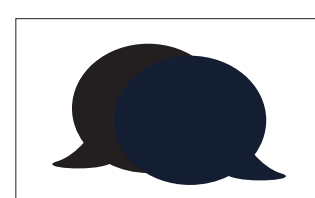
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Analyzing the flow of information

Folkenflik talks Trump and the media at UI's annual Oppenheimer Symposium

Angela Palermo
ARGONAUT

NPR media correspondent David Folkenflik analyzed press coverage of former President Donald Trump at the University of Idaho's ninth annual Oppenheimer Media Ethics Symposium on Feb 4.



David Folkenflik

Folkenflik has spent the past two decades covering the media for NPR, reporting on the increasingly hostile relationship between the press, politicians and the general public. His stories are broadcast through the network's newsmagazines, such as All Things Considered, Morning Edition and "Here & Now".

According to Folkenflik, ethics isn't "something you keep in a jar" for when bad things happen, rather it's something that should be embedded in every decision journalists make. Over the years, Folkenflik has used

this framework to analyze how media relationships have changed – particularly in the age of Trump.

"Those who oppose, critique or are exhausted by Trump might say this is the media's fault they are exhausted by him," Folkenflik said. "They say he's the media creation. I think that's wrong. I think Donald Trump is a self-creation."

Before running for president, Trump had already made a name for himself as a real-estate developer and businessman who owned several hotels, casinos and golf courses, not to mention his television and movie appearances. By reversing people's expectations of how a politician might behave, Trump pushed his actions into the national consciousness.

But what made Trump so successful at garnering media attention was you never quite knew what he would say. Folkenflik acknowledged it was the media who gave him this attention.

As Trump became a front-runner in the 2016 Presidential Election, the media began investigating every facet of his life, including his family, finances and foreign relations. This intensified hostility between politicians and the media, according to Folkenflik.

"It was almost as if Trump had made the media his main opponent in the primaries," Folkenflik said. "At times, you saw reporters acting out on social media or being needlessly confrontational in their verbal jousting with the president. Not to say it wasn't warranted, or the press hadn't been unfairly attacked, just that there were times it seemed as if they walked into the role of adversary."

With President Joe Biden now in the White House, journalists must consider how to begin covering the new administration. While Trump launched various attacks on the press during his time in office, Biden has historically maintained a good relationship with journalists. This disparity between the predecessor and the current president is stark,

Folkenflik said.

"I think the media needs to hold Joe Biden accountable," Folkenflik said. "They need to figure out how to not go chasing after him as if everything is a mega scandal simply because that was the pitch they were given with Trump."

Folkenflik was scheduled to visit Idaho last April, but his Oppenheimer talk was canceled due to the COVID-19 pandemic, according to UI's website. This year, in addition to the virtual public lecture, Folkenflik met with student journalists and advised university faculty members about the challenges industry educators are presented with.

The symposium is sponsored by UI's School of Journalism and Mass Media with the goal of promoting professional responsibility and ethical behavior by media professionals, in addition to exposing students to nationally known journalists.

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Moscow Mountains land ownership and maintenance



Cody Roberts | Argonaut

Rob Ely (left) and Eric Stuen (right) pose in the Moscow Mountain Road winter parking area

A home for all kinds of outdoor recreation on the Palouse

Cody Roberts
ARGONAUT

Standing tall right in Moscow's backyard is a recreation center that almost seems to be catered towards the city, hence the name Moscow Mountain. Despite it being in the great outdoors, the mountain is oddly close to home, physically and figuratively.

"It's the closest recreation center to Moscow, so it gets a lot of traffic," Trevor Fulton, the director of the University of Idaho Outdoor Program said.

The closest access point, only a few miles north of Moscow, is up the Moscow Mountain Road.

Two University of Idaho professors, Rob Ely from the department of mathematics and statistical science and Eric Stuen from the college of business and economics, skied up the trail on Sunday while others watched the Super Bowl from home.

However, this is not the only entrance to the mountain; there are two other main entry points.

One is off Foothills Road on the

western side of the area known as headwater, which gets mostly summer use, according to Fulton.

The other, on the east side, is what is known as the tamarack entrance. This entrance, Fulton said, is the primary winter use area, with its higher elevation being ideal for those wanting to get into the snow.

Then off the main entrances, there are around 50-60 miles of trails, according to Fulton. The trails, which are thoroughly maintained, make an interesting dilemma for the mountain.

"It's unique as it is a mixed-use of landowners," Fulton said.

The land is owned by private owners, timber companies, state land and UI experimental forest.

Along roads riddled with no trespassing markers and signs asking to pick up after dogs, the headwater and Moscow Mountain Road access have lots of houses right around the trailheads.

"It's important to maintain good relationships with the landowners of the area," Fulton said.

Folks need to be good stewards and keep, especially, for UI students, Fulton said it's important to note there are no open

campfires and no target shooting allowed in the area due to wildfire danger.

Maintaining the trails is careful navigation of working with the landowners.

The organization that coordinates and performs most trail maintenance is the Moscow Area Mountain Bike Association.

Sandra Townsend, who's on the association's board of directors, said the management follows a multi-tiered system for a trail adoption program.

Anyone is welcome to adopt a trail, Townsend said, "They just have to be passionate about going up to a certain trail and doing some brushing."

As for Townsend's favorite parts of Moscow Mountain, the Moose Marbles trail is the best for lots of "swoops and turns" on a mountain bike, and tamarack was the best for backcountry skiing.

Along with keeping the trails clean, Townsend recommends recreators get around without trespassing using the Trailforks app, which shows all updated trail conditions and GPS information.

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Breastfeeding mothers produce COVID-19 antibodies

The results support recommendations to continue breastfeeding with COVID-19

Angela Palermo
ARGONAUT

Breastfeeding mothers with COVID-19 don't pass on the virus in their milk, but instead transfer milk-borne antibodies capable of neutralizing the virus, according to a multi-institutional research team led by the University of Idaho.

The team studied 37 milk samples from 18 women diagnosed with COVID-19. None of the samples were found to contain the virus, researchers said, but nearly two-thirds of the samples contained two antibodies known to fight the virus.

"Taken together, our data do not support maternal-to-infant transmission of SARS-CoV-2 via milk," the researchers reported Tuesday in the journal mBio published by the American Society for Microbiology.

"These results support recommendations to continue breastfeeding during mild-to-moderate maternal COVID-19 illness."



Michelle "Shelley" McGuire

Funded through a grant from the Bill and Melinda Gates Foundation, the work is led by UI's Michelle "Shelley" McGuire, a nutrition researcher focused on human milk, and her husband of over 30 years, Mark McGuire, a lactation physiologist.

While the sample size is small, more research is underway. The team has since enrolled 50 women diagnosed with COVID-19 in its study and has followed their progress for as long as two months, according to researchers.

A larger project funded by both the Gates Foundation and the National Science Foundation is also in the works, but Shelley is confident the additional study will "support, expand and confirm on the initial findings."

Earlier, the McGuires published a review of scientific studies focused on coronaviruses in human milk and found little information exists about their presence or absence. The review was published in Maternal & Child Nutrition in May.

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TESTING

FROM PAGE 1

"We are confident this plan can be executed without the need to move to online-only instruction."

UI encourages those traveling for the break to remain committed to the Healthy Vandal Pledge and maintain healthy habits while away from the Moscow campus.

Residence Halls and most Greek chapter houses will be open during Spring Break and some activities will be available for those choosing to remain on campus.

The university is also awaiting reports from its partners at Gritman Medical Center and Idaho Public Health regarding the administration of vaccines and whether front-line faculty and staff will be included in earlier stages of the vaccination rollout as

K-12 teachers and staff are.

"While we recognize the importance of vaccinating those most at risk first and getting as many people as possible vaccinated in an orderly fashion, there is no doubt that vaccinating those in our classrooms and interacting directly with the public is important to controlling the spread of the virus," Green stated in the email.

