



Battle over body

The struggle with body image is more than meets the eye

blot

Building blocks

Creating a foundation is important for a woodshop and its students

Prosthetic pain

Prosthetics are painful, but one UI professor is working to change that



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Editor's note

In today's society, Photoshop has created both the perfect woman and the perfect man, and anyone who doesn't fit those descriptions is left to struggle to change themselves. They feel inadequate, which causes serious self-esteem issues and can lead to premature death in extreme cases if individuals don't seek help.

It is important to know that body image issues aren't something that just go away as someone matures. Even if an individual with low self-esteem and body image issues seeks help, in the back of their mind there is always a voice that tells them they aren't good enough.

As someone who has struggled with body image issues, I can speak to this being true. No matter how many times someone talks to a counselor or therapist, that voice never goes away. That feeling of inadequacy is just beyond the conscious thought, waiting for the number to come up on the scale, or the mirror to tilt at just the right angle, in order to say "See? You need to lose weight. You're fat. You're ugly. No one thinks you are beautiful."

Thankfully, there are campaigns out there to encourage people, especially young women — who are more commonly affected by body image issues — to appreciate the body they have and to know they are beautiful no matter what. That is the important thing for all readers to pass on — to pay it forward on the off chance you save a life.

Everyone is beautiful.

— CW

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Martha and Clara Bowman are siblings as well as Kappa Delta sorority sisters.

by *BLOOD* and by *LETTERS*

*Story by Austin Maas
Photography by David Betts*

● Members of Greek life on the University of Idaho campus often refer to each other as “brothers” and “sisters.” But what happens when those terms mean more than just recognition of a fellow member in a house?

Biological sisters Clara and Martha Bowman said Greek life has helped them grow, as students and as siblings.

Clara, a junior who studies physics and international studies, said she had never really considered Greek life until she began her journey at UI. Prior to her visits to the different Greek houses on campus, Clara said she wasn't very keen on the idea.

The only aspects of Greek life she had seen were the common stereotypes associated with them. But after some research, she quickly fell in love with the Kappa Delta sorority and the women who were its members.

“I just remember feeling like I really connected with a lot of the girls at Kappa Delta,” Clara said. “It really just felt like home.”

She said her misconceptions of Greek life and how she imagined it to be was not accurate. Instead, Clara said she has discovered an incredibly supportive community of people who strive to be the best version of themselves.

"I enjoyed being able to find people that I could really connect with," Clara said. "People who made me feel comfortable and confident with being who I am, but then challenged me to grow."

When Clara told her younger sister Martha that she planned on joining a sorority, Martha was shocked.

"I never thought she would join," Martha said. "I thought she was crazy."

But, two years after Clara became a member of Kappa Delta, her pleasant experience at the sorority sparked a curiosity about Greek life within Martha, an incoming freshman at the time. That eventually led the younger Bowman sister to register for Greek Recruitment.

When Martha began the recruitment process, Clara said she encouraged her sister to explore all of the different sororities in order to find the best fit for her. Eventually though, Martha choose Kappa Delta as her house. Although they ended up in the same sorority, Martha said she was confident she would have spent plenty of time with her sister regardless of which house she chose.

After an emotional reunion on bid day, the sisters were living together once again, and they said the only downside they've noticed has been people mixing up their names.

"It's not perfect," Martha said. "Obviously we're sisters, and sisters get along most of the time, but they have their squabbles. If there's ever a time where Clara and I aren't getting along it's definitely challenging because we are in such close proximity."

Clara said the experience with her sister at Kappa Delta has been a rewarding one. In addition to improving their relationship as sisters, Clara said having a sibling in the house has helped bridge the gap between upper and lower classmen and has made it easier to connect with new friends.

The Greek system promotes networks of people who work together, and having a sibling makes that network even stronger. This network can even help to diminish the perceived competition

between the different Greek houses.

"We get into this mentality with recruitment, with homecoming and with events where we feel like we have to be the best ... but a lot of the sororities were founded on the same values," Clara said. "A lot of sororities and fraternities value the same things in people and there really is this sense of togetherness, but we don't always portray that."

Martha said while going through recruitment, one of the things she admired most about UI's Greek community was how connected it was.

That admiration is shared by twin brothers, Chase and Hayden Pratt, members of the Delta Tau Delta fraternity. The Pratt brothers are sophomores, both studying business in hopes of one day starting a company together. Similar to the Bowman sisters, the brothers never anticipated that they'd join a Greek house.

Chase said they ducked into Delta Tau Delta to avoid the rain during their Vandal Friday visit, and after a short stay, the decision was clear.

"We could tell they had the same goals and outlook as we did," Chase said.

The brothers signed their bid cards and became official members of Greek life.

Hayden and Chase knew they would never want to live in separate houses. Hayden said having a real sibling in the house makes it much easier to make friends.

"I believe I've met and made more lifelong friends here having a twin," Hayden said.

In addition to loving the environment of their own house, the brothers said they also enjoy interacting with the other Greeks. They appreciate the Greek community as a whole.

"I see no rivalry between the houses honestly," Chase said. "We obviously have pride in our house, but it shouldn't be a competition."

Greek houses aim to create a community of supportive people regardless of their letters. It doesn't matter if someone has actual family in their house, because in the Greek system they treat everybody like family. ●

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I just remember feeling like I really connected with a lot of the girls at Kappa Delta
Clara Bowman

