

Argonaut

THE UNIVERSITY OF IDAHO

FOR, OF AND BY THE STUDENTS SINCE 1898

Battling eating disorders

Students and faculty speak about their struggles with eating disorders and the resources that helped them

Ava Manning
ARGONAUT

Roughly 30 million Americans struggle with an eating disorder at some point in their lifetime, according to the National Association of Anorexia Nervosa and Associated Disorders. Hayley Schnae, a former master's of science student at the University of Idaho, was hospitalized with anorexia nervosa when she was just 13 years old.

"I started dieting around the end of sixth grade because I just wanted to lose a few pounds," Schnae said. "I just wanted to thin out a little bit."

At that point, she didn't even know what eating disorders were.

"It started spiraling," Schnae said. "I started cutting out certain foods, eating less and working out more. I thought if I cut back on a little more food, I'd see results a lot more quickly."

According to Cassandra Partridge, a senior research specialist at UI and a registered dietician nutritionist, eating disorders can be influenced by the media and feelings about body image.

"Elementary school girls are coming into contact with that," Partridge said. "We have to start promoting a positive body image and a positive relationship with food at a young age."

Schnae's restrictive eating habits continued to worsen as she cut out more foods. As a member of her school's swim team, Schnae wasn't eating enough to compensate for the work she was putting in. Her weight began dropping faster, and it wasn't long before her parents voiced their concerns.

"Before I had started dieting, I weighed about 103 pounds,"

Schnae said. "At that point, I weighed about 83 pounds."

Schnae's parents made her an appointment to be evaluated, but the doctor didn't think she had an eating disorder. He ran some blood tests and said everything came back normal.

"After the doctor's appointment, I continued losing weight," Schnae said. "I was already pale, but I was beginning to have this weird grey hue to me. I was dizzy all the time and couldn't move around too much because if I stood up, I would nearly pass out."

As Schnae's eating disorder progressed, her parents received a call one afternoon from the school nurse. Schnae had fainted in her seventh-grade gym class.

"My parents sat me down and said they were forcing me to go to the hospital because of how bad I had gotten," said Schnae.

According to the National Organization for Women, roughly 50% of elementary school girls are concerned with their weight or already worried they are "too fat."

When Schnae checked into the hospital, they weighed her. She'd lost another eight pounds.

"It was a really uncomfortable experience," Schnae said.

"When I saw the scale at 75 pounds – it really freaked me out. I never meant to get that low."

The nurses took her vitals and gave her a feeding tube. When they tried to get her temperature, it was so low they had to wrap her in blankets.

Schnae was required to raise her vitals to a healthier level

before being transferred to Rogers Behavioral Health, a specialty facility located in Milwaukee, Wisconsin, where she stayed for about a month.

Schnae still remembers her first night there.

"The food they put in front of me was macaroni and cheese," said Schnae. "As a kid it was my favorite meal, but at that point it was the scariest thing."

While Schnae is thankful for the wonderful team of doctors and nurses who helped her along the way, she credits most of her recovery to strong-willed perseverance.

"I was very adamant about getting better," Schnae said. "That's what helped me get through treatment."

Partridge is an avid supporter of intuitive eating, a form of eating through instinct, emotion, and rational thought, first advocated by dietitians Evelyn Tribole and Elyse Resch in 1995.

"It's a way of eating that brings awareness to your hunger and fullness," Partridge said. "Food is more than just energy, it's associated with our emotions, interactions and memories."

Partridge is also interested in eating disorder prevention methods that have been rising in popularity.

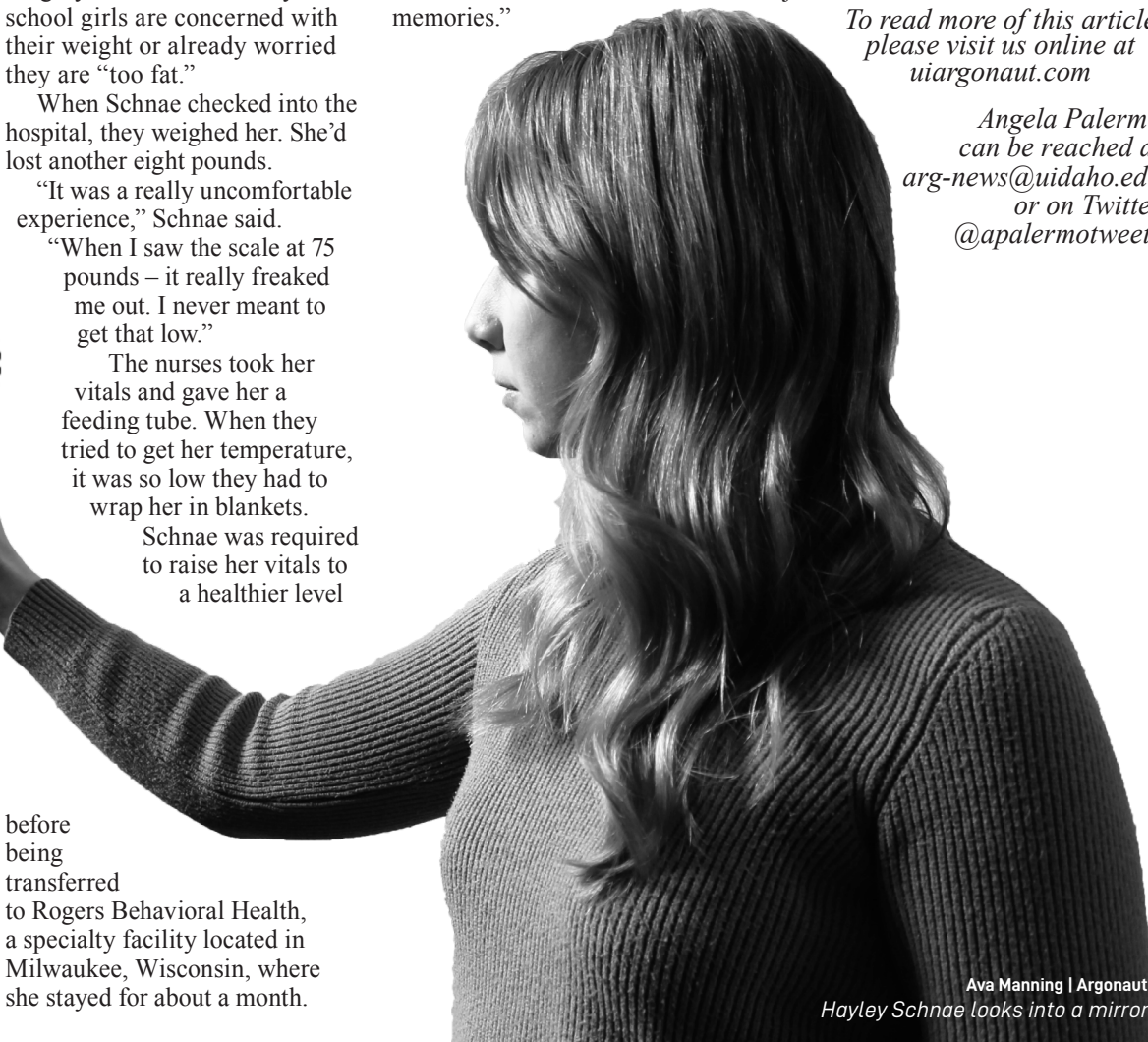
"There are prevention programs for eating disorders that seem to have really good results," Partridge said. "What's interesting is that there's not as much focus on what an eating disorder is, but instead on encouraging healthy attitudes towards foods, dieting, and body image early on."

One of the reasons that Partridge is so passionate about raising awareness and finding prevention methods is due to her own battle with an eating disorder. She developed an eating disorder in high school but was able to get the help she needed to recover.

"If you have an eating disorder or disordered behaviors, you need a team of medical professionals who can support you," Partridge said. "I was lucky enough to have just that."

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Ava Manning | Argonaut
Hayley Schnae looks into a mirror

Honoring vaccine guidelines

UI faculty reminded to follow timeline

Angela Palermo
ARGONAUT

University of Idaho employees who do not qualify for the COVID-19 vaccine have been aggressive with Gritman Medical Center's staff at their clinics, according to an email from UI President Scott Green on Monday.

Gritman also dealt with several university employees falsifying their eligibility criteria during the online registration process and at the vaccination site, "saying they are part of the K-12 system," Green stated.

"This slows down the vaccination process, and we need to honor Idaho's vaccination distribution plan," Green stated. "When someone moves up, then someone else moves back."

According to Peter Mundt, director of community relations and marketing at Gritman, the vaccination criteria is not under Gritman's control. A full list of eligible groups is outlined on the Idaho Department of Health and Welfare's website.

"We know some people have had to be asked to wait until it's their turn," Mundt said.

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

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Charges resurface over "Soviet Moscow" stickers



Moscow Report | Courtesy

"Soviet Moscow" chalk art in front of Moscow City Hall

Christ Church fights city over arrest for allegedly placing stickers

Cory Summers
ARGONAUT

Old charges resurfaced this week against two teenagers and their father for posting anti-government stickers on street poles in October, inspiring some to recreate the design with sidewalk chalk in front of Moscow City Hall.

The stickers and chalk art that followed were created in response to the city's face covering and social distancing order. They read "SOVIET

MOSCOW ENFORCED BECAUSE WE CARE," on a red circle with a yellow hammer and sickle.