Plans for in person commencement

ceremonies in May are still in place, although it depends greatly on the protocols of the reopening stage of the state at the time.

More information on Spring 2021 commencement will become available as decisions are finalized.

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Life

LIFESTYLES, INTERESTS, FEATURES AND ENTERTAINMENT

Romantic recommendations

UI professors share their favorite authors and stories for Valentine's Day

Sierra Pesnell
ARGONAUT

Romance is the world's most successful fictional genre. University of Idaho professors share their top picks and experiences with the ubiquitous style of writing.

Rochelle Smith, UI humanities librarian and associate professor, is originally from the Caribbean and lived on the east coast. She attributes this as an influence for why she enjoys contemporary romance fiction set in the western U.S.

"I think for me, like a lot of people who live in the East, there's a romance inherently to the West, you know, the idea of the wide-open spaces," Smith said.

Smith strays from the 19th-century literature that many people traditionally think of when discussing romantic fiction. One of Smith's top picks is "Hank and Chloe," by Jo-Ann Mapson.

The story of "Hank and Chloe" follows a young, western woman. Chloe is a part-time waitress and a horse trainer who falls for Henry, a teacher at the local community college.

Another of Smith's western contemporary favorites is, "New Man at Cedar Hills," by Elizabeth Graham. Many of the heroines in western fiction are capable, strong women.

"I like the way that the heroines are usually really self-sufficient," Smith said. "She can shoe a horse, but she also wants love."

Smith touched on the progress romance fiction has had in telling diverse stories with representation and the importance of being able to find a window into the experiences of different people.

"Romance serves all of these different functions," Smith said. "They help us understand each other. They help us understand our own desire. They help us

not feel alone and help us have optimism."

Karen Thompson, a senior instructor and director of professional writing in the English department, discussed her interest in gothic romances, while also exploring technology in the modern romance genre.

As a young person, Thompson was fond of authors' Daphne du Maurier and W. Somerset Maugham. "Rebecca," by du Maurier and "Razor's Edge," by Maugham were her favorites of the two novelists.

"Rebecca" is a gothic romance and Thompson credited the dark intrigue for drawing her into the story.

"I was always drawn to kind of the mysterious aspect of gothic romance," Thompson said.

Thompson is a technical writer and delved into the importance of writing properly about technology in contemporary fiction.

If a novel has characters that work in the technology industry or uses technological devices, the writer needs to know the details of the field. Thompson attributes contemporary romance writer Rebecca Norrine for providing resources on how to write about technology in romantic fiction.

"The role of technology has become like a character in the romance novels," Thompson said.

Tara MacDonald is an associate English professor and specializes in 19th-century fiction, especially British fiction. Jane Austen is among her favorite writers from the time period. Austen is well-known for her novels that follow love and companionship.

MacDonald mentioned Austen's influence on the modern romantic-comedy trope.

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Emile Darney | Argonaut

10 date ideas for Valentine's Day on the Palouse

Love is in the air! Here are 10 places to celebrate Valentine's Day on the Palouse

Katarina Hockema
ARGONAUT

If you're looking for the best locations on the Palouse to celebrate Valentine's Day with that special someone, here's a list of the top 10 best restaurants, outdoor recreation sites and businesses to visit. When celebrating, keep Idaho's Rebound plan and guidelines in mind, and be sure to be safe and respectful of others.

10. Spring Valley Reservoir

This location requires a slightly longer commute outside of Moscow, but the reservoir is well-worth the drive. As for getting there, according to Idaho's Fish and Game website, "From US Hwy 95 in Moscow go about 12 miles east on State Hwy 8 through Troy. Continue 2.7 miles and turn north at the brown Access sign onto Spring Valley Road. The reservoir will come into view in about two and a half miles." If you're looking to enjoy a crisp winter day on the water, set up a picnic or enjoy the surrounding nature of the site, consider making the trip.

9. University of Idaho's Climbing Center

This date is perfect if you and your partner enjoy physical activities and a bit of a thrill. The center is located in UI's Student Recreation Center on campus and is free for UI full-time students. Participants must pass the basics clinic or pass a belay check and fill out a release of liability form to access the facility, according to the UI's page for the climbing center. Visit for more information on full memberships and the facility's fees and usage guidelines.

8. Tour Prichard Art Gallery

This gallery will allow for a more refined date appreciating the fine visual arts. The simplistic layout and architectural focus on the artists' pieces create a calming and relaxing viewing experience. Enjoy two floors of exhibits of visually stunning work. Located at 414 S. Main St., Prichard's hours are 10 a.m. to 8 p.m. Thursday-Saturday, 10 a.m. to 6 p.m. Sunday and closed Monday. Masks and social distancing are required to view the gallery.

7. The Top of the World

Also accessible by car or foot, visit the "Top of the World" in Moscow. A short, winding drive on a seemingly abandoned road branching off of Highway 95 to Lewiston, leaving you and your companion looking over the Palouse enjoying the view of the city and the rolling hills at 2,579 feet. Go at night to see the stars and city lights.

6. Try Palouse Ice Rink

Ice skating stands to be one of the most classic date ideas. If you're looking to enjoy the day bundled up on ice, this is the place to be. Located at 1021 Harold Ave, the rink has varied opening times and capacity limits due to COVID-



Valerie Blackburn | Argonaut

19 regulations. To view skating availability, visit their website or call (208) 882-7188.

5. Hike East Moscow Mountain

This is a very accessible and rewarding hiking trail located in Moscow. To get the best view, hike the 4.2-mile trail on foot or drive to the top of the mountain and enjoy a beautiful, winter sunset over the Palouse. Parking availability may vary.

4. Enjoy La Casa Lopez

If you're craving classic, authentic Mexican cuisine, drop by La Casa Lopez. The colorful atmosphere, friendly service and musical ambiance makes for a truly splendid dine-in experience. Curbside pickup is also available. Hours are 3-8 p.m. Tuesday-Saturday, closed Sunday and Monday. Masks and social distancing are required to dine-in.

3. Stop into One World Café

One of the most sought-after things during the early months of the year is a warm drink. If you're looking to share a beverage or other refreshment with someone special, One World Café is for you. The café is located at 533 S. Main St. Their hours are 6:30 a.m. to 6 p.m.

UI students at the "Top of the World" looking over Moscow, Idaho

Monday-Friday and 7 a.m. to 6 p.m. Saturday-Sunday. Customers are welcome to dine-in and enjoy the charming interior of the café with comfortable furniture and delightful service or use takeout and delivery services.

2. Stroll University of Idaho's Arboretum and Botanical Garden

The Arboretum is a center of nature and tranquility right next to the UI Golf Course. This botanical garden is the perfect place for a romantic stroll at any time of year, but the crisp air and clear, night skies of February provide a beautiful, winter backdrop to a cozy picnic or garden photoshoot.

1. Enjoy Gambino's Italian Restaurant

If you're a fan of Italian cuisine and are looking for curbside pickup, takeout or dine-in, this is a classic place to visit. Located at 308 W. sixth St., hours are 11 a.m. to 8 p.m. Monday-Friday and noon to 8 p.m. Sunday. Masks and social distancing are required to dine-in.

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Make a mess and get creative



Emily Pearce | Argonaut
Wild at Art on Third St.

Wild at Art hosts three virtual events around Valentine's Day

Emily Pearce
ARGONAUT

Local business owner Joan Hofmann started her artistic shop, Wild at Art, to bring Moscow a creative outlet. Since 2005, it has been a part of the community for almost 16 years.

Starting in the Eastside Market, she was the sole proprietor at the time. Later, she moved the shop behind One World Cafe, downsizing the business to start a mobile shop with a staging area. In 2012, Hofmann sold her business to Mark McLaughlin and Jeffery Dodge but ended up buying it back in 2017.

Now, Wild at Art is located on Third Street, where she runs her business alongside her husband, Donald Stanziano.

