

Rawr

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YOUR WORK in Rawr

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Rawr is an alternative weekly publication covering art, culture, campus life and entertainment.

We are accepting all forms of art and creativity to be featured inside the publication or on the cover.

Email: arg-arts@uidaho.edu

horoscopes

Emily Sandoval | Rawr

Capricorn 12/22-1/19

Time to party like it's your birthday. You'll either celebrate with family and hometown friends or here with your fellow Vandals, but it will be memorable no matter where you are.

♊ Aquarius 1/20-2/18

Last semester might not have been filled with your proudest moments, so a new beginning is just what you need. Just don't go too crazy.

♈ Pieces 2/19-3/20

Are you still stuck on that final you did less than amazing on? Don't let it get you down. Instead, use it as motivation to do more reading for class and less Netflix marathons.

♉ Aries 3/21-4/19

You spent the last month enjoying your mom's cooking and not having to do your own laundry. However, such luxuries are over for now.

♊ Taurus 4/20-5/20

Classes? What are those? While you aren't anywhere near psyched to go back to school, this semester will prove

to be substantially better than the last.

♊ Gemini 5/21-6/21

You may be thinking that your procrastination habits are incurable, but fear not. Many people suffer from procrastination and there is a cure: planning ahead.

♋ Cancer 6/22-7/22

Thanks to your superior organizational skills you are more than ready for the new semester. Maybe use your extra time to help your roommate prepare as well.

♌ Leo 7/23-8/22

While you love your parents dearly, you've had enough of being home and are ready to be back in the dirty 'Scow.

♍ Virgo 8/23-9/22

You're not the type to set goals so

don't feel bad for not making any resolutions this year.

♎ Libra 9/23-10/22

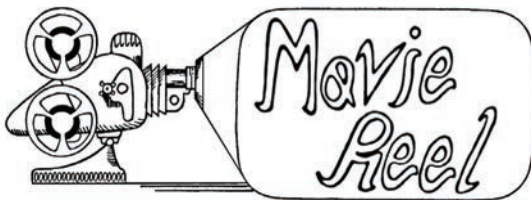
Once again it's time to face your responsibilities. All the classes and assignments you'll have this semester seem overwhelming, but it isn't anything you can't handle.

♏ Scorpio 10/23-11/21

Unlike most, you see this upcoming semester as the chance for new opportunities and adventures. Try incorporating something different into your life.

♐ Sagittarius 11/22-12/21

New Year's resolutions can vary from as big as creating a new you to simply trying not to eat pizza for every meal. Whatever your goals are for this year, if you focus and hold yourself accountable your results will not be disappointing.



A look back at 2015

2015 was a year filled with films that kept us glued to our theater seats. Before the movies of 2016 rush in, it is time to take a look back at what last year had to offer. Whether you haven't seen them yet or want to watch them for the hundredth time, here is a list of the best 2015 films in each genre.

"The Visit" (Horror)

This film might carry one of the most twisted plots of the year, but the more twisted the better. Young Rebecca and Tyler, siblings, expect a calm stay on their estranged grandparents' Pennsylvania farm. After strange feelings surface, they soon discover that Nana and Pop Pop are deeply disturbed, and not quite the family they expected. This movie takes your usual caring grandparents to a new, creepy level.

"Southpaw" (Drama)

This movie – starring Jake Gyllenhaal – is a must-watch drama. The film revolves around Billy Hope, an

up-and-coming boxing champion who loses his way after tragedy strikes his family. Through fighting his way back from rock bottom, Billy finds hope in an unlikely friend and trainer.



Hailey Stewart
Rawr

"Furious 7" (Action)

The seventh installment in a long line of films hit theaters early 2015 and generated enough buzz to last throughout the entire year. Dom Toretto (Vin Diesel) and Brian O'Conner (Paul Walker) return to the U.S. to begin semi-normal lives, but a past villain resurfaces. By teaming up with an FBI agent (Dwayne Johnson) the team once again returns to a crime fighting "family" once again. This film embodies all of the action, adventure, fast cars and sentimentality that the entire series has brought for years.

"Trainwreck" (Comedy)

This summer comedy brought together some of today's funniest actors. Amy (Amy Schumer), a pro-

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miscuous, outgoing city girl and magazine writer, lives life to the fullest, albeit a little recklessly. Yet, once Amy meets Aaron Conners (Bill Hader), a successful sports doctor, she realizes that her motto, "monogamy isn't realistic," flies out the window.