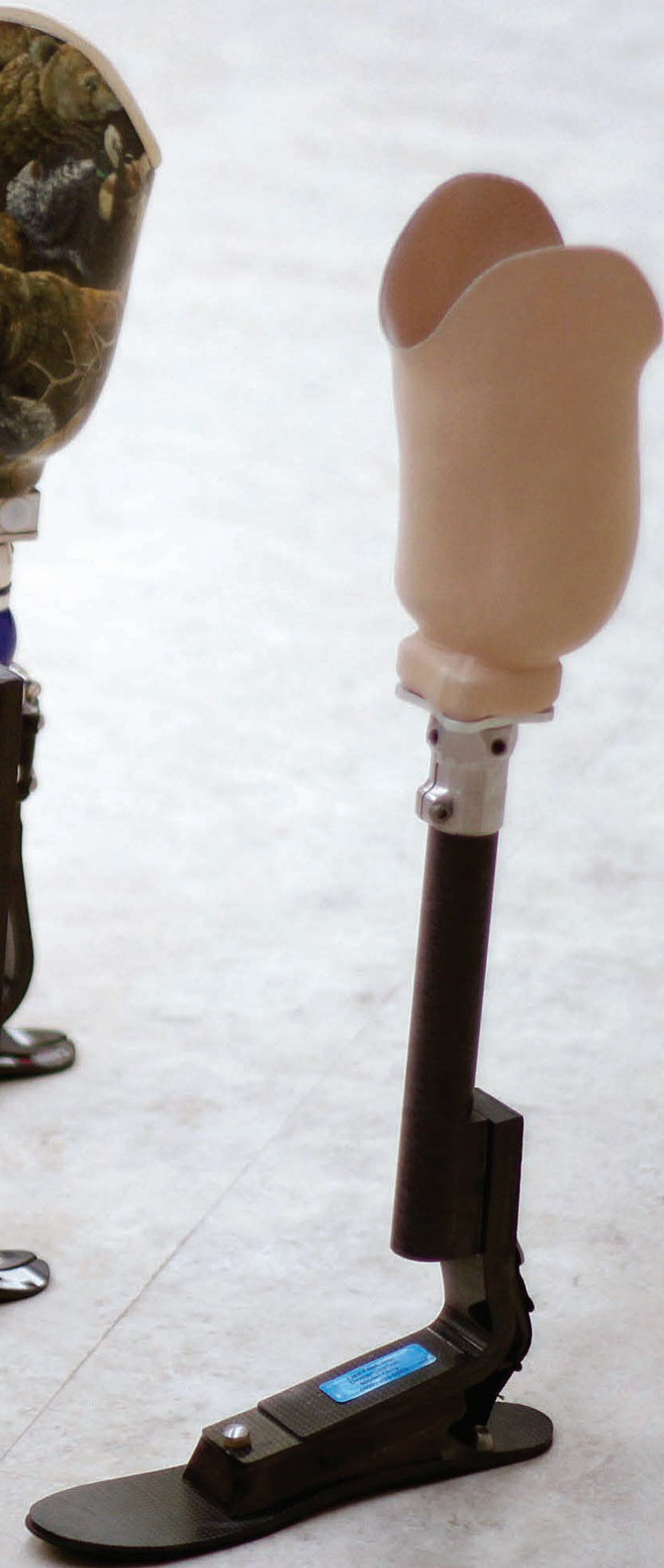




progress in **PROSTHETICS**

*UI assistant professor is
dedicated to relieving pain
in amputees*

*Story by Mary Malone
Photography by Tess Fox*



● The oldest known prosthesis was a non-functioning toe, discovered in a tomb from Ancient Egypt. Since then, prosthetic technology has made incredible breakthroughs.

But, even with the progress of technology, which includes computers, bionic ankles and comfort liners, the issue of joint pain in leg amputees is a problem that Craig McGowan is trying to remedy.

McGowan, an assistant professor in the Department of Biological Science at the University of Idaho, said while he is still far from his desired result, he has made significant progress in the last five years. His research focuses on prosthetic pain and developing a computer simulation model on how prosthetics interact with the body.

McGowan said his working hypothesis is that pain or discomfort occurs for amputees because the devices are not matched to the body, or what he called the “residual limb.” He said the device is like a big spring that is being loaded. When the individual launches back off of the spring, the muscles have to work to harness the energy of the athlete’s movement if the joints aren’t appropriately aligned with the prosthetic.

“I think that what that’s doing is loading the joints in ways they were never meant to be loaded, so that’s causing damage to the residual neuromuscular system,” McGowan said.

Prior to making headlines for the shooting death of his girlfriend, Oscar Pistorius, the “blade runner,” made the news when he was banned from the Olympics. Officials from the International Association of Athletics Federation (IAAF) felt he had an unfair advantage with his J-shaped prosthetics that enabled him to run.

McGowan worked with a team of scientists to prove the ruling against Pistorius was false. He said it gave him an opportunity to look into someone who was performing at an elite level, but who had a different shape.

Because Pistorius is a bilateral amputee, with prosthetics on both legs, McGowan said they had nothing to compare with. Soon after working with Pistorius, he was given the opportunity to work with the U.S. Paralympic team, which gave him insight into unilateral amputees. With this, he was able to compare what the biologic leg was doing relative to the leg with the prosthesis.



Marshall Black, owner of OrthoPro in Lewiston, makes custom prosthetics and orthotics.

Two important revelations came from working with the athletes, McGowan said. One was that researchers still have no idea how the individuals are using the devices. The engineers create them, and the athletes perform at extreme levels, but they have no idea how they control them or how they adapt to the device.

The other revelation McGowan discovered is that all the individuals were experiencing some degree of secondary pain in their knees, hips and backs, which he said is true of most below-knee amputees.

For his doctorate work, McGowan worked with kangaroos and wallabies. The animals helped him understand how organisms use elastic mechanisms in locomotion. He said they store large

amounts of elastic energy in their tendons when they hop, so their hopping is more efficient. His research on the athletic amputees has included kangaroo rats to help him understand the relationships between muscle, tendon, bone and the design of the limb.

"I've been working with the kangaroo rats as a smaller version of the same biomechanical system," McGowan said. "But they have very different properties in their tendons, so they're not quite as springy as wallabies."

McGowan said he and fellow researchers are working to understand how these different tendon properties allow kangaroo rats to perform basic muscle functions, like hopping.

"We're trying to understand why and how that influences how they move," McGowan said. "But, really if we look at running versus hopping, it's the same basic behavior — it's just alternating the legs rather than having the legs move together."

While his research is focused on lower-leg amputees and athletes, McGowan said the long-term goal is to improve the technology for everyone using leg prosthetics.

"Working with the athletes I think is an exceptional opportunity, because it gives us a kind of an upper limit to what people can do," McGowan said. "It's a very small subset of the population, but it's the highest performing subset of the population, so figuring out how they do it gives us an upper limit of what the body is capable of."

