

Argonaut

THE UNIVERSITY OF IDAHO

FOR, OF AND BY THE STUDENTS SINCE 1898

Scott Green encourages students to get vaccine

Anyone in Latah County age 16 and older is now eligible

Haadiya Tariq and Angela Palermo
ARGONAUT

In an email Monday, University of Idaho President Scott Green encouraged all students, faculty and staff to schedule a COVID-19 vaccination appointment following updated guidelines from Public Health – Idaho North Central District allowing anyone age 16 and older to get the vaccine through enrolled providers within Latah, Nez Perce, Lewis, Clearwater and Idaho counties.

Gritman Medical Center continues to host vaccine clinics at the Student Recreation Center Thursdays and Fridays. Slots are available at the Idaho registration site.

Green urges students to schedule ahead in order to receive both doses of the vaccine before the end of the semester.



Scott Green

“We strongly encourage all Vandals to be vaccinated,” Green stated. “It is the best way to keep our community healthy and to allow us to return to activities in more normal ways.”

Last week’s mandatory COVID-19 testing yielded a 0.35% positivity rate of the 3,970 people tested, according to UI’s COVID-19 website. In January, when students returned from winter break, university-wide mandatory testing reported a 1.7% positivity rate.

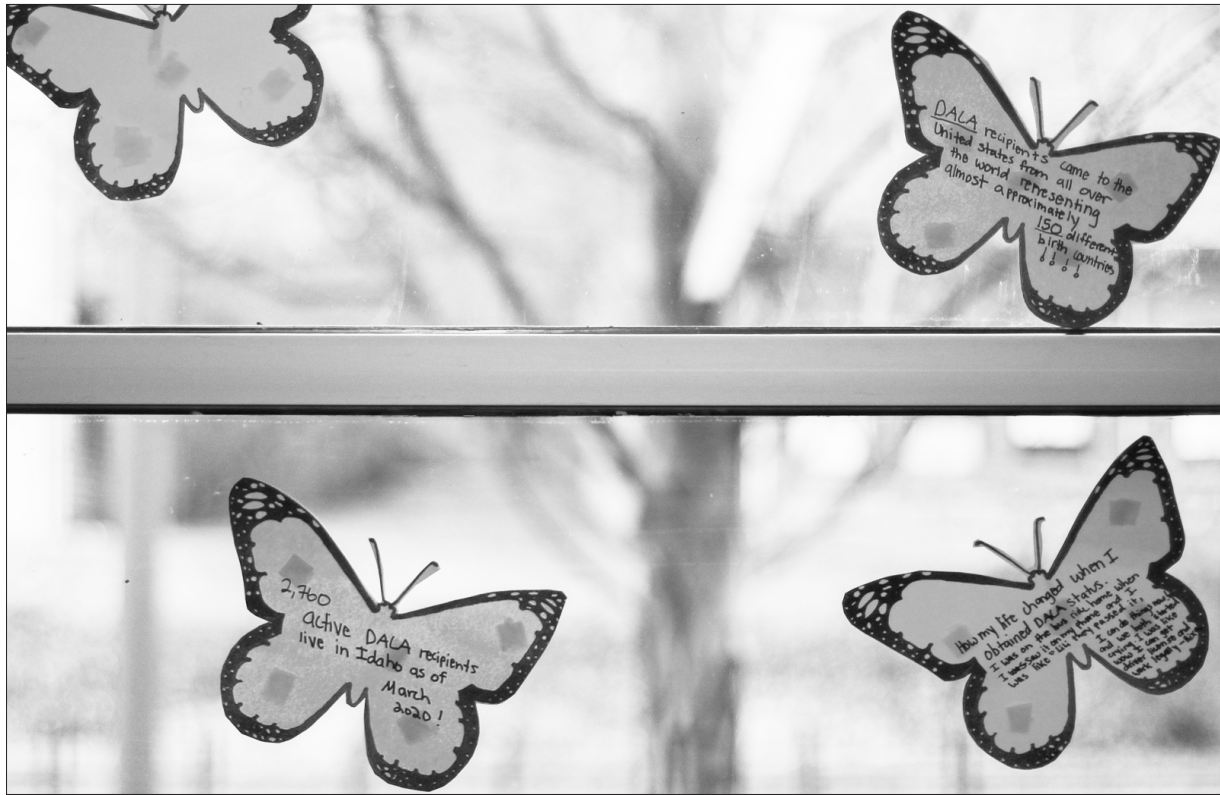
Students who have yet to receive their test results are currently ineligible for in-person instruction. Beginning Friday, those students will be locked out of university systems, including BbLearn and VandalWeb.

Fully vaccinated students are eligible for in-person attendance once proper documentation is provided to the university.

While COVID-19 rates are low and the vaccine is accessible to everyone in Latah County, random university surveillance testing will continue.

Haadiya Tariq and Angela Palermo can be reached at arg-news@uidaho.edu

Butterfly wings take flight



Hailee Mallett | Argonaut

DACA butterflies on the window of the Vandal Student Lounge

New legislation would create an eight-year pathway to citizenship

Evelyn Avitia
ARGONAUT

Butterflies are preparing to migrate over to Washington D.C. with the purpose of convincing U.S. Congress to establish a pathway to citizenship for undocumented immigrants.

To bring awareness to the Deferred Action for Childhood Arrivals policy, ACLU of Idaho Fellow and DACA recipient Rosseli Guerrero created the Butterfly Migration Project. Utilizing a symbol, she says, that best represents immigrants – the monarch butterfly.

The butterflies are

made from colorful cardstock paper and include resources, quotes, and information about DACA. Some butterflies offer words of support, such as “Si Se Puede/Yes We Can!” Others state facts, like “There is no pathway to citizenship for DACA recipients.”

Originating in Boise, the paper butterflies have made their way to cities like Twin Falls and Moscow. Now, Guerrero is working on sending the butterflies to D.C. to urge congress to pass the U.S. Citizenship Act of 2021.

President Joe Biden’s immigration plan, the U.S. Citizenship Act of 2021, would create an eight-year pathway to citizenship for the undocumented

community.

Guerrero was not always the outspoken activist she is today. Born in Jalisco, Mexico, the 25-year-old immigrated to the U.S. at just 5 years old. For years, Guerrero rarely spoke about her immigration status out of fear.

“You don’t have to have an activism or advocacy job to really get out in the community,” Guerrero said. “If you’re passionate about a certain issue, you can literally create your own project.”

For thousands of migrants all over the U.S., DACA is not just a pathway towards citizenship, it’s a means of survival. Without it, they don’t have access to a social security number,

work permit or driver’s license, and they live in fear of deportation.

According to Guerrero, common misconceptions about the program make matters worse.

DACA recipients are required to pay federal income taxes, however, they don’t have access to the same federal funds other taxpayers do like Medicare and FAFSA. Depending on the state, some DACA recipients are required to pay out-of-state tuition despite living in the state.

Since she was a child, Guerrero dreamed of attending college. That dream finally became a reality when she began attending Boise State University, double majoring

in communications and criminal justice.

Due to limited funding options, she paid her way through college, occasionally having to take time off and not be a full-time student, Guerrero said.

Monica Carillo-Casas, a third-year student at UI, has encountered similar challenges.

As a DACA recipient herself, Carillo-Casas consistently encounters questions about what the policy means. She decided to reach out to the Office of Multicultural Affairs and organize the first DACA Awareness Week at the university.

Events aimed at educating, informing and spreading awareness about DACA were hosted March 22-26. Guerrero shared her experience as a DACA recipient and introduced the Butterfly Migration Project during her keynote event, “Spreading Hope, Creating Change.”

“We have a small group of DACA recipients, daughters and sons of immigrants that are trying to help and get people to tell their stories,” Carillo-Casas said. “We are hoping to bring people together and try to bring it all together in Washington D.C. to hopefully make a change in that way.”

Third-year student Francisco Vazquez serves as the community service chair for the Multicultural Greek Council.

SEE BUTTERFLY, PAGE 4

Blaine Eckles emails students of Asian descent

Email sent from Blaine Eckles regarding Atlanta shooting

Aleea Banda
ARGONAUT

Last week, University of Idaho Students who identify as Asian, Asian-American or Pacific Islander received an email from Dean of Students Blaine Eckles in response to the Atlanta spa shootings and recent increases in hate crimes. In the attacks, eight people were killed, six of whom were women of Asian descent.

The subject line of Eckles’ email stated “concern and support for you.” In the message, Eckles provided a list of resources for those who have been affected by recent acts of bias and racism.

However, many students who received the email felt targeted. Because the correspondence was only addressed to individuals who identify as Asian, it did

little to combat racism on the university’s campus. It also reminded some of trauma and violence against their community.

