

blot

Stepping, strolling, saluting

Multicultural Greeks find
community through dance



Exploring the Pit

Punk and metal music surround
this underground music venue



Behind an RA's door — RAs find the

Monday, March 9, 2015

They knock on doors, give warnings and plan events for halls. They do their rounds, mostly unseen, until they bust a party in the dorms. Resident Assistants, better known as RAs, have a large responsibility.

FEATURED

Q&A

Q: 21 Major: Bachelor of Fine and Directing Hometown: in 24,534 Favorite food? Pat peene? There was this guy a p... like



Editor's note

The path to college is neither easy nor assumed for many. In this edition, we feature two of those stories.

One from New Orleans, where a dedicated football player overcomes homelessness, Hurricane Katrina, poverty and the loss of his father to attend college. After all that, he finds himself at the University of Idaho working toward his dream of playing college football.

The other comes from the city of Lapwai, where attending college is far from expected. The UI junior tells her story of working hard in school and finding the funds to continue her education.

These stories serve as sobering reminders of the struggle faced by students from underprivileged backgrounds.

They are also a reminder that time spent in college is valuable and should be respected as a time to progress as an individual and prepare for the world.

— RT

Blot — Lat

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The Fine Print

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Editor's note

The Pizza Pit is truly one of the best-kept secrets in Moscow.

It may get a bad wrap from some, but the venue serves as a musical outlet for bands and an intimate setting for fans.

It's easy to diminish the Pizza Pit as sketchy or uninviting — people do it all the time.

But beyond the negative perception, critics must realize that the Pit provides a critical service to the fans and bands of underground music.

Pit organizers Joe Guerra and Melissa Finley not only sacrifice much of their personal privacy by holding shows in their house, but they also take the time to care for the bands that pass through — a rare show of kindness not often seen on the road.

While coffee shops and other venues in downtown Moscow are tremendously supportive of the arts, their business model doesn't exactly comply with the music played at the Pit.

Like all good venues, the Pit allows fans to enjoy and experience the music, even if it is in a basement of a freestanding house.

As its fan base and reputation continue to grow, it will be interesting to see how the Pit will adapt. But until then, underground music fans should continue to support this unique venue.

— RT

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Connecting and creating

Story by Katelyn Hilsenbeck
Photography by Jackson Flynn

● Toby's enthusiasm for art had faltered. Thankfully, rekindling his love was as simple as picking up a paintbrush again.

Toby Schultz, 42, has developmental disabilities and was taught to create art as a form of expression and a tool to become more independent, said his mother Jana Schultz.

He put down the brush after the University of Idaho's Center on Disabilities and Human Development stopped participating in Moscow's ArtWalk, Jana said.

"Everybody always wanted to buy his things," Jana said. "He could make two paintings and sell them each year."

When ArtWalk was over, Toby was eager for another opportunity to create and show his work.

That's when UI junior Ashley Kuznia began as an intern at CDHD last spring. After Kuznia expressed her passion for producing art herself, she was tasked with creating an alternative for displaying and creating art.

Kuznia's interests developed into artAbility, a CDHD program that brought three artists in to teach adults with disabilities to create art with different mediums.

Her artistic roots grew from friends and babysitters' influences during her childhood. It has now transformed into a hobby and a way for Kuznia to express her emotions and creative energy.

"It gives me an outlet to just relax and think more about my surroundings and the beauty of life," she said. "It can be therapeutic in a way."

Kuznia wants to provide artAbility participants with a similar experience.

"It's a place where they can come and not have to worry about what they're doing as much as how they feel when they're doing it," she said.

Olivia Lebens, CDHD interdisciplinary training coordinator, encouraged Kuznia to form artAbility. She said the program provides an outlet for everyone to live, learn and play.

"Art is a form of expression and everyone deserves access," Lebens said.

For Toby, Jana said the program increases his self-confidence and allows him to interact with his peers.

"Just giving them the opportunity for them to try opens lot of doors for them," Jana said.

Jana said the encouragement Toby has received has been incredible, and participants — including Toby — leave the workshops beaming.

"The opportunity and growth artAbility has brought has been phenomenal," she said.

A \$3,500 Student Arts Fee Grant from UI funded the program for one year, but the future of artAbility is unknown as Kuznia awaits a verdict on her grant application.

This past school year, the six sessions from October to February exposed participants to different art mediums, including oil paints, alcohol inks and wooden sculptures.

Toby said his favorite piece from the workshops is an oil painting he made outdoors.

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Art is a form
of expression
and everyone
deserves access

Olivia Lebens

Painting outside was a first for Toby, but he said he adapted easily.

"It just takes a while for the oil paint to dry," he said.

Toby has been painting since the mid-2000s and specializes in nature scenes — especially those involving barns — but had never experienced abstract art or watercolor and alcohol ink mediums.

