

BLOT

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University of Idaho student-run magazine

Editor's Note

The Blot Magazine staff often attempts to tackle broad stories — stories that, in one way or another, affect all human beings, even at the most fundamental level.

More often than not, we find those stories begin with people rather than statistics. The essence of every story is grounded in the overarching theme of the human experience. What better way to present one aspect of the human experience than with something so common, yet so diverse and expansive — food.

Every person's connection to food is different. Food can represent culture, nostalgia, family and diversity — the list goes on.

It is estimated nearly 7.3 million people, or 3.2 percent, of U.S. adults are vegetarian. About 2.5 million people, or just 1 percent of the American population engages in a vegan lifestyle. Some 3.1 million people avoid gluten in their diet. The rest fall to all kinds of dietary categories — some fleeting and some lifelong.

These numbers provide an insight into the lifestyles people lead. However, it is each individual narrative and each experience that present the whole picture.

At its core, the topic of food is broad. Food is not just sustenance — it is years of cultivating an individual lifestyle and finding a relationship with something we all know.

— HS

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COVER PHOTO BY *Joleen Evans*

BACK COVER BY *Leslie Kiebert*



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HUMANS OF MOSCOW

STORY AND PHOTO BY *Tea Nelson*

“I strive to be happy in life. I believe you should always do things with a purpose, and to never do something unless it is going to make you happy. I never truly understood this concept until I came to college. I found my truest friends, and I am so grateful for that. People often get stuck in situations where they have to evaluate the people in their life and the choices they have been making. I used to think it was the right thing to do to always forgive people, but I have realized that there is no reason to have people in your life unless they're going to encourage you to thrive and succeed. I now am surrounded by amazing people, who only want the best for me and make me truly happy.”

— **Jasmine Haskew**



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TENSIONS RISING

STORY BY Claire McKeown
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Community members remember the Cold War era and compare the current political rhetoric

Today's nuclear-intensified rhetoric between the U.S. and North Korea elicits a haunting familiarity for many — a feeling analogous to the Cold War.

Suddenly, like the 1960s, nuclear war has returned as a highly politicized topic for daily conversation. The concept of Dooms Day. The engulfing mushroom cloud. The instantaneous incineration. These conceptions saturated the second half of the 20th century with ideological combat, propaganda and an ever-lingering fear of obliteration.

Moscow resident Tammy Poe remembers her childhood during the Cold War, which consisted of air raid drills, hiding under her wooden desk and begging her father to build a family bunker. When she was 12, she watched the nuclear war film, "The Day After." She suffered the same nightmare for weeks: a mushroom cloud that consumed people, burning them "to a crisp." The image is still engrained in her mind.

Behind this evolving fear is pure science — clusters of atoms transforming into weapons of mass destruction.

Skylar King, a licensed TRIGA (Training, Research, Isotope Production and General Atomic) nuclear reactor operator at the Washington State University Nuclear Science Center, explains it happens through a process called nuclear fission, derived from the element Uranium.

"U-238 makes up 99.3 percent of what you find in natural Uranium, and the leftover .7 percent is U-235," King said. "That U-235 is what people are interested in. It's the only bit of Uranium that can regularly and efficiently undergo fission."

Nuclear fission occurs when Uranium's combination of protons and neutrons destabilizes as slow-moving neutrons are absorbed. To correct itself, the combination emits radioactive particles. A nuclear warhead illustrates uncontrolled fission — atoms continuously break apart and multiply until the Uranium dissipates.

"Imagine the atoms stretched like a rubber band," King said. "They eventually snap and accelerate away from each other. It's kinetic energy."

The warhead is placed inside the nose of an intercontinental ballistic missile, which self-guides and

delivers the warhead to its intended target. When a warhead detonates on the Earth, it creates a crater and irradiates dust particles into the atmosphere. More contacted surface area means more radioactive fallout.

With an electromagnetic pulse (EMP), a pressure wave is produced to fry power and electronics — or cause nuclear reactor meltdowns. In this case, the warhead is detonated prior to hitting the Earth. The higher it detonates in the atmosphere, the fewer particles it irradiates.

According to the Federal Emergency Management Agency (FEMA), the three largest factors that determine nuclear impacts are distance, shielding and time. King said different warhead sizes yield different fallout distances. Immediate fallout generally produces a 50-mile radius, placing Moscow on the cusp of the nearest, but unlikely potential targets, like Spokane, Coeur d'Alene or the Hanford Nuclear Site.

Unless Moscow was directly, or accidentally hit, there would be no mushroom cloud, no third-degree burns, no shock waves, no fires and certainly no incineration. If facing an EMP, the pressure wave would increase in distance and Moscow citizens could feel some seismic activity, but would not experience broken windows and shattered eardrums.

Then there is the paranoia of nuclear reactors exploding across the country with apocalyptic impacts. One is in Moscow's very backyard — the WSU Nuclear Science Center. King said federal regulations require unimaginably strict policies, making this scenario unlikely. If power is ever lost, or temperatures rise above the standard, there are gravitational failsafes that shut down the reactor's production without any power necessary.

If a nuclear blast occurred, FEMA stresses citizens should have a designated place to take cover — "The heavier and denser the materials between you and the fallout particles, the better."

Mike Neelon, Latah County's disaster service coordinator, said the safest place for students is inside university campus buildings, which provide shelter with concrete, steel, metal and basements. A 1962 civil defense archive shows University of Idaho had 17 designated shelters in buildings like Wallace, Hays Hall and the library. Their old framework still offers the best shielding today.

Time would be Moscow's largest challenge. Fallout particles spread, and unpredictable winds can expand them into a 300-mile radius, bringing ash fall, climate changes and sickness from radiation.



“If I told you to stay in your house, can you survive?”