Rory Wilson, 18, and his 14-year-old brother were arrested by the Moscow Police Department Oct. 6 for allegedly placing the vinyl stickers on street poles around the city.

The charges brought against the brothers are 13 violations of the Moscow City Code, which states "No person shall post, paint, tack, tape or otherwise attach or cause to be attached any notice, sign, announcement, or other advertising matter to any telephone or electric pole within the city."

As a misdemeanor

in the state of Idaho, the offense is punishable by up to a one thousand dollar fine, six months in jail or both.

Nathan Wilson, the teenagers' father, was charged with the same misdemeanor as Rory Wilson, according to Idaho's court portal. He pleaded not guilty.

The events garnered little attention until March 1, when the Moscow Report released a press statement from Nathan Wilson, lambasting the city for the arrests that took place months prior. Aaron Wilson is the son of Doug Wilson, a pastor at Christ Church and faculty member at New Saint

Andrews College.

The Moscow Report is a self-described local news source created by New Saint Andrews alumnus Daniel Foucachon in 2017 to keep residents "informed on important civic issues." While the website has no clear ties to Christ Church, Foucachon has participated in Christ Church related events over the last several years, documented on his personal blog. His father, Francis Foucachon, is a parish elder at the church.

Following the press release, several dozen of the vinyl stickers were placed around Main Street, according to MPD's daily activity logs.

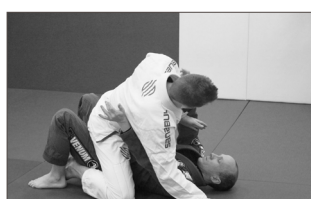
SEE STICKERS, PAGE 4

IN THIS ISSUE



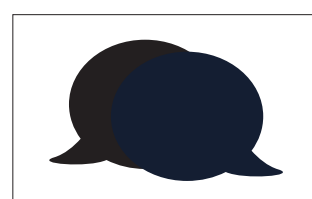
Open life nude figure drawing is a non-judgmental space for artistic expression

LIFE, 5



Seven values, sense of community and love for martial arts make up 'V7' community

SPORTS, 7



Skipping the vaccination line is only slowing down the long-term process

OPINION, 9

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A Crumbs Recipe

Traditional Colcannon Irish Potatoes

With St. Patrick's Day coming up soon, you may be looking for something festive to pair with your "Kiss me, I'm Irish" shirts. Here is a cheap and easy recipe to get a good potato fix!



Bailey Brockett | Argonaut

Ingredients:

- 5 red potatoes
- Half a head of cabbage
- Green onions
- Garlic powder
- Parsley
- ¼ cup of milk
- 3 tablespoons of butter
- Salt and pepper

Directions:

1. Finely chop or shred half a head of cabbage.
2. Add cabbage to 2 cups water in a large saucepan and bring to a boil.
3. Lower heat to medium, cover pot, and let simmer for 10 minutes. Stir every few minutes.
4. Chop potatoes into 1- inch cubes, and finely chop green onions.
5. Strain cabbage and put to the side but pour the water back into the pot.
6. Add your potatoes, and add water so potatoes are covered.
7. Boil, covered, for 10-15 minutes, or until potatoes are soft.
8. Drain potatoes, and finely mash.
9. Add milk, butter, garlic powder, salt and pepper and mix.
10. Add in cabbage thoroughly mix.
11. Top with parsley and green onions and enjoy!

Cook time: 30 minutes
Servings: 2

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68					69				70			
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THE FINE PRINT

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 • The Argonaut reserves the right to edit letters for grammar, length, label and clarity.
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 • If your letter is in response to a particular article, please list the title and date of the article.
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Legislature cuts BSU's budget

Lawmakers accuse higher education institutions of pushing beliefs on students

Sierra Pesnell
ARGONAUT

The Idaho Legislature's decision to cut Boise State University's budget by \$409,000 came after recent disputes from lawmakers alleging public universities have a social justice agenda.

The cut is considered a compromise when compared to the proposed \$18 million suggested by conservative lawmakers Rep. Priscilla Giddings and Rep. Ron Nate.

Legislators who voted against the budget cut see it as an attack on higher education in Idaho.

Senator David Nelson of District 5 said the narrative that Idaho's universities have a social justice agenda is false.

"I don't think in any place in Idaho are we social justice warriors," Nelson said. "I don't think we pay enough attention to it at all in education."

The Idaho Freedom Foundation is a special interest group based in Boise intent on keeping government independent from institutions such as public universities. The foundation's vice president, Dustin Hurst, made their stance on the recent budget cut clear.

"It's a minor annoyance for (BSU)," Hurst said. "The budget needs to address that in all the four-year institutions."

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ASUI forms BLM committee

Committee aims to highlight Black students, open conversations on race and police brutality

Carter Kolpitcke
ARGONAUT

A Black Lives Matter Committee, recently created by the Associated Students University of Idaho, aims to promote legislation and individual projects.

Last fall, ASUI President Lauren Carlsen sent an email about the committee, along with a survey, to students. The survey received over 200 responses vastly ranging in their viewpoints, according to Carlsen.

"It was a way to gauge the student population on how they are feeling about the BLM movement and how they would feel about a space on campus for Black students," Carlsen said. "We put together a committee to go through those results and see if there's anything tangible we're seeing."

The responses, though confidential, varied in levels of extremity. The responses ranged from students in support of the movement to students questioning the validity of BLM, according to Carlsen.

ASUI Senators who read the survey results commented on their authenticity in past



Angela Palermo | Argonaut

Moscow residents gather at a Black Lives Matter rally in Friendship Square on June 3, 2020

legislative sessions.

The committee is chaired by Yasmine Tovar, ASUI's director of diversity. She explained the committee is separating into sub-committees who will address different issues individually.

"We are trying to better serve our students regarding to the topic of Black Lives Matter, and more permanently towards Black students at university," Tovar said.

The committee plans to tackle these topics by introducing more opportunities for education on BLM and what the protests are about. This includes working with the Moscow Police Department regarding national outrage with police brutality, opening conversations within the community about what

others can do as allies and highlighting Black students' voices on campus.

"Many of us within ASUI don't know the struggles within students who identify as Black," Tovar said. "We really want to amplify their voices. We want to pursue something better within the community."

As it stands, the committee is only operating under ASUI but hopes to open to other groups and areas of student involvement in the future. The committee hopes to work with the Office of Multicultural Affairs, MPD and directly with UI President Scott Green, according to Tovar.

Right now, the best way to get involved is by contacting members of the committee with comments,

questions or concerns.

The committee met for the first time two weeks ago and plans to irregularly meet every month with updates on each sub-committee's projects. According to Tovar, the past months were focused on setting up the foundation.

Depending on how the sub-committees operate this semester, Tovar and Carlsen hope the BLM Committee will continue in the future.

"I don't think we have a set a goal, but Lauren and I agree the committee will exist as long as it needs to be," Tovar said. "It's a topic we are going to talk about within the years coming and even more as topics and conversations enlarge."

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Ph.D. student explores Alaskan terrain

UI student Chris Miele talks about his research, glaciers and icebergs

Emily Pearce
ARGONAUT

Chris Miele, a Ph.D. student in the Department of Geological Sciences came to the University of Idaho in search of new opportunities in research and travel.

Originally from Canada, Miele received his bachelor's in mathematics and a minor in philosophy. He traveled to Iceland to work on his master's degree, studying environmental management along the coastal line.

His thesis brought him to Germany, where he learned about various research opportunities with UI Glaciologist and Assistant Professor Timothy Bartholomous.

"I was thinking about what to do next, and I was on Facebook one day and a friend of mine, somebody that I knew through a field school that I'd done previously in Alaska, was at UI and he was one of Tim's grad students," Miele said. "I thought I might as well just apply and

get in contact with Tim, and so I reached out and we had a really good fairly long online conversation. I've never been to Idaho or even honestly thought about it, but I decided to go full out and just apply for it, and I found out a couple of months later that I got accepted and pretty much moved straight to Idaho."

Although Miele didn't do a lot of glaciology before coming to UI, Bartholomous has seen him develop an independent sense of the field. In the two years they have been working together, Bartholomous has witnessed his confidence working research into the broader scientific conversation.

With Miele's background in mathematics, Bartholomous said he is naturally disposed to tackling hard, complicated differential equations and is excited about digging into the gory details of how glaciers move and flow. Bartholomous said he has a clear, logical mind that follows curiosity, challenging famous glaciologists' research

wrote 30 years ago. That takes a "certain amount of boldness to be able to ask those questions."

What sparked Miele's passion in glaciology was a field school in Juneau, Alaska, called the Juneau Icefield Research Program. In the two months he was there, he learned everything from the ground up about how glaciers work and to help people study the subject.

"I just totally fell in love with the landscapes and yeah just decided from that point that I really wanted to get into studying places like those," Miele said.

Miele tends to gravitate toward theoretical and mathematically based questions. Within his research, he tends to ask questions related to processes that drive things going on. This includes fracturing, iceberg detachment and iceberg calving to get a sense of what stresses cause this and if people can predict at what rate the ice is going to break.

Iceberg calving is when a glacier is at sea level, typically in

colder climates. When the glacier interacts with seawater, chunks of ice, or icebergs, rip off the ice sheets falling right into the water. Dramatic videos of ice cracking off a glacier landing in an ocean are examples of iceberg calving.