Alcohol inks were a foreign medium for Kuznia, too. She said that medium was the most interesting to watch develop.

Jana said it's not surprising Toby was so inspired by artAbilty because he sees the positive in everything.

From the moment he met Toby, David Herbold, a local sculptor, knew he was a genuinely nice and warm individual.

Herbold taught two workshops and provided wooden shapes for participants to make structures out of. Herbold said he went into the workshops with an idea of what could be produced but was impressed with the creativity he witnessed.

"Someone's doing something twice as good as I even thought of," he said.

Toby's zest for art was obvious to Herbold.

"He was genuinely interested in the projects and excited about them and that makes me happy," Herbold said. "He took some extra pieces home to do some projects on his own."

The outgoing nature Herbold described fits Toby's enthusiasm for art and also his job as an office assistant at CDHD.

Whether its replacing labels or finding a coffee pot that doesn't let water overflow, Kuznia said Toby has a knack for finding little things that are wrong and knowing how to fix them.

"He's always looking for something to do, something to help with," Kuznia said. "I think everyone around the office really feels that presence." ●



Right: Toby Schultz is an artAbilty participant and Center for Disabilities and Human Development office assistant. Above: Schultz created abstract work in alcohol inks.

THE

SCIENCE

BEHIND

SMART

DRUGS



JGS

A PILL DESIGNED FOR INCREASED INTELLIGENCE

● Pressure to perform well on exams has made a niche market for “smart drugs” among college students. Morgan Cain knows the pressure well. Cain, a senior journalism student, was diagnosed with adult attention deficit disorder after his freshman year of college and was prescribed Adderall.

*Story by Claire Whitley
Photography by David Betts*

"I was just doing God awful in school," Cain said. "I remember talking to a friend who said he got some (Adderall). I had tried it before, but I had never thought to get it prescribed."

After two and a half years using Adderall and starting to see several negative side effects, Cain wanted to look for something else. He turned to an over-the-counter nootropic.

Nootropics, or "smart drugs," are substances that enhance cognition and memory in an effort facilitate learning, said Tracy Skaer, a pharmacist at Washington State University. Caffeine is the most common type of nootropic, but nootropics can also include forms of Vitamin B, Omega-3 and ginkgo — an edible plant.

Supplements, such as coffee and amphetamines, work by increasing the speed at which messages are sent from neuron to neuron in the brain. Specific paths in the brain perform specific functions. A path in a straight line can mean "dog," where a message that bounces in a zigzag could mean "cat." These substances make the electrical messages move at a faster pace, which makes recognition and thought quicker.

Yet, there are no significant studies to prove how nootropics work, if they work and how well they work, Skaer said. On the other hand, there is evidence suggesting that supplements are of no use for those without cognitive defects, she said.

"In other words, a college student taking ginkgo to improve their cognition for an upcoming test will not have improvement in their testing outcome," Skaer said.

Nootropic companies advertise that their compounds improve aspects of mental function like working memory, motivation and attention.

"It does make you a little bit more alert, but it's really subtle," Cain said. "It allows you to make the decision to concentrate or focus on something easier."

Cain said his concentration and drive are better when he uses nootropics and he thinks his memory has gotten better as well.

Nootropics are commonly bought and sold as over-the-counter dietary supplements. In other words, there are few studies conducted to test their efficacy or side effects, Skaer said.

"Dietary supplements are not approved by the FDA as medications are," Skaer said. "As such, these products often contain substances in combination to promote the sales."

Cain said he has experienced anxiety while using over-the-

counter nootropics, but he said it had to do with the amount of caffeine he consumed.

"I had worked out that morning, so there was just too much caffeine in my system and I was all jittery and anxious," Cain said.

By itself, Cain said he has never experienced any harmful side effects from over-the-counter nootropics.

There are also prescription nootropics. Adderall, Ritalin and dextroamphetamine are all used to treat ADD, ADHD or another form of mental deficit. These are drugs that should not be used by anyone without prescription, Skaer said, as they can be harmful. They can increase blood pressure, heart rate and body temperature as well as decrease sleep and appetite, she said.

Skaer said abuse of these stimulants could also cause irregular heartbeats and arrhythmias, which could eventually lead to heart failure.

At the University of Idaho, 5 percent of students said they used Adderall illegally to perform better on tests, said Brian Dulin, student services coordinator at the Counseling and Testing Center.

Cain said while he was using Adderall, which was prescribed, he experienced heart palpitations after the drug wore off and had increased amounts of anxiety while using it and not using it.

Addiction, according to the National Institute on Drug Abuse



(NIDA), is another aspect of taking stimulants without a prescription. The addiction to these drugs most likely occurs because stimulants release dopamine, a neurotransmitter that causes feelings of pleasure, similar to meth, according to the NIDA.