But, FEMA reports 80 percent of the fallout occurs in the first 24 hours, and radiation loses its intensity fast. Depending on the fallout’s magnitude, citizens can leave their shelter anywhere from a few days to two weeks. At two weeks, radiation from particles generally decreases to 1 percent.

Matt Dorschel, the executive director of UI Public Safety and Security and a former U.S. Airforce colonel during the Cold War, said the university would close if the threat of nuclear war became increasingly tangible.

“The university’s policy cabinet and emergency management team would convene to figure out what our options are,” Dorschel said. “The primary focus would be to feed, shelter and keep students from immediate harm.”

Neelon said students would be prioritized because they are displaced from home, often carless, far from family and live without many of their usual belongings. Students should be as prepared as feasibly possible, Neelon said.

“There’s always going to be hysteria regardless of what it is. We’ve seen it with tornadoes, hurricanes,” Neelon said. “Everyone panics and hits the supermarkets first. That’s going to be the first out. That’s why you want your own supplies.”

Water. Food. Flashlight. First-aid kit. Warm clothes. Personal documents. Bank account numbers. Just to name a few.

“If I told you to stay in your house, can you survive?” Neelon said. “In theory, I’m telling you to prepare yourself. Whether its fire, flooding, nuclear blast. You need the basics first, then you can start

looking at specifics after that.”

Dorschel said the city would experience overcrowding because Moscow, like other neighboring towns, would receive an influx of displaced people from the west coast. The Local Emergency Planning Committee pre-identifies places where shelters could be set up, like the Kibbie Dome or Hamilton Indoor Recreation Center.

But Dorschel said crisis embodies unpredictable circumstances. Nothing is guaranteed.

Florian Justwan, an assistant professor in the UI Department of Politics and Philosophy, said the root cause of North Korea’s animosity spurred from aggressive U.S. involvement in the Korean War, which initially sparked the Cold War’s beginning in 1950.

The animosity and nuclear focus escalated when the U.S. invaded Iraq and ousted President Saddam Hussein. It sent shock waves through dictatorial regimes and prompted the question, “Who’s next?” Justwan said international deterrence is also a card to prove dominance in a domestic game.

Previous administrations, Justwan said, contributed to North Korea’s nuclear improvement by providing foreign aid incentives for dismantling their program. Now, the country remains viable with Chinese food and oil imports, which compromisingly reassures stability on China’s border.

Justwan said the unpopular but realistic option is recognizing North Korea will not surrender its nuclear weapons.

“If we accept part of the reason they have (nuclear weapons) is to deter the U.S., it won’t work to threaten with U.S. military power,” Justwan said.

Justwan said the current presidential administration has not yet created clear red lines that would warrant military response if crossed.

“Don’t think about North Korea as an isolated incident. Political leaders around the world are watching,” Justwan said. “With this strategic ambiguity, somebody at some point will test the waters — and it won’t be good.” ■



More than a game

The Vandal Table Tennis Club brings the presence of table tennis and awareness of Chinese culture to campus

STORY BY Savannah Cardon

PHOTOS BY Leslie Kiebert

DESIGN BY Jamie Miller

When Brennan Anthony plays table tennis he feels weightless — like he is suspended in air.

Anthony grasps the paddle tight in his hand as he awaits the anticipated moment, when the light ball flies swiftly over the net and bounces to his side of the small, wooden table.

To win the match, Anthony must apply tactics and strategic thinking to the game — always prepared for the opponent's next move.

"I get elevated to this higher level of thinking," Anthony said. "All of my emotions just get washed away."

Table tennis, while popular in the U.S., is not as common when compared to countries like China, where it is considered a national sport.

Anthony, alongside academic advisor Patrick Hrdlicka and table tennis instructor Yongye (Caden) Xue, works to bring a similar enthusiasm for the sport in other countries to the University of Idaho.

The Vandal Table Tennis Club, with nearly 40 students, faculty, staff and UI community members, brings together table tennis enthusiasts with a simple goal in mind — discover joy in the simple pleasures of table tennis.

"What I think is great about table tennis is that everybody can play," Hrdlicka said. "Everyone can play and have tremendous amounts of fun, irrespective of skill level, physical level, race, height, age, disability level — everyone can play table tennis and have fun. People of all builds of life can join, and play, and do."

In addition to being inclusive, Hrdlicka said table tennis is unique because it is multifaceted, meaning players take into account different features of the game, such as technical execution of paddle strokes, athleticism and ball spin.

"There's a lot of inherent beauty in the game because you can utilize spin to manipulate your opponent — to drive your opponent insane," Hrdlicka said. "There are many small, nerdy facets to it that really make it a cool sport."

However, even with these attributes, table tennis remains less popular than most other mainstream sports in America.

"U.S. is stone age when it comes to table tennis," Hrdlicka said. "Most other places in the world it's much more popular — of course, China being the key example. Table tennis to Chinese is what football and baseball are to Americans."

IMAGE LEFT Brennan Anthony hits the ball during a table tennis competition Nov. 1 in Memorial Gym.



Xue, a member of the club and table tennis instructor at UI, is the current table tennis champion in the Guangdong Province of China and second place competitor in China's national college tournament.

In China, the prevalence of table tennis is extensive. Xue said locals can find concrete tennis tables anywhere — whether it be a sports stadium, university, office building or park — and everyone plays on them.

“When you step onto your side of the table, it just feels like you just take off from the ground.”

“No matter if they are kids or elderly men, all of them play table tennis,” Xue said. “And, no matter what level they are, they enjoy it.”

Not only is table tennis popular in Chinese culture, but other cultures around the world as well — places like Denmark where Hrdlicka grew up.