Jace Malek, a UI student and student coach for the Vandal football team, was recently fitted with a full-leg prosthetic after doctors removed his right leg at the hip due to cancer. While he is still getting used to the leg, he said most of his discomfort comes from skin irritation at the hip where the surgery was performed to remove the biological leg. He said he is unsure how they could make the prosthetics more comfortable, but said that even in the last few months there has been progress made in prosthetic technology.

"This one does a lot," Malek said. "This one is a higher class one. It has a computerized knee in it and it reads your weight and everything — makes it easier to sit down and makes it more comfortable, and I'll be able to sit and stand and move around and go up and down stairs a little bit easier."

His prosthesis is called a C-leg, which he said stands for "computer leg." Marshall Black, owner of OrthoPro of Lewiston, specializes in custom prosthetics and orthotics and said he worked with the German company, Ottobock, about 15 years ago, training the first people in the U.S. with the C-leg.

"It takes a reading 50 times per second and it will tell whether

you are going uphill, downhill, un-level surface — if you're starting to trip it recognizes that," Black said.

He said there are many different types of prosthetic devices, from earlier, simpler technology, to the more recent C-legs, which are also known as RHEO legs. These legs are often used for full-leg amputees because the technology is in the knee.

Black said that money usually plays into what type of device an amputee will receive. He works with a lot of diabetic patients and Medicare often decides which device, if any, the patient will receive.

Black said there are five categories Medicare classifies for amputee ability called K-levels. The lowest level, K0, is people who have no ability to walk and a prosthetic would not be provided. A person who is a K1 could walk slowly, one speed on level ground. K2 could maneuver a little better, but would still have trouble on uneven ground and walks at one gait speed.

He said the biggest jump is from a K2 to a K3. The K3 is much more mobile. These individuals would be able to walk at different cadences, run a little bit and navigate uneven terrain. They are able to receive upper-end prosthetics, such as the C-leg or the RHEO leg. And then the highest level, K4, would be the athletes McGowan works with. These are the highest functioning individuals, usually in their teens or 20s.

Black said he has not had an issue with patients having pain as McGowan describes with the athletes — the biggest problem has been with blisters and sore spots. When it comes to recent advancements, Black said silicon liners have probably been one of the greatest inventions to go along with prosthetics. The developers, after a problem with pigment leaching out over time when they dyed the liners skin-color, found they could add aloe into the silicon. The aloe leaches out every day over a period of about six months and gives the amputee a skin treatment.

Despite these advancements, Black said there is bound to be some pain associated with wearing a prosthetic device.

"The same problems and issues that a normal person has, someone with a prosthesis has the exact same problems," Black said. "And it can be compounded. I mean energy level, wearing a prosthesis — just normal walking takes more energy."

He said he couldn't give an exact number, but people have theorized the energy level to be compounded by around 25 to 33 percent.

Chris Symons, a 10-year amputee, said he has joint pain all over.

Symons, 33, an Iraq war veteran and business owner in Texas, lost

his left arm and leg when his motorcycle met a Ford F-250 head-on, with a combined impact of 160 mph.

"It ripped my left arm off immediately, above the elbow, my leg was split open from hip to ankle on my left leg," Symons said. "They later took my leg off at the hospital, and that was taken above the knee."

Symons said the accident was so severe, his heart stopped.

"When I wrecked I didn't have a helmet on," Symons said. "I died instantly — actually that's what saved my life, was dying, I was dead for a couple minutes from just the blunt force trauma."

Symons said he has terrible pain in his back that causes him to take pain medication. He said that while he is not an athlete, he does work very hard, and his biological leg and his joints are in constant pain. Like Malek, Symons has a C-leg and also has a running leg. In addition to devices for his leg, he also has an arm prosthesis, which Symons said he never wears because it is more a hindrance than a help.

A lot of his discomfort, he said, also comes from phantom pain. He said it is like being "tased," getting shocked when he is not expecting it.

"Otherwise it's pretty amazing how these things work and how I adapted to it," Symons said. "When my heel hits the ground, I can feel my heel hitting the ground and when my toe gets off the floor ... Of course it doesn't feel like my real toe, but I can sense that my toe is leaving the ground."

Symons described a new technique in the United Kingdom where they surgically attach a titanium rod directly to the bone, which then affixes directly to the C-leg, instead of wearing a bulky socket to hold the prosthesis onto the residual limb, so it feels more like a real leg, he said.

"It's not approved here, but they are doing it over in Europe," Symons said. "I am interested in what the future holds."

McGowan said there is a strong emphasis on trying to recreate a limb similar to the one that was lost because amputees do not want to stand out or draw attention to themselves, but he said that for performance or recreation it may simply be that they can't reproduce a foot-ankle complex that resembles and functions like the original limb.

"But maybe we could design something else based on what we see in biology that interacts with the residual system and provides the function that was lost," McGowan said. ●

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Chris Symons

Blazing Business

Marijuana is no longer just a past-time, but a business

● Mary Jane Smith doesn't smoke pot. Two years ago, she didn't know anything about it. When her friend joked that Smith should apply to open a pot shop in Pullman, Smith laughed right along with her. She said she never actually expected to win the lottery to open a business.

Story by Hannah Shirley
Photography by David Betts

MJ's, Pullman's first recreational marijuana shop, opened its doors to a modest crowd just over a year ago. Unlike larger metropolitan areas such as Spokane or Seattle, where pot shop grand openings draw hundreds of patrons, MJ's first rush was about 60 people.

Since then, Smith said she has seen the residents of conservative eastern Washington grow a little more familiar with mainstream marijuana, but only slightly.

"People still think it's Reefer Madness — Cheech and Chong," Smith said. "They think we're all here smoking pot. They think like, we're legal, so we're all stoned."

But Smith means business.

Four years ago, when CannaSafe Analytics founder and lab director Randy Haskin got into the business of cannabis, the industry was already picking up speed. Since then, he said it has only continued to grow — and fast.

"When we first started in this industry, about 90 percent of the people who walked through the door were the original 'Hey dude' culture of marijuana — backyard growers, you know, it was just a game to them," Haskin said. "What we're seeing now is completely flipped. People show up in suits and ties with packaged products and research behind them."