This process is responsible for the fracture in ice but isn't well understood. Miele wants to understand what is going on mechanically about these interactions taking place between ice, the ocean and rheology. Rheology can take place in different ways, including how the mantle is moving around deep below the surface of Earth. In his work it is the way ice deforms, flows and breaks under different circumstances.

Finishing his master's in Germany, Miele researched glacier dynamic groups and developed an open global glacier model to give a rough idea on how glaciers will change over time on a global basis. He worked under fellow Ph.D. students to make the model which outlined every glacier in the world that could be run under climate scenarios and incorporate iceberg calving.

His most recent research has been at the Turner Glacier in south Alaska, understanding glacier surging.

When the team first got out to the glacier, Miele was a great help understanding satellite images sent from outer space, Bartholomous said. He had experience working with and processing satellite data and was able to help build the team's confidence in pulling the research adventure off. With his help, they were able to locate the glacier, know how fast it was moving and that it was surging.

"I think he is really developing an independent sense of the field and growing in his confidence in his ability to communicate how things work, how his research ties into the broader scientific conversations," Bartholomous said. "And that's what I really want to see in a Ph.D. student."

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Chris Miele



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Celebrate Panhandle's two-year anniversary with free ice cream



Hailee Mallett | Argonaut

(Top left) The exterior of Panhandle Cone & Coffee in Moscow
(Bottom left) An employee scoops ice cream into a cone
(Top right) An employee makes espresso

Low bank account and a sweet tooth? Stop by Panhandle on March 23 for a free scoop

Katarina Hockema
ARGONAUT

Panhandle Cone & Coffee is celebrating its two-year anniversary with a free ice cream and a donation event for the Idaho Youth Ranch.

Originally from Oregon, owners Jason and Stephanie Dillion opened the first Panhandle location in Sandpoint, Idaho in 2013. They eventually opened two more locations serving artisanal ice cream throughout the state.

To celebrate the first two years of business at their Moscow location, the shop is hosting a "free ice cream day" on March 23.

Patrons will be able to enjoy a slightly larger sized kid's scoop of ice cream for free. To celebrate the anniversary, customers can donate to the Idaho Youth Ranch, a state-wide agency serving at-risk boys, girls and their families, according to their website.

"They help local families with the fostering and adopting process," Molly Olsen, manager of the Moscow location, said. "Some families potentially getting some of the funds will be there to help out."

Olsen transitioned into a managerial role in June 2020 after being hired at Panhandle in January of 2019, training staff until the location opened in March. She later assumed a lead supervisory and assistant manager-related role before being promoted to manager.

"(The Dillion's) let me lead the reigns down here in Moscow because I know what's different about living in a college town," Olsen said. "I know how to work around a student schedule and making things that work best for everyone."

Jessica Zazuetta, an employee at

Panhandle and a senior at the University of Idaho has worked at Panhandle for nearly two years, after being hired in 2019, just a month after the business opened.

"I knew some people who worked here, but I was mostly drawn to (Panhandle) because it seemed like a really fun environment and I love the vibe it gives," Zazuetta said.

When visiting Panhandle for their anniversary event, patrons should enter through the front door and exit through the back door of the building to avoid line-crossing and crowding. There is an exception to this guideline for patrons with disabilities or other limitations who need to access the wheelchair-friendly front entrance as an exit.

There will be no available indoor seating, with limits on how many patrons can be inside the building at a time. Masks will be available for public use and serving stations will be sanitized regularly.

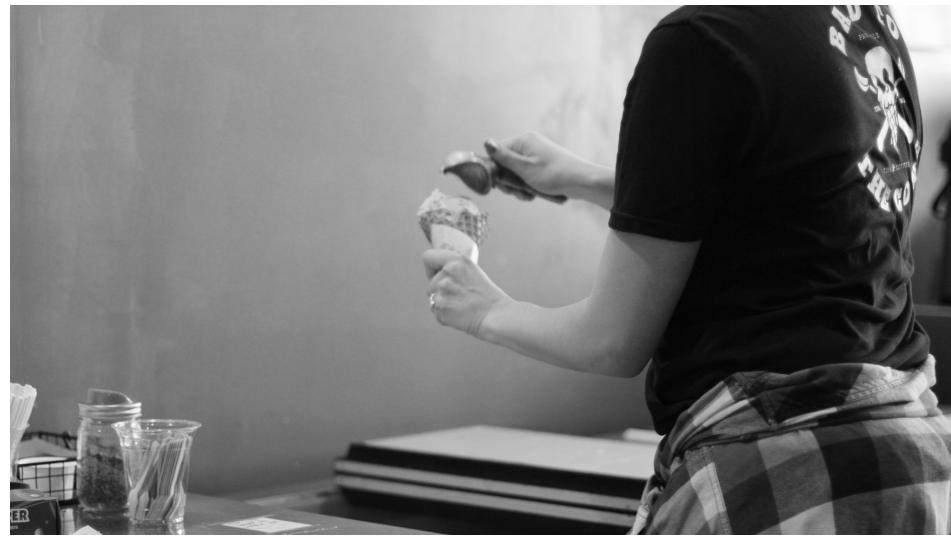
Menus will be available for outside viewing. Regular coffee menu selections will not be available and patrons will only be allowed to purchase pints of ice cream available in the freezer stock.

"One of our core values is 'a community without a zip code,' and I feel like that encompasses everything Panhandle is," Olsen said. "Every customer who comes in is part of the family when they get a scoop of ice cream or try one of the different coffee roasters we have."

Panhandle Cone & Coffee's Moscow store is located at 511 S Main Street. Hours are noon to 9 p.m. Monday through Friday and 8 a.m. to 9 p.m. Saturday through Sunday.

For more information, visit their website or call 208-265-8996.

Katarina Hockema can be reached at arg-news@uidaho.edu or on Twitter @katarina__h



STICKERS

FROM PAGE 1

March 2, an officer responded to a report of the stickers being placed in front of the City Hall and Friendship Square the night of March 4. According to the police logs, a group of 5-10 people participated. Many community members have been outspoken against the mask order, staging demonstrations and voicing their concerns at city council meetings.

The most notable of these protest is the Sept. 15 "psalm sing," resulting in the arrests of five people who were cited for violating the city's social distancing and mask ordinance. One of the people cited was Gabriel Rensch, former county commissioner candidate who lost to incumbent Tom Lamar. Gabriel was also arrested by police officers for allegedly refusing to identify himself. The city asked for charges to be dropped. This even made national news when the former President Donald Trump retweeted footage of the arrests. Both Wilson and Rensch point to this being the origin of the sticks in the press statement, with them producing over 650 stickers since then.

"To remind you, the city of Moscow to date has spent tens of thousands of dollars in pursuit of Justice," Doug Wilson stated in a recent blog post. "As they understand it, which is, as I understand it, threatening our people with up to six years in jail for affixing stickers to poles that were already covered with stickers."

According to Nathan Wilson, this was the first time the ordinance has been enforced.

Moscow Prosecuting Attorney Liz Warner said she could not discuss the facts of the cases as it is ongoing.

According to the University of Idaho law professor Samuel Newton, first time offenders most often receive fines or probation.

"That sounds like Miranda to me, but without looking at the documents, it's hard to say what they're claiming," Newton said.

Nathan Wilson said the police were unusually harsh to his children and violated their rights, according to the press statement.

"It wasn't until I got my boys home that I learned that two officers had actually handcuffed Rory and put him down on the concrete to interrogate him," Nathan Wilson stated. "And no, they didn't read him his rights. They also took my minor son away from his handcuffed brother, lied to him about the law and his rights and interrogated him alone."

Moscow Police Department said it could not comment on the case.

The status conference to determine the date of trial will be held on March 22.

Cory Summers can be reached at arg-news@uidaho.edu



Argonaut Religion Directory

First Presbyterian Church
A welcoming family of faith, growing in Jesus Christ, invites you
Sunday Worship Online 10:30 am
www.facebook.com/moscowfirstpres/
Visit our website for latest updates
405 S. Van Buren, Moscow
208-882-4122 • http://fpcmoscow.org
Norman Fowler, Pastor

Lutheran Campus Ministry
at the University of Idaho in The Center at 882 Elm St
Our usual events - dinners, bible studies, worship, and conversation - will be adapted this year due to Covid-19.
Follow us on social media or contact us for current information
Facebook: @lcm.uidaho
Instagram: @luminuidaho
Karla Neumann Smiley, campus minister
lcm@uidaho.edu
(208) 882-2536
ELCA

Bridge Bible Fellowship
Pastors:
Mr. Kirk Brower - Senior Pastor
Mr. Kim Kirkland - Assistant Pastor
Mr. Nate Anglen - Assistant Pastor
960 W. Palouse River Drive, Moscow
208-882-0674 | www.bridgebible.org

Trinity Reformed Church
SUNDAY MORNING WORSHIP SERVICES
8:30 am & 11:00 am
101 E Palouse River Dr.
208-882-2300
www.trinitykirk.com
office@trinitykirk.com

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

THE ARGONAUT

Life

LIFESTYLES, INTERESTS, FEATURES AND ENTERTAINMENT



Emily Pearce | Argonaut

(Top) Molly Klingher sketches an outline of the model's figure
(Bottom) A model's clothes drape on a chair as they pose

In a birthday suit

Open Life Drawing Studio gives artists an opportunity to draw nude figures

Emily Pearce
ARGONAUT

People slowly trickle in one by one, breathing heavy from walking up three flights of stairs. They grab a stool, a board and set up their supplies to start the class. Squeaking benches blend into the sound of pencils scratching away as everyone is focused on the strenuously still nude model.