“University records indicate you have identified as being Asian or Asian-American and Pacific Islander and thus I wanted to touch base with you to see how you are doing/holding up in light of this tragic situation and over the last year,” Eckles stated in the email. “I honestly don’t know if this incident impacted you or any family/friends in a negative way or not, or if you have experienced racial bias due to your ethnicity, but if it have, I am truly sorry and would like to offer my support to you.”

Emma Ramalingam, a UI student who received Eckles email, said the wording in the message could have been better.

“While I think it’s positive for the school to reach out with resources, the email should’ve included a statement about how any racism or discrimination will not be tolerated,” Ramalingam said. “This should be expressed to everyone involved with UI.”



Blaine Eckles

When reached for comment, Eckles said the email was not only sent out to individuals of Asian descent but also to Vandals who live in Georgia and Colorado.

“I want to make sure I’m operating from a standpoint of trying to touch bases with students individually,” Eckles said. “Saying, ‘this is how we can help, here are opportunities for doing that.’”

Eckles said he doesn’t plan to send out a university-wide statement regarding the recent shootings in Atlanta, and that his job is to speak out

specifically to students who could be affected.

“Racism, in all of its forms, is absolutely abhorrent to everything our higher education institution stands for,” Eckles said. “It’s wrong on our campus and it’s wrong in our communities.”

Anna Saythavy, president of the Asian American Pacific Islander Association at UI, said some members of the association felt the email was “alienating.”

“By sending it to us — that’s not going to help solve the problem of what’s been going on recently,” Saythavy said. “If you want to be an ally, not even just to the Asian community, you need to put in the work to understand what you’ve been doing, maybe how you’ve been perpetuating all these stereotypes.”

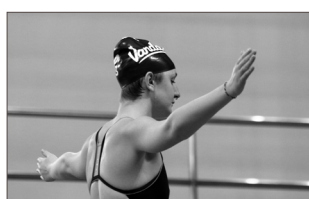
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A Crumbs Recipe

Black Bean and Pesto Mayo Burger

If you've been keeping up with these recipes, you may have noticed a theme: Pesto. It's quite the versatile cooking tool, and conveniently cheap, not to mention delicious. So, why not add it to your burger?



Bailey Brockett | Argonaut

Ingredients:

- 1 frozen black bean burger
- 1 hamburger bun
- 3 tablespoons of plain goat cheese
- 1 tablespoon of mayo
- 1 tablespoon of pesto

Directions:

1. Place burger in an oil coated pan on medium heat.
2. Cook, frequently flipping each side, for 7 to 10 minutes until outside is slightly crispy.
3. Mix mayo and pesto.
4. Spread pesto mayo on bottom bun.
5. Place burger on top, add goat cheese, add the top bun and enjoy.

Cook time: 20 minutes
Servings: 1

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RECREATION & WELLBEING

Intramural Sports

KICKBALL

ENTRIES DUE: THURSDAY, MARCH 4

ENTRIES AVAILABLE AT
UIDAHO.EDU/INTRAMURALS

Vandal Health Education

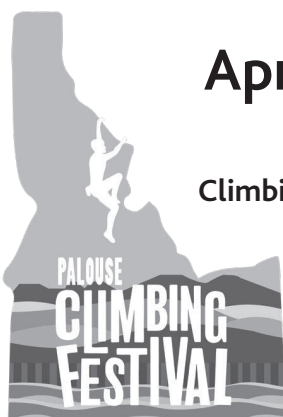
THERAPY DOGS

**April 7
1 - 3 p.m.**

ISUB Plaza



Outdoor Program



April 12 - 16

Register at the
Climbing Center Front Desk
Registration fee: \$15

Questions?
nmood@uidaho.edu or
call 208-885-6810

Vandal Health Education

Grocery Store Tour

Healthy Snack Foods
Wednesday, April 7

3:00 p.m. at Rosauers
sign-up at uidaho.edu/vandalhealthed

Fitness Program

FITNESS CLASSES

5-week sessions begin the
week of April 12

Learn more at
uidaho.edu/fitness

Outdoor Program



INTRO TO WHITEWATER KAYAK CLINIC

CLINIC: April 21, 7-10 p.m.
COST: Students | \$50 All others | \$75
Sign-up in the Outdoor Program Office

Live Well. Play Well. Be Well.



University of Idaho
Recreation and Wellbeing

uidaho.edu/recwell



UI Recwell

Across

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10	Kind of test
13	Bratislava native
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16	Contrary doctrine
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10	German diacritical mark
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12	Army member
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57	Fraternity letter
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60	Consume

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CORRECTIONS

A prior story has been updated to clarify Seamon's comments on civil rights' court cases from The Argonaut's March 25 edition.

THE FINE PRINT

UI STUDENT MEDIA BOARD

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public. Questions? Call Student Media at 885-7825, or visit the Student Media office on the Bruce Pitman Center third floor.

The Argonaut welcomes letters to the editor about current issues. However, the Argonaut adheres to a strict letter policy:
• Letters should be less than 300 words typed.
• Letters should focus on issues, not on personalities.
• The Argonaut reserves the right to edit letters for grammar, length, label and clarity.
• Letters must be signed, include major and provide a current phone number.
• If your letter is in response to a particular article, please list the title and date of the article.
• Send all letters to:
875 Perimeter Drive MS 4271
Moscow, ID, 83844-4271
or arg-opinion@uidaho.edu

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Women leaders at the University of Idaho



Morgan Shaver | Courtesy
Morgan Shaver poses at WWAMI medical program event

Moving forward in male dominated fields

Emily Pearce
ARGONAUT

When out on the slopes, skiing and breathing in the cold air, Morgan Shaver picked up the phone to discuss what it means to be a medical student.

Shaver, a WWAMI medical student from the University of Washington and an athlete, revealed what it's like to operate in a male dominated field.

Taking in breaths of thin mountain air before each question, she took off her skis. Shaver is one of many women leaders at the University of Idaho who work hard and find joy in the work they do.

As a medical student and competitive skier for 10 years, she knows the pressure that comes from working with predominantly male counterparts. For every 10 boys, she was one of three girls competing.

"At some point, I had to learn how to hold my own and not feel intimidated," Shaver said. "I'd think, 'I'm a girl, and I can do whatever they're doing.' In medicine, it's the same way."

Being an athlete taught her things she incorporates as a medical student. The more work put in, the better it gets, according to Shaver, and nothing can be perfect. Sports helped her become adaptable and have a flexible mindset to push her to do better.

For Christian Elsberry, associate vice president at Advancement Services, entering the workforce as a woman made it harder to seek out leadership positions.

"I sought out interesting work and skill sets I wanted to learn, and it was within these sorts of contexts that I've never been afraid," Elsberry said.

Elsberry comes from a background in psychology and never expected it to lead her to a high role in finance. But she's always found herself in leadership positions, even at her first job in high school. After deciding to change career paths from social work to payroll, she found work more rewarding.

"I was in those positions where I realized, okay, if I'm not in charge, then I have to accept certain things aren't going to be the way I want to be," Elsberry said.

The UI graduate is also a second-generation immigrant.

"I have a lot of pieces and parts to me," Elsberry said. "When you stop defining yourself as one story, you become many stories and it's the accumulation of all those things that you take into the world."

According to Elsberry, building relationships can only happen by having conversations with individuals in the room.

Mindy McAllister, director of recruitment and stakeholder engagement at the College of Natural Resources and a UI graduate, worked for many clubs and organizations during her time at the university that shaped her future career decisions.

In natural sciences, McAllister works in a male dominated field and knows other women in the college who continue to challenge the norm.

"There are some fields that are really balanced and some that are skewed more male than female," McAllister said. "But I do see positive changes even from when I was a student 15 years ago."

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Dam removal initiative spurs discussion

The plan would change to the ecology of the Northwest

Royce McCandless
ARGONAUT

Idaho Rep. Mike Simpson's Northwest in Transition Plan is expected to impact the greater Northwest region, including the Palouse, according to panelists at a webinar hosted by the University of Idaho Sustainability Center's Leadership Program.

The goal of Simpson's proposal is to restore the steelhead and salmon populations that have been on the decline for decades.

To properly remedy this ecological issue, the proposal involves a variety of initiatives that will significantly alter the wider northwestern landscape, including a plan to breach four dams on the Lower Snake River.

According to Simpson's proposal, the breaching process for Lower Granite Dam and Little Goose Dam would begin in summer 2030, while the breaching process for Lower Monumental Dam and Ice Harbor Dam would begin in summer 2031.

The proposal places an immediate focus on constructing a modern energy system to accommodate for the dams' removal and the subsequent loss of hydropower.

A staff member for the Idaho Conservation League, Mitch Cutter, said Simpson's proposal is estimated to cost over \$33 billion, with half of the cost assigned to building infrastructure for non-carbon energy.