"These medications are considered a DEA schedule II drug and carry a high abuse potential," Skaer said. "There is a danger of addiction and those who are using them for cognition without a genuine medical problem such as ADHD are at extreme risk."

Schedule II drugs are drugs that have a high potential for abuse, but have an accepted medical use in the U.S. Abuse of any schedule II drugs may lead to severe psychological or physical dependence, according to the Department of Justice.

Withdrawal symptoms do happen to some people who chronically abuse Adderall or other stimulants, according to the NIDA. Cain said he didn't feel physically addicted while taking Adderall, but the first few months after he quit were a struggle with increased anxiety problems.

"It is a drug so you feel good when you're on it," Cain said. "But if anything, I felt better when I was off of it."

In addition to being harmful, prescription stimulants such as Adderall "do not enhance learning or thinking ability when taken by people who do not actually have ADHD," according to the NIDA. Those who abuse these drugs actually have lower GPAs than those who don't, according to the NIDA.

"Looking back, if I would have changed anything, I would have taken it less," Cain said. "I abused it a little bit. Like I would take it before I would go out and drink and I would like take it to go party and stuff."

Cain now uses a nootropic called Limidax XR, an all-natural supplement. Cain said that unlike some of the nootropics he researched, Limidax provides links to clinical studies with their ingredients list. Every ingredient has a study, Cain said.

"If I need to get homework done or do something, I don't have to rely on Adderall," Cain said. "Obviously, I'm not getting the same effect where I can bust out a day's worth of homework in four hours, but I'm still getting (stuff) done."

Skaer doesn't recommend students who want to improve memory and attentiveness use these over-the-counter supplements. Students should instead take a good multivitamin, B-complex and Vitamin D to promote their health, she said. They should also exercise, get good sleep and avoid depressants such as alcohol.

While Cain said nootropics are not some "smart pill or something," he thinks they are safer than using prescription drugs, and nootropics are a healthier alternative to illegal Adderall usage.

"It's obviously not going to be as effective or potent as Adderall," Cain said. "But it's either you're (abusing) Adderall and having it destroy your body or you're taking nootropics that don't work as well, and your body is not getting destroyed." ●

University of Idaho senior Morgan Cain uses over the counter nootropics as a replacement for prescription Adderall because of their effects and safer nature.

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Looking back, if I would have changed anything, I would have taken it less

Morgan Cain

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A college student taking ginkgo to improve their cognition for an upcoming test will not have improvement in their testing outcome

Tracy Skaer





*Story by Corrin Bond
Photography by
Caden Fields-Brown*

THE JOY IN A

Journey

● They called him “the tally master” on a fishing boat in Alaska because of how well he could count the different species of fish. On the University of Idaho campus, he’s just known as Ray Blair. Blair, a single parent of four sons, said he first began working at UI as a chef for Sodexo five years ago.

Before he was a Paradise Creek Pizza & Grill employee working in the Idaho Commons, Blair packed steel at a mill in Seattle, sailed the Arctic Circle and even taught music in Coeur d’Alene.

Originally born in Boston, Blair moved to the Pacific Northwest after the death of his father.

“My mother was a flower child. She and my father were involved in a lot of social activism during the ‘60s and ‘70s,” he said. “My father was participating in a protest with the Black Panthers when it turned violent, he was killed and after that, my family and I ended up in Idaho when my mother remarried.”

Blair said it was in Fernwood, Idaho, that he met his first wife with whom he had his two oldest sons.

“The marriage didn’t last and that was hard, because we had been together since we were kids ... She would sneak out at night and ride her horse across the mountain so we could hold hands in the woods,” Blair said. “Sometimes though, two people can love each other and still want to go in different directions.”

After his divorce, Blair moved back to Seattle, where he spent time living in a tent behind a steel mill.

“I was homeless in Seattle for a time. I packed steel and saved up money before being offered a job on a fishing boat,” Blair said. “I was always looking for the next adventure and there’s no other adventure out there like the ocean.”

When he returned from Alaska after three years, Blair said he used the money he saved over the years to take music classes at North Idaho College where he played stringed instruments such the guitar and bass. He eventually went on to teach music at the Northwest Music Academy in Coeur d’Alene.

“Music helped me so much as a way to express myself,” Blair said. “I had hoped to pursue a music career, but something came up and I was put in a position where I had to make a decision whether to continue my career or raise my sons — so of course I chose my sons.”

Rather than continue to pursue a music career, Blair said he chose to devote his life to being a single parent to his two youngest sons.

After spending time with his parents who lived next to an Amish community in Missouri, Blair and his sons moved back to Idaho.

“I’ve learned a lot over the years because I’ve met a lot of different people,” Blair said. “You come to realize that there are so many ways to live a life and that there is really no right or wrong way. No one lifestyle is better than another. It’s just different.”