These people are artists at the Open Life Drawing Studio, a weekend session where artists can practice their figure drawing from a nude model. From 2-4 p.m. every Saturday, the open studio commences class with a variety of models and poses. All skill levels are welcome, and non-university students can also join. The class requires people to bring their own drawing supplies and costs \$10 to participate.

The studio has been around for 30 years, Tim Daulton, art faculty staff and coordinator of the class, said. Daulton has been with the program since it started.

There was another program similar to the studio before he started working at the University of Idaho, but it fizzled out, hence starting the studio. Daulton has seen many changes to the university in his time working at UI, including the Teaching Learning Center being built, taking over what was a grassy bowl with trees students lingered in between classes.

"When we started

this program, it was a university program of continuing education and community," Daulton said. "When the university canceled it 10 or 15 years ago, it was run by the Moscow Parks and Rec department, but is now in the art department."

Although the studio is run by the UI art department, many people who are in the class are affiliated with the university.

Molly Klingher, a junior at Moscow High School, has been coming to the studio since her freshman year. Klingher said the best part about the class is being able to experiment with different materials and having time to draw.

"I think it's just progression with practice. I get better working on foreshortening right now," Klingher said.

The class has a respectful embrace for artistic expression and is a nonjudgmental space.

Katie Pool, an artist at the studio, first found out about the class when she bumped into Daulton at the Moscow Co-Op. Pool was a student at UI, graduated in 2018, and moved back to Moscow in 2019.

"I saw him model for the class years and years ago ... he mentioned that he was doing this," Pool said. "This is my third session ... it's been a while since I've drawn, so I'm kind of just getting back into it, but this is a great way to do it."

Pool said drawing life is more fluid than regular objects. When taking art classes, students will take figure drawing. Things that are alive can be more challenging to draw because they

have movement. When practicing drawing, it is important to capture someone's motion and exercises in the studio are perfect for stretching the artistic muscle.

"With people, it's more of a connection, I think, to what you're drawing because it's something that's alive, versus just an object," Pool said. "With a glass (or object), it just stays in the same place, the shadows are exactly the same, the shapes are the same and you can get a lot more detailed with the specifics you know the shadows and the light."

During the pandemic, the studio has not seen as much turnout in the past because people don't want to risk exposure to the virus. They do follow COVID-19 precautions, including wearing masks and socially distancing.

"(The class is) helping me in all areas of my life," Pool said. "I'm actually not really social, but you connect with people here and you have a life model. It's motivating me in other aspects of my life too, so I just think having a creative outlet is great. We can come here, and I'm not even a student, but I can come to those."

Daulton said being a life model is strenuous. The studio is looking for more models to come to the class and experience what it is like to be in an open life studio.

For more information about the Open Life Drawing Studio, email the art department at caa@uidaho.edu.

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Mindfulness meditation at UI

Students and faculty benefit from meditation programming on campus

Sierra Pesnell
ARGONAUT

Mindfulness meditation is a staple in University of Idaho's health and wellness programming. Jamie Derrick, an associate clinical professor in the department of psychology, has been leading the practice on campus for the past eight years.

Derrick said she developed an interest in meditation when she was an undergraduate student. Her interest expanded over a decade and she wanted to be able to teach others the practice.

Jon Kabat-Zinn, one of the founders of secular meditation, assisted Derrick in her meditational training while she lived on the East Coast. After receiving her undergraduate from UI, Derrick attended the University of California, Los Angeles for a year and received her certificate in mindfulness meditation.

"I was interested in being able to bring secular practices that were based on sort of the beneficial aspects of wisdom tradition to the workplace in a school environment," Derrick said. After her time at UCLA,

Derrick came to UI's Moscow campus. She said she was looking to apply what she had learned to faculty and students at UI. Derrick started using a classroom for her drop-in sessions but also started programs with living groups on campus. Since the start of her mindfulness meditation sessions, other organizations like the Counseling and Testing

Center have started offering meditational practices.

Mindfulness meditation is also offered during midterms and finals week for UI students and professors to help manage stress. The meditation exercises offered are meant to have

calming effects for students during the taxing weeks.

"If you do a meditation, it can calm your body and calm your mind and it can be really helpful for a test, midterms or writing a paper," Derrick said. "It can be beneficial because it helps with calming and focus."

The effect of meditation also has long-term benefits for the practitioner.

"It leads to more positive thinking and helps people to be more thoughtful about their reactions and relationships," Derrick said.

Many clubs and organizations on campus have utilized Derrick's meditation programs

for their members. Secilia Lopez, a member of the Sigma Lambda Gamma chapter, and Zoe Wilson, president of the Women in Science Society, have both been able to host Derrick for their members.

Lopez asked Derrick to attend a multi-cultural recruitment event where she could provide mindfulness insight to help promote stress management for potential new members and active members.

"She did lead the practice, and a lot of us benefited from it because we were stressed and it really was a good, relaxing event," Lopez said.

Lopez said she still uses the mindfulness practices she's learned. She takes a minute out of every day to utilize exhalations. This is known as the "Moscow Minute." It allows Lopez time out of each day to slow down during her busy schedule.

Wilson invited Derrick to host a meditation program for the members of WSS.

"We found that her (Derrick) coming to do these mindfulness workshops are really beneficial to our members," Wilson said.

The meditation sessions are hosted every Wednesday and Friday at noon and lasts 20 minutes. Derrick is currently utilizing Zoom currently for the drop-in sessions.

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Pups on the Palouse

Meet Kuno, one of the adorable, adoptable animals at Humane Society of the Palouse

Emily Pearce
ARGONAUT

The Argonaut staff are pet lovers and took to the Palouse as pup-arazzi to find the best pups out there. No matter the size, breed or sound of their howl, we made it paw-sible to find them. If you want your pup to be featured on our series, Pups on the Palouse, send us an email at arg-life@uidaho.edu.

Meet Kuno, a German shepherd who loves cuddles. Kuno was brought into Whitman County Humane Society after his past owner was unable to take care of him. He initially was scared and a bite risk, but thanks to a trainer he has been doing much better. He wants nothing more than love and affection, and once you gain his trust he turns into a sweet teddy bear. Kuno is sassy and has selective hearing, but knows basic commands like sit, down and wait.

Because of his past condition, he is not up for a "first come, first serve" adoption process. Instead, the humane society is looking for the best fit for Kuno who has a background with past animals



Petfinder | Courtesy

Kuno the German shepherd

and training experience.

Because Kuno is a big dog, he will not do very well with young kids but would fit in with a family with older children. He prefers to be the only dog and does not have experience with small dogs, cats or other animals. Because of prey drive, the humane society recommends a home without small animals.

To learn more information about Kuno, call (509) 332-3422 or send an email to shelter@whitmanpets.org

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Weekly horoscope

March 8-14

Your weekly guide to consulting the stars

Rebecca Pratt
ARGONAUT

Capricorn: Dec. 22 – Jan. 20
You have been closed off lately, but this week it will be challenging. People, situations and conflict will bubble up this week and if you try to hide from it or shelter how you have been feeling about it, only discomfort will follow. Find those you can trust and be real to properly allow yourself to be successful in the future.

Aquarius: Jan. 21 – Feb. 18
It's your lucky week! Take chances and be spontaneous (this should be hard for you, whimsical Aquarius) for it will most certainly work out for you. All positive energy will find its way to you this week and in many forms magic and gold will fall into your lap! What a lucky duck you are.

Pisces: Feb. 19 - March 20
Your responsibilities have made you feel overwhelmed and surrounded, but all you are lacking is a little focus and a dash of passion. Find what you love within the things you despise this week, Pisces, and you will find yourself cruising before you know it!

Aries: March 21 - April 20
This week may lead to a lull in your professional world. It may be tempting to relax and check out in your newfound free time, but it may better benefit you to take the time to ready yourself for other chaotic moments in your work or academic life. However, it will also benefit your sign to unwind and recharge, so balance will be key in the next few days.

Taurus: April 21 – May 21
Business opportunities will soon find their way to you. Keeping an eye on your investments and finances is a good idea right now. Maybe even look into getting in touch with a financial advisor or do some research into money management or investing. The doors will be opening for you, now it's just up to you to do the work.

Gemini: May 22 – June 21
Confusion and decisions are headed your way. There are a few things you've been stalling on and time is beginning to run out. It's time to make the tough call and make it fast. If you can't use just the facts to decide, you'll have to rely on your instincts.

Cancer: June 22 – July 22
Let the good times roll! Time to cut loose and have the best of all times. You deserve it and if the stars can tell you anything it's that your friends have been missing you and you've been missing out! Try not to take anything too seriously this week and enjoy the little things.

Leo: July 23 – Aug. 23
Looking for adventure lately? Be ready, because you have been attracting a lot of moving parts and evolving scenarios. Don't be knocked down by these waves though, because they are here to push you into fresher seas filled with new discoveries. Surf the waves and know they look scarier than they really are.

Virgo: Aug. 24 – Sept. 22
Work is getting crazy, and it feels like you're stuck in the middle of everything in that environment. Sit down and try to figure out a pros and cons list or order of importance list to begin sorting through the chaos. If you can take this first step you will see the fog begin to thin and your work experience become more positive giving you a more fulfilled lifestyle.