CannaSafe Analytics is one of four International Organization for Standardization-accredited cannabis profiling labs in the country, with locations in California, Nevada and Washington. They opened their Pullman location shortly after Smith opened hers.

Haskin said at CannaSafe labs, they primarily test marijuana strains' concentration and chemical content. They ensure products do not contain pesticides, heavy metals or mildew and are otherwise safe for consumption. They also provide clients with concentration and dosage information so their products are properly labeled.

Haskin said results produced at CannaSafe are recognized as accurate, verifiable and reproducible not only nationwide, but worldwide — they have already done testing for clients in China, the Czech Republic, Spain and Australia.

"These products are becoming known worldwide," Haskin said. "There are a lot of people looking for accredited laboratories that have good, accredited results."

Smith said many people still don't realize the products she sells are thoroughly tested and regulated, and they still consider it a black market industry — yet venture capitalists and other serious businesspeople such as Smith and Haskin have taken notice. Haskin said he wouldn't be surprised if recreational cannabis use was legal nationwide by 2020.

He also said marijuana and hemp production in the U.S. is slated to overtake combined U.S. corn, wheat and tobacco industries by 2018.

"It's a multi-billion dollar industry," Haskin said.

As recreational and medical marijuana businesses continue to take off, Haskin said labs like CannaSafe will become much more common. Their latest project, he said, is phenotyping the entire genome of the cannabis plant.

Smith said eventually, she expects the stigma surrounding marijuana to go away completely.

"It will be just like alcohol," Smith said. "No big deal. It will be regulated, but I think (the federal government) will loosen up and won't be on our case as much."

Idaho State Representative Caroline Troy said Idaho won't be the



state leading national marijuana legalization, though.

"(Idaho legislators) are going to sit back and see what it really means to law enforcement and social services before they would really move forward," Troy said.

Troy said she is open-minded about medical marijuana, and when a Senate bill moved through the Idaho legislature last March seeking to authorize limited use of cannabidiol oil for children who experience severe seizures, she voted in favor of it. The discussion about the bill was contentious, but the ayes had it in both the House and the Senate.

Idaho Gov. C. L. "Butch" Otter vetoed the bill, and Troy said while that was frustrating, she doesn't think it's the most pressing issue on Idahoans' minds.

"(Constituents) haven't brought it up to me," she said. "Folks like me who have had some medical issues that have only been resolved through non-traditional means have been very excited and supportive of non-traditional methods, but other than that it's not really on the top of minds of people who I've visited with."

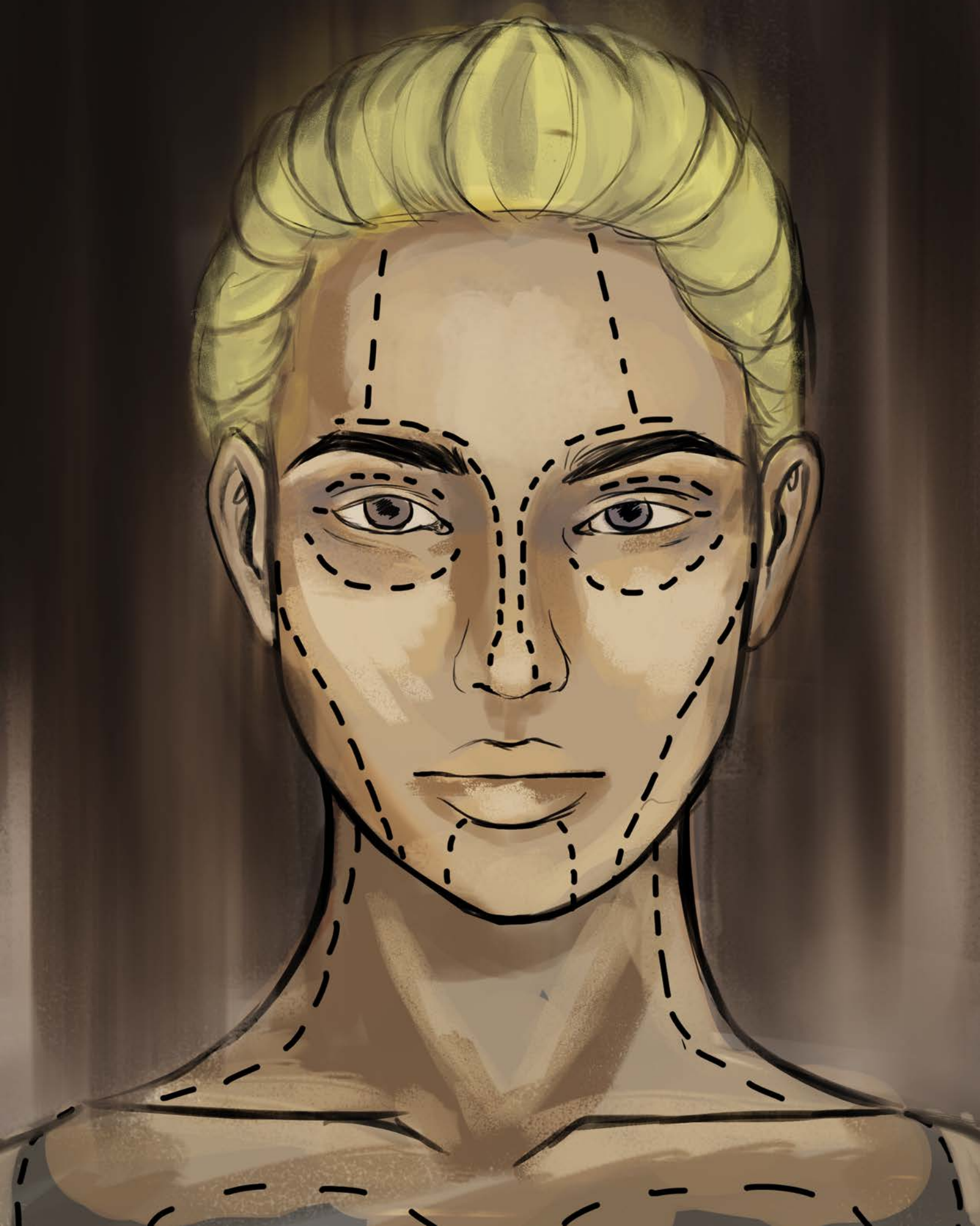
Idaho State Sen. Dan Johnson hasn't heard conversations about it either, but he said he wouldn't be surprised if marijuana came up again in the upcoming legislative session.

