

MARCH 2017

# BIOT



University of Idaho student-run magazine

# Editor's note

Mental health among college students has become an increasing national concern. The National Data on Campus Suicide and Depression cites about 49 percent of students reported feeling hopeless in the past year, and 60 percent of students reported feeling lonely — a common symptom of depression. Some students come to college having struggled with mental illness their entire lives, while others don't begin experiencing symptoms of mental illness until they are away from home and at university for the first time. During college, most students are removed from their usual support systems and thrown into an unfamiliar environment where they find themselves under large amounts of pressure to perform well — academically and socially.

This pressure can lead to the development of depression, anxiety or even unhealthy relationships with drugs and alcohol. Before I came to the University of Idaho, I received extensive counseling to help cope with my anxiety, which often manifested in some unsavory ways. Although I came to college equipped with an understanding of my mental illness, I still found myself slipping into unhealthy behaviors under stressful conditions.

Learning to live with a mental illness is a constant process. Some days, I might be social, happy and utterly confident in my skin. Other days, the thought of going out in public makes my heart beat so fast I think my chest will explode.

Regardless of the type of mental health struggles someone faces, the first step in learning how to live with a mental illness is not being afraid to reach out for help.

For those struggling to better understand their own mental health, it's important to remember that your feelings, any fears and frustrations, are valid. Your voice and the story you have to tell matter. More importantly, there will always be someone to listen.

— CB

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# HUMANS OF MOSCOW



Freshman year. I came to U of I as an out-of-state student and didn't really know what to expect. But U of I blew me away with its ability for me to create a new home. Everything was a new experience and it gave me the chance to try new things and meet new people.

Find Humans of Moscow and more at [facebook.com/ui blot](https://www.facebook.com/ui blot)

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AUSTIN KARSTETTER





04



07



10



16



18



20

04

**UNPLUGGED**

While other UI students have their faces in screens, these individuals are looking up.

07

**THE FABRIC OF LEARNING**

Apparel, textiles and design students find inspiration, creativity in their curriculum.

10

**PRESERVATION BY THE DROP**

Water conservation and reclamation efforts aim to sustainably maintain Palouse aquifers.

12

**THE POWER OF MIND**

Some suffer silently from mental illness, but help is available.

16

**PANDORA OPEN THE MUSIC BOX**

There is a world of music to explore outside of American mainstream radio.

18

**THE ACADEMIC PLAYBOOK**

Vandal football enters new era of on-field and off-field success.

20

**THE WOMEN OF A MOVEMENT**

The feminist movement balances fighting stereotypes with promoting a message of equality.

U

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WHILE OTHER UI  
STUDENTS HAVE  
THEIR FACES IN  
SCREENS, THESE  
INDIVIDUALS ARE  
LOOKING UP

# PLUGGED

STORY BY *Erin Bamer*  
PHOTOS BY *Joleen Evans*

As Laurien Mavey walks to class, she forces herself not to look at her phone.

The University of Idaho fifth year instead observes the trees, the hilled landscape of the Palouse and a sea of students — many of whom never once look up from their screens.

Mavey is trying to break the habit. She said she doesn't let herself check her iPhone on her way to class or when she's out to dinner with friends. Despite this, she still opens each of her apps of choice — Twitter, Instagram and Snapchat — at least five to 10 times a day.

"If I have missed a couple days (on Instagram), I will legitimately scroll to the last pictures that I liked and work my way up to the most recent ones because I get worried about missing something," Mavey said.

Though Mavey said she considers herself an obsessive social

IMAGES ABOVE: *Sophomore Jace Hogg looks at his phone.*

media user, this level of activity on social media networks is expected among average college students. According to Pew Research, 90 percent of adults ages 18-29 are active on social media, and many of them depend on it.

This trend of high activity among young adults may start waning soon, however, as many college students have started taking steps to refrain from social media, or even eliminate their accounts altogether.

Paul Busch is one of those students. The UI senior deleted his Facebook account last year after taking a mindfulness and meditation course by licensed psychologist Jamie Derrick.

The mindfulness class does not focus on social media usage, Derrick said. But there were several class discussions on how to use social media in a mindful way. She said in general,





**IMAGE RIGHT:** *An iPhone is smashed by a hammer.*

face-to-face interactions are more fulfilling to human beings than digital connections. But as long as people stay aware of their use of social media, the platforms can still be used in a healthy way.

Busch said he decided to delete his Facebook account because he wanted to work on his relationships with his friends. Despite one of the advertised benefits of Facebook and other social networks being the ability to make and strengthen connections with others, Busch said the platform is based more on observing others rather than interacting with them.

Sophomore Gillian Freitas took herself off of Twitter and Instagram for similar reasons. She said the amount of negativity she was exposed to in both networks was not worth the benefits either app offered.

Freitas quit Twitter about seven months ago.

“Twitter was a no-brainer,” she said.

A photographer, Freitas said she enjoyed using Instagram as an outlet for her creativity. But the negative energy spread again and turned what was once a fun activity into a competition. She took herself off of Instagram at the start of the spring semester, and instead she said she plans to use the Flickr app that has always been on her phone but she’s never used before.

Facebook and Snapchat remain on Freitas’ phone, but she said she doesn’t spend much time on either. She rarely makes Facebook posts, only opening the app when she gets a notification.

Without a pack of social media networks eating up her free time, Freitas said she found she was more productive than ever. She feels more connected to the Moscow community and she procrastinates less because she doesn’t have the outlets of her social media networks to procrastinate with.

Busch didn’t feel more productive after he deleted his Facebook account. Instead, he said he felt an immediate sense of anxiety because he didn’t have a way to fill his free time.


“Nowadays people don’t have to deal with being bored,” Busch said. “People don’t actually have to sit with themselves alone, and that puts tremendous pressure on your psyche to accept that you’re doing nothing.”

Over time, he said the urge to reopen his account waned, but he still felt the need to connect with people. To fulfill this need, Busch started calling people on the phone. When he first started doing this, he said people were so thrown off that they answered out of concern, thinking he was calling because of an emergency.

Freitas said she received similar responses when she called people on the phone.

“Both of my parents were like, ‘What are you doing? What’s wrong?’” Freitas said.

Eventually, people got used to Busch communicating through phone calls instead of social media. Without the use of digital platforms like Facebook, his relationships with others have been altered, sometimes in surprising ways.



**“NOWADAYS PEOPLE  
DON’T HAVE TO DEAL  
WITH BEING BORED.”**

## “YOU GET OUT OF A FRIENDSHIP WHAT YOU PUT INTO IT.”



After Busch deleted his Facebook account, he was visiting the library in his hometown when he recognized a high school acquaintance. He said he had the urge to talk to her even though he didn't know her very well, and after catching up they decided to start hanging out more and they are now close friends who stay in touch with each other.