Now, the table tennis club is working to expand and reach out to different organizations around Moscow like local high schools and elementary schools in collaboration with the UI Confucius Institute — a partnership between UI and the South China University of Technology in Guangzhou, where Xue is from.

The overall purpose of this outreach, Hrdlicka said, is to introduce table tennis to other entities and bring awareness to Chinese culture.

“Right now, we’re trying to be a part of the Confucius

IMAGE ABOVE *A table tennis player prepares to serve the ball.*

Institute’s curriculum,” Anthony, UI senior and the club’s current president, said. “That means that we get priority registration for room registrations or if we want to have any events — we also would get funding through the department.”

In the future, Xue said he looks to build a table tennis team for the university by bringing more students outside UI to the club.

“It can be a highlight or high point for the University of Idaho,” Xue said. “Because less universities have table tennis teams.”

Hrdlicka said the athletic aspect is not the only important part of table tennis, as the social and cultural influences also bring benefits.

“Being together, spending time together — it’s very important,” Hrdlicka said.

The now ASUI-recognized table tennis club began at UI nearly four years ago and Anthony was a key contributor in helping assemble it, with the help of Hrdlicka, who he calls his “ping-pong mentor.”

“He’s taught me everything I know about life and ping pong and just everything in general,” Anthony said. “He’s been this amazing guy to me.”

Typically, the club meets four times a week, with the exception of others, like Hrdlicka, Anthony and Xue who search for any time in their schedules to play more.

In addition to practice, some members in the club also compete.

“There’s a group of us that plays competitively,” Hrdlicka said. “Around five of us are going to tournaments.”

During these tournaments — with determination and drive to win — Anthony feels airborne.

“When you step onto your side of the table, it just feels like you just take off from the ground,” Anthony said. “You lose track of all of your stresses and all of your worries and all of your emotions — all of those go completely out the window and the only thing you’re focused on is this really cool thing that you love doing.” ■

Making a marching band

STORY BY Tess Fox
PHOTOS BY Tess Fox
DESIGN BY Ray Garcia

Students learn valuable leadership skills on the field

The Vandal Marching Band is anything but typical. A typical college marching band has several full-time staff members. The staff generally writes content — music, drill and choreography — and coach individual sectionals.

UI's marching band, however, relies on only full-time staff member Spencer Martin, Director of Athletic Bands — the rest falls to the students.

Students write the music and choreography, in addition to leading sectionals and drill squads and

moving equipment across campus. This creates an environment conducive to learning, leadership and growth.

“The students become the staff. With that student ownership, it teaches them how to lead and do things and to empower them with these skills that will help them when they graduate,” Martin said.

Before the school year begins, students work on the music for the band's first field show. First, the horn pieces are written. Then, all at once, the plans progress simultaneously. Drumline music is finished while the color guard captain works on choreography. Drill is then written, edited and finalized.

IMAGE BELOW *Junior Gerrod Peck directs a trombone sectional during rehearsal Oct. 19 in the Kibbie Dome.*





UI alumnus Sy Hovik, who graduated with bachelor's degrees in music composition and music education in 2017, has written and arranged the horn parts since 2014.

Hovik is the band director at Mt. Spokane High School in Spokane and works with Martin remotely.

Martin gives Hovik a list of songs to include in the field show, and Hovik finds a way to weave them together.

"It's like doing a homeworking assignment for 250 people," he said. "You can't really screw it up."

After finishing the score — which shows all the instruments and their parts — Hovik formats the parts for each instrument on a computer. All 17 instruments typically end up about six pages of music each.

"It's having the flexibility as a leader to adjust things that need to be adjusted, and making sure people don't get frustrated."

Hovik, a percussionist, said it took time to learn what works best for each instrument.

"The more that I've played all these instruments, I really understand what's effective on each instrument," he said. "You would never want to write for flutes in marching band to be heard from the line below middle C to third space C. You would never hear it, it's the way instruments are built."

Hovik said he has earned more freedom during his time writing for the marching band.

"Spence leads the charge with what he wants," Hovik said. "I'm always looking for creative, unexpected ways I can mash as many tunes in. It used to be a lot more spelled out, and it still is, but it's less of the exact measures of this to this with a lead sheet and rhythmic curves."

Eric Parchen began arranging drum line parts in 2013 and worked with Hovik before graduating in 2016. This was his first time writing for the batterie — the French word for drum — often used to refer to drumline. For Parchen, the intimidating part was starting.

"I got the horn parts, fully completed, and then I had 250 measures of blank I had to fill in," he said.

Parchen said he used exact copies of rhythms for some songs, and original ideas for others.

"There are some things I know will work on a drum set that won't work for 30 people playing batterie instruments," he said. "It's trying to put energy through the batterie without stepping on the feet of the horn parts."

Fifth-year student Neil Paterson took on Parchen's role in 2016. Paterson, a psychology major, said the learning curve was steep.

"It was interesting learning how to keep 230 people in time using the drumline only," he said. "All great rock bands have a great rock drummer and I had to make the drumline that great rock drummer."

Martin conducts the pregame show, but not half time, so the band relies on the drumline for tempo changes and other cues during the field show. Finding the balance between keeping the tempo and writing interesting music can be difficult.

"We did Top Gun for the first show last year," he said. "There was some drum fill I wrote that was nonsense. It was



IMAGE ABOVE Senior Mitchell Gibbs leads a trumpet sectional during rehearsal Oct. 19 in the Kibbie Dome.

very cool musically, but to put it on the field, it did not function at all.”

While Paterson works on the percussion parts, color guard captain Shaundra Herrud receives an audio file of the score and writes preliminary choreography. While she works out a plan, Martin and Assistant Director Nikki Crathorne complete the drill.

She said choreography can change at any time and she has to make changes after looking at how the drill matches up with the music. Martin and Crathorne work with Herrud to adjust the drill if needed.