"I've talked to folks who thought it should be legalized and who thought it should not be legalized, and they've all had different opinions on why they thought that way," Johnson said. "There are some questions, and a real diversity of opinions."

Johnson said he voted against the March Senate bill because he wants more discussion about how medical use of cannabis derivatives fits under state and constitutional law.

For now, Johnson would agree with Troy that the Idaho legislature will watch surrounding states carefully.

"They're in the process of trying (medical and recreational marijuana) if you will," Johnson said. "They will get all the bugs worked out, and for the other states it's an opportunity to watch and learn." ●



Story by Erin Bamer
Illustration by Megan Hall

BATTLING BODY IMAGE

Students fight body image issues that have affected their lives

One sunny afternoon while she was mowing the lawn, Rachel Falzon started to feel nauseous.

"The night before I hadn't eaten or drank anything," Falzon said. "I definitely felt super weak, and just drained."

Falzon said she struggled with body image issues in high school and as a result, began developing unhealthy eating habits, which pushed her self-esteem to an all-time low.

In addition to restricting her eating habits, Falzon said she obsessively weighed herself multiple times each day and would stand in front of a mirror for an excessive amount of time to criticize her own body.

"When I lived with my parents we had mirrors everywhere," Falzon said. "So I always checked my weight and I checked myself."

Now a third-year student at the University of Idaho, Falzon said she is in a better place in her relationship with her body, but she still struggles with body image issues every day.

Falzon said she is still sometimes tempted to revert back to the same habits, but her friends have acted as her biggest support system. She said they won't let her near a scale and keep track of any other potentially unhealthy behaviors that could cause her to relapse.

Falzon is one of thousands of Americans who battle with similar issues on a daily basis.

Campus Dietician Marissa Rudley regularly works with UI students struggling with how they see their bodies. She said negative body image is widespread because American culture makes it socially acceptable, even if it's not purposeful.

Story by Nina Rydalch

PERFORMANCE BEFORE APPEARANCE

For student athletes, body image is more about being in shape

As rain pours down outside, some teams are getting ready to start practice. They stretch and begin the routine to better their bodies.

These teams, ready to train despite the terrible weather conditions, are composed of student athletes who face the challenges, and the pressures, of balancing academics and athletics.

Marissa Rudley, campus dietician at the University of Idaho, said it can be challenging for student athletes to take on the dual role of going to school while competing at the college level.

Rudley said pressures to perform and an emphasis on an athlete's body can foster body image issues in student athletes.

"Sometimes athletes might feel more pressured than the average college student to conform to a certain body type," Rudley said.

Anne Cox, an associate professor in sports studies and counseling psychology at Washington State University, said body image concerns may be heightened in athletes because there are certain ideals for an athletic physique.

Cox said female athletes are more likely to have body image issues than male athletes are. Athletes in sports like gymnastics, figure-skating and diving are also more likely to struggle with the way they perceive their bodies.


There are many factors student athletes have in their lives that a typical student does not, and Rudley said one concern athletes may have is the differences in their need for food.

"These are students who are not your average college students, so they require a lot more fuel for their bodies," she said.

When it comes to an athlete's food intake, Rudley said it is important for athletes to eat well in order to perform well and athletes also need a significant amount of energy to stay healthy.

Rudley said having these unique eating habits can cause athletes to feel self-conscious, which can lead to eating disorders that negatively impact their athletic performance. She said she has seen a number of instances where student athletes develop eating disorders.

"It's definitely common," Rudley said. "College is really stressful."



Often times, Rudley said students don't come to her specifically to deal with their struggles with body image. More commonly, the body image issues become apparent as she is working with a student on something else. It is hard for the majority of people who struggle with body image to realize their struggles at all.

"Someone might visit me wanting assistance with weight loss," Rudley said. "But we might find that their body image really is at the center of everything."

Rudley said if body image issues are not dealt with, it can lead to more extreme situations like eating disorders. Counseling and Testing Center Faculty Valerie Hewell was quick to point out that an eating disorder is not the only possible result of body image issues that get out of control.

Hewell said people who suffer from extreme body image issues can also suffer from other issues like body dysmorphic disorder, which is a form of obsessive compulsive disorder (OCD).

It is difficult to recognize body image issues for what they are, but it can be even more difficult to realize when struggles with body image turns into a disorder. Both Rudley and Hewell said the biggest difference is that body image issues are a mentality, and that mentality goes into more dangerous territory when it leads to extreme and harmful behavior.

UI second-year Josephine Jones started struggling with her body image during her freshman year of high school. By the time she was 15, Jones said her situation had escalated to anorexia nervosa, though she wasn't officially diagnosed with the disorder until a year later.

Jones said by the time she was 16, weight loss was an obsession. She was so addicted to becoming thinner her therapist had to finally tell her that if she lost two more pounds she would have about two weeks left to live and would need to be hospitalized. Despite this, Jones said she didn't care when she heard the news.

"At the time, honestly I didn't care, which was horrible," Jones said. "It's kind of depressing to think of someone so depressed and so into their own illness to not even take a second glance at death."

A few weeks later, on a trip to Portland, Oregon, Jones finally had a moment of realization that led her to seek help.

While exploring the city, she saw a Voodoo Doughnut employee handing out doughnuts to passing citizens. Even though Jones said she had always wanted to try Voodoo Doughnuts, she passed by the employee at first.

"I walked two steps, and I think about it and I say 'You know what? Will I ever get a chance to eat one of these again? Probably not,'" Jones said. "So I turned around and I ate it. And then I just started going to town, trying to get better ever since that moment."

Jones made progress in the following years, though she said it wasn't easy. She gained most of the weight she lost back. Eventually, however, she relapsed into bulimia her first year in college when she said her confidence was shattered during a church trip.

Purging only lowered her self-esteem as a vocal performance major, Jones said, since she knew just how unhealthy her habits were. That didn't stop her from continuing those habits though. Jones said once again, her situation escalated to a life-threatening level.