The shop had 50 participants for events in the studio twice a month, but Hofmann and Stanziano decided to go virtual. Their last in-person event was on Sept. 1 in partnership with Vandal Entertainment outside the common's lawn. The event was socially distanced with masks and gathered 75 participants.

This week, the shop will host two on Valentine's Day themed events.

In collaboration with the University of Idaho Alumni Association, Wild at Art will host

an event specifically for University of Idaho graduates. The event will be this Friday, Feb. 12, at 6:30 p.m., on Zoom. Based on "Love is the Brightest Color!" another event they're will be hosting, alumni will be painting pieces inspired by artwork presented.

"Love is the Brightest Color!" will be this Sunday at 6:30 p.m., inspired by Valentine's Day. Couples, friends and singles are welcome to attend the event and spend their evening painting with Hoffmann and Stanziano. Though they want to keep the piece a secret, the portrait they will be painting is full of vibrant colors and stripes. Tickets and more information can be found on their website.

An idea that has been in the making for a while, Wild at Art will start a weekly event called Wild Wednesdays at 5:30 p.m. The event will have live shows, including sales and demonstrations.

When people are done with their work or want to pick up their finished work, they can drop off their things outside of the shop, in labeled bins on the sidewalk.

Although Hofmann and Stanziano would like to get back to holding events in their studio, instructing virtually gives them opportunities to learn to be better supporters and better instructors, clear giving instructions and guidance.

"We sort of pride ourselves

on providing inspiration and encouragement to our participants that come to our events," Hofmann said. "It really requires us to be more attentive and aware of each different person in the virtual reality."

At the same time, there are challenges when instructing virtually and they depend on people being open to ask questions and have their cameras on.

Although they are not able to replicate the same atmosphere of being in the studio online, Stanziano recommends people put on music, dress up and do anything to brighten the mood.

"(We) encourage people to think back to when they were all young and just play," Stanziano said. "I think those are things that we've learned just in terms of the importance of encouraging that and reminding people when you're by yourself you're in your place nobody's going to see ... have some fun with it."

Wild at Art also provides kits for people to make art on their own at home. They sell things from birthday party kits to kits adults would enjoy. Tickets and more information about the listed events can be found online at moscowwildatart.com.

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Lifehacks

Things to do this week on the Palouse

Emily Pearce
ARGONAUT

It's a week full of love. What better way to spend it than with a significant other, friends or treating yourself? This week, the Palouse is full of creativity, education and bliss. Remember when going to physical events, wear a mask and social distance to keep others and yourself safe. Here's what happening at the Palouse this week.

Pledge the Bed: Sexual Responsibility

Time: 11 a.m.-2 p.m.
Date: Tuesday, Feb. 9

Place: Student Recreation Center

Price: Free

Head over to the Student Recreation Center to pledge the bed to sexual responsibility. There will be a blow-up bed where people can sign their names. Along with signing the bed, resources will be available to those including safe sex supplies and information about consent, respect and open communication.

Athena Galentine's Virtual Trivia

Time: 11:30 a.m.-12:30 p.m.
Date: Wednesday, Feb. 10

Place: Online event

Price: Free

Grab a glass of your favorite drink, find somewhere comfortable to sit and unwind. Join the ladies and play Kahoot trivia to win prizes like gift cards to wine tasting and coffee. The event is open to anyone. All need to play is a device with internet access.

Sex in the Dark

Time: 7-9 p.m.

Date: Thursday, Feb. 11

Place: Wallace C26

Price: Free

Join an anonymous webinar and ask sexual health-related questions to "sexperts." This event's theme is healthy relationships, but any questions will be answered. Students may attend in-person or online if they are uncomfortable meeting physically.

Valentine's Day Paint Night

Time: 6:30-8 p.m.

Date: Friday, Feb. 12

Place: Online event

Price: \$25-\$45

Bring a loved one, friend or group and paint with Wild at Art owners Joan Hoffman and Donald Stanziano. To be safe, the event will be held over Zoom where instructors will walk everyone through the process of painting. Pieces will be inspired by, "Love is the Brightest Color" event. No experience needed just create and spread positivity near Valentine's Day. Canvases and supplies can be delivered through the Palouse or picked up on the sidewalk in front of Wild at Art.

"Tools: Their Clever Enchantment"

Time: 10 a.m.-4 p.m.

Date: Thursday-Sunday, Feb. 18-21

Place: Artisans at the Dahmen Barn

Price: Free

Support local artist and teacher, Rachael Eastman at her first solo exhibit at the Artisan Barn. Watercolor and oil paintings the exhibit is full of tools that brighten up the space. Painting tools since 2005, Eastman takes comfort in created tool-related art, reminding her of her father. People are expected to wear masks and social distance at the event.

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Vandal Recovery

The Latah Recovery Center is hosting a student focused recovery group.

Meetings are Mondays 1-3 PM at 628 S. Deakin St.

If you have any questions, contact vista.latahrecoverycenter@gmail.com



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Becoming a tattoo artist

Tattoo artists explain their experiences as apprentices and artists

Teren Kowatsch
ARGONAUT

Throughout American history, tattoos have often been seen as marks on black sheep of society. Once viewed as being the marks of social outcasts and criminals, 30% Americans now have at least one tattoo, according to a 2016 poll by the Detroit Free Press, as compared to a similar poll in 2012 where just 10% of Americans had tattoos.

As tattoos become more socially acceptable, working with tattoos has become more of a legitimate career option for aspiring artists looking to make a living from their art. However, the job isn't as simple as it seems.

On the business end, tattoo artists are independent contractors, their own bosses and most artists must go through an apprenticeship in order to be allowed to contract and tattoo at

a shop.

Keiffer Becker, an artist at Bitterroot Tattoo in Moscow had always been interested in art.

"I was always getting in trouble in high school for drawing on my assignments," Becker said. "When I started getting tattooed, it just became clear that this is what I wanted to do."

Becker said how he put together an art portfolio and reached out to tattoo shops before finally receiving an apprenticeship at Bitterroot Tattoo.

"It was long and short at the same time," Becker said. "Three years is a long time, but it felt like it went by really quick. The most stressful part about it all was the business side of things ... learning the ins and outs of the shop, answering emails, catering to client's needs. All of that is really important for any tattoo artist to learn."

Becker said there is not a set timeframe for apprenticeships.

When asked about similarities and differences between his apprenticeship and other artists', he said how he has seen some apprenticeships last for five years, and others go for as little as one year. He mentioned how most apprenticeships he has seen all offer some type of education on how to work the shop and learn the business ends of tattooing.

Becker said that despite the long time he spent as an apprentice, he gained reassurance from his clients' reactions to his work.

"When you see one to three people's faces light up, it's incredible and gives you that reassurance to create confidence," Becker said. "When you're confident you do better work."

As advice for aspiring tattoo artists, Becker says to be open to comments and criticism from other artists.

"It was hard being told I had to work on my art or 'we don't have room,' but being open to direction can really be the best

thing for you," Becker said. "If you go in with an ego or thinking your art is perfect, it might be a rough experience. Just be patient and open to direction."

Tattoo apprentice Lorelie Faulk from Fourth Wall Tattoo in Lewiston was able to give her experiences as an artist still going through her apprenticeship.

"It's definitely been really taxing," Faulk said. "Learning about all the intricacies of tattooing: the history, the rules, different machines and how they handle – also the self-critique. You definitely have to look at tattooing as learning the basics and building your skills from there instead of looking at a tattoo as just an art piece."

Faulk said she wanted to become a tattoo artist after going through hardships in her life.