“It’s having the flexibility as a leader to adjust things that need to be adjusted, and making sure people don’t get frustrated,” she said.

This means making sure she does not get frustrated either.

“It comes down to being a professional,” she said. “It doesn’t matter how much you love something, what you need to love is the band’s performance and that you can’t be selfish in what you personally want.”

She and co-captain Adriane Hull work together to teach drill to the guard. The quick turnaround for midseason shows is a special challenge for her section when learning drill and choreography.

“If a band member doesn’t quite know a part, they can fake it until they make it,” Herrud said.

But for guard members, if one person is out of sync with the guard as a whole, it is obvious.

“If you’re the one doing it wrong you’re the one being watched,” she said.

The Vandal Marching Band uses a style of drill — movements on the field — called squad drill, which places

band members into groups of four. The groups move around the field together, and, no matter where a band member is placed, they will always be surrounded by the members of their squad. Each group of four has one student leader.

The drill is broken into 8-count series. Martin said each show has between 70 and 90 series.

The football schedule determines when the band learns new shows and takes breaks.

“If the marching band’s not ready for a show, they’re not going to cancel the football game,” he said. “It’s a real different kind of pressure that really only marching bands have.”

This makes student leadership even more important.

“I’ll say, ‘OK squad leaders you have 45 seconds to learn page four. Go.’ So the squad leaders will get their squad together and they’ll show them what the moves are and do as many reps as they can,” Martin said.

The student group with the most challenging work is the crew, Martin said. The crew moves and prepares instruments and equipment for rehearsals and performances.

“It’s not a glamorous job, it’s not a leadership job, but it’s probably the most important student job. They keep the band afloat,” he said. “On homecoming, they’re doing 18-hour days.”

Martin, a UI alumnus, was part of the crew when he attended college. The band, he said, has always used student labor — and leadership — to make performances happen.

“It’s one of our traditions, whether it’s on purpose or it has to be,” he said. “I think that’s what makes the Vandal band special, the students have to become the staff.” ■

STORY BY Hailey Stewart
PHOTOS BY Joleen Evans
DESIGN BY Tess Fox



Cultivating a lifestyle

Exploring the individual relationships people have with food

Marci Miller and Greg Freistadt's lives revolve around food. From growing it, to cooking it, to cultivating their day around it — food has become part of their lifestyle.

Just blocks from downtown Moscow sits Deep Roots Farm — “a small farm in the city.”

Miller and Freistadt began their operation in 2012. The farm, which generates produce year-round, boasts various greenhouses and individual gardens for specific produce on just one-third of an acre of land.

“We pack in tight,” Freistadt said.

Miller and Freistadt, both University of Idaho alumni, said they found their start with the Cultivating Success Program — a program which offers educational tools and support to future and existing farmers.

After selling food at the Moscow Farmers Market and traveling around the Pacific Northwest to other community markets, Miller said they notice what people look for in their food.

“What we are seeing is a lot of people going back to a whole food diet — whole foods being as close to the source as possible,” Miller said. “So, with animals that's nose to tail consumption and with produce that's straight out of the ground — if possible.”

With the whole foods mindset, Miller said both

she and Freistadt noticed they had intolerances or allergies to some foods. The best way to curb these meant starting from scratch.

“Going to the store and buying food wasn’t fun anymore because we had to read every single label,” Miller said. “That’s how we started farming — we wanted to know what was in our food.”

In growing their understanding of food and farming, Freistadt said he and Miller spent over a year in Thailand. There, they learned how deeply culture influences the human relationship to food.

“The exciting thing for me is looking at different cultures and using the food we grow here to make those different meals,” Freistadt said.

As more people look to tailor their diet, Miller said many find it helpful to buy straight from the source and embody a farm-to-table relationship with food.

“I think we are going to find a heightened sense of people wanting to learn to farm as they learn they have certain food intolerances or just want to create a different food lifestyle,” Miller said.

Brennan Smith felt such a strong relationship to food, he made a career out of it. Smith, an assistant professor in the UI School of Food Science, teaches the Science on Your Plate course.

Like Freistadt, Smith finds an interest in understanding how food interacts with different lifestyles.

Science and certain diets, like vegetarianism and veganism, play a large role in what Smith teaches. Much of the information is derived from the chemistry of food, food labeling, nutrients and most importantly, culture and food itself. He said the cultural and historical relationship people have with their food comes in at a close second.

“I like teaching how food and culture play into each other,” Smith said.

You can tell a lot about a person by what they eat and how they relate to what they eat, Smith said. People are influenced by many things, he said, but food has always been the most prominent.

“The main reason I stick with it is because that’s my biggest passion in life — trying to preserve the environment.”

Smith said one quote explains the individuality of the human relationship to food best, “Tell me what you eat and I’ll tell you what you are.”

Preserving the environment

When Mary Alice Taylor began living a vegan lifestyle two years ago, she said the switch was an easy one to make, especially if it helped the environment.

“The main driver for me going vegan was that I actually started learning deeply about the environmental impact of the meat industry,” Taylor said.

The second year UI student was first a vegetarian. She said her vegetarianism stemmed from advocating for animal rights.

Four years later, Taylor took her passion one step further and completely cut all animal products from her diet, hoping to impact the environment on a small, daily scale. Taylor said she even emphasizes her educational coursework in climate change.

Though, neither of her dietary lifestyle changes happened overnight. Taylor said research became her best friend when planning for the dietary change.

Keeping the possibility of nutrient deficiency in mind, she set her sights on meticulous meal prep and lifestyle videos about veganism.

“My biggest fear was not getting enough vitamins,” Taylor said. “But, I’m healthy and happy with it, so the planning and research all worked out.”