It wasn't until Jones found herself about to commit suicide by jumping out of window on the top floor of Ridenbaugh Hall that she realized she needed to get professional help. Jones took last semester off to put herself into a treatment center out of state.

Now, Jones said she is in a much better place, though she still faces challenges with her body image regularly.

"The mind is a powerful thing," Jones said. "It can make you think the darkest thoughts and hate yourself."

Both Falzon and Jones attributed a low self-esteem as the root cause of their body image struggles. Jones said her addiction to weight loss stemmed from her lack of friends in high school. Even though she said physical appearance wasn't such a big deal at her school, she still convinced herself that being skinnier would lead to rising popularity. In reality, she said it only made her more of an outcast, but by that point her obsession had taken over her life.

Licensed psychologist Jamie Derrick said there are some other roots to body image issues as well. Along with cultural messages, Derrick said family influence can often lead to people having more negative thoughts about their bodies. A

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Everyone is beautiful. And
once we start accepting
ourselves, you know, things
will change

Rachel Falzon



lot of families place an emphasis on attractiveness, even if it's not meant to be in a mean-spirited way.

When she was 13, Jones' father was incarcerated. She said it was devastating to her family and it definitely contributed to her developing a negative body image a year later.


Falzon's family had a more direct role in causing her struggles. She said her parents have always made jokes about her appearance, specifically her weight. Though Falzon said her parents never realized their words were hurtful, it still got to her and led her to see her body in a negative light.

"They would give us nicknames and stuff, and it was 'fat girl,' ... 'jelly thighs' or 'bubble butt,'" Falzon said.

Falzon said her parents still continue with their taunts to this day. Fortunately, Falzon said the support from her friends was monumental in her progress to where she is now. Likewise, Jones said her mother, twin sister and the friends she's made at UI's music department and at her sorority, Delta Zeta, have helped her view her body differently.

"I found my true friends," Jones said.

Both Falzon and Jones said they were willing to be open about their struggles because they know so many people deal with body image issues and they hope their stories will help some individuals in similar situations.

"Everyone is beautiful," Falzon said. "And once we start accepting ourselves, you know, things will change." 

In addition to the pressure to maintain a certain physique, Rudley said sport uniforms may also contribute to self-consciousness in athletes.

Swimming, diving and women's volleyball all have outfits that are usually more revealing, Rudley said.

Unlike many of their peers, Rudley said student athletes have the added pressure of being directly told by outside sources how they should treat their bodies.

"They might find that they're under additional scrutiny both in competition as well as they have many different individuals who are weighing in on ... their general health," she said.

Rudley said this includes multiple coaches, teammates and outside referrals, such as herself.

Cox said coaches are largely influential in an athlete's motivation. If the coach allows athletes to make their own decisions but provides guidance, athletes are more likely to be motivated.

However, Cox said when coaches focus on the weight of the athletes, it is detrimental, because it emphasizes the weight of the athlete and tells relatively little about their actual health, leanness and performance.

"It's quite prevalent to use the scale," Cox said.

She said this is especially common in gymnastics and cheerleading, where team members are often weighed every week.

UI men's basketball player Chris Sarbaugh said he experienced this while attending the University of San Diego.

Sarbaugh said coaches pressure some of the athletes to stay in shape.

"Having their body fat tested or whatever and then making them like do extra workouts," Sarbaugh said. "When we go to team meals they're always watching them and making sure they're not eating dessert or anything like that."

He said he had one friend in particular who the coaches said was overweight and who they pushed to lose weight, which had negative psychological effects on his friend.

Sarbaugh said his friend had to weigh in every Monday, and on Sunday would not eat anything all day. The coaches would call him out in front of everyone, which upset his friend, Sarbaugh said.

He said athletes may also feel pressured by how other people expect an athlete to look.


"They expect them like really fit, like really good shape," he said.

Sarbaugh said he personally has not felt much pressure from outside sources, but does push himself to stay fit.

Fellow UI basketball player Jordan Scott said for the athletes he knows, it is more about staying in shape rather than needing to look a certain way.

"It's about performance rather than looks, really," said UI basketball player Skyler White.

Rudley said regardless of whether someone is an athlete or not, it is important for them to seek help if they are feeling overwhelmed or anxious.