"I was in a really bad mental state," Faulk said. "I hated my art and I was just on a really dark path, but when I got my second tattoo, it made me feel really great. It made me realize I didn't

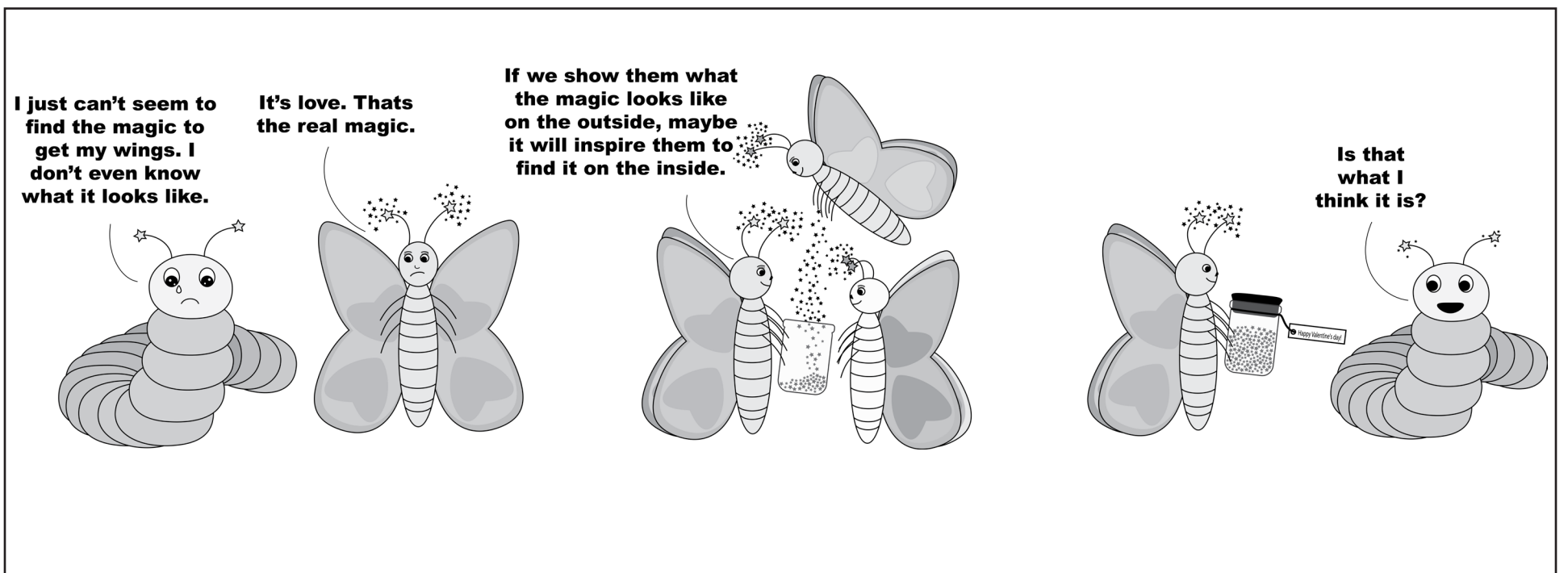
want to destroy someone's art. It made me want to give people the same feeling that that tattoo gave me. Knowing how getting tattooed made me feel, it's extremely gratifying to know I can do the same thing for other people."

Faulk said she is currently in the process of learning the intricacies of tattoo machines and is becoming comfortable with using them.

"Find an artist that you want to work with and respect," Faulk said. "There are a lot of big personalities in tattooing so find that one artist you can respect and, more importantly, want to learn from. Also circles, learn to connect your circles."

Art via needle and ink is coming closer a norm. Tattooing may be the way for aspiring artists to truly make their art a livelihood.

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Rebecca Pratt | Argonaut
Valentine's Day Magic

Best songs to listen to for Valentine's Day

Music for whatever mood you're feeling on Valentine's Day

Teren Kowatsch
ARGONAUT

With Valentine's Day coming up, romance is in the air. With the universal language of the world being music, let's look at some of the best songs to listen to.

1. "Novacane" – by Frank Ocean

Young, dumb, stupid and fun. Although this song is definitely more about lust than affection or love, it's still a song that fits for this time of the year. Frank Ocean will make a lot more appearances on this list as well.

2. "Because of You" – by Ne-Yo

This song is a classic, about

a man who just can't help but be "strung-out" and addicted to everything about the woman in the song. This is a go-to for you and your significant other to belt out at the top of your lungs in the car driving to a restaurant, and honestly, what better way to celebrate Valentine's Day than that?

3. "Dear Maria, Count Me In" – by All Time Low

"It was never a phase – it's a lifestyle." Really all that needs to be said.

4. "Lost" – by Frank Ocean

All of Frank Ocean's "Channel Orange" album can be thrown onto this list, but I'll limit it to just this song. A song about being lost traveling the world with no destination, just two young kids

in love going wherever they want. The lyrics, vocals and production are all immaculate and the vibe of this entire song is perfect for Valentine's Day.

5. "Ms. Jackson" – by Outkast

Even though everyone knows this song for its famous hook, a lot of people don't really understand the context of the song. It's very adult in its content. It's about a man apologizing to the mother of his former lover, saying he never meant to hurt her and promises to be there for his child. Belting out, "I'm sorry Ms. Jackson" is fun, don't get me wrong, but the real meaning of the song is one of closure, moving on and being there even when things don't go the way they are expected to. Hey, nobody

said Valentine's Day had to be only about young, dumb love.

6. "Sugar, We're Goin Down" – by Fall Out Boy

Another pop-punk complex, this song is another one to belt out at the top of your lungs. Another song where the context might be missed. It's about someone who wants so desperately to be more than just a "notch in the bedpost." This might be a song for people who want to be someone's valentine rather than an actual couple, but it's still an amazing song for Valentine's Day.

7. "Run" – by Joji

Dark, gritty, soulful and just a little bit depressing. This is a song about a person willing to do everything for another who doesn't reciprocate love like she

used to. Expertly produced, the song features some of the best vocals of Joji's career, it truly is an incredible (and heartbreaking) experience.

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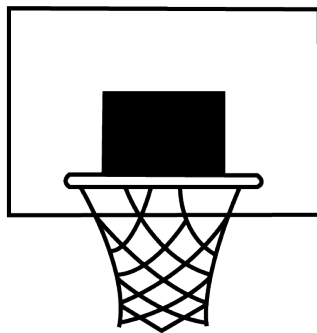
Sports



Saydee Brass | Argonaut

BATTLE of the DOMES

Junior guard Janie King attempts to block an Eastern Washington player from shooting on Feb. 6 in Memorial Gym



Senior forward Scott Blakney cuts toward the basket for a pass from a senior guard Damen Thacker on Feb. 4 against Eastern Washington in Memorial Gym



Saydee Brass | Argonaut

'Battle of the Domes' back in Moscow

Vandals and Bengals eye the top seed of the Big Sky, with weekend stretch possibly deciding the top seed

Zack Kellogg
ARGONAUT

The Big Sky Conference's season has quickly blown by as we enter the back half of the schedule, with two teams beginning to separate themselves from the rest of the conference. Now they will face off in Moscow for the 'Battle of the Domes' rivalry series.

The Idaho Vandals (11-5, 10-2 BSC) host the Idaho State Bengals (14-1, 10-0 BSC) in Memorial Gym, being ranked second and first in the conference, respectively.

Vandals head coach Jon Newlee, who has a 6-6 record against the Bengals, is prepared for a back-and-forth bout.

"Especially from a defensive standpoint, (Idaho State) is going to be a great team. It's what they hang their hat on and they're doing a great job," Newlee said. "You can see how well they play together ... they are a very talented team that plays extremely hard. It should be a great game here on Thursday and Saturday."

Here is what you need to know heading into the rivalry weekend.



Idaho's depth

The Vandals have returned to having the offensive potential like that of the 2018-2019 squad led by former players Mikayla Ferenz and Taylor Pierce.

Despite injuries forcing Idaho to only have eight or nine players available the last few games, the offense continues without missing a beat, thanks to the continued focus of sharing the scoring load on offense.

This has led to multiple players notching career-highs in scoring this season, along with having two players, sophomore forward Beyonce Bea and senior forward Gabbi Harrington, ranked in the top four in scoring in the Big Sky this season. Both average over 15 PPG in conference play, with junior guard Gina Marxen (13.4 PPG) not far behind.