This initial face-to-face interaction helped to foster that friendship, but Busch said social media can also be an effective tool to build relationships. He said one of his friends extended a friend request on Facebook to someone he did not know — the only connection they had was through a separate mutual friend. Regardless, they started messaging each other, and as they got to know each other they talked more, all without ever meeting in person. Busch said he's pretty sure the two are soulmates.

Mavey said she has also made friendships through her use of Twitter, but she makes sure to devote time to spend with her friends outside of social media.

“You get out of friendship what you put into it,” Mavey said. “It's up to you.”

Aside from the ability to build digital connections, many social media users derive much of their self-worth from how others respond to them on the networks. Mavey said she finds it annoying how much she cares about the number of likes or favorites she gets on her posts, and yet she can't stop herself from caring.

Derrick said the culture of social media is based on the level of likes and followers each person has, which also acts as a way to measure that person's value. She said in this context, being ignored can be damaging to an individual's self-esteem, and if there isn't a strong source of reassurance for the individual outside of social media, that damage can have lasting effects.

The toll social media has on people reaches beyond the number of likes a single post gets. When Busch deleted his Facebook account, he was surprised to find that all of the information that he had posted on the site — including his photos and all his message chains — were compiled into a zip file and sent to him.

He said it was nice to see all of his old photos, but reading through his past messages from people spanning all the way back to 2009 got him emotional. Busch was a different person in high school, he said, but reviewing the history of old dramas and relationships he had made him relive the same feelings and anxiety from years before.

“One of the absolute biggest problems with Facebook is that you don't have the opportunity to forget anything,” Busch said. “I think that that is an extreme problem, because you can't move on

from anything difficult unless you forget it.”

Mavey said she doesn't think there is a way to prevent people from evaluating their self-worth through social media — it's because of the way the networks are designed and how human beings are wired. People like Busch and Freitas can delete their accounts, but for many college students that solution is impractical.

Many social media sites, especially Facebook, have evolved to be useful tools for work and academics. It's an effective communication tool, and if someone's class or place of work requires social media activity, they can't just opt out, Derrick said.

Several networks have also developed digital news distribution, and young adults in particular actively use this new feature. A report by the American Press Institute found that 88 percent of Millennials use Facebook as a source of news.

Busch, however, said he believes the structure of Facebook isn't designed to produce good journalism. Freitas said all social media networks operate as a way for people to speak their opinions — it was a big reason why she left Twitter. Mavey said she limits her use of Facebook because she doesn't want to read long posts about her family's political or religious ideologies.

Without a proper way to verify the information being shared, the spread of inaccurate material has made it difficult to distinguish what news is legitimate and what is fake.

This development is not new or surprising to Freitas. Before she was active on social media, she said her friends would tell her outrageous things that got her fired up even though she never took the time to properly research the topic. Before that, tabloids spread fake news that people still believed.

It's a problem, but it doesn't have to be one, she said. Busch said the only way to get out of the social media bubble is to voluntarily pop it. For example, Busch said he took out a subscription to The Guardian and Breitbart News to get a sense of the differences between two vastly different news outlets.

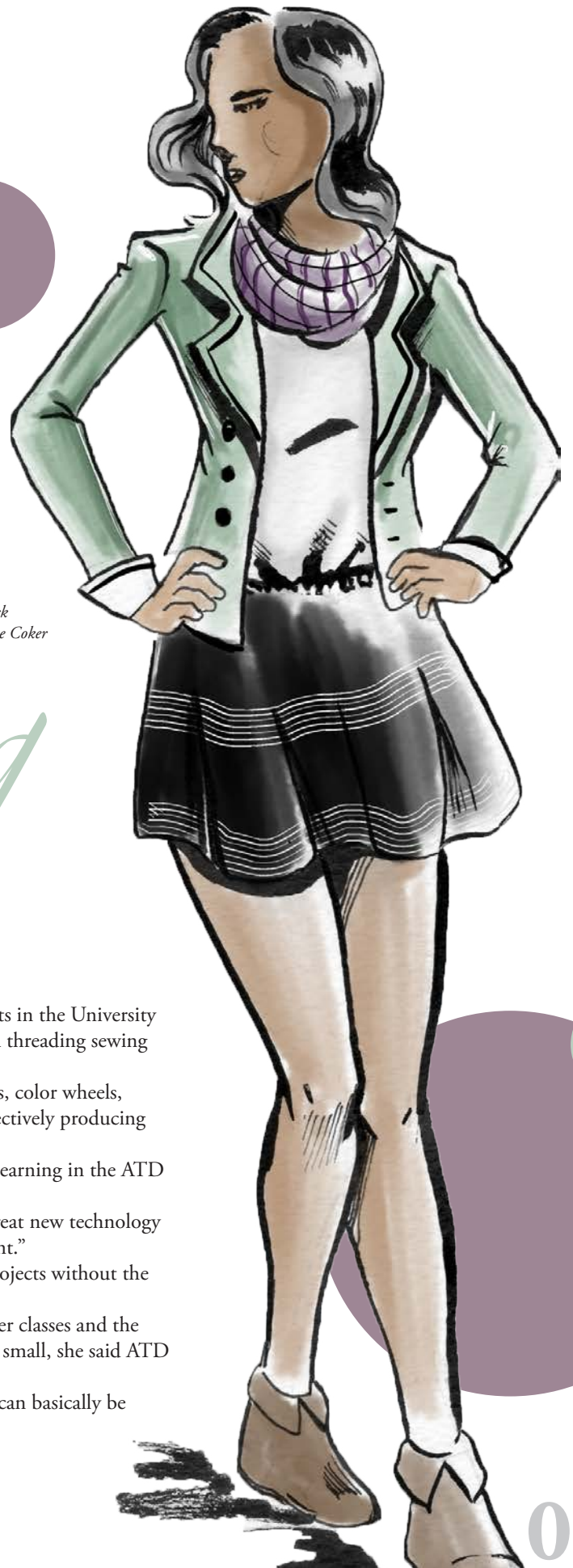
Busch, Derrick, Freitas and Mavey all agreed that while social media networks have drawbacks, it can also be used effectively and have positive impacts. Derrick manages the UI Mind Facebook page, where she posts positive messages on a regular basis. Mavey runs the Instagram account for the UI College of Letters, Arts and Social Sciences. A group of Busch's friends made a Facebook page to share positive, non-political interactions with others.

In this way, Busch said Facebook and other social media networks have the capacity to create positive communities. ■

APPAREL, TEXTILES AND DESIGN  
STUDENTS FIND INSPIRATION,  
CREATIVITY IN THEIR CURRICULUM

# The fabric of learning

STORY BY Hailey Stewart  
PHOTOS BY Jordan Finfrock  
ILLUSTRATIONS BY Blake Coker



Tucked away in a corner attic room of the Nicolls Building, students in the University of Idaho Apparel, Textiles and Design Department (ATD) can be found threading sewing machines, tracing fabric swatches and sketching garment designs.