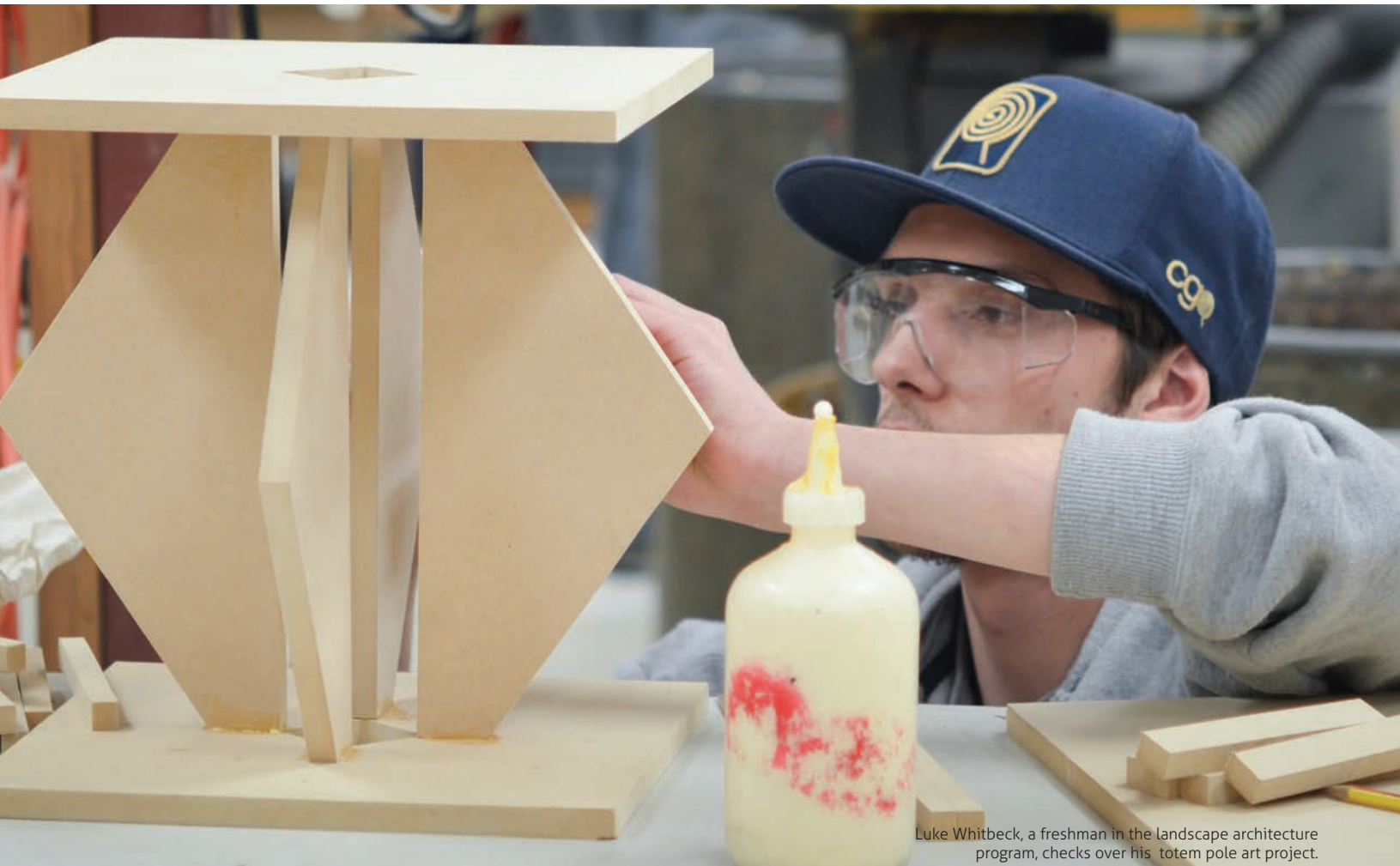
"I would always encourage, if a student feels like they're spending too much time thinking about food, counting calories, becoming anxious about food or exercise, anything involving that, that they seek help," Rudley said. 

— “ —

When we go to team meals they're always watching them and making sure they're not eating dessert or anything like that

Chris Sarbaugh

BUILDING BLOCKS



Luke Whitbeck, a freshman in the landscape architecture program, checks over his totem pole art project.

● Upon entering the University of Idaho woodshop, students are greeted by a chorus of screeching saws. They walk into the room, laden with the smell of sawdust, and remove any scarves, jackets and hanging accessories.

Leaving their backpacks at the door, they put on a pair of goggles and are ready to go — prepared to turn their ideas into reality.

This room full of wood scraps and machinery is not the average college technical shop, and it operates under the eye of a not-so-average director.

Jay Pengilly, director of the technical shop for the College of Art and Architecture, recently celebrated his 20-year anniversary at UI on Nov. 3.

Pengilly has been working with wood his entire life, and said his

passion for making art started at an early age.

“I’ve been making things my whole life,” Pengilly said.

As a child in Oregon, Pengilly said his father owned a sawmill and would bring back bits of wood for Pengilly to amuse himself with. However, he said it wasn’t until after college that he decided to make it his life’s work.

Before his position at the university, Pengilly said he worked as a custom home builder for 20 years. Although Pengilly did not have a degree in architecture or art, he said he has always maintained a deep appreciation for design.

Pengilly said he decided to take on the UI woodshop, a centerpiece for the college since 1972, after settling in Moscow.

Once he had procured the position of teaching the technical

woodshop, Pengilly said he began to renovate the shop to comply with modern technology. Fundamental tools such as table saws and sanders were available, but Pengilly wanted to take things one step further. The shop now maintains laser cutting machines, 3-D milling equipment and 3-D printers.

Pengilly said these printers are the face of the future, and ideas such as using 3-D printing to construct buildings aren't just theories any more, they're actually happening.

"They're in the news every day, they're talking about using 3-D printers to build buildings on Mars," Pengilly said.

While UI is imposing this technology on a small scale, Pengilly said he wants those that use the equipment to have a wide range of experience in order to familiarize themselves.

Pengilly said although he is attempting to keep the innovation and latest contemporary apparatuses, he always makes sure his primary focus remains on the students.

Pengilly said he likes working with students and enjoys seeing them grow and find themselves. He also said one of the best parts of working with students is the significant relationships he builds with the individuals he has employed throughout the years.

Having worked at the woodshop for two decades now, Pengilly sees students come in with the same or similar assignments every year. Despite this, Pengilly said he takes pleasure in seeing how different individuals find varying solutions to the same projects.

Pengilly said his specific profession is a "people job," where he learns about people every day. While he is not a traditional classroom teacher, Pengilly said working with students individually on their projects brings him fulfillment.

"Watching people learn new skills is a wonderful thing," Pengilly said.

Pengilly said the teaching position has also forced him to expand his knowledge and the technology he uses — learning new skills and programs has unleashed far more possibilities for students to create more than ever before. Many students work with programs like AutoCAD or Adobe Illustrator in order to adhere to the requirements of the modern technology now working on multiple dimensions and platforms.

Dakota Reed, a transfer student in the Art and Architecture program, said he utilizes the shop regularly.

"The shop has pretty much any tool you'll need, and Jay knows

it all," Reed said.

After years of mastering the art, Pengilly has noticed patterns in students becoming far more urban with access to tech schools across the nation.

Pengilly said he remembers a time where most students came from rural backgrounds where working with wood was all about working with your hands. Tactile learning is important, Pengilly said, and he wants to preserve this spirit within his classes.

Although passing on his knowledge to students has always been his intention, Pengilly said each day brings new challenges.

Pengilly said he finds that students in the college are known for working to the last minute and pulling all-nighters in order to finish projects.

While Pengilly said he worries about their safety with the operating equipment, he said he understands that students will be students, and all he can do is frequently implement safety training.

Pengilly said he also attends conferences about student shop safety and became a member of a society for academic workshops — things which provide him with the information necessary to uphold appropriate safety standards.

Pengilly said he has found that there is a wide-range of support coming from faculty, especially when it comes to purchasing new equipment as students come and go through the program, and through the shop.