Marxen also leads the conference in three-pointers made and assist/turnover ratio, continuing to keep the offense moving while remaining a consistent scoring threat.

"(Bea, Harrington and Marxen) have been playing at an extremely high level all year and hopefully they haven't even touched their ceilings yet," Newlee said.

These are not the only weapons the Vandals have, as junior guard Janie King and freshman guards Sydney Gandy and Paris Atchley have all provided breakout performances this season.

The key to the offense, Newlee said, is "being able to go eight, nine (players) deep, confidently, and not have a drop-off."

Finding the balance

To compete for championships, results are needed on both ends of the floor, which is exactly what the Vandals and Bengals have done this season.

Idaho State ranks third in points scored (73 PPG), second in points allowed (60.5 PPG) and first in both offensive and defensive shooting percentage, making over 44% of its shots while holding opponents to just 36%.

Idaho leads the conference in scoring (75.1 PPG), averages the fewest turnovers per game (11.3) and ranks fourth in points allowed (64.3 PPG).

Both teams have found the winning formula for putting up points and causing the opposing offense headaches. An offensive shootout or a low-scoring defensive battle both have a chance to come true this weekend as the top teams in the Big Sky fire up on all cylinders, with the collision course set for Moscow.

Idaho hosts Idaho State on Thursday at 6 p.m. and Saturday at noon in Memorial Gym.

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Winless Vandals look for win in Pocatello

Scott Blakney key for a win in the 'Battle of the Domes'

Zack Kellogg
ARGONAUT

The University of Idaho men's basketball season has not gone entirely as planned thus far. Sitting at last place in the Big Sky Conference, with a heated rivalry series ahead and a lack of momentum from last week's losses to Eastern Washington, the Vandals (0-15, 0-12 BSC) have their work cut out for them. However, the team remains vigilant that the needed improvements to start trending upward are coming soon, head coach Zac Claus said.

"We just haven't had the success in win column like we wanted to, but with that said, I love our guys' resiliency," Claus said. "They continue to come with the right energy and spirit in practice. I can't fault them for that. What we have to do is eliminate similar mistakes and issues we are having and continue to play with great effort."

It will take more than just effort to go on the road and beat Idaho State (9-7, 5-3 BSC) with ISU having lost just one game at Reed Gym so far this season.

Here is what is needed heading into the 'Battle of the Domes' in Pocatello.

How did we get here?

It is no secret the Vandals need a win and the sooner, the better. Getting the weight of consistent losses off their shoulders will be one less thing to worry about.

This is easier said than done. Idaho has yet to consistently produce in the three core aspects of basketball: scoring, defense and rebounding.

The Vandals rank tenth in scoring (64.5 PPG), last in points allowed (80.8 PPG) and last in rebounding differential (-3.3 RPG).

Rebounding differential takes the average amount of rebounds a team collects per game and subtracting by the amount on average they give up to opposing teams. On average, the Vandals are outrebounded by around three rebounds per game.

However, the Vandals have mostly struggled to play a complete game, often losing momentum, and giving opposing teams opportunities to pull away.

"We continue to have good, and correctable film after each and every game, where we can say 'Guys, you can play with this team, you can compete at this level. You can play good basketball, it's just a matter of continuing to do that over the course of

an entire game,'" Claus said.

Bright spots

With the many struggles of Idaho this season, it is important to recognize the positives, which could hold the key to picking up wins down the stretch.

The most important: knocking down shots consistently.

Senior forward Scott Blakney ranks first in shooting percentage in the Big Sky, making over 62% of his shot attempts in conference play. Including non-conference play, Blakney still

holds a 61.9% shooting percentage, currently on pace for the sixth-best in program history.

"That's why we continue to make it a priority to run actions to try to get (Blakney) the ball," Claus said. "Make it a priority with his teammates that when he's open, when he's got guys

on his back, we want to get him touches down in the paint because he is just so polished in terms of being able to finish."

Why is being able to score consistently so important against the Bengals? They have the best defense in the conference in points allowed per game (64.5 PPG) but average the fewest points per game in the Big Sky (64.1 PPG).

Points will be a premium and every shot is essential in picking up a win. This is where Blakney could be the difference-maker for the Vandals with his consistent offense.

Both teams have three players scoring in double figures. Idaho has Blakney (11.7 PPG) and a pair of guards, senior Damen Thacker (11.7 PPG) and sophomore Gabe Quinnett (10.8 PPG) going against Idaho State's pair of guards, senior Tarik Cool (15.3 PPG) and junior Robert Ford III (11.5 PPG), with sophomore center Brayden Parker (11.4 PPG) rounding it out.

Continued growth in leadership

Claus said the biggest point for this season is resilience, leading by example and giving your all on the court. Quinnett, the Idaho walk-on and Moscow High product is praised for "being somebody that we know what we're getting from him each and every day," Claus said.

Quinnett, along with the leadership of the Vandals' five seniors, will have a tough challenge in Pocatello, but must play with this level of consistency preached by Claus in order to have a chance.

Idaho plays Idaho State on Thursday at 6 p.m. and Saturday at 11 a.m. in Pocatello.

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Importance of nutrition for athletes

Eating right increases performance giving the body more resources for energy and recovery

Ryan Hill
ARGONAUT

Working out ensures that the body stays healthy and fit. However, without the proper nutrition to accompany it, the benefits are moot and the changes one wants to see in the body will be lacking.

Athletes burn a lot of calories and put immense strain on their bodies. Food packed full of essential macronutrients, such as fats, proteins and carbohydrates, can assist in both workout recovery and having more energy for workouts.

Ann Brown, assistant professor in the Department of Movement Sciences, said student-athletes have a larger energy

expenditure than the average college student.

“The amount of time they spend lifting weights or participating in a game or a match really increases the demands for proper feeding,” Brown said. “Making sure they’re getting the correct macronutrients at the right time during the day.”

Brown said for athletes to sustain themselves for physical activity, they need to consider what they eat to stay healthy. Carbs are a good pre-workout food, providing energy the body processes and burns quickly. This increases the amount of exercise someone can do without exhausting themselves. Proteins are key after a workout because they help repair any damaged muscle tissue and provide more resources for muscle growth.

Different foods have varying levels of proteins and carbs. Most believe meat is a main source of protein, but rice and beans are also good sources and cheaper alternatives. Pasta is a great carb intake, but unprocessed sugars along with plenty of fruit and vegetables are also rich in carbs.

For athletes who live off-campus and might not have access to nutritious food,

Brown said students should look at the ingredients in the food they buy when they go grocery

shopping. Foods with unfamiliar and processed ingredients, along with ingredients with unpronounceable names, should be avoided, Brown said.

Athletes need to make sure they are getting a good amount of every type of nutrient to ensure they are getting the resources their bodies crave.

Fruits and veggies are healthy, but to get extra calories and nutrients, an athlete can add something extra to them, like peanut butter on a celery stick or ranch with carrots.

However, Brown said if an athlete really wants to see gains from their workout, they should eat some sort of protein within 45 minutes after stopping. This 45 minute window is known as the anabolic window. During that time frame, an athlete should eat or drink something nutritious in order to provide their body with essential nutrients, speeding up recovery.

“When we exercise, there’s a lot of different physiological processes that are heightened during exercise, one of them being increased blood flow,” Brown said. “Your heart’s beating faster because your sympathetic nervous system is increased in response to exercise. So, we can actually deliver nutrients that we consume much faster to damaged tissue within that period because the body has these heightened responses going on.”

Brown said chocolate milk is a good post-workout drink. It has a good amount of fat and carbohydrates. Protein shakes are good as well, but the nutritional value depends on the person, what they did, how they are built and what else they have in their diet.

Kaitlyn Uemoto, a forward on the women’s soccer team majoring in exercise, sport and health science, knows about the anabolic window and how to utilize it. She said she was always taught to eat clean, fresh foods that skip processing before being sold, before games and practices. However, she said it is important to include basic foods, like carbs, proteins and fats in your diet to give yourself an overall good performance as an athlete.