"This proposal goes beyond replacing the services provided by those Lower Snake River dams and keeping the grid more or less where it's at now by actually improving that grid," Cutter said. "Moving the energy system of the Northwest into the middle of the 21st century and moving away from these aging, more centralized generation systems we rely on now."

The alternative energy sources proposed, is manure. Grants to various universities in the Northwest, including UI, would go towards researching how manure can be used as a source of biofuel and bioenergy, efforts that would mitigate the amount of potential waste reaching the water supply.

Another major area of focus for the proposal will be determining how to construct alternative systems for the transportation of agricultural goods. For the Palouse, this means grain transportation will shift away from barges and towards automobile and rail-based transport.

"The removal of the dams won't necessarily impact production, but it will certainly impact transportation of the wheat grown on the Palouse," Mark McGuire, Director of the Idaho Agricultural Experiment Station, said. "Those barges are an efficient system for delivering the wheat that's exported,"

The current proposal will have wheat transported to the Tri-Cities and then put on barges to be moved down the Columbia River, resulting in an environmental trade-off. The dams would be removed for the salmon and steelheads at the cost of increased carbon dioxide inputs from the transportation of agricultural goods, McGuire said.

Some of the effects will be felt in a way that is markedly different from the typical concerns with sweeping infrastructure proposals. Among the groups directly impacted by Simpson's proposal are the various native tribes throughout the Northwest region.

"This is going to have an impact on our people and our tribes in ways beyond just economics, beyond what some industries might find offensive to breaching those lower dams," Caj Matheson, Natural



Anteia McCollum | Argonaut

Looking up at Dworshak Dam from the Clearwater River, near Ahsahka, Idaho

Resources Director of the Coeur d'Alene Tribe, said.

Many tribes in the Northwest have culturally significant ties to the region's salmon, which have impacted tribal culture throughout history and into the present, according to Matheson.

"We were taught to consider salmon as sacred, as a life-giver," Matheson said. "Many tribes have stories about how humans almost couldn't survive, but salmon gave itself and his life up for the people."

While the restoration of salmon populations would be of particular significance to tribes on a cultural level, the economic impacts the

dam removals bring are still of concern to natives living on reservations.

To accommodate this, Simpson's proposal would give native tribes a say in what projects receive funding, a notable departure from a history of legislation which has often excluded native voices, Matheson said.

The intricacies and implications of Simpson's proposal continue to be debated amongst members of the Northwest Delegation and is yet to have a proposed date for its implementation at the legislative level. Simpson highlighted the Biden Administration's announcement of a clean

energy bill later this year with a proposed cost of \$2-3 trillion.

"As part of that \$2-3 trillion infrastructure package, this \$33.5 billion would fit quite nicely as infrastructure funding for the Northwest," Cutter said.

It is unclear whether the proposal will receive the necessary support to be drafted into legislation in time for the Democrats' expected infrastructure bill.

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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

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Idaho ranks ninth in best states for college students

The state is known for its wilderness and hiking

Kim Stager
ARGONAUT

Idaho ranked ninth in the top 10 states to be a student, according to Studee, a company that helps students choose the right college.

Studee compared the cost of tuition, rent, crime rates, happiness levels and several other factors to rank each state.

According to Studee, Idaho records low crime rates and high happiness levels. The state has an average cost of tuition of \$7,586 and average room cost of \$4,061.

"Idaho is a state full of wilderness, perfect for students who love hiking," the study states.

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Origin of April Fool's remains a mystery

UI English instructor shares customs for a day of pranks

Sierra Pesnell
ARGONAUT

April Fool's Day practices include a long-standing custom of pranking people and playing tricking on others with harmless jokes.

The start of the holiday created several traditions which differ by culture.

Kurt Queller, a senior instructor with the University of Idaho English Department, lived in Italy and France. He recalls a custom where children cut out paper fishes and stuck them on adults' backs.

"Sometimes they run away, shouting 'poisson d'avril! Pesce d'aprile!,'" Queller said. "But sometimes, it remains a stealth thing, so the person continues through their day with a fish on their back."

While the unofficial holiday continues heavily into modern culture, the beginnings of it remain unknown.

The origins of April 1 differs depending on historians. A possible cause for the festivity, according to History.com, was the change of the Julian calendar in France in 1582.

The prior calendar switched to the current Gregorian form, however, the modification led to confusion because a typical year under the Julian calendar started April 1, not the current Jan. 1. People confused by the transition were mocked.

Another theory for the custom of pranks came from English poet Geoffrey Chaucer, the BBC states. According to Chaucer, who was alive during the 1300s, two animals played a prank on each other, referring to the practices on April Fool's Day.

April Fool's Day is an event where people can experience harmless fun and enjoy the laughs that follow a prank.

Sierra Pesnell
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BUTTERFLY

FROM PAGE 1

He said bringing awareness to the program is a step in the right direction.

"I grew up with students who were DACA recipients, but this stuff didn't hit me until I got to college," Vazquez said. "Making friends that deal with these experiences, it makes me more empathetic to them and has made me do my research." DACA recipients and their allies remain resilient in hopes of one day establishing a permanent pathway to U.S. citizenship.

The Butterfly Migration Project has a goal to create 500 or more butterfly cutouts by April 15. To be involved with the national movement, visit the ACLU website.

Angela Palermo
and Haadiya Tariq
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'Migration is Beautiful'



Joleen Evans | Argonaut

Vandals and members of Movimiento Activista Social and H.O.P.E participate in a DACA demonstration Friday outside the Idaho Commons in 2017

The fate of the DACA was challenged in 2017

Evelyn Avitia
ARGONAUT

We've all heard of the Deferred Action for Childhood Arrivals, but how was it established? What is currently going on with the policy?

Lawyer, University of Idaho alumnus and DACA recipient Luis Cortes Romero provided answers during a keynote awareness event last week.

Cortes Romero is a partner at Immigrant Advocacy and Litigation Center in Seattle where he practices immigration law and advocates human rights.

"There is one really important thing that happened with the DREAM Act," Cortes Romero said. "It put a name to a certain population of the immigrant community, the people who were brought over as kids and were raised in the U.S., Dreamers."

According to Cortes Romero, the DREAM Act gave migrants a sense of identity and purpose.

Back in 2001, the Development, Relief and Education for Alien Minors Act was proposed, but never passed the Senate. It would've granted undocumented immigrant students' temporary legal status.

Fast forward to 2005, and student groups began to utilize activism to gain momentum, eventually forming the

largest youth-led community, United We Dream.

In 2008, former U.S. President Barack Obama ran a campaign promoting immigration reform. Near the end of Obama's first term, the public became aware of reports that his administration was deporting more immigrants than any other president in the history of the country, according to Cortes Romero.

People no longer bought Obama's pro-immigrant rhetoric. Dreamers and immigration activists began referring to Obama as "Deporter-in-Chief" and staged protests outside his headquarters.

Later in 2012, Obama announced new immigration policy, DACA, which would protect young, undocumented immigrants from deportation.

"DACA is not a green card and it's not citizenship," Cortes Romero said. "You get basic building blocks of life, a work permit, a social security number and that's basically it."

First, individuals submit an application, a process requiring an extensive amount of personal information. Afterwards, applicants visit an immigration office where their photos and fingerprints are taken and a thorough background check is conducted.

The fate of DACA was challenged in 2017 after the Trump Administration said they would end the DACA program.

Cortes Romero was a lead lawyer on a lawsuit against former U.S.

President Donald Trump to prevent DACA from ending.

"He couldn't end the program just like a light switch, essentially that is what he was doing, he was just turning it off and on," Cortes Romero said. "That's not how you end government programs, people rely on this."

After winning the case, Cortes Romero found himself arguing for the continuation of DACA inside the U.S. Supreme Court. There he found support from 143 businesses including Apple, Microsoft, Amazon, Starbucks and Twitter, which rely on DACA recipients as part of their workforce.

The Supreme Court ruled in favor of DACA recipients in 2020, blocking the Trump Administration's plan to end the DACA policy.

Now, the House of Representatives has passed the American Dream and Promise Act.

If passed by the Senate, the American Dream and Promise Act would provide a pathway to citizenship for DACA recipients and undocumented immigrants.

While being a DACA recipient has become more common and accepted, Cortes Romero said, there is still progress to be made.

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Faculty Senate discusses the new Vandal Hybrid Budget Model

The new budget shifts to emphasize performance through incentives

Royce McCandless
ARGONAUT

Faculty Senate discussed changes to the University of Idaho budget model which will shift away from the prior, increment-based model.

The proposed hybrid model would utilize a combination of fixed and variable funding to allow for greater budget unification through a universal base budget

percentage while allocating a portion of each academic college's budget to be gained or lost depending on whether the college meets various performance metrics.