The coming and going at the end of the year is bittersweet, Pengilly said.

"There's the people that graduate and move off and you may never see them again, and there's some people that you're sort of happy to see go," Pengilly said.

In order to stay in contact with former students, Pengilly said he began using social media and is able to continue observing former students as they grow, chase dreams and build families.

Even if some of his past students are well into their 40s, Pengilly said he is happy he had the chance to be a part of their lives, even if only for a brief period.

Looking back after 20 years, he said he said his time at UI went by fast.

"I like making things, I like fixing things, but really, it's about working with people," Pengilly said.

Pengilly plans to continue his work with the university woodshop, and continue growing alongside students. ●





*Photo essay by
Jackson Flynn*

HUMANS OF MOSCOW

TRANSPORTATION STYLE

Stories, experiences and perspectives are always unique to the individual. When they are shared, they allow the potential for others to empathize or even adapt their own perceptions. This is a project that pairs portraits of individuals with glimpses into their experiences. An homage to Brandon Stanton's "Humans of New York," this photo essay seeks to share some of the interactions with people of Moscow.

JONATHAN COUNTS

I've had a couple people ask if I'm a carny or something like that, but it's a nice wrinkle. I think most people really like the look of it, it's almost a party thing, and not a way people look at you. I'll see a group of people as I'm riding and they'll start clapping, a little bit of energy and it becomes about entertainment.

I'd like to have cat-like reflexes. I'm tired of waking up in the emergency room, and I'd love to land on my feet.



ANDREW MCGEACHIN



ARMOND HAWKINS

I would make it easier to ride, so that more people could ride it. You kind of need to have a lot of balance. Sometimes it has trouble getting over bumps. So if I were to invent a new mode of transportation it'd be something that doesn't touch the ground.

My brother has a smaller one. He was going through the store with it and an employee told him he couldn't ride inside. He told them that as long as a wheelchair could be in there he could ride. And the employee said 'OK at least we know.' It's the thing with any new technology, if they don't know what (is) right or wrong they'll end up going with what they want.



CHRIS HARLAN

A CUDDLY *Companion*

Pets help students cope with the daily stress of college life



- At the end of long winter days, many University of Idaho students come home after trudging through the snow only to find themselves curled up in bed, missing one crucial thing — a pet to keep them company.

*Story by Will Meyer
Photography by Nina Rydalch
and David Betts*

Whether it be a cat, a dog or something more unconventional like a reptile, UI students often opt to buy or adopt pets as a way to help reduce the stressors of school.

Beth Campbell, a UI junior who grew up owning pets, said she decided to adopt her cat, Lacey, because she missed having a pet to return home to after a long day.

"It has been really good, because it's a stress relief," Campbell said. "It's nice just taking a study break and hanging out with your cat."

Campbell said she enjoys the responsibility that comes with owning a pet, and said the routine she developed for taking care of Lacey has helped reduce the stress and chaos of her busy college schedule.

When it came to choosing a pet, Campbell said she decided on a cat because they not only provide good company, but they are also more low maintenance compared to dogs.

"First of all, cats are amazing, and second, they require a lot less time than dogs do," Campbell said. "If they want attention, they'll make it easily known, and if they don't, it's the same thing."

Campbell said her favorite part about owning a cat is their ability to be both affectionate and independent.

"(Lacey is) really needy, so she's always on my lap," Campbell said. "(But) my cat is so chill, that I can like, not come home for a while and she'd be fine."

Although Campbell said she adores her cat, she's not the only one. Campbell said guests are consistently drawn to her cat when they come to visit her home and Lacey is almost always the center of attention.

Cayla Judy, a UI freshman and dog owner, said rather than serving as the center of attention when her friends are around, her dog allows her to independently work on her studies while offering the additional comfort of a companion.

"There are a lot of times where say, I want to hang out with people, but I have to do my homework," Judy said. "I don't want to be alone doing my homework, but I'm not alone, I'm chilling with my dog. It feels comfortable without having other people there as a distraction."

Unlike most student pet owners in Moscow, Judy lives in the Wallace

“
I don't want to be alone
doing my homework, but
I'm not alone, I'm chilling
with my dog
Cayla Judy

Residence Center and said her dog lives with her in the dorms.

Pets aren't usually allowed in the dorms, but Judy said she is considered eligible to own a pet by the UI Housing and Residence Life pet guidelines because her dog helps to ease her anxiety.

Although dogs usually require more attention than cats, Judy said she has developed a morning routine that allows her to meet the needs of her dog while also staying up-to-date on her school work. Judy said this routine includes waking up and taking her dog outside for a bit before she starts working on class assignments.

While students like Campbell and Judy prefer furry, four-legged companions, cats and dogs aren't for everyone.

Garrett Workman, a UI sophomore, said he was introduced to the world of reptiles by a friend a few years ago and has been acquiring new cold-blooded friends ever since.

Workman said he prefers reptiles to other pets because they don't require as much time, energy and attention as cats or dogs do.

"Snakes are much more low maintenance," Workman said. "You can give them attention, but they don't need it."

Reptiles are compatible with many different types of people, and Workman said they're a good



choice for students with busy schedules that keep them from coming home often.

Workman said most reptiles don't take up much space. They only need to be fed every week or two and one of the only challenges new reptile owners face is choosing which kind of reptile is best for them.

"The hardest thing about reptiles is the learning curve," Workman said. "A lot of people have the issue where you go to PetCo, and you see iguanas and they look cool."

Workman said reptiles like iguanas may look cool, but unlike other reptiles, they have special care needs and require a specific environment and diet.

Reptiles may not be the typical go-to stress-reducing pet, but Workman said he hopes they become a more prevalent pet option in the future.

"There are places where bearded dragons are the next kept pet behind cats and dogs," he said.

Regardless of which pet someone chooses to adopt, the most important part is that at the end of the day, these pets provide students with a sense of companionship.

Campbell said now that she has Lacey, she couldn't possibly imagine not coming home to her cat every day.

"I love Lacey," Campbell said. "She is such a positive thing to come home to after a long day of class." ●



Judy (page 22) and her dog (page 22 and left) have special permission to live in the University of Idaho residence halls together.

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