Uemoto said after most workouts and practices, she goes to the Hub and loads up on protein like eggs, sausage and bacon, but includes starches like potatoes as well. She said coaches want to make sure their athletes are eating enough and getting the nutrients they need in order to perform well, stay healthy and win.

Uemoto said her and her team utilize the Nutrition Station in the Kibbie Dome,

where the gym they use is. It is full of nutritious food like granola bars and yogurt which are good before and after workouts.

“We take these questionnaires before and after practice about how our bodies are feeling,” Uemoto said. “One of the questions is ‘Have you ate before? Have you eaten something after the workout?’ They make sure that we’re eating.”

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WEEKLY WORKOUT

Crossfit style AMRAP

Perform as many rounds as possible with this cardio, crossfit style AMRAP

Anteia McCollum
ARGONAUT

Crossfit style AMRAP, meaning as many rounds as possible, is a workout that allows you to go at your own pace, but still get fitness accomplished.

This workout doesn’t need weights, though they can be added. It can be done anywhere, whether in a living room or outdoors.

Set a timer for five minutes and complete the set of moves as many times as you can within that block. A total of 15 minutes on the clock and your work is done.

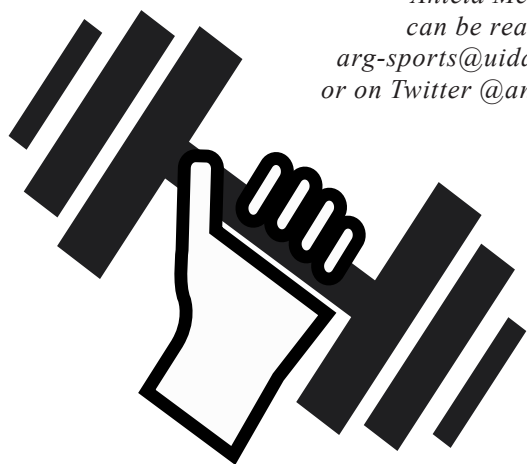
- 10 burpees
- 10 jump squats
- 10 sit ups

These moves can be modified to be easier or harder, depending on the level of workout you need. You could adjust the amount of repetitions for each block or adjust the moves themselves to be more customized. Adding more time is also another option.

AMRAP is a wonderful way to get some quick cardio in during a busy day or when you aren’t feeling like doing much for training over the weekend.

Follow The Argonaut on TikTok @arg-social and look for the #WorkoutWednesday posts.

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Volleyball tied at Idaho State

Vandals and Bengals, down to the wire during Battle of the Domes, win for each

Anteia McCollum
ARGONAUT

University of Idaho and Idaho State University volleyball both walked away with a win after the ‘Battle of the Domes’ in Pocatello on Saturday and Sunday.

The Bengals took the first match on Saturday, 3-2, with two sets going past 25 at set point. The Vandals won Sunday’s match, 3-2, with one set going past 25.

UI Vandals (3-2, 2-1 BSC)

Saturday’s match started off looking good for the Vandals after they won the first set, 25-21, but the Bengals took the lead 2-1. By the end of the fourth set, the score was tied and the Bengals won in the fifth, 15-9.

Idaho didn’t let them win easily though. The third and fourth sets were both pushed past a score of 25 points needed to win. ISU took the third set, 27-25, and Idaho took the fourth, 26-24.

Redshirt junior middle blocker Nikki Ball led the Vandals with a total of 17 kills, one less than her career-high. She also had a team-high of five block

assists and one individual block. Senior outside hitter Avery Housley and junior middle blocker Kennedy Warren were right behind Ball with 13 and 11 kills.

Junior defensive specialist Becca Owen had a total of 20 digs, sophomore libero Alaina Lacey had 14 digs and senior setter Donnee Janzen had 13. Janzen had a total of 37 assists.

Sunday’s match was very similar to Saturday’s, with the Vandals starting strong and the Bengals fighting back from the get go. Each set had a different winner, tight scores showing the players’ competitive edge, until the Vandals pulled ahead for the win in the fifth set, 16-14.

Warren scored for Idaho with 21 kills and redshirt freshman Travel Morris, middle blocker, led the Vandals defense at the net with seven blocks. Redshirt freshman setter Peyton Ely reached a career-high as a starter with 46 total assists.

Idaho’s stats were hurt by its serves. There were two service aces, both on Saturday, over the course of two matches.

ISU Bengals (2-3, 2-3 BSC)

The Bengals put up a great couple of matches against the Vandals,



Saydee Brass | Argonaut
The UI volleyball team puts their hands in the air to celebrate after a win against Southern Utah on Feb. 1 in Memorial Gym

pushing back every time the opposing team threw a good play their way. The Bengals took the win in five sets on Saturday, but Sunday the Vandals brought in a different lineup and pulled away with the win in the fifth set.

Junior outside hitter Raegan Kunz was the top scorer for the Bengals on Saturday with 23 total kills, followed by redshirt freshman outside hitter Tracy Kennedee with 12 kills and redshirt senior middle blocker Taylor Meeks with 10 kills. Kunz also led the Bengals’ defense at the net with five blocks.

Junior libero Mihala Bradburn totaled 18 digs in Saturday’s match. Kennedee and redshirt sophomore setter Andri Dewey tied in behind

Bradburn with 16 total digs each. Dewey totaled 53 assists.

On Sunday, Idaho State’s lead hitter was Kennedee with 21 total kills, followed by junior outside hitter Sadie Gardner with 14 kills and Kunz with 12 kills. Redshirt junior middle blocker Kaia Jones totaled 7 blocks and Kunz was second with four blocks. Dewey totaled 54 assists.

Where Idaho State really excelled was with its serves. The team scored 13 aces on Saturday and eight on Sunday. Service aces are how the Bengals hit the Vandals where it hurt, but they recovered and made up for it.

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THE ARGONAUT

Opinion

Senate needs to convict Trump

The capitol riots are more than enough evidence to convict

Former President Donald J. Trump needs to be formally convicted after being once again impeached for the insurrection he incited on Jan. 6 at the Capitol Building.

A mob of Trump supporters and other Republicans stormed the building after months of rhetoric from Trump himself questioning the legitimacy of the 2020 Presidential Election. Claims of fraud sparked outrage amongst his supporters, manifesting into an act of domestic terrorism.

The siege resulted in a temporary halt of the confirmation process for then President-Elect Joe Biden. Senators were forced to shelter-in-place and hide from the intruders.

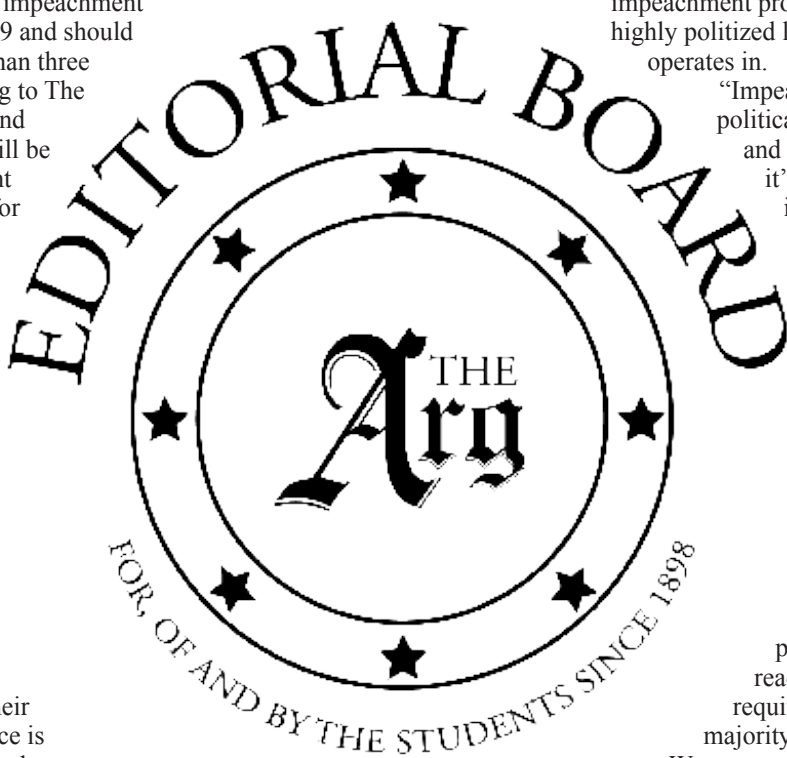
Consequently, Trump was impeached by the House of Representatives Jan. 13 for inciting the insurrection. He is the only president to be impeached twice.