Under the hybrid model, fixed funding based on the previous year will account for 90% of a college's funding pool. 2% will be used for variable costs such as structural issues, collaboration rewards and other matters that emerge throughout the fiscal year. The remaining 8% will be allocated

for metric-based incentives, Academic Budget Officer

Kimberly Salisbury said.

"One of the challenges here is that all of the colleges are unique," Interim Provost and Executive Vice President Torrey Lawrence said.

Originally, the hybrid model had provided funding on a proportional basis, but there were fears that colleges would be forced to compete with one another. This shifted the model to allow for individualized metrics for funding. The current metrics measured in the budget are student credit hours delivered, undergraduate degree completions, undergraduate enrollment trends, graduate degree completions and graduate enrollment trends.

According to the university's Sustainable Financial Model Working Group, each of these metrics will have target numbers that are adjusted for each academic college. The targets will then be evaluated on an annual basis, with adjustments being made nearly every three years.

The targets for each college along with the metrics, the weights of the various metrics and the weight for completion of metrics will be finalized by July 1 and be implemented starting in fiscal year 2022, Salisbury said.

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Torrey Lawrence

THE ARGONAUT Life

LIFESTYLES, INTERESTS, FEATURES AND ENTERTAINMENT

The OMA's small staff has a big impact

The Office of Multicultural Affairs has a far and wide-reaching influence on university life

Paige Fiske
ARGONAUT

The Office of Multicultural Affairs has a small but passionate team of three staff members and a wide network of student organizations.

This team is made up of Office Director Jesse Martinez, Academic Retention Specialist Corrin Bond and Jeanette Orozco, the CAMP/OMA Retention Specialist.

"One thing about our office, it's very team-oriented," Bond said. "It's not hierarchical, we're all working together while collaborating and we're constantly keeping each other updated."

The additional positions are the Administrative Coordinator/Assistant, which is in the process of being filled, and Multicultural Programs Coordinator. These used to be the only two additional full-time positions adjacent to the director when Martinez first took on his role about seven years ago, with one additional part-time academic retention specialist.

"We've been able to add another member to our team due to the success of our program and the students advocating and most importantly benefitting from the services we're providing," Martinez said.

Despite having two unfilled staff positions, the OMA team maintains their open-door policy. The team encourages students of all backgrounds who are interested in strengthening their multicultural education, engaging and learning more about multicultural aspects and views, to come by their office or reach out virtually and get involved.



Jesse Martinez



Corrin Bond | Courtesy

OMA staff and Diversity Scholars collected donations outside of Walmart for the annual Dr. Martin Luther King, Jr. Food Drive on Jan. 30, 2021

"It's a little bit limited with the pandemic but for the most part anyone can either email us or they can stop by, depending on what they are looking for," Orozco said. If they're just looking to get involved they try "connecting them with Unity and the organizations they need specifically."

Unity is the Umbrella Organization of multicultural and diverse student groups of all kinds.

"It's a space for all multicultural and diverse student organizations to get together," Orozco said.

The OMA tries to stay connected so they can remain in tune with the student experience. These groups range in interests from leadership, cultural, dance and multicultural Greek organizations.

The Diversity Scholars program is one of the highlights of the OMA's student involvement, but it is not the only program they host. As one of the five Equity and

Diversity Units on campus, they host heritage events, cultural celebrations, workshops, trainings and other presentations for many groups on campus.

"It's those different cultural programs that we do to make sure all students at the UI are learning from one another and understanding our backgrounds and histories," said Martinez.

Although they come from different backgrounds and found their job's in different ways, each of the staff members has one thing in common, passion.

Bond, who focuses on first-year freshman and transfer students, was looking for an intersection between teaching higher education and multicultural education, support and awareness after doing both her graduate and undergraduate at UI.

She found that within the OMA and enjoys the community between the other offices: College Assistant Migrants Program, Native American Student Center, Women's Center, and the LGBTQA Office with whom they share a physical space in the TLC 230.

"There's such a strong sense of community and it's very welcoming, supporting, encouraging... all the descriptors I could use for this office are warm and just really community-oriented," Bond said. "That's the case for our office and I'd say that's the case for our four other Equity and Diversity Units."

The best part of the job for Bond is not all the paperwork and administrative tasks but the interacting and socializing with the students she helps.

Orozco focuses on keeping returning scholars involved in any capacity they need and was hired by the OMA about a month ago. She has significant qualifications and experience as a CAMP scholar herself in 2016 as well as personal involvement with the OMA during her undergrad.

Orozco received a sociology degree and knew that the goal was always to help people. The experience these programs provide is so important that they pulled her back into her purpose of being a provider and a safe space for cultural awareness.

"I just graduated in May so I was a student helping a lot with the Unity Program with the umbrella organizations for the multicultural and diverse student organizations," Orozco said.

She was inspired by the Equity and Diversity staff that helped her along the college journey and admired the way they were able to help students. The mentorship aspect of the position is what drew her in, she said. According to Orozco, the end goal is "giving back to those specific programs that gave so much to me."

Martinez is also a graduate from UI who has found many benefits from the programs provided by the OMA both during his time as a student and as a director.

"Our students have the opportunity to not only share their culture but to learn about other cultures and sometimes even their own," Martinez said.

Learning about the origins and reasoning behind the celebration, Día de los Muertos at the UI gave Martinez an understanding he never knew as a kid when his family would celebrate in Mexico and later in the US. The celebration at UI prompted conversations with his family he had never thought of having before that lead to further understanding.

"It was much more difficult for them to participate as a lot of our loved ones were not buried in the US... here it looked very different," Martinez said.

Beyond this cultural education, the diversity scholars receive one-on-one monthly advising along with mandatory study table hours, grade checks, tutoring and individual assistance with anything else they may be struggling with within their school, work or personal lives.

To read the rest of this article, please visit uiargonaut.com

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Broaden your art horizons at Raven Hammer Studios

Racheal Eastman seeks to facilitate a positive art community by teaching what she is most passionate about

Bailey Brockett
ARGONAUT

From her home studio based in Lewiston, Racheal Eastman finds joy in teaching her former college major, printmaking and many other mediums.

Eastman, the founder and owner of Raven Hammer Studios, has been making art for years while simultaneously working as an art teacher.

Eastman has also been able to pursue her artistic endeavors after a divorce, transforming her shop into a studio over a few years of dedicated creative time. She uses this studio to teach a variety of workshops and as a creative space for herself.

On the first Saturday of every month, Eastman mainly teaches a variety of printmaking, as it is her specialty and a particular favorite of hers. This ranges from monotype, etching, leaf block printing, jelly prints and more. Eastman is happy to teach a wide range and facilitates the materials and instruction for whatever her students are interested in.

She also teaches bookmaking and hopes to branch into woodworking in the future, with a strong desire to teach women and create a safe space for them to learn the process, free from the pressure of gender norms.

Eastman thoroughly enjoys teaching her classes and sees it as a nice contrast to teaching kids who don't always want to listen to her.

"I have a master's degree in printmaking that I never get to use," Eastman said. "It's nice to get to use the skills that I actually

went to college for. Kids don't often pay attention or listen very well, so it's nice to work with people who have a desire to do art. I really look forward to adults who won't complain."

Those who are interested in attending these workshops have much to look forward to. People who may not have a chance to meet otherwise, are able to interact and learn from each other, Eastman said. She said she loves seeing her students exchange phone numbers at the end and enjoys seeing such a fierce passion for art in different people.

"The community is really strong for it," Eastman said. "People want to be there and have a desire to learn and take my advice. They love being in that world."

Her upcoming workshop will mainly focus on leaf block printing and etching, but Eastman plans on offering a student-driven workshop and will facilitate what her students are interested in learning.

The next workshop will take place on April 3, at 1:00 pm at Eastman's home studio. To register, go to the Raven Hammer Studios' Facebook page and send a private message to confirm. The class is \$45 and does have COVID-19 restrictions in place. Eastman is limiting it to no more than five people, and attendees will be required to wear a mask for the duration of the class. Eastman also has both doses of the COVID-19 vaccine.

If you can't make it to the next workshop, Eastman offers classes on the first Saturday of every month, and those who are interested can look for the events on the Raven Hammer Facebook page.

Bailey Brockett can be reached at arg-life@uidaho.edu



Racheal Eastman | Courtesy

(Top) Raven Hammer Studio building
(Bottom) A painting Eastman made of her studio

Sexual assault awareness month event calendar

Raise awareness, advocate, and learn this April

Katarina Hockema
ARGONAUT

April 1 - Faculty and Staff Green Dot Workshop
Virtual Green Dot Workshop for Faculty & Staff
The Green Dot Workshop for faculty and staff introduces the basic elements of Green Dot, focusing specifically on the vital role university employees play in establishing & reinforcing campus culture. This virtual workshop is interactive and action-oriented.