IMAGES FROM LEFT *A vegetarian meal — mixed greens salad with goat cheese, strawberries, tomatoes and raspberry dressing. A gluten-free, dairy-free meal — chicken drumstick and breast, roasted kale and broccoli with olive oil and grape tomatoes.*





IMAGES FROM LEFT *A vegan meal — butternut squash soup with a multigrain roll. A meal for someone who enjoys eating meat — steak and shrimp with mashed sweet potatoes and a side salad with grape tomatoes.*

Veganism, however, does not only translate into Taylor’s eating habits. Taylor said she strays from wearing animal products or utilizing products tested on animals. Attempting to live a zero-waste lifestyle, Taylor avoids animal products by making her own beauty products and purchases clothing items ethically sourced.

For Taylor, her relationship to food has changed over time, but her views remain the same.

“For me it’s those positive affirmations,” Taylor said. “The main reason I stick with it is because that’s my biggest passion in life — trying to preserve the environment.”

A way of life

Like many shoppers, when Jacob Johnson peruses the grocery aisles, he glances at the price tag. Unlike many people, however, Johnson meticulously inspects the ingredient label on the back of each item.

Johnson, a UI alumnus, began living a gluten- and dairy-free lifestyle when he was just 9 years old.

At the time, Johnson said it was rare to find this sort of dietary restriction in children.

“I didn’t have as much energy as the other kids and I was sick pretty often,” Johnson said. “Gluten-free wasn’t even a term at the time.”

So, Johnson and his parents looked to an allergy specialist. It was then that Johnson learned he had celiac disease, a disorder in which the digestive system is abnormally sensitive to gluten — a protein commonly found in foods with wheat and barley among other grains, according to the Mayo Clinic.

“Gluten-free wasn’t even a term at the time.”

It was expected, however, that Johnson would “grow out of it.” To an extent, he did.

“For a stretch during college, I tried to ignore it — even though I functioned a lot better without (gluten),” Johnson said.

While Johnson said his tolerance evolves, the symptoms still persist.

“When I go shopping I look at every single label,” Johnson said. “Even though it can get a little cumbersome, it’s just second

nature by now.”

Johnson knows to steer clear of some foods completely, while others take more research — especially those produced where wheat is present.

Continuously searching for new ways to plan and prepare gluten- and dairy-free meals, Johnson said the internet is a good place to start when changing one’s lifestyle.

“You would never be thinking about this otherwise,” Johnson said. “Other folks have learned the hard way. So, hit Google and learn the healthier way.”

Connecting with food

Since childhood, nature has been Max Anderson’s grocery store.

“Hunting is not about the biggest trophy,” Anderson said. “At the end of the day, it’s about getting meat — it’s about feeding the family.”

Anderson grew up on meals such as deer stew and quail meat. While wild game is not common to everyone’s palate or plate, Anderson said it has always been part of his lifestyle.

“I’d rather eat deer than beef or chicken,” Anderson said. “It takes more time and effort — you don’t just walk downtown and purchase your pre-cut deer.”

Though the first-year UI student has been hunting since childhood, Anderson said he took the time to cultivate his craft and only takes what he calls the “ethical shot” — a clean shot.

“The worst feeling in the world is shooting an animal and then watching it suffer — that’s where the ethical shot comes in,” Anderson said.

He realizes the unfortunate reality some hunting practices give lifestyle hunters, like him, a poor reputation.

“The animal provides the meat for you, and you have to provide the respect when you’re in its home,” he said.

As a college student, Anderson frequents the grocery store more often than the outdoors, but he said his way of life still thrives.

“I feel more of a relationship to food and animals I think,” Anderson said. “I get that rare experience of being out in the wild and connecting with the food I eat.”

Making a change

Lauryn Lanterman never planned on becoming vegetarian

— “it just sort of happened.”

The first-year UI student recently made the change to vegetarianism. While she rarely eats any sort of meat products, Lanterman said it has quickly become a lifestyle she never knew she wanted.

“It wasn’t all that difficult to make the jump into the vegetarian world,” Lanterman said. “I sort of just decided I didn’t want to eat meat anymore.”

However, Lanterman said her decision to stray from all meat products means she can focus on helping animals.

“Seeing all the images of what kinds of things happen to animals and how they are treated — I think that’s a large underlying reason as to why it was so easy for me to cut off ties with meat,” Lanterman said.

With a quick switch, Lanterman said she initially trained her body to acclimate to protein sources other than meat.

“Your body just kind of knows when it needs energy,” Lanterman said. “Being vegetarian makes me think a lot more about what I’m putting into my body and how I interact with food on a daily basis.”

Many students that walk into Marissa Rudley’s office look to create a lifestyle that works best for them. Everyone, the UI registered campus dietitian said, requires something different from their relationship with food.

“It’s a process that is personal, individualized nutrition that really takes into account a person’s background, health history and food preferences,” Rudley said. “I like to work within those unique and individual characteristics.”

Rudley said many students are interested in learning about food, as it pertains to healthier eating habits.

“Being vegetarian makes me think a lot more about what I’m putting into my body and how I interact with food on a daily basis.”

However, Rudley said she recognizes that what is healthy for one person may not be healthy for another.

The standard American diet — largely comprised of proteins, fats and sugars — involves varying nutritional gaps, Rudley said. But even the “standard” in the American diet is not so standard for everyone.

“There is no one food or nutrient — which is my personal philosophy and backed by research — that is bad or unhealthy,” Rudley said. “It is the total eating pattern that can produce negative effects on the body. With that comes — inherently — some balance,” Rudley said.

Nutrition is complex, Rudley said, because every individual has different reasons for why they eat what they eat — culture, environment, historical eating experiences.

Rudley said every relationship to food is nuanced — a private and rather personal area of life.