Despite his desire for adventure and travel, Blair said his priority in life is to be a good father to his four sons.

Blair’s oldest son, UI senior Morgan Blair, said above all else, he admires his father’s determination.

“My dad is a mentally strong person,” Morgan said. “He’s tough in that he’s struggled through a lot in life. But at the end of the day, he’s a kind individual and I really respect that.”

Blair said that although his life has been tumultuous at times, he does not regret the road that led him to Moscow.

“I’ve dealt with a lot of suffering in my life, but in the end, all I have is unending joy for how it has turned out,” he said. “I know I’ve made the right decisions because all of my children live happy and fulfilling lives.”

After 41 years of diverse experiences, occupations and travels, Blair said his main goal is to continue enjoying life and spreading joy to others.

“Maybe when all of my kids are grown I’ll start having adventures again,” Blair said. “But for now, I’m just going to keep the happiness going and see where life decides to take me next.” ●

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At the end of the day, he’s a kind individual and I really respect that
Morgan Blair



Unity through
MOTION

Story by Cara Pantone
Photography by
Amelia C. Warden

Multicultural Greek members create community in step crew

● It's the moment before the performance starts: thoughts slow down, heart beats speed up and muscles prepare to execute movements from memory. Focus is vital and confidence is key.

For University of Idaho sophomore Marielena Vega, it's the connection between performers that makes the dances performed by multicultural sororities and fraternities special.

The multicultural Greek groups are the only organizations at UI to perform stepping, strolling and saluting — variations of dance originally derived from African-American fraternities and sororities.

Historic African-American sororities and fraternities, known sometimes as the Divine Nine, are credited with developing the rhythmic series of clapping, stepping and stomping that have evolved into stepping, strolling and saluting. Stepping is an acoustic mixture of clapping, stomping and spoken word to produce a percussive dance, while strolling is a synchronized dance set to music. Saluting is reflective of a military salute, but it maintains the same rhythm, discipline and culture of strolling and stepping.

Vega is a first-year member of the Gamma Alpha Omega Sorority at UI. Like other multicultural Greek groups, the sorority is small and currently has three active members.

Yet, the sorority has a rich, Latina-based background and a close connection

between members, Vega said. The six UI multicultural fraternities and sororities share this culture and connection, just as they share the tradition of distinctive dances that reflect these ideals, Vega said.

It was this acceptance for diversity that prompted Vega to join a multicultural sorority.

"I wanted a support group," Vega said. "I also wanted to have a support group who accepted me for who I was and wasn't a cookie-cutter group."

Vega, who is studying International Studies and Spanish along with Political Science, felt welcomed into the multicultural community of Gamma Alpha Omega and into their group performances.

The sorority has participated in performances on campus and throughout the western U.S., including competitions in California and Nevada. As a first-year member, Vega has only participated in the sorority's Founder's Day celebration, but has already invested many hours of practice for future performances.

"For me, it's a learning experience," Vega said. "I'm learning new things every day, and it takes a lot of discipline."

Gamma Alpha Omega practices anywhere from one to three hours per day in the weeks before performances and competitions. This amount of practice is comparable to other multicultural groups, all of whom require each group member's movements to be in sync, Vega said.

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I'm learning new things every day, and it takes a lot of discipline

Marielena Vega



Vicente Escutia, Antonio Ayala, Cristian Ayala and Layne Campos, members of University of Idaho's step crew, "link up" with the Omega Delta Phi symbol.

Vega said performances are opportunities to showcase what each fraternity and sorority stands for, and their ability to express themselves.

"The pillars of our sorority are honesty, charity, scholarship and unity," Vega said. "These performances are a chance for us to show our pride and to show our focus. They're prideful events that are full of energy."

Throughout the multicultural fraternities and sororities, members aren't required to take part in dances or competition, but the majority of multicultural Greeks choose to join their respective stroll, step or salute teams, said Alex Ortiz, a sophomore studying Psychology and Sociology.

This pride extends to saluting as well. Ortiz is the president of Lambda Theta Phi, a multicultural fraternity focused on saluting rather than strolling and stepping.

Though influenced by the military, Ortiz said saluting equally depends on energy and expression.

"I like to describe it as poetry in motion," Ortiz said. "When we salute, we keep that intensity in ourselves and how we salute ... We kind of want to be serious and make an impact."

Like other multicultural step and stroll groups, Lambda Theta Phi puts in hours of practice every day before a performance.

Yet, unlike the other groups, Ortiz said Lambda Theta Phi is the only multicultural fraternity in the nation to salute, a tradition passed down for the last 40 years from the fraternity's founding fathers. For Ortiz, the tradition is the important part in performing.

"Each fraternity and sorority has something that we do," he said. "I know we express

our culture in different ways, but with each one there is a sense of unity in expressing our pride and values."