Date: April 1
Time: 9 a.m. - 10:30 a.m.
Location: Via Zoom
Register for the Training

April 6 - Responding to Disclosures of Sexual Violence in a Culturally Responsive Manner

The "Responding to Disclosures of Sexual Violence in a Culturally Responsive Manner" training is a 90-minute session that focuses on handling disclosures of interpersonal violence from students with considerations for cultural diversity. University of Idaho faculty, staff and students are invited to attend.

Date: April 6
Time: 11 a.m. - 12:30 p.m.
Location: Via Zoom
Register for the Training

Katarina Hockema
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Life hacks

Things to do on the Palouse this week

Emily Pearce
ARGONAUT

Feeling bored and are wondering what things are going on this week? Stay up to date on current events and view things to attend in your free time. Here are the best happenings this week. Remember, when going out to in-person events, wear a mask and social distance to keep yourself and others safe.

"Women's and Women-Identified History Month Display"

Time: Library hours
Date: On display until April 9
Place: University of Idaho Library
Price: Free

Women must stick together! In collaboration with the Women's Center, the UI library has showcased the "Women's and Women-Identified History Month Display," themed in strength, resilience and social justice. The display is on the first floor of the library and is available to view until second week of April.

Jazz in the Schools
Time: 7:30—8:30 p.m.
Date: April 2
Place: Online event
Price: Free

Watch guest artist Brian Claxton and UI faculty perform compositions by Claxton. Lionel Hampton Jazz Festival's educational outreach "Jazz in the School" provided workshops and concerts to Idaho Falls. Their performance was livestreamed and is now available to everyone free of charge.

After Dark Egg Hunt
Time: 8—9:30 p.m.
Date: April 3
Place: VandalStore
Price: Free

What better way to kick off the Easter weekend by egg hunting? Student Alumni Relations Board encourages students to join them for an egg hunt after dark. The hunt will begin at the VandalStore and move through campus. Wear a mask and bring out your inner child.

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CASH FOR BOOKS
ALL YEAR LONG

VandalStore
The official store of the University of Idaho

Green Dot to hold RHA-sponsored training session

No one can do everything, but everyone can do something

Katarina Hockema
ARGONAUT

The Green Dot Safety Program, a bystander intervention initiative, has been a presence on the University of Idaho's campus since 2014. Their objective is to train students, staff and faculty to take action as bystanders by noticing and preventing domestic violence, sexual violence and stalking in their local communities to create a safer environment for everyone.

"(Green Dot is) a violence prevention program that really focuses on culture change, and knowing that no one has to do everything, but everyone has to do something," Amanda Ferstead, the Mental Health Promotion Program Coordinator for Student Health Services and Green Dot training facilitator, said.

Green Dot normally holds several 90-minute training sessions as well as several longer-term workshops per semester for students, staff and faculty to participate in and learn how to be an active bystander.

However, COVID-19 guidelines have made it to where all training sessions are held online.

Students can register for virtual workshops by visiting Green Dot's page on UI's website and navigating to the "sign up for training" tab. Participants must submit their first and last name, email, optional relevant organization and year in school. From there, a selection of available times is listed.

During these sessions, trained facilitators consisting of UI students, staff and faculty share stories of unsafe, violent situations and inform participants about how to be active bystanders through interactive workshops. These workshops are open to specific staff and faculty groups, Residence Hall Association members, Family and Consumer Science students and Greek Life affiliates to name a fraction of specific groups.

"Really, it's about having conversations with folks about things like 'what is Green Dot?' and what does that mean, as well as ... (looking) at what barriers we may have as an active bystander, and how we find something that works for us within our barriers," Ferstead said. Participants are

informed on the difference between a Green Dot and a red dot, as well as the "3 D's" that an active bystander can choose to do.

Green dots are categorized into reactive and proactive responses.

According to Green Dot's information page, a reactive green dot is "The choices you make in response to a situation that you think might be a high risk or might eventually lead to a red dot."

These choices made in response may relate to the "3 D's," being direct, delegate and distract.

A "direct" green dot is often done by having a bystander directly confront an unsafe situation of violence, usually by

engaging in a conversation with the perpetrator or the victim of the violence that is happening.

A "delegate" green dot is when a bystander delegates responsibility to another individual

or party that may be better suited to handle the situation. This could include calling the police or recruiting help from others that may be at the scene.

A "distract" green dot occurs when a bystander creates a diversion to distract attention, often from the perpetrator, from continuing the unsafe or violent behavior. This can also be used to diffuse the tension of a situation by changing the center of attention to something else.

A proactive green dot is described as "Little things you can do to make it less likely red dots will ever happen by shifting norms about

getting involved," according to their information page.

These 'little things' include registering for Green Dot training, encouraging others to sign up or generally spreading information through social media or word of mouth about positive bystander responses to potential circumstances of violence.

A red dot, on the other hand, according to their information page is "a decision to inflict power-based personal violence or harm on someone else."

This can include physically coercing or purposely intoxicating someone to gain control or sending threatening or manipulating text messages, among other things, according to Emilie

McLarnan, the Associate Director of Violence Prevention for the Dean of Students and the main project coordinator for Green Dot.

"I think most people have that gut feeling of (seeing) something going on and it looks like somebody who's not safe or that something sketchy is going on ... we want students to, you know, relish that gut feeling and then do something about it, while keeping themselves safe," McLarnan said.

Physically or verbally engaging with someone in a violent manner, often in public, committing forms of domestic or sexual abuse and stalking are all forms of red dots to be aware of as active bystanders, as said by Leslie Jimenez, a fifth-year studying marketing and advertising.

Jimenez is a student staff member in charge of managing Green Dot's social media and online marketing presence. She has participated in Green Dot training in the past and decided to take on a social media and marketing position due to her fields of study and her experience working with McLarnan, as well as other facilitators and participants.

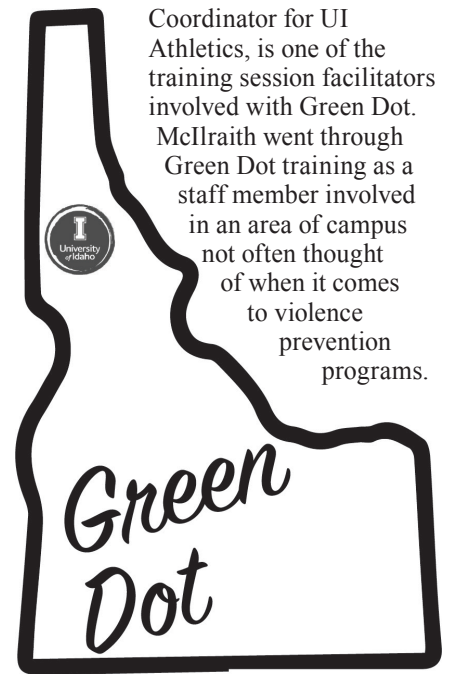
"It really comes down to how everything really impacts us, knowing somebody and not being able to help them ... (it) just feels so horrible," Jimenez said. "I feel like this program definitely

gave me resources to at least help with whenever I can."

Jimenez's position will be available upon her graduation this May. Students should keep in mind that this position is open to students studying any major, but should be filled by someone with design experience, social media savviness and enthusiasm about Green Dot and the prevention of violence on campus, according to McLarnan in an email.

Sean McIlraith, the Administrative

Coordinator for UI Athletics, is one of the training session facilitators involved with Green Dot. McIlraith went through Green Dot training as a staff member involved in an area of campus not often thought of when it comes to violence prevention programs.



"One of our number one responsibilities is to look out for our students," McIlraith said. "If we all go through this program, we'll learn those applicable ways where we can look out for students and each other in general."

This initiative was supported by McLarnan, wanting to reach out to as many divisions of campus as possible.

"It's been great to see the range of faculty and staff who have participated and who really want to learn what their role is in supporting students

who are doing green dots, who are trying to make a positive change on campus in how they can best support students who may have already experienced violence in their

lives," McLarnan said. "The response they get from their faculty and staff that support them is really important."

McIlraith has collaborated with the Athletic Department to implement CHAMP, or Caring for the Health of student Athletes through Motivation and Preparation. This program encourages new Vandal athletes to participate in the Green Dot program whether they are first-years or transfers, according to McIlraith.

"They get acclimated to campus and they get to go through something that the general student body is going through as well," McIlraith said. "Returning students go through a refresher to hit home the little tidbits of the program as well, so I think that's been really helpful."

To read more of this article visit uiargonaut.com

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Amanda Ferstead



Sean McIlraith

"If we work together, we can make it clear that violence is not tolerated and everyone is expected to do their part."
- Amanda Ferstead

Recovery Radio is a series of broadcasts from the Latah Recovery Center in Moscow, Idaho for people dealing with mental health and addiction issues. Most episodes are originally broadcast on KRFP FM.