On weekday afternoons the room, filled with rows of sewing stations, color wheels, sketch pads and boxes of unused fabrics, hosts a variety of students collectively producing designs in a clutter of organized creativity.

The eclectic studio space is what UI senior Sabrina Rice said makes learning in the ATD department so interesting.

“The studios are just amazing and fun,” Rice said. “We have some great new technology and equipment that basically allows us to create almost anything we want.”

Rice said she would not be able to follow through on some of her projects without the use of the department’s work room.

Apart from the equipment, Rice said it is the feeling she gets from her classes and the studio that allows her to express her design style. Although the studio is small, she said ATD students are given plenty of room to be creative.

“We have to be responsible for carrying our design through, but we can basically be





as creative as we want with our designs,” Rice said. “It’s about being authentic to our tastes and ourselves.”

Rice said she once thought fashion design would fit into her life as only a hobby. But with the allure of the ATD department, she couldn’t shake the idea of fashion becoming a career.

Her style and taste have evolved over time, but Rice said she found the department helped her to hone in on her skills.

“I just decided to make the switch, because as you get older you realize, screw it, I might as well do what makes me happy and create interesting clothing while doing it,” Rice said.

Many other students who join the ATD department found themselves cultivating a love of fashion at a young age, especially UI senior Royce Grassl.

Grassl said he designed and constructed his first garment in high school, but his fashion aspirations began at a much younger age.

“My mom taught me how to dress growing up. She would tell me things like never to wear plaid on plaid and pair this fabric with that one,” Grassl said. “So, styling has always been really fun, and when I realized U of I had this program, I just had to jump in.”

It may be hard to teach, but Grassl said the professors in the ATD department have taught him to strengthen his creativity.

“But, I’ve also grown a lot in terms of using technology and applying it to my designs,” Grassl said. “You don’t realize it, but there is so many different pieces that go into apparel, even if it is simple.”

Grassl said those outside the major and industry often don’t understand the difference between apparel and fashion. He said apparel is what consumers find and purchase in clothing stores every day, and fashion is what can be found on seasonal runways and in luxury brand stores.

Although Grassl said he prefers to sketch and create high-fashion garments, having a solid foundation of knowledge in apparel is one of the most important aspects of being part of the ATD department.

A thorough understanding of apparel is what Erika

**IMAGE LEFT:** Claire Kennell, University of Idaho ATD student, focuses on her senior capstone project.

**IMAGE BELOW:** Professor Erika Liams, teaching University of Idaho ATD students, Royce Grassl, Santos Vargas and Claire Kennel the process behind their capstone designs.

Liams, a curator and lecturer in the ATD department, said she and other professors aim to teach their students. She said they encourage students to find a target market and design.

“Everybody wears apparel, but not everybody is interested in fashion,” Liams said. “We help the students focus on the apparel side of the industry, not just high fashion. I think that’s what makes us stand out.”

Liams said students often enter the ATD department with a knowledge of the industry, but ultimately find there is much more to design than they originally imagined. She said the apparel industry is constantly changing, so it is important to keep students up to speed.

“We meet with industry advisers and find out what skills are lacking in current programs across the country, and as instructors we make sure that our students receive what others aren’t,” Liams said.

It is the whole design process — from sketch to final product to merchandising — that Liams said the department strives to teach students. She said this approach to hands-on learning is what makes the roughly 10 students that graduate from the department each year so successful in the apparel industry.

Liams said real design teams take into consideration many factors of the industry before taking to their sketchpads. Merchandising specialists, budget teams and manufacturers — to name a few — must all meet before a single design can be produced.

She said senior ATD students are currently learning







about this design process by creating costumes for the university's spring opera performance. The students will sketch and construct costume designs for the opera, and act as a real design team.

"This is where they really learn and get creative," Iiams said. "It all starts here."

For Iiams, "here" means learning begins with hands-on activities in the design studio, but she also said it means the Pacific Northwest.

Iiams said many students dream of finding careers in Los Angeles or New York City, but the Pacific Northwest hosts a plethora of apparel options for aspiring design students. She said some of the most popular athletic wear is housed in areas not far from Moscow.

The growing side of the athletic wear industry is what brought Santos Vargas, a UI senior, to the ATD major in the first place.

"Having been a college athlete and knowing about the functionality and fit of athletic garments, I always think, 'Oh maybe this could feel better or fit better,'" Vargas said. "I like finding and creating garments that can endure both physicality and the outdoors."

Whether it is a piece of athletic wear or a higher fashion garment, Vargas said producing any sort of design requires a detail-oriented mindset.

"A lot of people, when they come into this major, don't actually realize the time consuming

part of it, but that is my favorite part. So much attention goes into each piece," Vargas said.

He said the construction of a garment often brings him into the studio two or three times a week outside of class. Even the most basic designs can take anywhere from one hour to one week to produce. But, Vargas said it is important not to rush the quality of any design.

Vargas said he originally gravitated toward the business side, rather than the design side of the apparel industry. But, after some time acclimating to the learning style within the ATD department, Vargas said he grew to prefer designing over merchandising.

"When you create something out of nothing — that multiple people could end up wearing either regionally or around the world — it's a great feeling," Vargas said. "Nothing quite compares to that."

Vargas said he has noticed that the apparel industry is always changing what it needs from potential designers. But, he said he feels ready to approach those changes thanks to his versatile learning experience in the department.

"Everything seemed more simple when I first started this major. Designs were drawn by hand, but now all of that is changing," Vargas said. "Tech plays such a large role in design now, so I've really tried to learn all that I can in regard to that."

Vargas said being successful in the program is all about being creative and doing so through learning to use different tools. He said he's excelled at the technical skills of designing garments, but not without hours of practice.

"When I first entered the program, I basically had a simple sewing knowledge," Vargas said. "But over the last three years I've learned all the tech, attention to detail I possibly can."

Rice said along with the detail-oriented mindset and versatility that is required of a successful young designer, passion for the work they do is key. However, she said staying creative and fresh can be a challenge among all the other demanding aspects of design.

"It is easy to be intimidated by this industry, but you can't let it scare you, because you will just get swallowed right up," Rice said. "It's important for us all to be hardworking and committed to design, but I think it's more important to be creative, innovative and keep the passion alive." ■



## Water conservation and reclamation efforts aim to sustainably maintain Palouse aquifers

# Preservation by the drop

STORY BY Emily Lowe  
PHOTOS BY Jordan Finfrock

As the piles of snow melt away and waves of rain assault the Palouse, it's easy to assume there is an abundance of water in Moscow.

Tyler Palmer, vice chair of the Palouse Basin Aquifer Committee, said this is only a mirage.

"Living in the Northwest, sometimes there is this misconception that there is all the water that we could ever use, and it's just not the case," Palmer said.

Both the Palouse Basin Aquifer Committee and the University of Idaho Sustainability Center are enabling people to conserve water on campus and across the community.

that is able to provide the Latah and Whitman Counties with the water they might eventually need.