"The Longest Ride" (Romance)

Considering this film is based on a Nicholas Sparks novel, there is plenty of sappy romance. Luke, a dreamy former rodeo champion (Scott Eastwood) and Sophia, a beautiful young college student (Britt Robertson) fall in love just as their lives take on drastic changes.

As the two enter the beginning stages of their relationship, they befriend an elderly man whose romantic stories of his late wife help Luke and Sophia contemplate their future together. Between Luke and Sophia's own story, and the stories of the past, this love story is one of the year's best.

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RAWR REVIEW

A sequel done right

The newest installment in the 'Star Wars' franchise is one for the books

Nearly 40 years ago, George Lucas created the first fantasy/science-fiction installment in what was to later become one of the most iconic film franchises in history: "Star Wars" (later renamed "Star Wars Episode IV: A New Hope"). The series, now composed of seven movies total, has had its ups and downs throughout the decades.

Although Star Wars' strong fan base has remained faithful, after extraneous, CGI-wrought films like "The Phantom Menace" and characters as absurd as Jar Jar Binks, many "Star Wars" fans were keeping their fingers crossed that the franchise's latest movie, "Star Wars: The Force Awakens" would return the series to its original glory.

The good news? It did.

Enter J.J. Abrams (may he live forever), who was thrust into the position of saving the "Star Wars" franchise when Disney paid off George Lucas to cut the umbilical cord and mercifully pawn off his baby.

Abrams does have his weaknesses as a director, and he does occasionally substitute entertainment for intelligence, but with "The Force Awakens," he manages to do something Lucas botched with the "Star Wars" prequels — he creates interesting characters.

The greatest character success of the film is Rey, played by the gorgeous and remarkably talented Daisy Ridley, who manages to portray both charisma and vulnerability that hasn't graced the silver screen since Judy Garland played Dorothy in "The Wizard of Oz."

Like Dorothy, Rey finds herself on a journey that takes her far from home.

In addition to a strong female lead, the film also features AWOL stormtrooper Finn (John Boyega), a First Order soldier on the run after a guilty conscience convinces him to switch sides and fight for the Resistance — Resistance pilot Poe Dameron (Oscar Isaac) and former fan favorites, such as General Leia (Carrie Fisher) and Han Solo (Harrison Ford).

A cast of strong protagonists is a good start, but action/sci-fi/fantasy movies are only as good as their bad guys. While the Prequels had the boring and one-dimensional Count Dooku, "The Force Awakens" introduces the audience to the dynamic Kylo Ren (Adam Driver), who is both a terrifying force of evil and a shockingly vulnerable angry man-child.

The plot itself is tight and well-built, with many twists and turns that will hold anyone — age seven to

70 — in attention. However, the plot is also the film's biggest shortcoming, as there is an unnecessarily shoehorned-in "Death Star 3.0" element that detracts from the emotional story the film builds through its complex character interactions.

But that simply comes with the territory of being a "Star Wars" reboot film.

Abrams isn't supposed to be trying to create a new fantastic universe — he's trying to save the old one, and if early box office reports are any indication of success, he is doing a fantastic job at keeping the force alive.

However, the lack of innovation will probably hurt the films' long-term legacy. The early films are praised and re-watched constantly. This one might not be, but what the film will do is lead to more "Star Wars" films that will be able to take more risks. It introduces a set of fantastic new characters that will lead to a new trilogy of films that, though they may not have the revolutionary impact of the original trilogy, will be solid additions to the "Star Wars" world. After the disaster that was the prequels, this is definitely the movie fans have been waiting for.

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Sam Balas
Rawr



MUSIC NOTES

New year, new hopes, same industry

Embracing the musical changes of 2016

In light of romanticizing the new year and all the new things that will come with it despite the fact that nothing truly changes with the simple flip of a calendar, I will make some predictions for the coming year in music.

Predictions might be the wrong word — perhaps "hopes" or "wishes" is more appropriate. Call it wishful thinking, call it bias, but the following is what I'd like to see happen in the realm of music for the United States in 2016.

First, the taboo of genres in the lives of trendy young adults, the bane of many millennial ears that didn't grow up in the sticks: country.

At the risk of losing some readers' respect, I proudly categorize myself as a country music fan and a column defending my undying love of Jason Aldean is soon to come. Still, I've had my beef with the genre, mostly thanks to the mixed feelings I have toward rising artists who have been fairly questioned as to whether they are truly "country."

Artists like Sam Hunt, who incorporates spoken word and dance vibes into his songs, as well as Thomas Rhett, who seems to be moving away from his traditionally twangy roots with his upbeat, pop-ish hit "Crash and Burn," come to mind.