The Senate's impeachment trial began Feb. 9 and should not last longer than three weeks, according to The Guardian. If found guilty, Trump will be the first president ever convicted for "incitement of insurrection."

Though he may not be convicted, he should.

A petition signed by over 200 political science professors across the nation indicates their collective support of the conviction. In their eyes, the evidence is overwhelmingly clear. However, the land of politicians differs from the land of the public.

The fact of the matter is we live in a partisan world, and have partisan politicians, who will act partisan-ly.



Markie McBrayer, University of Idaho political science professor recognizes the Senate's

impeachment process and the highly politized landscape it operates in.

"Impeachment is a very political institution, and because

it's a political institution, we would expect partisanship to play a role," McBrayer said.

"They're almost all along party lines."

It would take 17 Republican senators to vote against party lines, reaching the required two-thirds majority for conviction.

We may see senators such as Mitt Romney switch, but 17 seems unlikely. The overarching problem is defining the narrative of what happened.

"How did this occur and who was responsible, that's what's

about to happen over the next few days," McBrayer said. "We're going to be discussing how we'll look back at this in five or ten years."

Many Republican senators are afraid of stepping outside party lines to challenge Trump, but for those who genuinely believe in acquisition, the proof we need is all there. Trump threw caution to the wind far before the election had even begun and up until the morning of the Capitol's siege.

From saying "frankly, we did win this election" on the night of Nov. 3 and saying "we're going to walk down to the Capitol, and I'll be there with you" on the morning of Jan. 6, Trump caused the riots. He should be found guilty of that crime.

We urge senators to look at the facts, analyze the situation and make the right choice. Trump needs to be convicted for inciting the insurrection at the capitol.

The Editorial Board can be reached at arg-opinion@uidaho.edu



Maxen Stone | Argonaut

Open Letter to Idaho's Congressional Delegation

Moscow citizen speaks out against Republicans lies

As a life-long Republican (that is, until 2018), I am troubled by the deep partisan political divide in the U.S. I ponder with great concern and often downright disgust the direction our republic is headed.

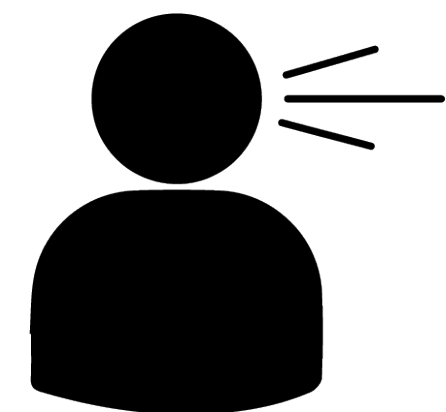
Former President Donald Trump still insists the 2020 election was rigged, stolen, and widely fraudulent even though 50 states certified their respective elector's votes, even after several re-counts in certain states.

More disturbing to me is the large number of Congressional Republicans who have been complicit with Trump's non-stop "I won" proclamations post-election, even to this day. Is this the Republican party you want to lead? Do you really think it is okay to allow extremist groups to hijack the party? This is not the Republican party in which I and my mid-western kinfolk were raised.

On Feb. 1, Senate Minority Leader Mitch McConnell spoke to the nation saying "Loony lies and conspiracy theories are cancer for the Republican party and our country."

His remarks were largely directed toward the radical, conspiracy-wielding freshman congresswoman from Georgia.

However, McConnell's words seem very fitting in describing the entire convoluted chain of events and public disinformation effort that began months



before Nov. 3; up to and including the Jan. 6 storming of the U.S. Capitol by violent, far-right-wing and white supremacist protesters. You can thank Trump's "encouraging" remarks fueling and inciting rally-goers.

“ Loony lies and conspiracy theories are cancer for the Republican party and our country. -Dan Pierce

I hope Senators vote their heart, based on facts presented, in the second impeachment trial of Trump, putting our nation first and foremost. The insurrection at the Capitol happened under his watch.

If he is acquitted, when is there ever any accountability? Trump's coattails are getting shorter and shorter. Anyone still hanging on to them should consider letting go.

Guest voices and Letters to the Editor can be sent to arg-opinion@uidaho.edu

Valentine's Day should be celebrated

A romantic's optimistic viewpoint on the day of love

Cynicism is not the anecdote that will rid the world of romance and Valentine's Day.

Feb. 14 brings with it a contrast of people who want to celebrate the romantic details of the holiday, while others prepare with dread and complain about the heavy consumerism promoted.

While it is true that stores profit from people buying excessive amounts of cards and paraphernalia, Valentine's Day is a demonstration of people celebrating their loved ones, romantic or platonic. It shouldn't be treated as the annual burden so many people make it out to be.

The U.S. is not the only country to celebrate Valentine's Day. Several countries share the holiday or have a similar day of celebration.

It is not an American festivity designed to exploit hopeless romantics into buying a plethora of chocolate and flowers. The countries that participate range from Israel and Columbia to China and many others.

This shows the value other countries place on a day dedicated to love. It's not a singular experience reserved for an exclusive group. The special holiday is extended across borders, demonstrating the vastness of the human experience.

Feb. 14 is not only for people in romantic relationships. While it's a wonderful day to spend with your paramour, it's also the perfect date to celebrate your friends, family, roommates

or other loved ones.

If you're single for Valentine's Day, don't be scornful about the people who are in a relationship. It's an opportunity to ask your parent to dinner, give your close friend a note about why you care about them or spend quality time with a sibling.

The world is constantly moving and it's a gift to have a day devoted to slowing down and being present with the ones you love. This year has been abrupt with change and put so many people's lives in perspective. Take advantage of a time where you can embrace the companionship that a friend can offer.

If someone is pessimistic about Valentine's Day, they might as well disregard Christmas and New Year's. They shouldn't push aside the whimsy and charm that makes life worth living.

While these holidays differ in their core characteristics, it is the revival of one's soul throughout these festive times that are the essentials for celebrating life. There are love and beauty every day, but these annual events are carved out to elevate them.

Days like Valentine's remove the mundane and replace it with the passion and delight that keeps the spirit alive. People can look outside of themselves and acknowledge others by living and loving.

Instead of wallowing in the disenchantment this Valentine's Day may have brought you, remember the joy of being with others and celebrating together.



Sierra Pesnell ARGONAUT

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In a land far, far away in my mind

Do not lose yourself to fantasy life. Live in the present too

Listen to this tale I'm about to tell. A tale about taking a trip to a faraway place that's closer than you may think.

You pack light and go whenever you want. It's at the tip of your fingers, something you hold in your hands.

Open your mind to all the possibilities.

You want to climb a mountain? Climb. You want to swim in the lake? Swim. You want to go on a date in Paris? Paris it is.

Black and white ink turn into the sound of a beating heart, the taste of rain, the smell of fresh earth, the sight of a familiar stranger and the touch of a light breeze.

You don't have to take this journey alone. Talk to your friends and family and encourage them to join in the adventure.

People create lifelong memories they pass down to their children. Parents read stories to help their children develop and grow, but they also raise them to have an imagination and spend quality time with them.

The pandemic separates us from those we care about, not just physically, but emotionally. We reach out to those we love to find

a common ground, a place to feel connected, a time to forget obligations and the evolving, lurking virus.

Books contain the wisdom of the world. They teach you what's right and wrong. Sometimes that line is blurred, and you need to decide for yourself what's the best course of action.