"If you think about how human civilization develops, water is what drives location," Palmer said. "Because availability of water is the first and fundamental key to being able to live somewhere."

Moscow residents learned of the dwindling aquifer in the 1970s. In 1978, Moscow's Wastewater Treatment Plant was built in hopes of reclaiming some of the used water.

Over the years, the treatment plant has reclaimed more than two billion gallons of water, said Elmer Johnson, the UI water systems manager. That equals 100 of the large University of Idaho

*"Availability of water is the first and fundamental key to being able to live somewhere."*

In previous years, the Grande Ronde aquifer, one of two Moscow relies on, lowered .9 feet every year, Palmer said. Now the aquifer only lowers about half a foot annually. While it is good news the decline has decreased, Palmer said the decline still needs to continue declining.

Moscow residents are consuming almost the same amount of water they did in 1955, said Eugene Gussenhoven, director of utilities and engineering at UI. Relying on aquifers as the only water source becomes difficult. There is not a surface water source

water tanks resting on the hill above the Kibbie Dome. One tank holds two million gallons of water.

If that sounds like a lot of water — it is. The EPA states the average four-person family in the U.S. uses 400 gallons of water per day. For places like Moscow that rely solely on water from aquifers, it is imperative to use water conservation methods.

Moscow residents used 255 million gallons of water in 2015. Of the water taken from the aquifers, the treatment plant reclaimed 86 to 105 million gallons of the water used last year,





*IMAGE ABOVE: An influx of rain and snow melt causes Paradise Creek to rise.*

Gussenhoven said.

Before the water is reclaimed, the category black water goes through rigorous treatment. The reclaimed water is used on almost all of the green areas on the UI campus, Gussenhoven said.

UI students also do their part to conserve water in Moscow.

Jamie Matheison, the Sustainability Center manager, said the center gives reusable water bottles to freshmen volunteering at Serving Your New Community (SYNC) each year. In addition, the Sustainability Center dedicated their semester around water last spring.

The center not only provides easier ways for students to conserve water, but also holds events like the Haul Your Water Challenge, an obstacle course on the tower lawn with one catch — a heavy amount of water is carried in both hands.

“It’s to bring awareness to the fact that we have an incredible privilege in the United States and here in Idaho to be able to turn on the tap and not have to do anything to get to it, whereas other places have to haul their water,” said Kelly Painter, the student director of the center.

The use of water impacts every aspect of life, Painter said. If plants are not native to an area, more water is consumed in the process of keeping them alive. If farms are grown in naturally dry climates, more water is needed to produce food.

Moscow residents understand the benefits of switching to

native plants. There has been a great effort both on and off campus to plant native species. Since 2009, the center’s event, Get Rooted, received help from more than 5,000 students in planting more than 5,000 native species of plants, Matheison said.

This spring, students and volunteers will also participate in the Paradise Creek water quality planting project. Matheison said grasses “will be planted along Perimeter Drive to absorb livestock nutrients from surface water runoff before reaching Paradise Creek.”

Paradise Creek is home to different wildlife, and fertilizers and chemicals can harm these creatures. That is why silver medallions and paintings are placed near storm drains throughout Moscow, Matheison said.

What a lot of these conservation methods come down to is being aware of personal water consumption and considering where the water ends up.

Being a “conscious consumer” as Painter said, goes beyond what an individual can do to use less water on campus. It is also thinking consciously about where products are coming from and how much water they require. Painter is a vegan. It is the biggest effort she said she has made in conserving water.

“Every dime we spend wastefully is a dime we can’t spend on fun things that we want to do as a community,” Palmer said. ■



THE **POWER**  
OF **MIN**



STORY BY Savannah Cardon  
ILLUSTRATIONS BY JP Hansen  
PHOTOS BY Joleen Evans

# SOME SUFFER SILENTLY FROM MENTAL ILLNESS, BUT HELP IS AVAILABLE

# ND



Every person copes with mental illness in a different way.

For Camille Hanson, writing sonnets and practicing mindful meditation helps improve her mood. For Talitha Davis, it's different forms of art — sculptures and painting.

Katy Johnson, mental health coordinator for Vandal Health Education, said there are many resources and activities at the University of Idaho for people to process their emotions.

“Everybody has different things that help them, and it's really important to just focus on what makes you happy and calm,” Johnson said. “What kind of gives you some time to reflect and kind of clear your head and that's what works for you. It's completely different for everybody.”

## CAMILLE

Camille Hanson's cat saved her life.

The house was empty and quiet as she began taping the video her family and friends would find after she was gone. Hanson was prepared to take her life, until a familiar sound cut through the air. A gentle “meow” chimed over and over again until she couldn't stand it. She scooped up her cat and went outside.

Taking in the fresh air and stroking her cat's fur, Hanson realized this wasn't the way she wanted her life to end.

Her cat saved her life.

Hanson's struggle with depression began when she was in the seventh grade and lasted through high school.

“It's like walking down a tunnel and all you can see is the end of the tunnel,” Hanson said. “It's like a straight tunnel and there's branches off the side, but your focus

is so narrow that all you can see is the black at the end and you can't get out of that mode of thinking.”

Coming from a family where she was exposed to mental illness at a young age, Hanson said she never fully understood her emotions.

Now in her second year at UI, Hanson said she's in a better place. She can identify ways to escape that depressive mode of thinking, locate the reasons why she feels a certain way and find ways to change it.

Hanson isn't alone. She is one of the millions of Americans who suffer from depression.

She said it was hard for her to speak out about her feelings because she didn't think they were that bad, due in part to the strong stigma about mental illness in the U.S. She said it was difficult to explain her experience to individuals who weren't also struggling with a mental illness.

“Even when I was thinking about killing myself, it still never occurred to me that I should say something,” Hanson said.

The Depression and Bipolar Support Alliance said, despite its high treatment success rate, nearly two out of three people suffering with depression do not actively seek proper treatment.

Hanson said it wasn't until her first year of college that she realized it was time for her to receive help. That's when she contacted the Counseling and Testing Center (CTC) on campus.

Hanson said the CTC helped validate her feelings, while also comforting her and helping her realize she wasn't alone in the world.

“It just had a tremendous impact on how I thought about myself, how I thought about the world,” Hanson said. “It completely changed how I thought about everything.”

Hanson looks back on her life and said she wouldn't be the woman she is today if she didn't go through the struggles she did.

Beyond that, she said the most important part of talking about depression is to help people realize they can speak out and there is always someone to talk to.

## TALITHA

Talitha Davis' best friend saved her life.

Davis was not planning to attempt suicide. Like any other day, she stepped into the steaming shower and cut into her wrists.

The pain was a release. Soon, she wasn't just cutting her wrists, but her thighs as well. Streams of blood ran down her arms and legs, the water deepening to a darker red. It was like an addiction, and she couldn't stop.