Libra: Sept. 23 – Oct. 23
Ex's and old baggage as a general rule don't help the situation. Things in these categories are looking for you right now and if you allow them back in negativity will surely follow. Sticking close to your friends, family, partners and peers you trust will create a shield around you. Stay close to them this week to evade the drama and trauma.

Scorpio: Oct. 24 – Nov. 22
Your dreams have been trying to send you a message lately. You have some trauma and hurt from your past that's still trying to sort itself out. Don't dismiss your dreams, listen to what they have to say and be open to them in the coming week. It may help you unlock more healing and fulfillment.

Sagittarius: Nov. 23 – Dec. 21
Looking to be taken more seriously? Now is the time. Your career and personal life are ready to see the intelligence and capability within you. Channel your strengths, stick to your path and all will end well! But beware of distractions and temptation leading you astray, they will only sabotage you in the gravest of ways.

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Everybody's journey through life undo death

People are more alike than different

Kim Stager
ARGONAUT

Everybody travels through life trying to find people to rely upon and accompany unto death.

"Everybody" is a modern adaptation based on one of the earliest known English language plays on morality, "The Summoning of Everyman."

Branden Jacobs-Jenkins wrote the adaptation and KT Turner, a University of Idaho Master of Fine Arts candidate, directed it.

It's a dark comedy based on power, identity, diversity and fate. This production contains adult language, situations and is intended for mature audiences.

Admission is free for UI students, \$10 for individuals, \$20 for group passes and matinees are "pay what you can."

Showtimes and dates are 2 p.m. March 13-14. This play uses a lottery system to choose actor roles for every show. This randomized choosing represents life and death.

Turner said each actor had to create a character from nothing, using their own strengths and experiences to bring the characters to life. They had to schedule precisely to rehearse each role within a scene. She stated she had never done something like this before.

At the beginning of the play, the audience is taken through the Hartung

Theatre by an usher going over rules for attending the play in-person.

Turner said she wanted portions of the play to be performed in-person in the theatre even though it was a virtual event. The department maintained close contact with COVID-19 precautions on campus to make sure they followed the university's guidelines.

The main character, Everybody, tries to find someone to accompany them on the journey to the end of life throughout the play.

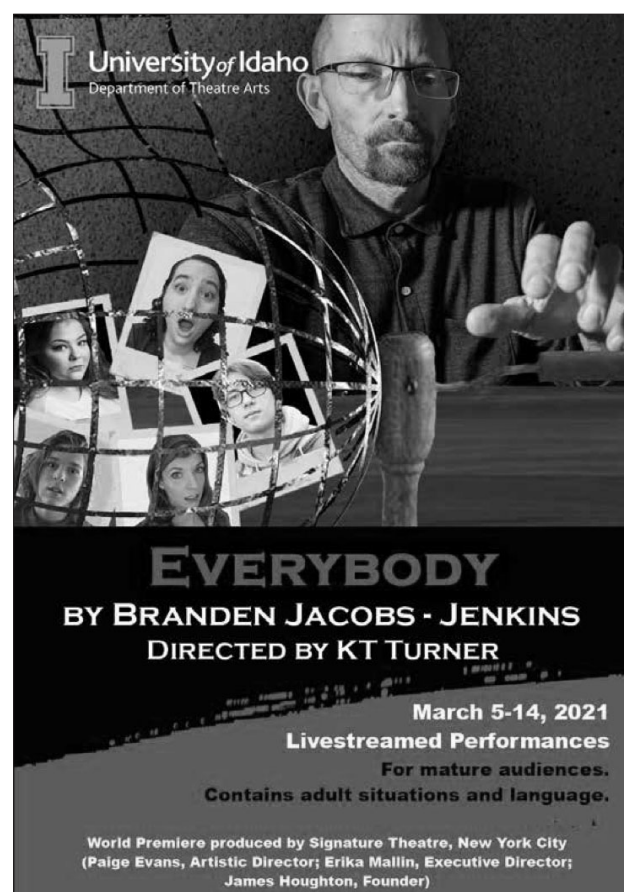
This isn't as easy as it sounds, which Everybody eventually figures out.

This play came into Turner's life at a time when she was stressed and hurt. She read the play and was hit with a reminder people are more alike than different.

Andrew Yoder is the sound designer and grip, meaning he's responsible for camera equipment for the play. He has won three national awards for sound design.

Yoder's views are different than the ideas in the play, but some of the concepts helped remind him "to hold onto the good in life and not let the mundanity of day-to-day life overshadow the beauty."

Yoder said sound designing was easy for the virtual portions. His job as a grip during filming was more difficult, partially since he was "learning on the fly." It mostly came down to communication.



Idaho Production and Events Calenda | Courtesy

"My heart will always lie in music, it's always my first step in my process of design to create an inspiration playlist based on how the show made me feel," Yoder said. "This sets the foundation for the rest of the design."

The greatest challenge he had with the sound design was balancing his vision with his colleagues. Each show has a different approach, so it's important to unify the visions into one cohesive concept.

Kevin Russell, stage manager, said this was his first mainstage production with the

theatre department. He has worked on several shows prior to UI.

Russell said his role in the production of the play was stressful as a student since a lot was expected of him, but he said he had brilliant people on the theatre team to work with.

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

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Panhandle's top five flavors



Hailee Mallett | Argonaut

Panhandle employee serves ice cream as people stand in line waiting to try different flavors

Panhandle's ice cream is two years in the making

Katarina Hockema
ARGONAUT

Check out Panhandle's top five best flavors out of their 18 selections from their Moscow menu. Seasonal items are not included.

5. Mill Town Distillery Vanilla

If you're looking for a classic, no-nonsense flavor with Panhandle's creamy richness, this flavor is for you. Panhandle's in-house vanilla extract is mixed with hand-scraped vanilla caviar to create a delicious vanilla bean scoop that complements any of Panhandle's other selections.

4. Coconut Caramel Salted Ganache

This item combines two unique flavors into one delicious scoop. As a non-dairy flavor, it's declared to be the silkiest and creamiest selection Panhandle has to offer. Enjoy the deep, rich flavor of caramel complemented by nutty notes of coconut and a slightly salty, savory aftertaste.

3. "Just Plain" Chocolate

As the title says, this flavor is anything but plain. Panhandle uses direct-trade, single-origin cocoa and chocolate from Askinosie, Ohio to create this item. This chocolatey scoop is perfect if you're looking for another classic ice cream flavor

with an artisanal twist. This selection is rich, sweet and simple with a homemade, just-like-grandma-used-to-make flavor.

2. Honey Rose

This ice cream is made with rose oil and is sweetened with Moscow's local honey. Folks who enjoy sweet and floral undertones in their ice cream rather than more fruity or savory flavors are sure to love this selection. The scoop is a gorgeous, rosy pink and is sure to satisfy with its sweet, melt-in-your-mouth aftertaste.

1. Buttermilk

Huckleberry
Northwesterners, this flavor is for you. This perfectly balanced fruity and creamy selection

is made by Panhandle churning their dairy with buttermilk and delicious huckleberry jam. The beautiful lavender color and subtle huckleberry aroma are sure to make this the best selection Panhandle has to offer.

Regular size selections include a kid's scoop, single scoop, split scoop and double scoop. Add-ons and other treats are also available to customers.

Go to [@panhandlecone](https://www.instagram.com/panhandlecone) and coffee on Instagram or visit in-store to view their full menu list of menu options.

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Sports

Strength of mind and body

From weight loss to building friendly relationships, V7 Martial Arts helps people feel like part of a community

Ava Manning
ARGONAUT

Integrity, courage, benevolence, respect, honesty, honor and loyalty. These are the seven virtues of the samurai, and the inspiration for a gym called V7 Martial Arts.

Located in Moscow, Idaho, V7 was opened in 2016 by owner Nicolae Cury.

Cury was born in Brazil and his father was a judo teacher, so he grew up with immediate exposure to martial arts. He trained in Brazil, received his third-degree black belt in judo and Brazilian jiu-jitsu and was an alternate for the Brazilian jiu-jitsu Olympic Team. He then went on to train all around the world - from Japan to Hawaii. When he came to the U.S., he began his career as a Mixed Martial Arts fighter.

Now Cury has landed in Moscow and decided to open up his own martial arts gym. He's been teaching the craft since.

"We offer Brazilian jiu-jitsu, boxing, karate, judo, mixed martial arts and functional fitness classes," Gloria Grachanin, manager and instructor at V7, said.

Grachanin began as a student under Cury before taking the position of assistant manager, then later becoming the general manager at V7.

"When I first came to the gym, I was 213 pounds," Grachanin said. "I had gained a lot of weight, and training here with the various martial arts - mainly judo and jiu-jitsu - it did foster that sense of discipline. I started cleaning up my diet,

doing more exercising outside of the gym, and sleeping better."

One of the main focuses at V7 is community. Several of the members have a strong sense of respect for their peers and themselves. They look forward to competition among other martial arts athletes.

"We take you as you are," Grachanin said. "When I first started, I remember I was absolutely terrible at it. I was so bad. I would come to Nicolae after class and I'd ask him, 'Will I ever get this?' And he would say 'Just be patient Gloria, give it time.' And that's what I did. After about a year, it all started clicking, and then it became really fun."