Many country fans are up in arms in recent years, particularly 2015, about how hits like these are "not country music." But the reality is that this is the country music of now. The same thing happened when George Strait-level stardom was passed on to the likes of Luke Bryan — genres grow and change with the demands of the fans. My hope is that in 2016 this debate is put to rest. Haters should boycott the radio if they feel so inclined, because this is modern country — and it's growing on me.

Next, this resistance from artists to embrace the age of music streaming is getting old, and it's time in 2016 that services like Spotify, SoundCloud and their smaller contemporaries are utilized by everyone from international pop stars to small town bands.

Yes, monetary concerns are real, and artists like Taylor Swift make a fair point in worrying that all

who are a part of the music-making process are fairly paid, but even these concerns can't stop the inevitable.

Music streaming is real, and it is here. Actually, it has been unavoidably prevalent since 2012, or earlier, depending upon the streaming service in question. It is time this

truth is faced, and if healthy financial debates follow, that's all the better.

Lastly, I have high hopes that in 2016 there will be a renewed focus on the quality of the music and less focus on the appearances and actions of the people behind the albums.

This isn't a disparaging dig at Miley and the like — though while I don't always condone her public behavior, I do support her right to express herself, and that applies to all artists.

In 2016, I want less E! News-type entertainment fluff that only fuels the loss of focus and more music coverage for the sake of the artistry.

This might be more of a wishlist than a set of predictions, but hey, one can hope.

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Lyndsie Kiebert
Rawr



A Crumbs recipe

Frittata

This frittata recipe is a great way to spice up your morning and get you out of the routine of cereal or toaster pastries – and in the spirit of New Year's resolutions, this recipe is healthy.

Ingredients

- 6 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons coconut oil
- 1/2 onion diced
- 1 cup diced tomato and a couple slices for top of frittata
- 9 ounces baby spinach chopped
- Grated zest and juice of 1/4 lemon

Directions

1. Set oven to broil or preheat to 500 degrees Fahrenheit
2. In a mixing bowl whisk together eggs, salt and pepper
3. Heat an oven-safe skillet on medium and add coconut oil
4. Cook tomato and onion in oil, stirring constantly until softened
5. Add spinach and let it wilt for 30 seconds
6. Add the eggs and fold them into the vegetables with a rubber spatula
7. Cook without stirring to allow the eggs to settle to the bottom and sides
8. Cook until eggs are done but still look wet
9. Transfer the oven safe pan to the oven and broil about 6 inches away from heat for 3 to 5 minutes
10. Serve warm



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Making healthy habits

Sticking to healthy diet resolutions

Two weeks into the new year people are starting to feel the grind of their “healthy habits” New Year’s resolutions. People often resolve to eat healthier or eat less or lose so many pounds before Spring Break.

These kinds of resolutions are not as simple as quick fixes to get a better swimsuit body, though. Resolutions such as eating healthier are often lifestyle changes that need to be taken more seriously than just a quick fix.

Campus Dietician Marissa Rudley suggests a few ideas to staying the course and making eating healthy a habit.

Specificity

It is easy to say “I resolve to eat healthier” and then try to wade through the mess that is healthy eating. However, specifying exactly what in your diet you want to change is the best way to accomplish that goal.



For example, for people who want to quit eating large amounts of food at night, that is something specific to identify. Not having breakfast or lunch is another problem to identify.

Eating too much junk food is another common thing people resolve to stop.

The first step to “fixing” a problem is identifying what the problem is.

Adding not detracting

The next thing to do is change how a resolution is framed in order to add to the probability of succeeding.

For night eaters, look closely at why the tendency to eat at night has come up. Make note of whether you are skipping meals or how many hours between eating there are. Then, instead of saying “I will eat less at night” say “I will eat

more often during the day.” That will automatically change the amount of food eaten at night.

Instead of cutting out junk food, add in some other kind of snack. Add in roasted almonds or an apple around snack time. That will make it so the craving for junk food at that time will be less. This also helps complete the actual nutrition obtained versus the number of calories in a diet.

Plan, plan, plan

Going into the week or the grocery store without some thought as to what food to eat throughout the week is never a good idea. Make a list of meals and the ingredients required to make those dishes and go to the grocery store with a purpose. This will help cut down on instant meals or junk food that find their way to the cart prior to checking out.



Claire Whitley
Crumbs



Planning out weekly meals also helps people look at what they are eating and seeing where they need to fill in gaps nutritionally. Look for meals lacking fruits, vegetables or protein and try to fill in around that.