She hopped out of the shower, still bleeding, when her phone began to ring. Her friend's voice was calm as he said, "I just felt something was wrong, are you OK?"

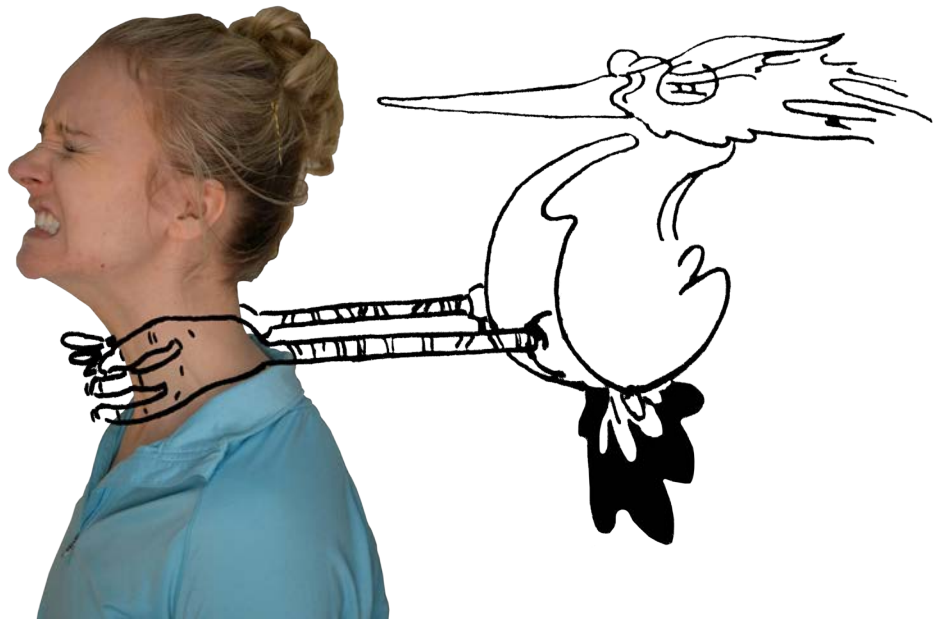
Her best friend saved her life.

Davis is a third-year student at UI struggling with depression and anxiety, both of which impact her everyday life.

Growing up, Davis said she never felt as though she fit in. Much of her depression stemmed from impactful childhood events.

"I would usually stay hidden away during recess or during lunch hour. I would literally finish lunch, I would go outside and I would hide in this little corner against this brick wall and curl up into a ball," Davis said.

The struggles she faced throughout her entire life weighed on her. Davis said on dreadful days, she would self-harm to feel more alive.



However, Davis said the real start of her depression began during her first year of college, when she found out she was pregnant in the midst of an abusive relationship. Weeks after discovering she was pregnant, Davis discovered her baby was terminal.

"I have been going to therapy a lot since then, because he only lived two days, which was amazing. But that's definitely — that whole experience from my first year of college has hugely affected me both in wonderful ways and pretty horrible ways," Davis said.

College provided Davis with a different atmosphere where she could finally feel a sense of belonging. But even with so many friends, Davis said she still has days where she wakes up feeling depressed, despite having everything she could want.

Downward spirals are a common element of depression that affect everything a person does. Davis said all it took for her

to slip into one of those spirals was a simple doubtful or negative thought.

Therapy helped. Although she continues to struggle with anxiety and depression, Davis said attending therapy sessions and having someone to talk to has made a huge difference in her life.

A frequent visitor to the CTC, Davis said she obtained a great deal of happiness from talking with her therapist.

"My therapist here at the UI has helped me find really good balance in my life and really practice on reframing my thoughts," Davis said.

Both Davis and Hanson said they wouldn't change the past, because it helped to shape them into who they are today.

"I'm really grateful for my past," Davis said. "I wish I could have learned the things that I did learn in a different way, but I'm glad I went through them and I'm glad that I learned them."

With help from her family, friends and

# 90 PERCENT OF PEOPLE WHO DIE FROM SUICIDE STRUGGLE WITH A MENTAL ILLNESS.

NATIONAL SUICIDE PREVENTION HOTLINE:  
CTC CRISIS HOTLINE:

1-800-273-TALK (8255)  
208-885-6716



# "IF YOU STRUGGLE WITH MENTAL ILLNESS, THERE IS TREATMENT AND THERE IS SUPPORT."

therapist, Davis said she now recognizes her life as one worth living.

## THE CTC AND SUICIDE PREVENTION

Whether it be counseling services or suicide prevention tactics, the university provides a wide variety of different resources for students in need of support. One of the main resources on campus that strives to help others is the CTC.

Sharon Fritz, a licensed psychologist at the CTC, said providing students with free and confidential counseling and testing resources is the primary purpose of the center.

"Somebody who comes in, they can call in or walk in and say they need to see somebody right now, we will meet with them, talk with them about what's going on, brainstorm, problem-solve and schedule them with another appointment," Fritz said.

The CTC is open from Monday through Friday, and Fritz said they also offer after-hour services. If a student needs services outside of usual times, the CTC extends their regular hours with a crisis hotline. Along with counseling, the CTC provides mental health screenings.

The screenings include topics such as depression, anxiety and eating disorders.

Fritz said the stigma around mental illness may prevent students from seeking the help they need, and it's important for society to understand what it means to have a mental health issue.

Every case is different, and Fritz said if a person suspects a friend needs to visit the CTC and the friend is hesitant, offering to walk with them to their appointment can help. From diagnosis, to treatment and recovery, Johnson said that mental illnesses can be curable.

"(Mental illness) is nothing to be ashamed of," Johnson said.

Counseling might not be for everyone, and Johnson recognizes that. She said there are acts of self-care that can be beneficial. Activities such as exercising, participating in school clubs or creating support groups can guide people in the right direction.

The university also has several programs and trainings in place to inform students and faculty on what to do if they are concerned about another student's mental health and what they can do to report that concern. Johnson said the university works hard to prevent suicide by providing students and faculty with the opportunity to work through trainings that focus on these topics. One hour-long training focuses specifically on suicide prevention. Johnson said this

training teaches individuals how to be gatekeepers and to recognize the signs of suicide.

Along with the suicide gatekeeper training, Johnson said UI has an eight-hour training covering all mental health topics, including both suicide and depression.

Through the CTC's website, Johnson said students, faculty and staff are welcome to sign up for any of the programs. Their main goal is to help students deal with non-academic issues. Fritz said the CTC strives to provide students with help and care whenever they need it.

"If you struggle with a mental illness, there is treatment and there is support," Fritz said. ■



### SUICIDE WARNING SIGNS:

- Talking about wanting to die or kill oneself
- Talking about feeling alone or trapped
- Talking about feeling hopeless
- Sleeping too little or too much
- Increased use of drugs or alcohol
- Extreme mood swings

# PANDORA

## OPEN THE MUSIC BOX

In Anibel Alcocer's classroom, the lights are dimmed. Class has just begun, and the University of Idaho lecturer of Spanish lowers the overhead screen and presses play on the music video pulled up on her computer.