Jiu-jitsu student Ben McDunn, who works as a professor at the University of Idaho, has been coming to V7 for nearly three years now.

"It's been great," McDunn said. "I was really surprised that they have a (martial arts) gym in Moscow. I have had nothing but great experiences here."

Another jiu-jitsu student, Scott Landis, has been training at the gym for a little over a year. After moving from Tennessee to Pullman, Landis said he has found a very close-knit community at V7 which has allowed him to build friendships.

"Coming from a very competitive program in Tennessee where we competed and trained, I feel like our instructors here are at that same level," Landis said. "I do jiu-jitsu for a couple of reasons. The first reason is for exercise. Jiu-jitsu is high-level intensity training, with a practical side where if I ever needed the skills to protect myself, I would be ready to."

Landis also competes in tournaments to test his skills against other martial artists. He has competed in Spokane, Washington most recently, as well as several other cities



Ava Manning | Argonaut

(Left) Professor Nolan Blackford instructs students Mason Hutchinson and Andrew Kuhn (Right) Ben McDunn and Gabe Roman

before moving to the Pacific Northwest. Since the COVID-19 pandemic began, competitions have been put on hold. Landis said he looks forward to competing again once things open again.

Throughout the pandemic, V7 has made the member's health and safety a top priority.

Grachanin said the classes have all been moved into small groups and students get assigned to a certain group. There is only one instructor per group, creating a little pandemic pod.

There are a couple of classes, according to Grachanin, that do not enforce the mask rule. This is due to the nature of the sport, where the students are in a higher level and therefore sparring a lot more, causing masks to slide around

or fall off. If they were wearing them and they would be exposed anyway.

Having smaller groups to train in has offered many benefits, Grachanin said. One of them being the instructors are able to give more one-on-one feedback, which has been very helpful for students' growth.

When students from one of the advanced Brazilian jiu-jitsu classes entered the gym, the room came to life with buzzing energy. There was a very apparent sense of respect, acceptance and community in the air.

"I would say the lifestyle of Brazilian jiu-jitsu has really changed me," Grachanin said.

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Shooting the shots at clay pigeons

UI trap shooting club is nearly seven times its size from three years ago

Ryan Hill
ARGONAUT

In 2017, the University of Idaho trap shooting club only had five members. Most clubs might have withered away due to such numbers, but the club is still going strong today, currently having 27 members.

Trap shooting is a competitive shooting event, popular with many people in the Midwest, where a person shoots at clay pigeons launched in the air

from different positions with a shotgun. Their objective is to shoot the clay pigeon in the air before it reaches a certain point.

Trap shooting requires skill, a fast trigger finger, keen eyesight and a steady mind to be successful.

Logan Lee, president of the Idaho Trap Shooting Club, said he has been trap shooting for 12 years and was excited to discover UI had a trap shooting club.

"I really wanted to be involved and grow the club and build up our membership," Lee said.

When Lee first joined in 2017, he said he thought the members of

the club weren't really outgoing when it came to recruiting, which is why they only had five members. Lee said he wanted to keep the club alive and get to where they weren't in danger of slowly getting snuffed out as members graduated.

"I'm a very outgoing, outspoken person," Lee explained. "When we're tabling at UI Idaho Bound, I love to connect with as many people as possible and anybody who kind of walks by."

SEE SHOOTING CLUB, PAGE 8

COLUMN

A fresh take on an old idea

An introduction to E-Sports and what they are

Dylan Shepler
ARGONAUT

Traditional sports, like football and basketball, are just plain boring to some people. There's an eccentric cousin out there called E-Sports waiting to be discovered by those who don't enjoy watching or playing sports ball.

E-Sports are a type of competitive online sport which lies next to the realm of traditional sports like soccer, tennis and cricket. While traditional sports have large professional organizations like the National Football League, E-Sports have the Overwatch League where teams of the best players in "Overwatch", a popular first-person team-based shooter game, compete to see who the best players in the world are.

E-Sports also has many different levels of competition. There are collegiate teams competing, just like college football, and there are professionally hired and contracted

players duking it out to see who the best is.

E-Sports doesn't come without its controversy. One hotly debated topic is whether E-Sports are considered sports because they are video game competitions rather than physical. Most public figures in the E-Sports community agree that esports are considered sports.

Jeff Kaplan, the lead developer of "Overwatch", said in an interview with Jiyeon Kim, director of operations at Inven Global he wants E-Sports to feel more like traditional sports, acknowledging E-Sports as part of the "sports" category while also calling to light the fact the two different genres of competition look completely different.

The crux of the argument that E-Sports are real sports comes down to what people define sports as. The definition of a sport from Oxford Languages is "an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment," which E-Sports falls under.

SEE E-SPORTS, PAGE 8

THURSDAY March 11	FRIDAY March 12	SATURDAY March 13	SUNDAY March 14	MONDAY March 15	TUESDAY March 16	WEDNESDAY March 17
No events scheduled for this date	Volleyball vs. Eastern Washington @ Cheney, WA 2 p.m. Women's Soccer vs. University of Montana @ Moscow, ID 6 p.m.	Women's Tennis vs. Boise State University @ Boise, ID 11 a.m. Football vs. Northern Arizona University @ Flagstaff, AZ Postponed Volleyball vs. Eastern Washington @ Cheney, WA 2 p.m.	Men's Tennis vs. Santa Clara University @ Santa Clara, CA TBA Women's Tennis vs. The College of Idaho @ Boise, Idaho 10 a.m. Soccer vs. Northern Colorado @ Moscow, ID 1 p.m.	No events scheduled for this date	Women's Tennis vs. University of Arizona @ Pullman, WA 2 p.m.	No events scheduled for this date

@VANDALNATION



E-SPORTS

FROM PAGE 7

E-Sports includes the physical exertion of being able to press buttons in exactly the way you need as well as the skill of knowing what your opponent will do and how to counter it, much in the same way a football coach might switch up the formation of a play to counter their opponent's.

Not only do E-Sports fall under the realm of sports, but they have a long history to match. Dennis Fong is considered the grandfather of E-Sports, alongside the popular 1996 game Quake, which is considered the "grandfather" game of E-Sports. Fong was the winner of the first big E-Sports tournament in 1995, which was officially sponsored by Microsoft. That tournament launched the entire scene of E-Sports, and it led to Fong winning the personal Ferrari 328 of Id Software's CEO, John Carmack.

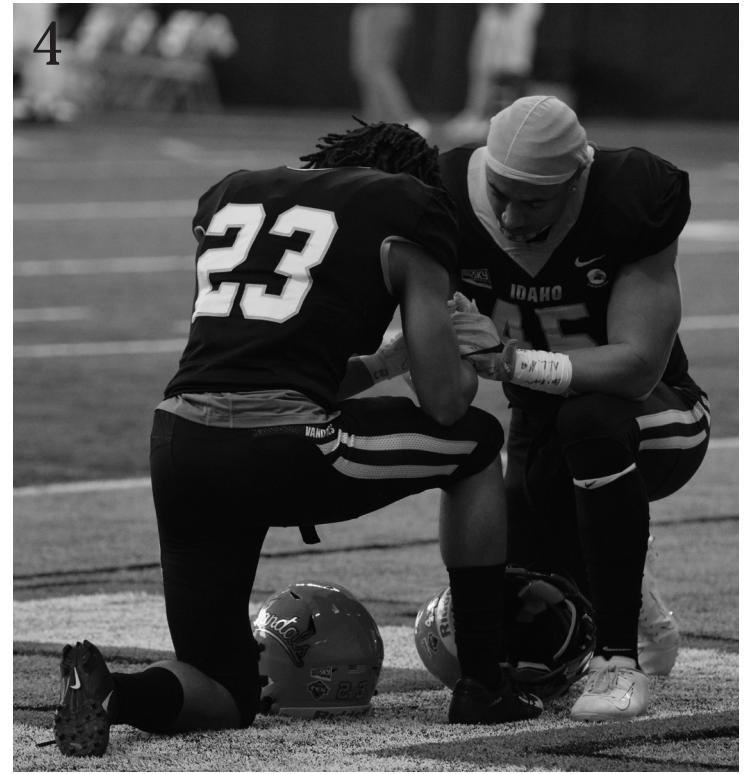
The history of E-Sports has plenty of players and games, but there are also a ton of significant moments too. For every time Tom Brady has won a Super Bowl, there has been a myriad of incredible moments in the E-Sports community. The famous Evolution Championship Series moment No. 37 where Daigo Umehara, one of the most famous Street Fighter 2 Turbo players in the world, was in a losing scenario against his opponent in the last possible game of the tournament.

His character had such little health left that he would've lost if he took any hit, even if he blocked it. His opponent let loose a super attack, which was 17 hits all in quick succession, and everybody thought that Umehara had lost. However, he parried all 17 hits of the super attack, which means he blocked all the hits within one-sixtieth of a second that they connected and returned a combo of his own that won him the match, the tournament, and enough fame to launch the entirety of E-Sports into the limelight.

While the history of E-Sports is full of incredible plays, huge personalities and the highest level of competition, anybody can play because all you need to participate is a controller.