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Sports

Jumping from gymnastics to dive



Cody Bashore | Courtesy of Idaho Athletics

Freshmen diver Emily Mack prepares to jump into the pool during a competition

Gymnastics history helps Emily Mack level up her game faster than most

Ryan Hill
ARGONAUT

To be a diver, one must be able to maneuver with flexibility, strength and courage to perform many stunts in the short period of time between the springboard and the water. It can be quite a challenge, but for Emily Mack it's her passion.

Mack, a freshman diver at the University of Idaho, has

been diving since she was 5 years old. She advanced to the finals in all three dives at the Western Athletic Conference Championships, taking third in the platform dive and placing seventh in both the one meter and three meter dives.

With a background in gymnastics, she picked up diving after one of her mother's friends recommended the sport to her after she broke her wrist, though she was already planning on quitting gymnastics because of it.

"I still wanted to keep flipping

because I liked doing that stuff," Mack said. "I didn't even know diving was a thing until someone explained it to me and I was like, 'Oh that sounds so cool.'"

Mack said diving wasn't easy at first. She wanted to get right into the cool-looking flips the sport is known for, but for the first two months she had to focus on learning the basics of how to dive. When she finally was able to do the flips and spins associated with diving, her gymnastics training kicked in.

Mack said she loves the

adrenaline rush diving offers to her, which is why she continued diving in college on the UI dive team under dive coach Jim Southerland.

Southerland has been coaching at UI for six years and has around 35 years of coaching experience. He said he continues to be impressed by Mack's affinity for diving.

"She came with probably more experience than even some of our upperclassman have," Southerland said. "A lot of times we get more divers with not a great deal of experience, and they have so much to learn."

The training divers go through is what can hold up even experienced divers. Southerland said while the team does dive into the water during practice, they also do dry training as well.

"The girls train about 50% of the time on the trampoline and gymnastic types as opposed to just going in and diving every day," Southerland said.

Southerland said dry training can emulate about 60% to 70% of diving because it's mostly acrobatic movements. The trampoline helps simulate the dive for the athletes and allows them to practice more effectively while honing their skills.

Southerland said it's a great way to save time as well. He explained divers jumping into the pool and getting feedback on their movements can take at least

two minutes a person. But with the dry training they can repeat the same move three to four times a minute, much faster than they could in a pool.

Dry practice can be a bit of a challenge to get into at first. Southerland said sometimes it can take someone a year to learn all the trampoline skills. However, Mack was able to jump right into it thanks to her background in gymnastics.

Mack said she has enjoyed her time on the team because her teammates have become her best friends, closer than the connections she has outside of dive. She loves competing with them and praised Southerland's coaching. Southerland said his team gives her a great environment to grow and work hard as well.

Though the number of meets her freshman year was dwindled due to COVID-19, Southerland said this year is a training year, meant to get the team ready and prepared for the next season.

Mack said they have six meets each for the fall and spring lined out, and they are ready to dive into next year.

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Golf competes at Duck and Redhawk Invitationals

Golfers use performance at Duck Invitational to think about improvements at the Redhawk

Morgan McDonough
ARGONAUT

The University of Idaho men's golf took on the Duck Invitational at the Eugene Country Club in Eugene, Oregon, and the Redhawk Invitational Tournament hosted by Seattle University in University Place, Washington.

The Vandals finished 14th at the Duck Invitational on March 23. The Vandals wrapped up this tournament with a team score of 931 at the end of three rounds.

The Vandal's went head-to-head with 15 schools at the Duck Invitational. University of Oregon, Oregon State University and Boise State University were among some of the Vandals' biggest competitors at the Duck

Invitational. The Vandals lineup for the Duck Invitational included junior Travis Hansen, graduate student Sean Mullan, freshman Matt McGann, freshman Joe Gustavel and freshman Jose Suryadinata. Mullan's third round for the Vandals carded a 4-over, 75. He finished the tournament in a tie for 32nd with a total score of 11-over, 213. Behind Mullan came Suryadinata with a tie for 53rd and a final score of 16-over, 229.

Suryadinata is one of the few freshmen who has had the opportunity to play in every tournament this season. He was awarded UI men's Golfer of the Week in February. In his first collegiate tournament, Suryadinata placed third in the Nick Watney Invitational.

"The Duck Invitational was not my best performance, but it was a great learning experience, and I was able to improve from

this," Suryadinata said. "I realized I need to stay more focused and determined for (the Redhawk) Tournament."

At the Redhawk Invitational, the Vandals went up against Boise State University, Gonzaga University and Oregon State University. Overall, Idaho completed the Redhawk Tournament in eighth place with a 29-over, 885 after the final hole on Tuesday.

Nuhn said the team had been looking forward to the challenges the Redhawk Invitational posed because "now these guys can see what it takes on a course like this against nationally ranked teams."

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

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Courtesy of Idaho Athletics

Freshmen golfer Jose Suryadinata swings a club at the Lewiston Golf and Country Club

THURSDAY April 1	FRIDAY April 2	SATURDAY April 3	SUNDAY April 4	MONDAY April 5	TUESDAY April 6	WEDNESDAY April 7
No events scheduled for this date	<p>Track & Field/ Cross Country at Whitworth H.I.R. Invite @ Spokane, WA All day</p> <p>Men's Tennis at Eastern Washington University @ Cheney, WA Noon</p> <p>Women's Soccer at Eastern Washington University @ Cheney, WA 3 p.m.</p>	<p>Track & Field/ Cross Country at Sacramento State Open @ Sacramento, CA All day</p> <p>Women's Tennis at Eastern Washington University @ Cheney, WA 11 a.m.</p> <p>Football vs. Idaho State University @ Pocatello, ID 3 p.m.</p>	<p>Women's Soccer vs. Eastern Washington University @ Cheney, WA Noon</p>	<p>Men's Golf at Wyoming Cowboy Classic Chandler, AZ All day</p> <p>Women's Golf at Wyoming Cowgirl Classic @ Chandler, AZ All day</p>	<p>Men's Golf at Wyoming Cowboy Classic Chandler, AZ All day</p> <p>Women's Golf at Wyoming Cowgirl Classic @ Chandler, AZ All day</p>	No events scheduled for this date



Soccer season recap



Saydee Brass | The Argonaut

Graduate student Taylor Brust kicks the ball up the field during the Sacramento State University game on March 28 in the Kibbie Dome

After a slow start, Vandals are making their way up

Dylan Shepler
ARGONAUT

Over the last two weeks, Vandal soccer (4-4-0, 4-2-0 BSC) has kicked off their Big Sky Conference season. The first two matches were lost 0-1 against the University of Montana (5-0-0, 4-0-0 BSC).

However, the Vandals have turned it around and won their last four matches, the first two being 5-0 wins against Portland State University (0-5-0, 0-5-0 BSC) and the last pair being 2-1 and 2-0 wins against Sacramento State (1-2-4, 0-2-2 BSC).

In Idaho's first match of the Big Sky season, Montana scored a goal in the first half and played strong defense to block out any incoming goals, leading to a season record of 0-3 for Idaho.

The second match between Montana and Idaho met a temporary stalemate, with the match going into overtime. Montana finally scored a goal, leading the Vandals to a 0-1 loss in overtime and turning a suspenseful match into a swift loss.

The first match against Portland State on March 19, however, had quite different results for Idaho. In a dominant performance that netted them their first win of the season, the Vandals scored five total goals

against the Vikings, three in the first half and two in the second.

The Vandals showed not only a strong offense in this match, making five out of 11 shots on goal, but also a strong defense by blocking two shots on goal and another seven shots.

The second match against Portland State on March 21 ended with the same score, making three goals in the first half and two in the second, putting another win on their record. This match was a continuation of the performance put on in the previous one.

Idaho was able to net their first goal within six minutes of the first half, with the second goal coming at the 23 minutes, nearly the exact same time as the first goal of the first match against Portland State.

The Vandals then continued this streak of scoring through the rest of the match, eventually winning 5-0 and rounding out their record at 2-4.

In the March 26 match, the Vandals went up against the Sacramento State Hornets (1-2-4, 0-2-2 BSC) in a match that did not pick up, in terms of goals, until the second half. In the second half, freshman midfielder Margo Schoesler made a goal that put the Vandals in the lead, but Aubrey Goodwill from Sacramento State led a return goal that tied the score. In the very last minute, redshirt

senior forward Myah Merino led a goal that won the match for the Vandals.

The senior day match against the Hornets on March 28 resulted in a 2-0 win for the Vandals, with Schoesler and redshirt sophomore midfielder Sidney Schmidt making the goals. The Hornets were on an equal playing field with the Vandals before the half, but then they fell behind as the Vandals when they were outshot, 9-5 with a 5-2 shot on goal advantage.