Some days, she might play something more upbeat — anything by Enrique Iglesias is always a go-to — other days it might be something humorous, like “Oh, how hard it is to speak Spanish!” by Inténtalo Carito. As always, it's in Spanish.

Although Alcocer exposes her students to a different Spanish song every class, she said she hasn't found music from different cultures to be a common staple of American music culture.

“You can hear a lot of music in English, but not in a lot of other languages. Unless you find a radio station that is playing a different section, you don't really hear it,” Alcocer said.

As a nation that is thought of as a hodgepodge of various cultures, it's easy to think they would be represented in one of the most popular art forms — music. However, the February Billboard Hot 100, the music industry standard record chart in the United States, features no songs produced outside of the U.S., or any spoken in a different language.

In a list of the BMI's Top 100 Songs of the Century published in 1999, every song listed is in English, and most are by western musicians. Alcocer said she finds the strict recognition of American or English-speaking artists in the U.S. to be an anomaly.

“It's weird that (America) doesn't have that international music,” Alcocer said. “I'm from Mexico, you hear music in English, you hear music from all Latin America, it doesn't matter the language. I feel like the U.S. has tried to keep the English, even if it isn't specifically American.”

Some international artists, like Enrique Iglesias or Shakira, find success in the United States and produce songs in both English and Spanish. However, the English versions of these songs often perform better than the Spanish versions within the U.S.

Alcocer said in some southern states like Texas, there are Spanish radio stations that are separate from popular stations, but it's not likely someone will find a station that plays both English and Spanish hits.

There are several theories as to why music in languages other than English is more popular in the United States, one being that foreign language is not a prominent topic of learning in the United States. An article published by Forbes cited a study that found the number of foreign language courses offered in American elementary schools decreased from 31 percent to 25 percent from 1997 to 2008 and that about 25 percent of elementary schools don't have enough qualified teachers to teach foreign languages.

It's a cultural phenomenon even international artists have recognized.

Alcocer said people should be less concerned about the language a song is in, and take an interest in the nature of the song itself.

“(Language) is a barrier to know what they say, but sometimes there isn't one because sometimes the sounds, the rhythm transmits a lot, too,” Alcocer said.

Music has long been considered a sort of language apart from spoken language. A 2014 article in *The Atlantic* described a study by Charles Limb, an otolaryngological surgeon, on how jazz musicians interpret music. This study concluded that music is interpreted in the same way as language, where people understand the music being played with no relation to an exact spoken language.

Xena Lunsford, a UI English major, loves listening to Japanese music. Lunsford said beyond music from different cultures presenting a language barrier, she thinks American society views music from other cultures as something that is an “other,” or outside of social norms.

“I don't think that it's supported. I don't think that people are encouraged to listen to (foreign) music, and because of that fact I feel like it's not around, so people can't desensitize themselves to the fact that there is a variety of music. So it becomes viewed in the ‘other’ fashion,” Lunsford said. “As to why it's not, I don't know — maybe American elitism?”

Lunsford said she believes “Americanism” is a form of musical elitism, where there is a “strict, homogenized, uncomplicated sort of ideal” and a fear “that what makes us American won't make us American anymore” if there is a branch out into foreign music territory.

For Lunsford, listening to Japanese music is an opportunity to expose herself to new music listening experiences.

“For me, and my perhaps ignorant perception, I get a lot

# THERE IS A WORLD OF MUSIC TO EXPLORE OUTSIDE OF AMERICAN MAINSTREAM RADIO



STORY BY Lauren Orr  
ILLUSTRATION BY Le Hall

more variety with Japanese music rather than popular American music compared with popular Japanese music," Lunsford said.

Alcocer said she believes universal human experiences can be found among different cultures, and that listening to music from those cultures can help others understand how different people experience the world.

"Everything is so global that people have the access to hear music from all around the world," Alcocer said. "I feel like there are certain things that are the same in every culture, but they give them a touch of their own background. We are influenced in so many ways beyond music." ■

"IT ALMOST FEELS LIKE A FEAR ... THAT IF CHILDREN LISTEN TO FOREIGN MUSIC THEN WHAT MAKES US AMERICAN WON'T MAKE US AMERICAN ANYMORE."



# The Academic Playbook

Vandal football enters new era of on-field and off-field success

Three years ago, the Idaho football program was a mess. “There was no academic accountability in that football program,” said Idaho Athletic Director Rob Spear. “It was a disaster.”

It was a situation Idaho head coach Paul Petrino was hired to fix in December 2012. In his first head coaching job, he received a program with academic sanctions, one-win seasons and no conference affiliation.

“From the outside looking in, you don’t realize all the problems you do have to solve,” Petrino said. “We had to fix all the problems academically first. That was the groundwork for getting everything else fixed eventually.”

In 1990, a new law required higher education institutions receiving Title IV funding to disclose graduation rates broken down by gender, race, ethnicity and other factors. This data included student athlete success and graduation rates broken up by sport. The National Collegiate Athletic Association found low graduation rates among student athletes in the United States — only 51 percent of football players entering college between 1993 and 1996 graduated in six years.

The NCAA launched the Academic Progress Rate in 2004 to better gauge academic progress, requiring a minimum four-year average of 925, raised to 930 in 2011. The NCAA also releases single-year and rolling two-year averages. Failure to meet the standard results in consequences like reduced practice time, fewer scholarships and postseason ineligibility. Each sport, for each gender, receives a separate score.

The Idaho football team received a reduction of eight scholarships as a disciplinary measure in the 2006-2007 season because the team’s APR hit 904.

Former head coach Robb Akey was hired for the 2007 season. In 2008-2009, two scholarships were earned back when Idaho reached 908, and five more scholarships were added in 2009-2010 with an APR of 923. The Vandals won the Humanitarian Bowl in 2009 — Akey’s only winning season. Spear said Idaho’s single-year average in 2009-2010 was a 971.

**IMAGE RIGHT:** Football players spend just as much time studying in the Kibbie Dome as they do practicing.



In 2010-2011, the score dropped to 921, then plummeted to 881 in 2011-2012. Akey was fired the day after a 70-28 blowout against Louisiana Tech. Idaho allowed 839 yards in the loss. Offensive coordinator Jason Gesser finished the season as interim head coach. The Vandals were ineligible for postseason competition during the 2014-2015 season because the four-year APR average from 2009-2012 was 903. This was the last score including Akey's time as coach. The team also lost four hours of practice time a week.

Since Petrino's appointment, Idaho's APR has moved steadily upward. The Vandals accomplished a single-year score of 957 in 2013-2014 — up from just 838 in 2012-2013. Idaho earned a four-year rolling average of 904 in 2014-2015.

**"It was just the process of making sure they knew that the No. 1 thing was that they all graduate."**

Spear said the program dismissed several students, impacting the retention piece early on.