These paper rectangles full of ink contain the real world hidden beneath a fantasy.

We love to read scenarios where a couple goes through ups and downs and make it out stronger together. It's the happily ever after we seek in our own lives, though this isn't always the case.

Do I remember the experience of picking up and reading a book for the first time? No. Do I remember every book and story I've ever read? Sort of.

When I pick up a book, I recall the stories vividly, like I read them the day before or hours ago. Sometimes I don't remember every detail, but it's a part of me in a way I can't really explain.

It's a familiar stranger, yet a deeply rooted friend. Books give you company when you're lonely or needing an exciting story to spice up your life. They open your imagination and allow you to be out of this world for a few hours.

You get so lost in your own head and the words you are reading. You get in the book zone. You tune everything out. It's like having tunnel vision inside your mind.

You teleport into the story. You feel like you are actually there instead of on the couch.

Scenes unfold in front of your eyes as you scan the pages. All senses are tuned into the story. You taste the apple pie, smell the flowers in springtime or hear the ocean waves crashing along the beach.

It's a freeing feeling to escape reality for fiction.

Sometimes people enjoy reading books because it gives them a better outlook on life. Sometimes people see a better life amongst the rough pages and choose to live there instead of the present.

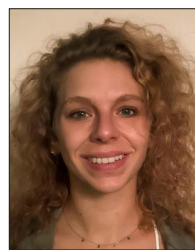
Do not choose a book fantasy over the beauty of real life. When life gives you lemons, you make lemonade with as much sugar as you can handle.

Sweeten your life with books but also moments with those around you. Don't let life entirely pass you by while your head stays up in the clouds. You miss so many precious moments if you do.

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Kim Stager



Rebecca Pratt

Just Keep Swimming

Dory is the best Pixar character and you will not change my mind

Dory is not only the most "adorable", little blue fish in the ocean, but she also actively fights her mental disorder, speaks whale and isn't afraid to stand up for herself. In 2003, "Finding Nemo" gave us the best character to ever bless the seven seas.

Dory was a favorite of mine from a young age and not much has changed. I stole her motto at some point in my early childhood and continued to use it as a reminder to keep trying even when things get rough. When I was on the swim team in high school, it was an ironic song to hum under the chlorine water and to yell back and forth across pool lanes to my friends and teammates.

In my earlier college years, I taught swim

lessons to kids of all ages and chose to annoy them into keeping up the good work by singing Dory's song (very off-key) in the echoing pool room. It didn't always work as intended but it usually got a laugh from my students.

Now we are only in the second month of 2021 and things feel harder than ever. If it's not politics,

it's the virus. If it's not personal life, it's professional. If it's not real-world problems, it's the fact that I am so tired of winter. I am not the only one in this boat, or "butt" as some under the sea may refer to it. I have spoken with family, friends, students, co-workers and even some of my professors have remarked or alluded to a feeling of hopelessness these last few weeks.

I think we are all feeling a little blue right now and there doesn't seem to be an escape, or as my fish idol would say "es-cah-pay," from it. Call it what we will; "covid-fatigue," seasonal affective

disorder or depression. We can all feel a little blue right now, and take note from a little blue fish who is wise, strong, kind and funny. She taught me at a young age to "just keep swimming."

In times of hopelessness, I try to find the strength to keep swimming and if I'm feeling silly enough, I'll even sing it to myself like I once did to my students. The idea of perseverance is a hard one to grasp for children and adults alike, but "just keep swimming" is a nice reminder that if we just keep going and keep trying again after a perceived failure or let down, we can have immense joy and huge successes at the end of our journey.

Dory is the reason others and myself have such a catchy mantra to go by in hard and hopeless times. Welcome to 2021 everyone and remember to just keep swimming.

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The Weeknd stole the show

The Weeknd's performance at the Super Bowl LV Halftime show

My concert tickets for The Weeknd sitting in my back pocket might make me a little biased, but his Super Bowl performance was a knock-out.

Although I'm a huge fan of The Weeknd, it was a shock to see him perform at the Super Bowl. Compared to past performers, he is relatively new to the game. He wasn't put into the spotlight until 2015 with his album, "Beauty Behind the Madness." Past performers such as Shakira, Beyonce and Maroon 5 have been relevant since the early 2000s.

This was a standout moment for The Weeknd. Not only did he perform a hauntingly beautiful set, but he also did it almost entirely by himself being the only halftime artist in years to do so. Besides a church choir in the background, The Weeknd made sure that all eyes were on him while performing songs from his first album to his most recent.

He channeled energy from each of his albums into one collective piece, staying true to himself. Incorporating elements from R&B, pop and jazz into his set gave him a sound that reminds viewers of past Superbowl stars such as Michael Jackson and Bruno Mars. With his glittery red jacket and black leather gloves in tow, The Weeknd and Michael Jackson's names started trending together, giving the audience a déjà vu moment.

Bringing on a new, "hip" artist may have been a risk for the Super Bowl, but I believed it paid off. Despite The Weeknd's trend of songs referencing sex, drugs and partying, he kept the show surprisingly PG-rated.

One of the most memorable parts of the performance was the choir hiding between the set of a fabricated city, giving a haunting twist to many of The Weeknd's greatest hits. The Weeknd then took the camera into his own hands, taking the audience on a dizzying trip through an array of golden lights that resembled a mirror maze at a carnival. The final set that defined the show was when he took to the field with a hundred background dancers, all masked and clad in his customary red suit. Here, he performed "House of Balloons" quickly morphing into his newest hit, "Blinding Lights," where his performance came to a close.

Living through a pandemic is a strange situation, especially for the entertainment industry. Despite the challenges, The Weeknd performed a show to remember. Seeing the performance made many fans reflect on his past, watching him evolve from a homeless high school dropout to a superstar just within a decade. After watching his show, I will be sure to keep my tickets for his 2022 show and am excited to see what other performances he has coming up.

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Dani Moore

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Asia?
You should...

...Take a class!

Spring 2021 (Second half)
Table Tennis (IFIT 107), MW 3:45-5:00

Summer 2021
Buddhism (PHIL 307), online

Fall 2021
Chinese (CHIN 101, 201, 310)
Japanese (JAPN 101)
History of Korea (HIST 404)
Chinese Cinema in Translation (FLEN 326)

Find out about the Asian Studies Minor, email Dr. Halverson (rhalverson@uidaho.edu)

...Attend a Zoom Talk!

February 18
Dr. Andrew F. Jones (UC Berkeley)
"The Chinese Jazz Age"

March 25
Dr. Reed Chervin (Univ. of Colorado)
"The China-India Border: Past, Present, and Future"

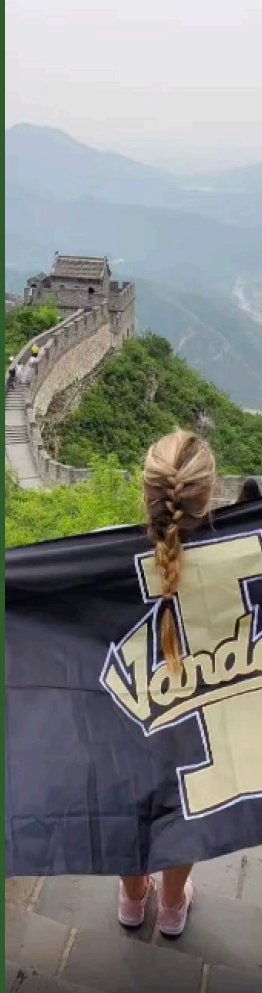
April 15
Ambassador Chas W. Freeman, Jr. (Brown Univ.)
"Sino-American Antagonism: How Does This End?"

April 29
Dr. Stefania Travagnin (SOAS, Univ. of London)
"Non-Eminent Nuns in Modern Sichuan Buddhism: Listening to Marginal Female Experiences."

All talks at 3:30. To register, email Ms. Margell (amargell@uidaho.edu)



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