“Everyone interacts with food in such a unique way,” Rudley said. “When we stop to think about the context of why we eat what we eat, I think it is fascinating the things we can learn about ourselves and about one another.” ■





Investing in education

STORY BY *Nina Rydahl*
PHOTO BY *Abigail Johnston*
DESIGN BY *Savannah Cardon*

UI education majors find purpose in coursework, but worry about their careers

The saying goes “Those who can, do; those who can’t, teach.” University of Idaho sophomore Nash Johnson disagrees.

“There’s kind of a stigma that ed majors are only ed majors because they weren’t able to get in another field of study — couldn’t figure out what they wanted to do with their lives,” Johnson said.

Johnson, whose parents are both teachers, said he did not plan to be an education major when he first came to UI. Instead, he decided to pursue architecture.

“Teaching is a hard job, you have to coordinate with parents and administration and any kind of legislation at the state and federal level, and also kids,” Johnson said. “So, teachers wear a lot of different hats, and I think the way teachers are compensated for what they do doesn’t necessarily correlate to how much work they put in and how much heart and soul they put into their work.”

Johnson’s parents never encouraged him to become a teacher for this reason, he said.

Secondary education major, UI junior Ezra Jones, said the low pay and low prestige can dissuade some from the job. It can even dissuade those who have a passion for it.

“So many teachers these days just tell you not to teach because you don’t make a lot of money,” Jones said. “So, there were a lot of teachers that I had that were like ‘Don’t go into education, you won’t make a lot of money, you have to work really hard.’”

Both Jones and Johnson began their college careers in non-teaching related majors. Jones said he began with criminology, hoping to work with troubled children. He said he has wanted to work with young people.

“You get to be first-hand investing in kids and seeing them grow into the adults that they will become,” he said.

Johnson first began his college experience in architecture, but said he found the work unrewarding.

“I just felt like I wasn’t supposed to be there, didn’t feel like I had a lot of purpose in it,” he said. “And so, over the summer, I did a lot of soul searching.”

Johnson, who is now studying secondary education with an art emphasis, said now, “just going to class is a joy.”

In his EDCI 201 class, the entry level course for education majors, he volunteers with Moscow High School wrestlers to complete the required 20 service-learning hours.

“I’m a busy person, so I’m not in there every single day, but I love it,” he said. “Every time I go, it’s kind of my little escape from school.”

Johnson said he hopes to continue coaching wrestlers after college, like his father, who coached wrestling in Homedale, Idaho, where Johnson is originally from.

Jones, who has completed EDCI 201, said he wishes every education class required service-learning hours to give future educators experience working with children. His experiences as

IMAGE LEFT *A student works on homework in the Education Building.*

a counselor at summer camps, for example, have taught him as much as his classes at the university have, he said.

“I think that that’s where you learn the most about how to be a teacher, is through being in those educational environments,” he said.

Though Johnson said he is not entirely certain what he will do after graduation, he would like to teach middle school art in the Boise area. However, without the high demand for art teachers, Johnson worries it will be difficult to find a teaching job.

“I want to be a teacher because I want to help develop students’ lives in a manner that caters to multiple areas of their life.”

With President Donald Trump’s proposed budget cuts to programs such as the National Endowment for the Arts and the National Endowment for the Humanities earlier this year, many in Johnson’s position worry art programs risk losing more of their meager funding in coming years.

“I wish that we didn’t have to worry about it because I think art is incredibly important to students,” he said.

Johnson said because of the risk associated with pursuing a career as an art teacher, he is also considering adding an English emphasis. In this way, he hopes he can still help students expand creatively if he is not able to land a job teaching art.

“I want to be a teacher because I want to help develop students’ lives in a manner that caters to multiple areas of their life — not just their ability to get a job in a STEM field,” Johnson said.

Jones, who emphasizes history in his own coursework, said he also wants to develop students beyond their hireability.

“I want to do it because I recognize the impact it’s going to make on the next generation and recognize the opportunity it has,” he said.

Jones said he wishes teachers were paid more and had more prestige than they currently do.

“I think a lot of teachers today just want the respect they deserve, and I think that should be reflected in the collegiate level too,” Johnson said. “It’s not a major that people just fall back on because they can’t think of anything else to do with their life, or it’s not a major that isn’t hard in its own way. It’s very important and critical to society.” ■



THE STORIES UNTOLD

HOW TRAUMA-INFORMED APPROACHES TO SEXUAL
VIOLENCE CAN HELP FIRST RESPONDERS

STORY BY Kyle Pfannenstiel
DESIGN BY Blake Coker
ILLUSTRATION BY Blake Coker

The number of sexual assault cases on the University of Idaho campus alone tell a story — but not all of it.

In 2016, two instances of rape occurred on UI's campus, compared to the six in 2014, according to UI's Annual Security and Fire Safety Report.

Ninety-five percent of college women who were raped did not report the assault to the police, according to a U.S. Department of Justice review, which randomly surveyed 4,446 women attending college in 1996.

“Sexual assault is one of the most underreported violent crimes that we have,” UI professor of sociology and criminology Kristine Levan said.

Some survivors of sexual violence blame themselves for their victimization, feel embarrassed or fear they will not be believed, leading to unreported cases, she said.

“It's really complicated when we look at reporting behaviors and why people don't report, or sometimes take a very long time to report a sexual assault,” Levan said.

The availability of resources plays a large factor in reporting. Levan said people in rural areas, with fewer resources, are less likely to report.

Those who do come forward may experience what she calls “secondary victimization.”


“It can be very traumatic to have to go through the system, and have to relive and recant all the events that happened to them,” she said.

While limited, confidential resources exist across UI's campus. A report to the staff of these offices does not prompt formal investigation, unlike all UI faculty considered “responsible employees,” Women's Center Director Lysa Salsbury said.