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UI's in-person games since the pandemic



Saydee Brass | Argonaut

1: Junior Linebacker Tre Walker tackles a UC Davis player with another Idaho teammate on March 6 in the Kibbie Dome

2: Grad Student quarterback Mike Beaudry celebrates with two teammates after scoring a touchdown against UC Davis on March 6 in the Kibbie Dome

Cody Roberts | Argonaut

3: Junior Linebacker Tre Walker tackles a UC Davis player with another Idaho teammate on March 6 in the Kibbie Dome

Saydee Brass | Argonaut

4: Sophomore runningback Khalil Forehand and Senior defensive lineman Kayode Rufai take a moment to kneel before the start of the UC Davis game on March 6 in the Kibbie Dome

Cody Roberts | Argonaut

5: UI sophomore wide receiver Hayden Hatten holds his hands in the air after scoring a touchdown as Eastern Washington redshirt junior defensive back Keshawn King gets off the ground behind him

CASH FOR BOOKS

ALL YEAR LONG

VandalStore

The official store of the University of Idaho

SHOOTING CLUB

FROM PAGE 7

His outgoing personality helped attract recruits to the club. People who joined ranged from having lots of experience with the sport to just being someone wanting to try something new when they got to college. Lee's friendliness was how the club was able to bolster their numbers to over 20. It has had a positive effect on the members because there are more of them to compete and mingle with.

"The leadership we have now has really turned it around," Rachel Stefani, a member of the club, said. "We've grown from probably 10 people to 30 or 40 in the last two years."

There are dues for the club, which cover shotgun shells and clay pigeons when they practice. Recruits also need to bring their own shotgun as well, and with Idaho being a gun-friendly state it's not too hard to find the right 12 gauge for trap shooting.

Stefani said they are discussing getting a shotgun for the club so

those who don't have a one can start practicing, but most of the time they just lend their extra shotguns to other members.

The club practices at the Troy-Deary Gun Club, located about 20 miles from Moscow. It has an open hillside where the landscape lends itself to the sport of shooting clay pigeons. Lee said it's a great place to give new members a taste of what trap shooting is.

The club isn't just for people who are fans of trap shooting. Lee said they participate in the Association of College Unions International Collegiate Clay Target Championships against other colleges like Boise State University.



Courtesy of UI trap shooting club

The University of Idaho trap shooting club poses for a group photo after a competition

From January to March, they shoot every Sunday for 10 weeks straight to get prepared for the event. Nationals are held in Texas and the club is aiming toward the large competition as their target this year.

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Opinion

We must remain patient

Many recent proposed bills don't match up with what Idaho's younger

While the light at the end of the tunnel grows nearer, the pandemic is not over yet. Jumping the vaccination line only lengthens the distance we still must go.

Idahoans currently eligible for the COVID-19 vaccine include those age 65 or older, first responders, healthcare workers and K-12 teachers and staff, according to the state's COVID-19 website.

Public Health – Idaho North Central District recently opened vaccinations to essential workers including farmers, janitors and grocery store employees and individuals age 55 and over.

Other essential workers and those age 16-64 with high-risk

medical conditions are scheduled to receive the vaccine in late April, according to the state's distribution timeline.

The general public can expect to be vaccinated in May. While that may seem like an eternity, it's nothing compared to the last year we've endured.

Waiting your turn to receive the vaccine is not too much to ask for. It should be expected.

Lying about eligibility to schedule an appointment sooner only slows down the process for everyone else.

We understand the

frustration. But it's important to

millions of COVID-19 vaccines were produced

According to the Centers for Disease Control and Prevention, people age 17 and under are the least susceptible. After age 29, the number of deaths due to COVID-19 skyrockets.

For individuals who are older, it becomes a necessity to receive the vaccine. But as the rest of us wait for the go-ahead, we must remain patient. For now, rest assured knowing the vaccine is being administered across the globe, bringing us one step closer to normalcy.

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understand why vaccinations are limited to certain demographics. It would be wonderful if

instantly. Unfortunately, it's a limited resource, and we must put those in need first.

A Quickly Changing Entertainment Industry

With a quickly changing atmosphere, comedians are finding new ways to stay relevant

Throughout the past couple of years, my interest in stand-up comedy has begun to wane. Comedians nowadays are stuck in their old ways, uninterested in creating clever, original acts and more focused on lamenting on "not being able to say anything anymore."

I cannot begin to tell you about how much I cringe when a forty-something-year-old man goes on stage, practically tells the audience how much he cannot stand his wife or children, or how cancel culture has made our generation "soft" and then walks off stage expecting us to burst into thunderous applause. Is "cancel culture" really ruining comedy? Or is it just old comedians refusing to adapt to a changing atmosphere.



Dani Moore
ARGONAUT

Humor is purely subjective. Not everyone finds the same things funny. The minion Facebook memes that send my mom cackling into hysteria, receive a deadpan reaction from me and vice versa with my jokes. It's impossible to pursue a career in comedy and expect everyone to find your jokes funny. Getting mixed reviews is normal and to be expected, especially when performing for a group with a large age gap.

Humor is a constantly changing genre, quickly evolving in the span of days. The old 'grumpy cat' and 'Bad Luck Brian' memes are practically ancient now, sorry to inform some of my professors. Making jokes that were popular in years past cannot be expected to get the same reaction now.

But how does this tie into "cancel culture?" As our society is changing and evolving, so are our senses of humor. The old misogynistic "kitchen" jokes and stereotypical comments about one's race are no longer being appreciated and tolerated. Rightfully so.

Standing in front of an audience and continuing to use the same old, lazy stereotypes of women, minorities and LGBTQ+ members are the equivalents of my professors attempting to show decade-old memes to their class and expecting a great reaction.

Simply put, they're boring. They're outdated. They portray people in extremely negative ways.

To be a comedian, you need to constantly be aware of trends, in order to stay on top and relevant. If you're still complaining about no longer being able to say the jokes of the past, people are going to regard you as old news and look elsewhere for entertainment.

Some comedians are saying the future of humor is being "attacked" and regulated, and that no one will be able to succeed. I say otherwise.

Entertainment apps such as Tiktok and Twitter are doing phenomenally well, and I have found thousands of good materials through them. People are going viral every day and attaining thousands of followers for their comedy pages. Curiously, they don't need to depend on racial stereotypes to be funny.

If people are claiming "political correctness" doesn't allow them to make good jokes and have a comedy career, perhaps they're just not that funny.

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

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"Super straight" and its ties to neo-Nazi's

A new movement sparked online has the only goal of being arrogant

A recent movement to redefine classifications of being straight is nothing more than a hateful attempt at being edgy.

Over the past week, social media sites saw a significant rise of the term "super straight," a so-called distinction of heterosexuality that strictly limits a person's attraction to biological men or women. In other words, purposefully excluding transgender people.

The original video was posted on Feb. 21, 2021, by Tiktok user Kyleroyce and amassed over two million likes before it was deleted and reuploaded to youtube. Subsequent twitter pages, flag designs, color choices and further explanations followed suit.

"I've made a new sexuality, straight men get called transphobic because I wouldn't date a trans woman," kyleroyce said, "Now, I'm super straight. I only date the opposite gender, women, that are born women. So, you can't say I'm transphobic now because that is just my sexuality."

The forum site 4chan quickly took hold of the term with a group of neo-Nazis

utilizing the ideology to "drive a wedge" in the LGBTQ+ community," according to Insider.

The group created Nazi imagery associated with the term "super straight" by brandishing the Nazi paramilitary group Schutzstaffel's "SS" logo with black and orange colors.

Now here we are. A group of people self-righteous and hateful enough to create a pseudo-sexuality managed to blossom into a vaguely tied neo-Nazi anti-LGBTQ+ campaign.

In all reality, even before its neo-Nazi affiliation, the movement was already rooted in LGBTQ+ hatred.

The movement's only goal is to make a mockery. Baselessly calling "super straight" a sexuality dismisses the mental struggle of sexual frustration and the journey it takes to realize one's sexual identity. Blatantly, it's inconsiderate at best and cruel at worst.

Those who have abided by the new term have done so to prove a point. A moot point, at that. However, with the aim of redefining transphobia, they became transphobic. To specifically exclude transgender people from attraction purely because they are transgender is no more or less transphobic than saying you'd never date a trans person just because they're trans.

The specific need to voice a disapproval

of trans people perpetuates an unneeded hatred. This hatred has no place on a campus that is meant to promote inclusivity.

Those who identify by the term, jokingly or not, only give us greater insight into their arrogance. There are far more productive, effective and considerate ways to have a sexual preference. Mocking the validity of transgenderism and other sexualities by claiming "super straight" as a new sexuality only mobilizes a fleet of hate-seeking heathens.

It is abundantly clear that individuals perpetuating this movement are doing so maliciously and ignorantly. In their effort to "prove a point," they've only made their lack of compassion and understanding apparent. Even before its neo-Nazi ties, the term is only fueled by scorn.

I urge those who have associated or supported the term, even with complacency, to take a deeper look into what it means and how it affects the students around them. What's the point of this all if we can't be compassionate towards one another? I don't know otherwise.

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Carter Kolpitke
ARGONAUT

Missing face-to-face interaction

I don't like talking about myself, but I will when necessary

Nerves on edge. Senses heightened. Brain blank.

I log in to my computer, sign-in to Handshake and click on the "join video" button. I sit in the one-on-one session alone.

I practice my speech, what they should know about me and what I want to know about them. I'm trying to make a connection to secure my future.

As the employer logs in, everything I thought I knew went out the window. I don't know anything about myself, much less the company.

Hopefully, my voice doesn't tremble. Thankful I remembered

to bring water to revive my mind and clear my dry throat.