Across every match many players stood out, but none shone more than Merino, who had a total of 18 shots on goal and three goals across the six matches. Other standout players during the Big Sky season included Schoesler with nine shots and two goals, senior midfielder Kaysie Bruce with 16 shots and four goals as well as freshman forward Maddy Lasher with four shots and two goals.

The Vandals hit the field to end the season against Eastern Washington University (3-2-2, 2-0-2 BSC) in Cheney, Washington, 3 p.m. on Friday and noon on Sunday. The matches will be streamed on PlutoTV channel 1053.

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Who will the league champions be?

Catchup of the beginning of the League Championship Series

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In a quest to find the best "League of Legends" players in the world, Riot Games, the creator of the game, hosts a massive double-elimination style tournament.

The North American portion of this tournament is called the League Championship Series, and this year the LCS is off to a roaring start. Two crowd favorite teams have already lost one match and are set to drop out of the tournament if they lose another. Two other teams, who have shown they are truly professional players, are set to square off in the next match.

The first match was between Cloud 9, a long-time crowd favorite and 100 Thieves, a newer well-matched competitor. Cloud 9 took the whole match 3-0 in a best of five.

C9's Zven stood out among his team for his above-average play in every game, gaining an early lead and driving them to a swift victory. C9's Vulcan, the player assisting Zven, also played incredibly well by showing the two make a great duo throughout the entire and that the wins couldn't be attributed solely to Zven.

The second LCS game was a match with similar stakes. Team Liquid, a long-standing team who placed No. 12 in the world for League of Legends pro teams, went against current rivals Team SoloMid.

Team SoloMid was expected to lose, according to professional League

of Legends analysts such as former Golden Guardians academy coach Razleplasm and former Immortals player Allorim. Those analysts turned out to be correct. Team SoloMid lost to Team Liquid 3-1.

In every game, different players stood out. In the first game, Team Liquid managed to bring the game back from the brink of defeat with one good play, which won them the game. In the second game, Team Liquid's Santorin and Team Liquid's Jensen showed just how great a duo they can be and between the two of them, carried the team to victory.

In game three, Team SoloMid managed to bring out a unique strategy, effectively making Team SoloMid's Lost the temporary cornerstone.

In the next game, Team SoloMid tried this strategy again, but Team Liquid adapted to the strategy quickly and exploited the weaknesses in their plot, managing to win the entire set because of it.

So far, only the first two matches of the tournament have been finished, but there are plenty more to go. There are also other conferences around the world, including a European circuit and a Korean circuit, with even more teams than there are in North America.

These generally have an even higher level of play because North America is commonly considered the "for fun" region, poking fun at the fact that North America hasn't seen great results on the international stage.

The world-wide LCS tournament won't end until April 13. All the matches and the schedule can be found at Riot Games website.

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Opinion

Students, get the vaccine

Keeping our community safe from COVID-19 and working our way back to normal

Last week, Public Health – Idaho North Central District lowered COVID-19 vaccine eligibility to age 16, making appointments accessible to all University of Idaho students in Latah County.

The announcement came just hours after Idaho Gov. Brad Little announced all residents over age 16 would be eligible for the vaccine starting April 5.

According to District 2 Director Carole Moehrle, doses and appointments are available, yet they continue to see a decline in demand.

According to the Centers for Disease Control and Prevention, only 19% of Latah County is fully vaccinated.

That adds up to roughly 7,737 people, and according to a 2019 census, there are 40,108 people in Latah County. A quarter of those are University of Idaho students.

What would happen to Latah County's vaccination percentage if every student scheduled an

appointment today? Numbers aside, the more students who receive the vaccine, the brighter the light at the end of the tunnel gets.

There are currently three COVID-19 vaccines recommended by the CDC and authorized by the federal government for

teach our bodies to make a protein which helps our bodies protect itself from the virus that causes COVID-19, the CDC states. Pfizer-BioNTech's vaccine can be given to people 16

recommended for people age 18 and older.

According to the CDC, it's a viral vector vaccine, which is a "modified version of a different virus to deliver important

COVID-19. All three vaccines are administered with a shot in the upper arm.

UI Director of Communications Jodi Walker said the university "highly recommends" everyone who is eligible for the vaccine get vaccinated.

"It's the best way

Scott Green has urged students and faculty to honor the state's distribution plan in past communications and the university's immunization policy "strongly recommends" getting vaccinated. Those who visit Gritman Medical Center's vaccine clinics at the Student Recreation Center will find encouragement and more detailed information about the vaccines.

We're all tired of the pandemic. We want to go back to normal, and getting everyone vaccinated against COVID-19 is our best shot at doing that. For the safety and health of our Vandal community, The Argonaut encourages our fellow students to sign up and get the vaccine.

To schedule a vaccination appointment, visit the Idaho Prep Mod website

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emergency use in the U.S. — Pfizer-BioNTech, Moderna and Johnson & Johnson's vaccines.

Both Pfizer-BioNTech and Moderna's vaccines consist of two shots 21 and 28 days apart respectively. They're also mRNA vaccines, which means they

and older, while Moderna's vaccine is recommended for people age 18 and older.

Johnson & Johnson's vaccine is one-shot

instructions to our cells."

From there, our bodies use the instructions to build the same proteins the mRNA vaccines use to protect against

we can keep our community healthy and begin to move things back to a more normal way of doing business around the university," Walker said. "There's no intention to require it, but we do strongly recommend it." UI President



April Fools' Day: The most useless holiday

Have we finally progressed past April Fool's Day?

I lay writhing in bed on March 31, already apprehensive of what the morning awaits. A single bead of sweat trickles down my forehead. "Why," you ask. The worst and most useless holiday of the year lies ahead. April Fools' Day.



Dani Moore ARGONAUT

April Fools' Day originated in 1582, originally called "All Fools' Day." The point was to perform practical jokes and pranks on others, attempting to trick as many gullible and naïve people as possible. Well, as I happen to be one of those naïve and gullible souls, I would like to say, "thanks a lot, ancestors."

If there was a way I could go back in time and stop whatever 1500s peasant decided to come up with that genius idea, I would.

April Fools' Day is arguably one of the worst holidays invented. It's a celebration for middle school boys and millennials who watch too much of "The Office." I can't stand it.

Not only is April Fools' Day useless, but I also have yet to see a prank that has actually been funny. If I must sit through someone attempting to recreate a "Jim & Pam" prank from "The Office," I'm going to lose my mind.

No more putting random things in Jell-O. No more covering desks in plastic wrap. Society has progressed past the need for this holiday.

If you do happen to be one of those select few who not only enjoys April Fools' Day but looks forward to it, know that my trust in you has decreased significantly.

People who plan months ahead for this cursed day, who spend 365 days plotting for their next victim, are a special kind of sick in the head. You can't trust them. You turn your back on them for one second, next thing you know, they're putting mayonnaise in your yogurt.

All I wanted was a good morning snack. Now I'm featured on seven different people's Snapchat stories.

I say we advance towards a better, more egalitarian holiday. Maybe replace it with "Pay for a College Kid's Tuition Day" or "Guy Fieri Day." Better yet, "National Purebred Ferret Day." Literally anything else. I'm not bitter about constantly being pranked, I just hate this holiday.

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Myanmar: Fragility of Democracy

The importance of democracy defined by the people

Myanmar has seen widespread protests following a Feb. 1 military coup that has seized control of the parliament and ousted democratically elected, Nobel Peace Prize winner, Aung San Suu Kyi. The coup effectively created an authoritarian government ruled by a military junta which has violently cracked down on protestors, leaving over 300 dead, including children as young as 7 years old.

When I first heard Myanmar had a military coup, I wondered what their commander would claim as the reason. Déjà vu struck as coup leader Min Aung Hlaing has repeatedly claimed the 2020 general elections were corrupted, and the coup was to ensure that democracy for all Burmese would return.

I, among others, am incredibly doubtful of his claims. Coming from Thailand, a country that has been ruled by a military junta since 2014, I have heard the regurgitated promise of democracy numerous times. The only thing

these claims have reiterated to me is the practice of democracy is malleable.

Despite our best efforts to claim one country or system is more democratic than another, we find the powerful will do whatever they can to redefine it to their purpose.

Myanmar's military crackdown on protestors and extrajudicial killings have not been publicly commented on by any of the country's new rulers. Soldiers and police officers have been reported to have opened fire on the funerals for the dead.

To any commoner, the military's actions dilute Min Aung Hlaing's adulterated vision of democracy even more. Sadly, that does not matter to him. For as long as he possesses the power, he controls the narrative.

On March 27, Myanmar held a military parade. Coincidentally, that was also the deadliest day of the protests—where over 100 people were shot dead, again, with no public comments

or recognition from the people in power.