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**SPEAK
OUT**

The beginning of the new year is a great opportunity for a fresh start, and many people use the time to set goals that will help them become better people. While some people swear by New Year's resolutions, others view them as empty promises people make to themselves. From their goals regarding the new year to lifestyle choices they won't be changing in 2016, the Rawr staff bears it all.



This year, I will do more to help others who have less than myself.

Claire Whitley

This year, I will not be giving up Taco Bell because quesadillas are all I need in life.

Alex Brizee



This year, I will go to bed before 3 a.m. on school nights ... after I accomplish my goal to not procrastinate.

Nina Rydalch

This year, it will be a new chapter in my life where I will explore newer places and constantly grow as an individual. Relationship or not, it won't stop me.

Luis Torres



This year, I will exercise and eat ice cream. I will help out others and do things for myself. I will strive to find balance.

Corrin Bond

This year, I will put broccoli in my ramen and call people more often than I text them.

Lyndsie Kiebert



This year, I will watch less reality TV and read more.

Hailey Stewart



EVENTS

A creative contribution

Lia Purpura to visit Moscow as part of Distinguished Visiting Writer Series

Lyndsie Kiebert
Rawr

As writers, the opportunity to learn from those accomplished in the craft is always welcome. The University of Idaho's Distinguished Visiting Writer Series provides just that.

Director of the M.F.A Creative Writing Program, Bret Shepard, said the Distinguished Visiting Writer Series has been active at UI in one form or another since the 1970s and with the visiting writers slated to hold a public reading as well as a weeklong class for graduate students, the benefits surpass that of a traditional visit.

Shepard said the committee that chooses the visiting writers, of which there are only two or three each year, is composed of UI English faculty. Criteria for the chosen authors include high writing quality, the writer's ability to teach and the value of contribution the writer will make to both the UI writing community as well as the creative community of Moscow.

"They have to be a fantastic writer but also a distinguished teacher," Shepard said.

The writer's ability to teach comes into play as they are given the opportunity to teach a graduate workshop during their visit.

"For students, it's a week of having a new voice, and to think about writing in new ways they haven't before," Shepard said. "It allows the writer to then leave and say great things about their experience to other people. It's a great way to stay connected to the larger literary community and enrich our own."

Shepard said the English Department's newest distinguished guest author, Lia Purpura, who will visit the UI campus on Jan. 18-22, writes both poetry and nonfiction essays.

"She writes in two genres really well," Shepard said. "A strong sense of poetics in prose and poetry is something I look for first, and I see that as a thread through both (of Purpura's) genres."

Although Purpura — the current Writer in Residence at the University of Maryland and past visiting writer and instructor at various institutions as well as the recipient of several writing accolades — has never visited Idaho, she said she isn't one to shy away from new experiences.

"I always, always look forward to absorbing the feel of other landscapes, of the milieu, the aura of a place — all the intangibles that one gets only by visiting a new place. The scents, the food, attitudes, habits of people," Purpura said.

In addition to absorbing the aura of Moscow, Purpura said she looks forward to gaining a feel for the university's writing community through working with students one-on-one.



Lia Purpura | Courtesy

Poet and essayist Lia Purpura will visit Moscow as a part of UI's Distinguished Visiting Writer Series.

"I'm eager to hear how students are asking questions about their work and how they perceive the place of literary writing in America," Purpura said. "I'm interested in having conversations — rather than discussions — with people."

When it comes to her work, Purpura said writing in two mediums — poems and essays — has allowed her to customize her ideas and inspirations in ways she feels the material demands.

"Some ideas and sensations want a shorter, denser, more concentrated kind of treatment and some want to exist in the presence of many other ideas, with the intention of being linked up with those others in a net-like way," Purpura said.

In regards to finding inspiration for her work and working through writer's block, Purpura said the key is to give the concept of a dry spell little credence and to keep writing — even if the work is sub-par.

"It's not pleasant but so what? Nothing's easy.

Real art isn't easy," Purpura said. "Make up your own methods for getting through the hard spots and in doing it yourself, you'll be building a very solid core strength. Use your own smarts — i.e. your imagination — and make up your own responses to dry times."

Purpura will read primarily essays and select works from her new book of poems, "It Shouldn't Have Been Beautiful," at 7:30 p.m. Wednesday in the Vandal Ballroom in the Bruce Pitman Center.