Ortiz said his fraternity is founded on the values of pride, unity, respect, brotherhood and culture — values that he believes are reflected in the salutes, steps and strolls of multicultural fraternities and sororities.

Both Ortiz and Vega agreed that community is a vital aspect of the multicultural Greek system at UI. They said community binds members within groups, connects various fraternities and sororities and still invites others to learn more about these diverse cultures.

"It offers a different perspective," Vega said. "Within the multicultural community, you can approach anyone and they're friendly and supportive. At performances, we're all there to support one another and connect with each other despite our differences." ●

FEELING the **PRESSURE**

When sports anxiety gets the best of student-athletes

Story by Stephan Wiebe
Illustration by Cydnie Gray



● The loud smack of her body hitting the water after a 3-meter dive wasn't something Mairin Jameson wanted to feel and it wasn't something her coaches wanted to hear. The fact she had just flopped the dive for the second straight time made matters worse.

Jameson was over-rotating her dives and was having trouble spotting the water. In addition to the swelling bruises on her legs, her head started to fill with doubts about her ability.

She finished the Jan. 18 meet poorly, in second-to-last place, and didn't even attempt her signature dive that she failed twice in warm ups.

"I considered myself an athlete my whole life. Then I come to my senior season and you expect it to be this great thing," Jameson said. "You put so much pressure on yourself because you want it to end a certain way. You want it to be that perfect finish to your whole life of athletics. It doesn't always work like that."

Jameson, at the time a senior diver for the University of Idaho swimming and diving team, let her performance anxiety get the best of her that day in Las Cruces, New Mexico. She didn't know it yet, but she would later become an Idaho school record holder and conference champion. At the time of her two devastating flops, she was one of many athletes who fall victim to sports performance anxiety.

Often, discussions about performance anxiety include public speaking, live music or theatrical performances, but it is something athletes deal with as well. In fact, some coaches say it's something every athlete experiences.

"Everybody gets anxious and everybody gets nervous, everybody gets excited — it takes different forms," said Mark Sowa, Idaho swimming and diving coach and Jameson's former head coach. "It's when it becomes handcuffing or limiting — then it becomes an issue we

have to deal with."

Sowa said anxiety is a sign athletes care about their chosen sport, so it's not always bad.

"These athletes have been doing it for so long, they have a heck of a lot invested in it," he said. "Not in terms of a monetary investment, but an emotional investment, a time investment. Sometimes when you get behind the blocks, get behind the diving board, you're trying to validate all the work you've put into it."

Being anxious isn't limited to the pool or the diving board though.

There's the football player who vomits before every game, the softball player who can't find the strike zone and the track runner who freezes in the starting blocks. Whether it's from coaches, parents or themselves, athletes are under pressure to perform well.

A psychologist's perspective

Anne Cox, a professor who teaches sport and exercise psychology at Washington State University, said performance anxiety is one of the biggest psychological issues athletes deal with. Cox has 10 years of experience doing research, teaching and consulting on sports psychology related issues.

"Performance anxiety is very, very common and a very typical reason why an athlete would seek out help," Cox said.

Cox said anxiety usually originates when athletes can't translate their success in practice to competition. Other times, anxiety stems from the pressure of playing a good team or opponent, or from coaches and parents.

"Probably unwittingly, a lot of what parents and coaches and others do is they talk about the outcome — you need to do this well or you need to win this game," Cox said. "Whenever the athlete switches and begins thinking about those factors, they've taken

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I was standing on the board and my brain would be telling me that I didn't know how to do a dive
Mairin Jameson

themselves outside of their performance.”

There’s no magic solution to get over anxiety, Cox said, but one key tip to make it more manageable is to focus on routines. She said when athletes focus on themselves, it can help block outside distractions.

“A good example would be softball pitchers, because clearly a pitching routine is important,” Cox said. “Routines can involve things you say to yourself, it can involve motions you make with your body — just little things that they do prior to the pitch.”

Teaching a routine is beneficial to many athletes, Cox said, but she recently changed her approach to counseling athletes after conducting research on mindfulness. She said mindfulness is being in the present moment and is a current trend in sports psychology.

“When you’re in the moment, you’re not accepting worries about your coach or the spectators or the outcome of the game,” Cox said.

Overcoming anxiety

When athletes do overcome their performance anxiety, the success is sometimes greater than expected.

Heading into the final meet of her career at the Western Athletic Conference Championships, Jameson said she was still feeling unready after her two major flops earlier in the season. She had altogether missed an important invitational and underperformed during her Senior Night meet heading into the WAC Championships.

“Even leaving for conference, I didn’t feel 100 percent confident like I was at where I was at during the beginning of the year with my dives,” Jameson said. “I was standing on the board and my brain would be telling me that I didn’t know how to do a dive. There were a lot of tears, a lot of hard conversations with (dive coach) Kelly (Gufford).”