A responsible employee is anyone who draws a paycheck from the university and is perceived to have some level of authority or responsibility for campus safety, Salsbury said.

“When people decide to report, sometimes they come to us because they've heard this is a safe and confidential space to talk about what happened to them,” Salsbury said.

Some choose not to report. But, she said confidential resources provide a way to help survivors understand their options, before beginning formal processes. This guidance ensures students preserve their autonomy, instead of having the choice taken out of their hands, she said.



“Sexual assault is one of the most underreported violent crimes that we have”

On-campus confidential resources include Student Health Services, the Counseling & Testing Center and the Ombuds Office. Students can visit Alternatives to Violence of the Palouse at on- and off-campus locations, in addition to calling the Ombuds Office and ATVP 24-hour crisis hotlines.

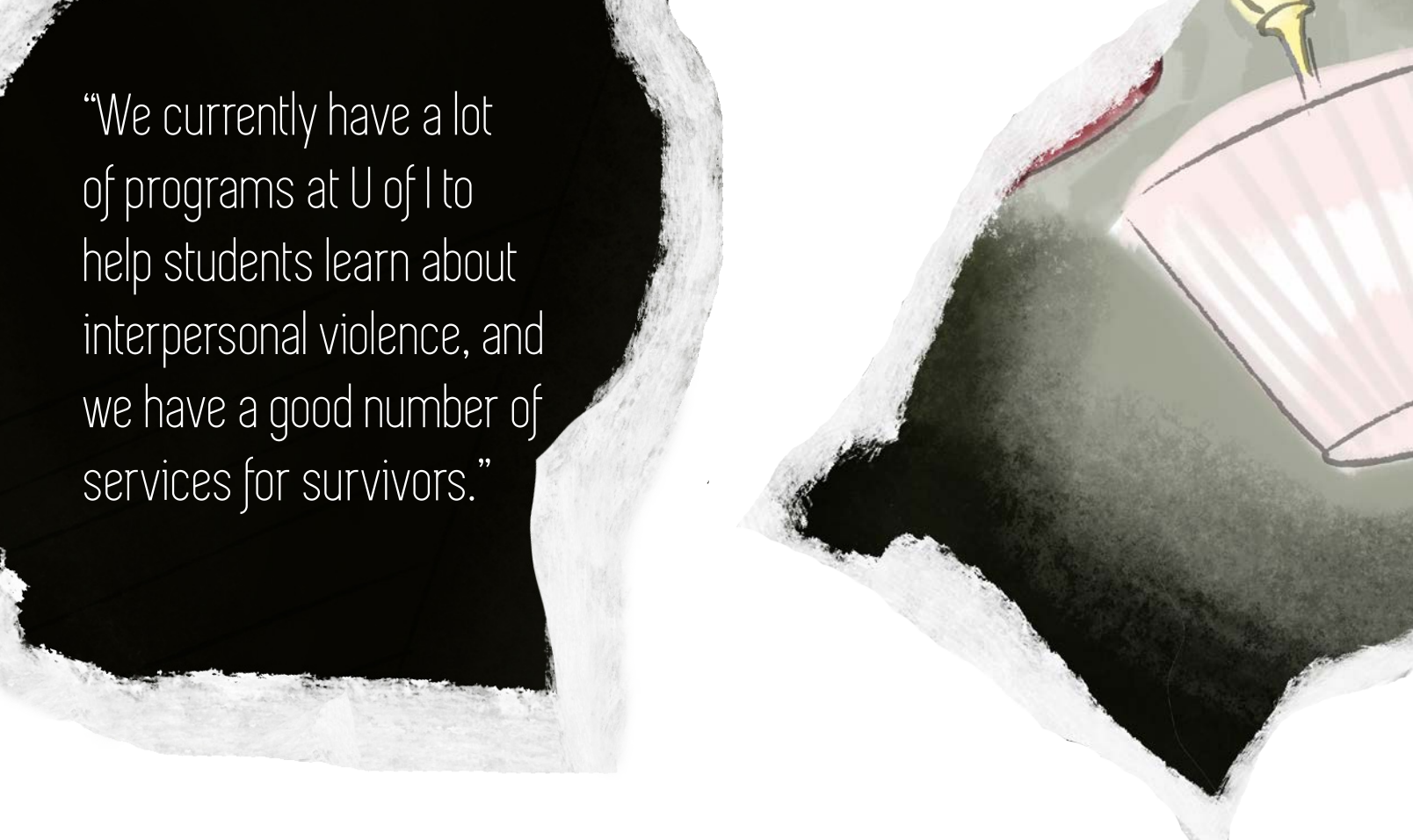
Between June 2015 and June 2016, ATVP — a non-profit organization advocating for victims of crimes — received 3,436 calls through their hotline and housed 64 survivors in their emergency domestic violence shelter, according to the organization's annual report.

The Women's Center is a semi-confidential resource, meaning they report non-identifying information in compliance with the Clery Act. The act requires federally funded universities to publish annual safety reports similar to the one UI released in September, which provide campus crime rates over the past three years, and recounts the “details about efforts taken to improve campus safety,” according to the Clery Center website.

When people report cases of sexual violence, they may not want to report a case of sexual violence with the person behind the front desk, so they might speak in generalities, Salsbury said.

The student staff at the Women's Center are trained to recognize that language and to alert a professional staff member, who are all trained victim core advocates who have undergone training to be a confidential resource, she said.

“The value of having some awareness around a trauma-informed response is knowing that a victim's story may not necessarily be sequential, it may be missing big pieces of information, they're may be lack of clarity, there might be inconsistencies,” Salsbury said. “All of those things have to do with the effects of trauma on the brain.”