"It was just the process of making sure they knew that the No. 1 thing was that they all graduate," Petrino said. "And if they don't take care of their business academically, they're not going to have a chance to get on the field."

Spear said growing the athletic department academics staff to three full-time people and two graduate assistants helped increase the level of support for student athletes.

Susan Steele, the director of academic services, was hired at the same time as Petrino. The two worked together to set up study hall hours and ensure accountability across the department.

"I think as much as anything, making the players accountable," Petrino said. "It's the ability to confront and demand. You have to confront the players and demand them to do things right. Demand them to go to class, demand them to be in study hall."

Student athletes must meet a minimum GPA of 2.6. Any lower and they are considered "in-services," Steele said.

New student athletes, transfer students, freshmen and those below the minimum GPA are automatically enrolled in study hours.

"They have anywhere from four to six hours — or more if their grade-point is lower than that," she said. "The lower the grade-point, the more hours are required per week. They're studying here in the Dome with a supervisor so they can watch them and help

them. They also meet with one of the academic coordinators once a week, word goes to the coaches."

Meetings with academic coordinators happen on Sundays, Petrino said, as part of the "academic playbook." Student athletes create a schedule of all their required work in every class for the week with an academic coordinator. The next day, Monday, the student athlete meets with their coach to go over the plan.

Sometimes, Petrino requires players above a 2.6 GPA to stay in-services.

"There's a few guys that get above a 2.6, but I make them be in it," he said. "I think they need the help, being organized and staying structured."

Steele said she directs students to resources across campus when they struggle, like meeting with professors, peers and study groups, to encourage them to become independent learners.

The Kibbie Dome has one-on-one and drop-in tutoring hours to help students feel comfortable asking for help and gain academic confidence.

"Our goal is not to keep the students in the Kibbie Dome all the time," Steele said. "Once they get used to it, they realize they can do this and be responsible for their education."

Spear said there is a direct correlation between performance on and off the field.

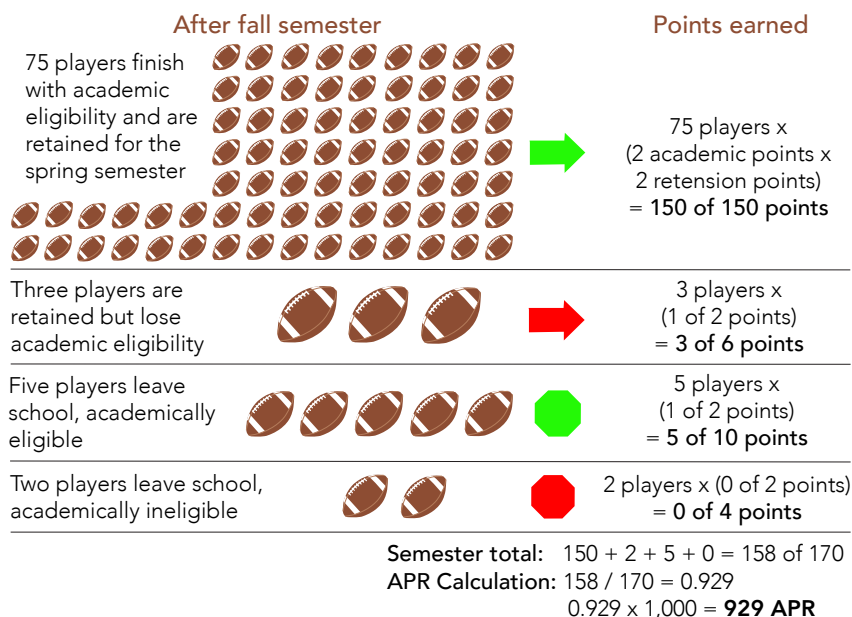
"It's no more evident than what was happening — poor academic performance, poor performance on the field," he said.

Idaho earned a 61-50 win over Colorado State in the Famous Idaho Potato Bowl Dec. 22 — the program's third-ever bowl appearance, and third bowl game win.

"I think the biggest thing is if you can get them in class and then help organize them, then they have a great chance to be successful," Petrino said. ■

## How to calculate the APR

### Using a hypothetical D1 team with 85 members





A photograph of three young women standing in front of a wall covered in graffiti and stickers. The woman on the left has long brown hair and is wearing a grey jacket, a white t-shirt, a dark red scarf, and black pants. The woman in the middle has long blonde hair and is wearing a green quilted jacket, a dark shirt, and blue jeans. The woman on the right has long blonde hair and is wearing a black double-breasted jacket and black pants. The wall behind them is blue and purple with various graffiti, including a large black musical note. Stickers on the wall include 'Bread Circus', 'SHAKEWELL', a yellow diamond-shaped warning sign with a black silhouette, 'a.c. cotton', and 'RED'.

# THE WOMEN OF A MOVEMENT

In less than 20 words, the Merriam-Webster Dictionary defines feminism.

According to Merriam-Webster, feminism is, “the theory of political, economic, and social equality of the sexes.” However, to many Americans, feminism takes on different meanings. In the midst of a politically-charged climate, feminism is a loaded word.

STORY BY *Carly Scott*  
PHOTOS BY *Joleen Evans*



# The feminist movement balances fighting stereotypes with promoting a **MESSAGE OF EQUALITY**

## FIGHTING STEREOTYPES

Lysa Salsbury, director of the University of Idaho Women's Center, said she sees a lot of young women who reject the feminist label.

"It's a very political word, it's a very strong label to accept," Salsbury said. "Even though I think feminism is very inclusive and not a bad word, I definitely don't judge anyone who doesn't want to claim that label for themselves."

She said she believes the main force working against feminism is a lack of understanding.

"We fear our ignorance, we're scared of things that we don't know about," Salsbury said. "We're much more likely to dismiss them or demonize them if we don't understand."

Salsbury said feminism has been vilified, and no one wants to associate with the enemy. The Women's Center director regularly sees students who claim not to be feminists, but who then tell her about their beliefs and ideals that are inherently feminist. A lot of times, she said people perceive feminism as hating men or pitting the genders against each other.

"I'm certainly not a feminist in the way that many people see that word," Salsbury said.

Hailey Johnson, a UI sophomore and member of the Society of Women Engineers, said she thinks people have the wrong idea about the goals of the women's movement.

"The purpose of it is to empower women, to be able to do what they want. It's also to speak up for the people who can't speak up for themselves," Johnson said.

Like Salsbury, Johnson said she believes opposition to the women's movement is rooted in unease.

"It's rooted in fear of women in general, maybe. Women overtaking men's careers or jobs. Society has ordained jobs, president, doctors, congress, engineering," she said.

Mary Jo Hamilton, one of the women who helped organize the Moscow Women's March in January, has been a feminist her entire life. She attended college in Wisconsin in the '60s, during the Vietnam War era. Hamilton said some of her first experiences in activism were participating in sit-ins to protest the war.