In preparation for the WAC Championships, Jameson said she spent many extra hours in the pool with coach Sowa and coach Gufford and she also spent time seeing a sports psychologist.

Eventually, she realized that whatever happens at the WAC Championship happens. The expectations were lower and she was finally just diving for herself in the moment — mindfulness.

“I got done with warm ups and I was just calm — almost eerily calm,” Jameson said. “I just couldn’t miss, I got into the meet and ... I was so calm and so into my routine and I just kept saying to myself, ‘Just do what you do. Just do what you do everyday,’ over and over again.”

Jameson went on to win both the 1-meter and 3-meter dives in February 2014 at the WAC Championships, earning school records in both events. Her 3-meter score was nearly 100 points higher than in the meet where she flopped twice in warm ups one month earlier.

“She literally had the meet of her life,” Sowa said. “Every board she had was the best performance she’s ever had. For three days, she was nearly flawless.”

Jameson said trusting herself and not overthinking the dives was a major reason why she had success in the biggest meet of her life. She also said to take sports seriously, but to have fun along the way. Being too anxious can ruin more than just a dive or a meet.

“If I could look back and tell myself, or anybody else, I’d just say ‘Just enjoy it,’” Jameson said. “Sports are stressful and hard, especially at the Division I level you put a lot of pressure yourself, but I think in order to perform at the highest level, you have to be confident ... Just really realize it will all be OK no matter what. Do it for you and just enjoy it.” ●

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In order to perform
at the highest
level, you have to
be confident

Mairin Jameson

A non-traditional perspective



FOUTCH FAMILY

● With three kids and only so many hours in a day, Kelli Foutch always has a textbook nearby.

"I bring my textbooks everywhere I go. So that any time there's downtime, I'm studying," she said.

Foutch, 33, is a single mother, part-time student and one of the many non-traditional students at the University of Idaho.

Between school and family, she also works part-time with special education students at Moscow High School.

"It's a huge balancing act," Foutch said. "You get really good at multi-tasking,"

While Foutch has had a mostly positive experience at UI, she said working within a university system tailored for the traditional undergraduate experience has been difficult.

"I don't feel like there's a specific place for non-traditional students here," she said. "I don't feel like that's something that's being offered from the university, like a welcome."

Lysa Salsbury, director of the Women's Center, said non-traditional students often face unique challenges while in school and have more responsibilities than other students.

Foutch knows the feeling.

"When other students are going home and doing stuff, I'm taking care of my kids, and trying to balance family life, and school and work," Foutch said.

From veterans to student parents, Salsbury said the term non-traditional student encompasses a wide array of student situations.

"There are lots of different factors that make someone non-traditional," she said. "And I think that we're moving much more toward a non-traditional student population."

Salsbury said students who work part time and are not dependent on their parents for income also qualify as non-traditional students.

While there are more immediate steps UI can take to become more accommodating to non-traditional students, Salsbury said there are also systemic problems that must be addressed, such as providing affordable health care and increasing student scholarships.

To address some of these concerns, Salsbury said the Women's Center has worked with the Non-traditional Student Association to raise awareness of non-traditional student issues.

"We have definitely started on that path, but I think there's still more we can do," she said.

As a secondary education major, Foutch said she is familiar with another systemic problem found on the tail end of her degree as an education major.

Although Foutch plans on completing her student teaching requirement next spring, it is advised by the college that students have no other jobs during their student teaching semester. Without her part-time job at the high school, Foutch said the student teaching would put a financial strain on her family.

"So I'm thinking 'OK, how am I supposed to pay for my rent, I have three kids to support,'" she said. "And so that's a big challenge, where I don't think that's considered as much."

Foutch said sometimes professors don't consider a non-traditional student's situation, which can cause added stress. She said last-minute class changes or outside class activities can be difficult to attend with a non-traditional student schedule.

"Overall, the university culture, there's is not so much of an awareness there," she said.

As opposed to regular classes, Foutch said online courses adjust to her schedule and allowed her to complete credits toward her degree.

Jeanne Stevenson, vice provost of academic affairs, said it's always the responsibility of the professor to provide an effective learning environment and understand how every student, traditional or non-traditional, can participate in class.

She said non-traditional students often have more life experiences and can bring a new perspective to a classroom discussion.

After completing her education degree, Foutch plans on pursuing a master's degree. Her goal is to become a behavioral specialist and work with special education students. She said her middle child, Gabe, who has autism, inspired her to work in the field.

While she is grateful for her experience at UI, Foutch said more can be done to accommodate non-traditional students into the UI community.