Admission is free and all students, staff, faculty and Moscow community members are welcome. BookPeople of Moscow will provide copies of Purpura's works for purchase and the writer will be signing books as well as answering questions following the reading.

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Rawr briefs

Human Rights Community Breakfast

The 32rd Annual Martin Luther King Human Rights Community Breakfast will be held at 9 a.m. Saturday in the Moscow Middle School multipurpose room. Tickets are \$8 for general admission and \$4 for children and students and can be purchased in advance at Book People or Paradise Ridge CD's. Those who attend are encouraged to bring non-perishable food items as donations for a local food bank.

Idaho natives to play at John's Alley

Los Angeles band by way of Idaho, Jeff Crosby and The Refugees, will perform at 9:30 p.m. Friday

at John's Alley. Crosby, a country-rock singer, songwriter and guitarist, and "The Refugees" – brother Andy Crosby, Will Prescott and Dave Manion – are performing throughout the Northwest to support Crosby's new album, "Waking Days."

"As You Like It" Theatre auditions

The UI Theatre Department will hold auditions for an adaptation of the Shakespeare play, "As You Like It" from 10 a.m. to 1 p.m. Saturday in the Hartung Theater. Auditions are open to all and those intending to participate must bring a current photo and resume, perform a one-minute monologue and sing a 16 bar song either acapella or with an instrument. Individuals can sign up for a two-minute audition time slot on the Theatre Arts Department website.

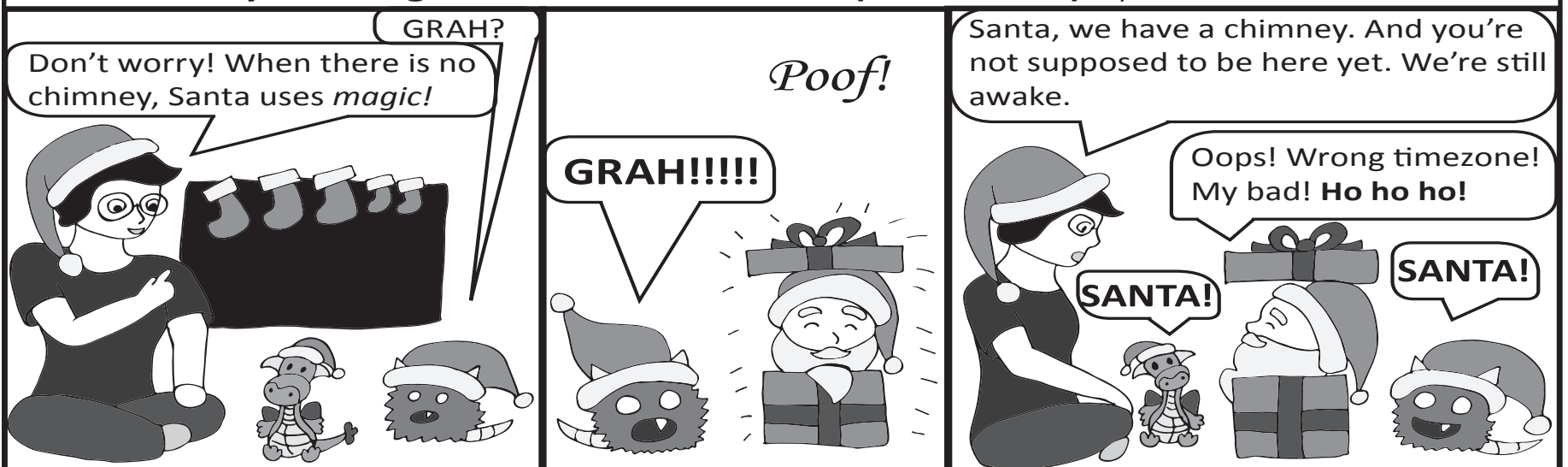
Shann Ray book signing and reception

Book People of Moscow will hold a book signing and reception event for Spokane author Shann Ray. Following an introduction by University of Idaho English professor Kim Barnes, Ray will read from his debut novel, "American Copper" at 7 p.m. Monday. Books will be available for sale and signing and light refreshments will be provided.

Washington State University's "The Dinner Party" auditions

WSU's Performing Arts Department will be holding open auditions for the production of Neil Simon's play, "The Dinner Party" at 7 p.m. Tuesday and Wednesday in Wadleigh Theatre at Daggy Hall. Only one audition session is necessary and no preparation is required.

The Colossally Amazing Adventures of Norbert (and Friends) by Samantha Brownell



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New year, new you!

We're here to help
with your New Year's
Resolutions

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