I showed up to the virtual session a few minutes early, which earns extra points for the professionalism that no one is counting.

I came prepared though my brain told me otherwise. I had my resume reviewed and edited beforehand. I also learned how to dress professionally, what my computer screen placement should be and other things that would help me look like I put some

time and effort into the meeting.

Going to a career fair is like being at a show and tell. You dress up nicely and talk about what you can bring to the table and what can be improved on about yourself.

The first time I attended a Career Fair at the University of Idaho was Fall 2020. I've yet to

attend an in-person version.

I miss human interaction for important events like career fairs. It's not the same talking to someone face-to-face as it is talking to them through a computer screen.

Issues such as buffering and bad internet connection on either end can occur. This causes you to lose time talking to them while both parties miss critical information.

You can read people in-person easier by watching their eyes and body language. You can also express yourself more. It's harder to truly see someone's personality on a small screen.

I enjoy talking with potential employers that make me feel comfortable and are friendly. It helps me collect my thoughts and articulate them clearly.

I don't like talking about myself. I prefer to hear about other people and get to know them.

I need to survive in this world



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ARGONAUT

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To be fascist or not to be fascist?

The use of heavy words has made our political atmosphere only less productive

Big words are impressive. Big words make a speaker sound intelligent, well-educated, maybe even more trusting. But big words as we all know aren't always used by people who understand them. One of the big words our generation has become accustomed to seeing on Twitter posts protest signs, in headline news and on

opinion talk shows is the F-word. Fascist.

Fascist, or fascist if you prefer, has a lot of competitors for the most complex and misunderstood idea in the United States of America. Some of these competitors come close, such as "socialist," "communist" and "quid pro quo." But there can only be two

complexities tied for first (because my article says so) and the two couldn't be tied closer if they tried, fascist and anti-fascist.

To clear some unnecessary notion, fascism is defined by Merriam-Webster dictionary as "a political philosophy, movement, or that exalts nation and often race above the individual and that stands for a centralized autocratic government headed by a dictatorial

leader, severe economic and social regimentation and forcible suppression of opposition."

In other words, a fascist is someone who supports or is a part of a political movement that exploits the citizens of the government through economic pressures, suppression of criticism or disagreement and overt nationalism.

Understanding this, it's easy to digest our tied for first complexity, anti-fascism. Anti-fascism is the idea or a person who supports the philosophy

of being against fascism. Simple, right? Big words aren't always so hard.

What remains difficult to understand is why they have caught fire in our mainstream media and pop-culture as such empty pliable words and ideas. How did fascism, dictator worship and nationalistic ideals that work to oppress citizens often using racism, sexism, violence and other divisive harmful beliefs to assert power, sneak itself to the helm of the Republican ship?

Furthermore, how has

the Republican party been able to shrug off the big F-word as an impossible to define idea, thus making it impossible to prove any wrongdoing of the party, its leaders and its voters?

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

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Rebecca Pratt ARGONAUT

Finding your womanhood

A new movement sparked online has the only goal of being arrogant

A woman is never just any one thing. Many people would define a woman as feminine or motherly, thinking of old stereotypes of women who were bound to the house with the purpose of serving their husband and children.

Today, being a woman means so much more and has so many different meanings. Each woman has a different idea of what womanhood should be. A woman doesn't need to spend her days in the house raising children, cooking and cleaning.

Women are smart and strong, able to break the barriers of the home and accomplish amazing things, like becoming vice president or venturing out to space. Today, more women are breaking boundaries and glass ceilings than ever.

As of March 2021, 65 women have made the rigorous preparations to fly into space and break the glass ceiling about women in science. According to the National Aeronautics and Space Administration, astronaut Jessica Meir and Christina Koch completed the first all-female space walk in October 2019.

Professional tennis player Serena Williams has 23 Grand Slam singles titles under her belt. She won her last one while she was pregnant and holds more titles than any other player, winning four Olympic gold medals and becoming the highest

paid female athlete in the world in 2016.

Ruth Bader Ginsburg was an icon for all women, particularly for women in law. From the beginning of her term on the Supreme Court in 1993, she was the first Jewish woman and the second woman to serve in America's highest court. Up until her death in 2020, her career was spent fighting tooth and nail for women's rights and gender equality.

Our very own Vice President Kamala Harris is a formidable force in the field of politics, being the first woman, Black American and South Asian American to serve in the office.

"While I may be the first woman in this office, I will not be the last—because every little girl watching tonight sees that this is a country of possibilities," Harris said after she took office.

So many women have done so many amazing things and so many more will continue on the legacy of crushing the glass ceilings above them.

Women give birth to the next generation, raising the children who will one day take our places. For a child, a woman provides comfort and guidance, love and affection, skills and sense. But not all women are mothers, and they are no less valid.

Not all women were assigned that gender at birth and have gone through unimaginable pains to become what they believe they truly are. Even those who haven't

revealed themselves yet should celebrate their womanhood in whatever way they can.

Women of color, rich or poor, healthy or not, straight or queer, women from around the world should all be celebrated because womanhood is not just one thing. It is the combination of many things to make up a proud community who carry the world on their shoulders and will continue to do so with motivated grace, beauty and strength.

There are so many amazing women out there accomplishing great things on our little planet and beyond. They change the world in countless ways and bring a level of innovation nobody ever thought possible.

I am proud of the life I've built. Persistent with all of my goals. Driven enough to reach them. Humble in my achievements and graceful in my errors. I am a woman. I can't wait for the day all women can feel this way, comfortable in their abilities, identity and skin.

What is a woman? That's up to each person to decide. Find what womanhood means to you, go after it, embrace it and wear it proudly on your sleeve. Love others, who are women in their own rights. Love yourself. You are a woman.

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Anteja McCollum ARGONAUT

'Bridgerton' and the colorism lens

'Bridgerton', though attempting to be racially diverse, missed the mark

I love period pieces. I have a minor in American History and growing up my two favorite shows to binge-watch were "Reign" and "The Other Boleyn Girl" (nobody can do it like Natalie). So when I saw the trailer for the Shonda Rhimes Netflix show, it would be an understatement to say that I was excited. After watching it though I was left feeling unfulfilled.

The show is an adaptation of the book series by Julia Quinn and was produced by Shondaland. The coming-of-age story explores the themes of sexism, gender roles and class as the characters are forced to reconcile with the ways that they contribute to a patriarchal system.

"Bridgerton" is a new take on this particular story because the audience is being exposed to both the men's and women's perspectives on what it means to marry, produce an heir and influence their social status. And for a few reasons, the show is quite beautiful.

The mystery, the drama, the witty banter between characters is incredibly well-done. But for all the themes that the show explores, race seems to be intentionally glossed over. And because of this, I am left to wonder the extent to which colorism played in the creation of this show.

Colorism is defined

as the prejudice or preference for people of a different complexion, usually between members of the same racial group.

An example of this in American culture is when white slave owners would have mixed-race children with slaves who, because of their lighter complexion, received fairer treatment by society.

The first issue for me is that the show is being hailed as racially diverse because of the color-blind casting. Which it is, you can see people of color playing a

multitude of roles. But one of the problems arises when race is almost completely ignored until halfway through the show, and even when it is acknowledged we only get a brief reference. Not only that, but the three Black characters with the most dialogue are Lady Dansbury (Adjoa Andoh), Marina Thompson (Ruby Barker) Simon (Rege-Jean Page) who are all light-skinned.

In the show, the two darkest characters are the Duke of Hastings Sr, who's abusive to Siwmon, and Will, who is one of Simon's best friends. The show frames the Duke of Hastings as a special type of evil not only because of his abuse to Simon but also because of how he treated Simon's mother, who is also light-skinned, in her final moments after giving birth to Simon.

As audience members, we're supposed to agree that this man is the monster of the story and Simon's mother is the perfect wife which is mentioned several times. On the surface, this may not seem like an issue, but by placing the lighter-skinned on a figurative

pedestal, signals to the audience that light is good and dark is bad which in itself already has racist origins.

Will's involvement in the show ends when he throws a boxing match with the help of Mr. Featherington who's attempting to use the profits to pay his gambling debts. At the end of the show Mr. Featherington is caught and killed, but we're never given any insight into what happened to Will once his relevance to Simon ceased.

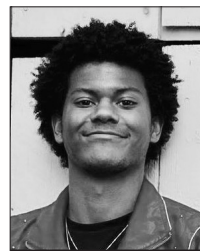
No matter the medium, it matters when Black characters are given nefarious storylines that run the risk of negative stereotyping without having a deeper conversation about how race works. Common stereotypes associated with Black people in the media are that they are scheming, selfish, aggressive or magical in some way that only relates to their ability to help the main character.

A common trend in the media is to cast light-skinned leads as the love interest of the main white lead to convey diversity and racial tolerance. When Black people are being cast for certain roles white directors, producers, etc. tend to go for lighter-skinned people because it's easier for audiences to relate to them despite being light-skinned having its own set of challenges.

This is the result of many factors including Eurocentric beauty standards which have deemed white people as the standard of beauty and anything else as abnormal. This has led to the creation of several "race" tests such as the One-Drop Rule and the Paper Bag Test which still have ramifications today.

In the end, the beauty of the set and costume design wasn't enough to satiate my desire for more emotionally complex performances from the Black characters in this show. Hopefully, we can look forward to this in season two.

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DeVonte Smith ARGONAUT

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