Min Aung Hlaing was pictured enjoying nice meals with other high-ranking officials and military ambassadors from countries such as Thailand, India and China. The prioritization of celebration over any attempt to amend any remaining relationships

with its citizens proves the military junta is not looking to establish a people's democracy.

Yet, it is still what Min Aung Hlaing will maintain in speeches

while his military continues to commit widespread violence against the Rohingya Muslims and the Karen people, including a March 28 airstrike raid that caused over 3,000 people to flee to neighboring Thailand where they were promptly deported back.

Is this democracy for those who wish to merely be recognized or an expansion of power to be able to commit such atrocities without fear of repercussions?

It is evident democracy



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Reflection on Women's History Month

Thoughts on the progress women have made, and have yet to go

Though I've always been a huge feminist and supporter of women's issues, I've realized a part of me has often felt the need to cover this part of myself up, especially on social media, in an attempt to be more agreeable, more likable, more "down to earth" and more "chill."

There has been a stigma placed on feminism, often associating it with radical, "crazy" women who take up too much space, who "ruin" social events and who ask for "too much." It has become a burden for women to ask for people to respect us.

Our desire for respect, kindness, fair treatment and safety is met with us being told we are asking "far too much." When we speak out about these issues, we are met with blind indifference and annoyance, others making it painstakingly clear that they wish we would just be silent.

It's not always easy to explain the experiences of being a woman, especially to other men. There comes a certain shame of being a woman, a shame I recognized when I was 8-years-old.

This led to me being ashamed of my gender for years, making attempts to seem less feminine. Less of a target. Growing up, I went through an internally misogynistic phase, desperate to prove to others that I was worthy of respect, which led to me abandoning certain feminine traits that I had been taught were "less desirable."

Succeeding as a woman meant carrying the pressure of your gender on your back. When I competed in male-dominated events or games, I was the minority feeling the weight to succeed more so than my male counterparts. When a guy was terrible at the game, he "just sucked." If I was terrible, it was "because I was a girl."

I finally realized that acting less like a girl did not make people respect women more like I had hoped it would. My success did not bump women up, I just became alienated.

Other women, despite what I'd been taught to think my entire life, were not my enemy. In fact, other women were often the ones boosting me up and supporting me.

From the best friends I made in high school to the strangers at parties who have walked me home, I have had a support system of strong women my entire life. They shared my struggles, celebrated my successes and have never let me down.

Sharing all the wonderful women who have contributed to my success, it pains me

even more that violence and assault against women is so prevalent. We've been taught to recite the statistics, the ever-constant thought that in the next hour, you could just become a number in an infographic.

As a college-aged, sorority member who happens to be openly bisexual, the odds against me are overwhelmingly high. I have been lucky. Painfully lucky. Someone always showed up when I needed them. I always found myself leaving a situation before things got bad. I wish a lot of my friends had been lucky. I wish a lot of other women had been lucky as well.

In the midst of Women's History Month, I can say that I am proud of being a woman, that I

am proud of the women before me and proud of the women to come. I stand with women in their accomplishments, their struggles and their failures.

I stand with queer women, women who are transitioning, women of color, women with disabilities, women who are most vulnerable to hate crimes and sexual assault. I stand with men too. I stand with the men who have been kind to me, who have had my back when I needed them, who have listened to me and other women when they have told their stories. Feminism is not women against men. It is women and men rising up together to challenge inequalities and gender roles, to create a better and more inclusive future for all.

This Women's History Month, honor the women before you, as well as the ones currently in your life. Listen to women telling their stories, of speaking out against injustice. We may have come a long way in the past century, but we still have a long way to go. Be an ally in the fight for women's safety, not an obstacle.

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Grieving the rejection

The five stages of grieving yet another job/scholarship/grad school positions

Like any red-blooded Zillennial, you wake up and immediately check Twitter. It's a lazy scroll until you see someone's celebratory tweet about a job, scholarship or grad school position they received.

"Wait," you think, "I applied for that too!" You know you should make some coffee before checking your email to see whether you'll be celebratory tweeting too — after all, the answer isn't going to change in the five minutes

it takes to get some caffeine brewing. But, of course, you can't stand the idea of Schrödinger's email sitting around like that. You need answers now.

"We regret to inform you ..."

Your mind is still a little fuzzy and sleep-clothed — you really should have made some coffee — so you re-read that again slower. Maybe your sleepy cynical mind jumped to conclusions and it actually said, "We regret that we couldn't have hired you years ago because you're so perfect for this job! Yay!"

Welcome to Stage One of grieving your rejection: self-destructive re-reading. It's likely to continue until after you finally make some coffee and wake up the rest of the way. Once caffeinated, you reach Stage Two —crippling self-doubt.

This is because of that time in fourth grade when you forged your reading log. You don't know how the hiring committee knew about that, but they could probably smell the pathetic cheater energy just wafting off of your application. You were kidding yourself by applying there anyways, obviously they were never going to want you. (At this point, you might transition from coffee to a high-sugar breakfast food. I recommend

Good morning!
cinnamon rolls.)

This leads you right into Stage Three, where you decide that it was probably a reach for you all along. Never mind that you were extremely qualified or that in the email they explained that because of the pandemic they've seen a 4,000% increase in applicants. You knew all along that you probably wouldn't get it. You would never get emotionally invested in a position that was such a long shot. You are a realist and a paragon of emotional fortitude. Obviously.

It's a slippery slope from "It was a long shot" to Stage Four: "I didn't really want it anyway." This is almost always a lie, but if you're good at lying to yourself it can really speed along the rest of the

grief cycle. I mean, the location wasn't your top choice, the pay could have been better and if you're being honest, you definitely haven't been day-dreaming about the position for weeks. It's fine.

Stage Four may be slightly dishonest, but it's essential to moving on. One dream job, scholarship or grad school position may have fizzled out this morning but armed with three cups of coffee and two (okay, four) cinnamon rolls, you are ready to find a new one.

Stage Five is when you jump back on that job board, re-vamp your LinkedIn profile and polish off your resume. It might take you a few days and several batches of cinnamon rolls to reach this stage, and that's okay.

You will get excited about new opportunities and realize that persistence is the name of the game. You'll delete the old rejection emails and get started soliciting new ones. You know it will work out when it's meant to and that you have the skills to succeed when you get the opportunity, no matter how long it takes. One of these days you're going to apply for the one that regrets not hiring you years ago and it will all be worth it.

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The meaning behind a quick "thank you"

Expressing gratitude is an important part of improving and motivating ourselves as we reach the end of the semester

Classes have been tough for students and professors alike over the past couple semesters. For most classes, after an hour of listening to the talking heads of peers and educators on Zoom, many participants exchange a "thank you" with their professors before leaving the call.

I began expressing thanks to my professors shortly after the pandemic began because I realized the long days weren't just mine, but theirs as well. I thanked them for the time and effort, seen and unseen, they took to teach their students as best they could when they were trying to learn for

themselves too.

This gratitude is something we should have shown everyone, not just our professors, long before the Zoom classes and the pandemic began. We should be appreciating the hard work people put in for others, and we should appreciate our own hard work more often as well.

When students are feeling a little down, anxious or overwhelmed, expressing gratitude can help people "acknowledge the goodness in their lives" and connect to something larger than the individual,

according to the Harvard Medical School.

That connection can be to nature and the outdoors, other people or a higher power. Whatever the connection, students should invest their time in being grateful for the things they might usually take for granted.

But how should someone go about expressing more

gratitude? There are several answers, and all of them are simple. The first is to just say it, like the recent development of students thanking their professors.

Is there a particular coworker who has been making the job just a little easier? Thank them and acknowledge their hard work. It will make them and you feel good, and may just turn out to be the bright spot of sunshine someone needs to motivate themselves for the rest of the day.

Another way to stay grateful is to literally count your blessings, according to Harvard. Making time to sit down and write about what you're thankful for, whether it's in a journal or in a note for someone else, can turn your thanks into something more concrete. Prayer or meditation is also another way to cultivate gratitude.

Neel Burton, a psychiatrist who teaches in Oxford, England, said it is easy to confuse gratitude with indebtedness because it is a "contained and restricted obligation" to

compensate for something given, but it can lead to resentment of the giver by the receiver.

"Grateful people are much more engaged with their environment, leading to greater personal growth, self-acceptance and stronger feelings of purpose, meaning and specialness," Burton said in Psychology Today.

Showing my gratitude for my professors and the hard work they put toward teaching me by giving them a quick "thank you" as I'm leaving class makes me feel good about showing up and paying attention. I hope it makes them feel good too.

As we reach the last stretch of the spring semester, maybe even the last stretch of the pandemic, keep showing that gratitude, stay thankful and be more active with what's around you.

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