She said she can't understand why negative stereotypes regarding feminism are being perpetuated.

"I think it's kind of lazy thinking when you have to characterize everything, you're not looking at the whole person," Hamilton said. "You're not attempting to understand what they're thinking. I just don't think those stereotypes are true."

Similar to Hamilton's sentiments, Salsbury said the feminist movement generally provides a welcome and diverse community. However, she said sometimes its lack of structure can be a downside.

"The feminism movement has suffered somewhat by its lack of definition," Salsbury said. "But that's feminism — you don't want to put yourself in a box."

For Salsbury, it's difficult to define feminism. She said women are such a group of rich and complex individuals they can't be lumped together. This diversity and the ways in which the life experiences of women differ dramatically are what Salsbury said add wealth to the movement.

"It's counterproductive to make assumptions about people based on this narrow group of definitions," Salsbury said.

## BUILDING SOLIDARITY

For Hamilton, feminism is about community.

She said she believes people feel their strongest and most supported when surrounded by peers, which is a large part of why she is actively involved in the movement.

"What people want is community, and if you're segregating everybody out because they don't look the same, or believe the same, it destroys the community," Hamilton said. "Then you feel powerless."

Salsbury said community is important for women as well, and they should focus on common ground, rather than on differences. One of the main differences she said people focus on is reproductive rights. Regardless of differing opinions about women's reproductive health, Salsbury said there are many issues women can meet in the middle on.

"No matter what your life is like, there's probably some things as women we can all agree on," she said. "If we can unite around the common causes that we have, that would be a powerful thing."

Salsbury said she thinks another large barrier in the women's movement has to do with the perception of professional women.

"I think there are a lot of people who think politically or professionally ambitious women accuse them for being very cutthroat or putting their peers down," Salsbury said.

She said that this hasn't been her experience at

*IMAGE LEFT: Brooklyn Collins, Allison Ellingson and Emily Fredericks express themselves in downtown Moscow.*

all with female leadership. Rather, Salsbury said the female leaders she's interacted with have been generous, encouraging and collaborative — characteristics Salsbury said she also tries to embody as a leader.

"It's not to say that there aren't women who are very cutthroat, but it's not the norm," she said.

Another large issue confronting solidarity in the feminist movement is its historic exclusion of women of color, minorities and trans women.

Denessy Rodriguez, a UI sophomore, is a large supporter for women of color in the women's movement. One of the biggest issues, she said, is the amount of misinformation out there, such as information regarding the wage gap.

"Currently, they mention how women get 77 cents to a man's dollar, but that's white women," Rodriguez said.

"It's not about speaking up for these marginalized women, it's about **PASSING THE MIC** and letting them **SPEAK UP FOR THEMSELVES**"

She said that women of color actually make much less than this, and that the feminist movement includes a diverse range of women who often feel overlooked. At the Women's March, Rodriguez said she felt that Salsbury's speech pushed back against this.

"Lysa talked about being here for all kinds of women, younger women, older women, disabled women, women of color, conservative women, liberal women," she said. "Which is a piece that gets ignored a lot of the time."

Rodriguez said that Moscow did a good job trying to be intersectional, but at times it felt obliged.

"You want people to recognize the intersections that come with feminism, but you don't want it to feel forced," she said.

Rodriguez said that some of the responsibility falls to women of color to use their knowledge to help educate others, while other women should take a second to step into someone else's shoes. She said that looking at the world through the eyes of another demographic can be enlightening.

"I saw a good quote today, 'It's not about speaking up for these marginalized women, it's about passing the mic and letting them speak up for themselves,'" Rodriguez said.

## MARCHING ON

On Jan. 21, nearly 3,000 people gathered in downtown Moscow for the Women's March — far more

than Hamilton ever expected when she helped organize the event.

"When we first started organizing, we went to get a permit for the park, and they wanted to know how many people and I said probably about 40," she said.

When more than 700 people reserved to attend on Facebook and nearly 3,000 people showed up for the march, Hamilton said she was astounded and had to go back to the police station and update them on the numbers they were expecting.

Hamilton said the Women's March had two goals. First, to make sure it wasn't a protest and to support human rights. Second, they wanted people to see that they had a community they felt strong and safe in.

Johnson said she attended the march, and yet she still feels marginalized in her everyday life. As an electrical engineering major, she said she's entering a field

composed nearly entirely of men.

"I get interrupted all the time," Johnson said. "In meetings, in class, a lot of females don't tend to lend their opinions on things because no one is going to listen to them anyways."

Salsbury said the needs of women today are a lot different than needs of women in the past, that today women have a lot of legislation protecting them, but not everything is resolved.

"I think that some of those issues are still concerning to young women," Salsbury said. "The glass ceiling still exists, violence against women is still prevalent, but I think that we do have legislation that has protected women from some of the things that they used to have to endure."

Salsbury said in many ways, women are still being set against each other, in competition rather than collaboration, especially with the prevalence of a white, patriarchal society. Salsbury said for a long time she felt like the women's movement was coming easy, but now, it feels like an uphill battle.

"The most important thing we have to do as women is listen to one another," Salsbury said. "In a patriarchal society, women are pitted against each other. They are placed in competition against each other for resources, for men, for whatever it may be. I think we need to consciously work against this." ■

# Tobacco- FREE for UI and

The University of Idaho is a tobacco-free campus. Cigarettes, smokeless tobacco, e-cigarettes and all other tobacco products are not permitted on UI property. More information can be found at [uidaho.edu/tobacco-free](http://uidaho.edu/tobacco-free). APM 35.28

## Quitting tobacco can be difficult

### Use these FREE resources to start your tobacco-free journey:

- Eight weeks of free nicotine replacement therapy (gum, patch or lozenge) available for Idaho residents through [www.projectfilter.org](http://www.projectfilter.org).
- Free one-on-one counseling sessions at Gritman Medical Center: [208-883-6236](tel:208-883-6236).
- Free Freshstart group cessation classes on campus. Register online at [www.uidaho.edu/tobacco-free](http://www.uidaho.edu/tobacco-free). Upcoming dates: The next session will be at 3 p.m. Mondays, April 3, 10, 17 and 24. View website for future course options as they become available.



# *Spring is near, come study here!*

*Monday | 7 a.m. - midnight*

*Tuesday | 7 a.m. - midnight*

*Wednesday | 7 a.m. - midnight*

*Thursday | 7 a.m. - midnight*

*Friday | 7 a.m. - 8 p.m.*

*Saturday | 9 a.m. - 8 p.m.*

*Sunday | 10 a.m. - midnight*

**Idaho Commons:**

**885 . 2667**

**[info@uidaho.edu](mailto:info@uidaho.edu)**



**Bruce Pitman Center:**

**885 . 4636**

**[www.uidaho.edu/student-affairs/  
idaho-commons-pitman-center](http://www.uidaho.edu/student-affairs/idaho-commons-pitman-center)**