"It would be nice to feel like there was a little more of an open and welcoming situation," she said. ●

DISCOVER THE

PIZZA

PIT

THE STORY BEHIND MOSCOW'S UNDERGROUND MUSIC VENUE

Story by Miranda Rae Carter, Photography by David Betts



● The small, boxy house on North Jackson Street appears quiet from the outside. But on the inside, people mill around from room to room as they wait for Toyboat Toyboat Toyboat, a band from Portland, to finish setting up in the garage.

Toyboat Toyboat Toyboat is one of many bands who filter through Joe Guerra and Melissa Finley's home that doubles as a concert venue called the Pizza Pit. The location is named not for the food, but after their cat, Pizza.

Despite the absence of pizza, the Pizza Pit attracts punk and metal bands from around the region and has developed a steady fan base in Moscow.

"This is our second time playing here," said band member Travis Henderson. "Last time we played in the basement, [the audience] wouldn't let us out. We had to do three encores."

Though bands sometimes play in the garage, the basement is the room most often used for concerts. The venue is smaller than most would expect for a crowd of approximately 30-120 people. The basement has cracked walls, a low hanging ceiling and a drum set pinched in the corner.

Guerra said the band organizes themselves around the drum set and only a small portion of the audience manages to squeeze into the basement. The rest of the attendees roam freely about the house or smoke cigarettes outside.

"Not many people are comfortable with having that many strangers in their house," Guerra said.

Finley agreed.

"I can be a little uncomfortable and have a music scene, or not have it at all," she said.

Guerra shrugged. "We feel ethically compelled to do it."

— “ —

I thought, 'She's either a hippie, or she's a cross punk from Portland or something. She's going to be down with something I like, maybe

Joe Guerra

— “ —

And then we got married a year later

Melissa Finley



Joe Guerra and Melissa Finley pose with their cat Pizza at their home as they wait for Portland band Toyboat Toyboat Toyboat to arrive and set up for sound check.



Pizza lounges on her scratching post above the Pizza Pit basement. The Pizza Pit attracts emerging punk and metal bands from Moscow and the Northwest.

The missing piece

When Guerra moved to Moscow and enrolled at the University of Idaho, he knew something was missing.

"When I was 14 or 15, I was really into live music. I was checking out punk and metal bands just around that time and I was really a part of the subculture there," Guerra said. "And then I moved here, and I was like ... none of that was there. It was really kind of shocking."

Moscow, Guerra said, does not lack an arts movement or music scene. But, for Guerra, that aggressive subculture he had embedded himself in as a teenager was absent.

So, he chose to do something about it.

Like Guerra, Finley has a solid comprehension and passion for music. She and Guerra formed a band with a few other musicians and began organizing shows with local groups.

"It's nice to have a local band so it draws people who know them, and then they'll come and see the other bands," Finley said.

After their band completed a 16-day tour last December, Wes Malvini, a Boise club owner, asked Guerra if he'd like to be the Moscow contact for emerging punk and metal bands.

"I was like, 'Yeah, please!'" Guerra said.

In no time, bands were filtering in and out of their new home near Rosauers, where Guerra and Finley feed the band members dinner, provide their basement or garage as a concert

venue and let them sleep there after the show.

The couple

Guerra and Finley met in 2011.

"It's really an embarrassing story," said Finley, dissolving into laughter.

Guerra arrived at his younger brother's fraternity for a foam party. His objective: meet girls.

"My brother would introduce me to all these girls, but he'd introduce them as so-and-so's girlfriend," Guerra said. "I was like, 'man, why are you wasting my time.'"

Guerra said he began to feel separated from the group when he spotted a girl with dreadlocks, standing in a corner.

"I thought, 'She's either a hippie, or she's a cross punk from Portland or something. She's going to be down with something I like, maybe,'" Guerra said.

"And then we got married a year later," Finley said.

Guerra is 22, Finley 23. Any trace of the hippie Guerra saw in Finley has been replaced by tight black clothes, blunt bangs, dark eye makeup and a nose piercing.

Finley said she grew up in a small town near Corvallis, Oregon, where her father was a pastor and her mother a nurse. Guerra was the one who got her interested in metal and punk.

On top of hosting late-night punk and metal shows, Guerra is in his last leg at UI as an architecture student. Finley works as a laboratory technician in a plant pathology lab, where she researches microscopic roundworms called cyst nematodes. She plans to start working on her master's degree in plant pathology in the fall.

They also host a radio show and collect content for a zine, best described as a self-published magazine, called Ratbait.

Guerra and Finley have reached out to their friends and contacts for photos and articles regarding the aggressive music genre, and share the editing, graphic design and printing responsibilities. They distribute the magazine for free, but rely on advertisers to help cover some of the production fees.

"We are always looking for new advertisers," Guerra said. "The demand is outstripping supplies."

Soon, the Pizza Pit may be facing a similar issue. As whispers about the venue gain popularity among bands and locals alike, the basement can overflow with fans, Guerra said.

"It's just been growing bigger and bigger," Guerra said. " ... I'm surprised whenever I see our address on lists. My dream is that young kids come here, some high school kids come here, and they see all of this going on. They say, 'This is so cool,' and it inspires them. We're at the front of a long movement of people who encourage behavior, and events." ●

Q & A

BLOOD • DRIVE



Lexi Edwards
Year: Freshman
Major: Mechanical Engineering

How do you feel?

I feel good. I don't normally get dizzy when I give blood ... I didn't eat or drink enough water beforehand.

What is your blood type?

A+

Why are you donating blood?

Because I can. There are enough people out there who need it and enough people who are traumatized to do it, so if I can do it, I should.

How many times have you given blood?

This is my fifth time.

How did you hear about giving blood?

My high school had a lot of blood drives, so that's how I got started. Now (they) just call me and ask me to give blood.

Have you or someone you know ever needed a blood transfusion?

My aunt has.

What would you say to someone who is considering giving blood?

I think they should at least try it once, you know? I mean, you don't know what the experience is going to be like until you try it. I know people who are terrified of needles, which is understandable, but you should try it once. It's not as scary as you think it's going to be, you go in, and you sit there for a few minutes, then it's done.

Could you describe your experience in one word?

Meaningful.



Elizabeth Albor
Year: Sophomore
Major: Architecture

How do you feel?

Pretty good. I'm still a little nervous.

What is your blood type?

I don't know. They said they'd send us results in about six weeks.

Why are you donating blood?

If someone's in the ER or there's a major accident, I just like to help others.

How many times have you given blood?

Never, this is the first time. I've actually tried to give blood before, but I couldn't because I had been to Mexico or had to do something after.

How did you hear about giving blood?

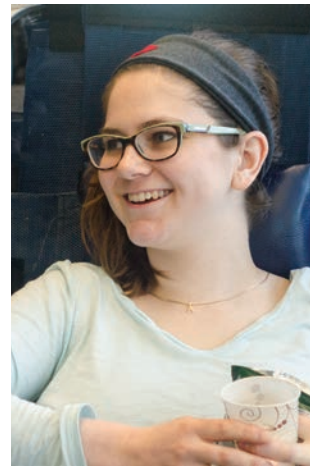
I heard about it in high school, but my mom wouldn't let me give blood

Have you or someone you know ever needed a blood transfusion?

Not my family, and I don't think any one else I know had needed one.

Could you describe your experience in one word?

Rewarding. I know I'll be helping others.



Ali Fulmer
Year: Junior
Major: Sustainable Crop & Landscape Systems

What is your blood type?

B+

Why are you donating blood?

I like to help out. It makes me feel good. If I ever needed blood, just knowing that this is here is good to know. Just knowing that I might save a life is pretty amazing in itself.

How many times have you given blood?

This is probably my fifth time.

How did you hear about giving blood?

The first time I did it was in high school, and one of my friend's senior project was bringing Red Cross to the school.

Have you or someone you know ever needed a blood transfusion?

Not that I know of. There haven't been any major health issues in my family, but accidents happen and you never know.

What would you say to someone who is considering giving blood?

Just try it.

Could you describe your experience in one word?

Anxiety.

Frederick Olmos Ceja

Year: Senior
Major: Political Science

How do you feel?

I feel good.

Why are you donating blood?

It is fulfilling when you're helping somebody out whom you don't know. I think when you do something, in most cases you want to feel that sense of gratitude, but when you do something for someone you don't even know, I think that's even more rewarding because you're not expecting anything in return.

What is your blood type?

I don't know. I've never contacted them. I figured if something's wrong with my blood, they'll let me know.

How many times have you given blood?

This is my fourth time. I've been working with INBC for four years as a blood drive coordinator.

How did you hear about giving blood?

I was never approached until the Cesar Chavez Blood Drive, and that was my freshman year. Then I became president of that organization, and that's why I kept being director for the blood drive.

Have you or someone you know ever needed a blood transfusion?

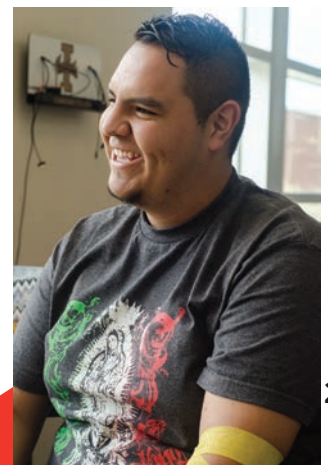
Not immediate family, but I've had friends who have been in accidents and lost a lot of blood. They've had blood transfusions.

What would you say to someone who is considering giving blood?

I'd say go for it. Even if you're deathly afraid of needles, still go for it.

Could you describe your experience in one word?

Fulfilling. You're doing something good. Just the fact that you're giving back and your blood might be used for someone in need, it's just fulfilling.



There is

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