“We currently have a lot of programs at U of I to help students learn about interpersonal violence, and we have a good number of services for survivors.”

This is why some interviewees conduct trauma-informed interviews, like Forensic Experiential Trauma Interviews (FETI), Erin Tomlin, personal injury attorney in Moscow, said.

She said these interviews utilize sensory related questions to give a better picture of the survivor’s experience.

In a state of trauma, the brain stores memory differently, Corporal Casey Green of the Moscow Police Department said.

Tomlin said the questions officers ask often seek answers to in interviews with survivors of sexual violence are the who, what, where, when and of the incident.

“Whether you’re accused of a crime or you’re the victim of a crime, the interview questions generally follow the same pattern. And it’s who, what, where why, when,” Tomlin said.

These linear interview models have been used historically, she said, despite a fatal flaw.

“When you say to a victim of a traumatic event, ‘What was the perpetrator’s shirt? What were they wearing? Did you get a license plate number?’ without even consciously meaning to, people fill in the facts of things that they don’t know.”

Taking a trauma-informed approach and conducting interviews like FETI can be a helpful approach for first responders.

“It can trigger a lot more memories and hopefully get a better response to the questions you’re answering,” Green said.

After identifying ways to improve programs and services in order to better serve underrepresented populations, the

Women’s Center applied for a grant through the Department of Justice’s Office on Violence Against Women (OVW) in September 2016, Salsbury said. She said the \$300,000 grant will be implemented in three phases over three years.

“Primarily we wrote it to increase our prevention education efforts and our victim advocacy efforts for students from underrepresented populations,” she said.

Another part of the grant will provide trauma-informed interview training, on campus next semester for people doing investigations, she said.

In September, the Women’s Center wrapped up the first year of the grant — the planning year — and entered the implementation year, Salsbury, who was involved in the writing of the grant as a principal investigator, said.

Project Director for the OVW grant, Bekah MillerMacPhee, said Native American students, international students, multicultural students and students in the LGBTQA community are among the underserved communities.

“We currently have a lot of programs at U of I to help students learn about interpersonal violence, and we have a good number of services for survivors,” she said. “But, up until now we haven’t made a concerted effort to make sure those programs and services are culturally responsive.”

Salsbury said she hopes the project better prepares students of underserved communities to feel comfortable stepping in and speaking up when conflicts arise. ■

Home and haven

STUDENTS AND COMMUNITY MEMBERS REFLECT ON THE ACCEPTANCE THEY FOUND IN MOSCOW

BECOMING HERSELF

When asked how her life might have been different had she not moved to Moscow, Rosemary Anderson responded quietly saying, “I don’t know if I would even be alive.”

Anderson spent nearly all her life in Coeur d’Alene. However, she said she never truly started living until moving to Moscow — a town where she was embraced by a diverse and open minded community.

The UI senior said it was in Moscow where she found her voice as a feminist and felt comfortable in her identity as a lesbian.

Before coming to the University of Idaho last year, Anderson spent two years at North Idaho College where she was the managing editor of the school newspaper.

“I wasn’t allowed to be out, because it was dangerous for me,” Anderson said. “We would cover a drag show that would happen at the school and would after get phone calls saying things like, ‘You’re promoting a satanic lifestyle — my children go to that school.’”

Living in a town and feeling embraced and accepted is an important part of life. When safety, acceptance and love are not present, finding a home can mean so much, especially for Anderson.

• Coeur d’Alene

★ Moscow



Rosemary Anderson

• Idaho Falls

STORY BY Nicole Etchemendy
PHOTOS BY Nicole Etchemendy
ILLUSTRATION BY Lindsay Trombly
DESIGN BY Lindsay Trombly



Fredrick Shema



Anderson never felt as if she could be herself in her hometown, she said.

“I never really lived openly out in Coeur d’Alene — partly because of my family, friends and the religion I grew up in and just the community overall,” Anderson said.

Anderson is just one of the many community members that found her voice and a safe haven among the town’s vast cultural, religious and personal identities who have come to call Moscow home.

THE ROAD TO OPPORTUNITY

Fredrick Shema, a UI international studies junior, hopes to one day work for the United Nations. But Shema’s desire to pursue this career stems from more than just interest, it is a matter close to home for him.

When Shema was young, his family left their home in Brutale, Rwanda — a country torn apart by mass genocide.

The Rwandan genocide caused nearly 1 million deaths between April and July of 1994. It involved two ethnic groups — the Hutu and the Tutsi. Shema’s father was part of the Hutu tribe and his mother belonged to the Tutsi. Marriage between these two groups was forbidden, Shema said.

Shema’s father was forced to flee to a refugee camp in Uganda, Africa. Shema and the rest of his family eventually joined his father.

“I KNOW WITH BOISE THERE IS A LOT OF REFUGEES FROM AFRICA, BUT HERE I HAVE MET PEOPLE FROM EVERYWHERE AND THAT’S WHAT IS REALLY AMAZING.”

At the time, Shema was too young to experience the horrors of the genocide, but he grew up with the stories.

After spending 13 years in Uganda, Shema’s family applied for immigration permits and moved to Boise.

Shema, then 15 years old, was launched into an entirely new culture, but he was fortunate to find he was not the only one adjusting to this new life.

“There were a lot of people from everywhere,” Shema said. “That summer I got to know other kids, so that when school started it was easier for me.”

After finding Boise State University was not for him, Shema began his second year of college at UI to finish his degree in international studies.

“Idaho (UI) is more cultural than Boise,” Shema said. “I know with Boise there is a lot of refugees from Africa, but here I have met people from everywhere and that’s what is really amazing.”

Shema felt he fit right into the Moscow community.

“Usually when you go to a new place, you have to find friends and it takes you a long time to adjust, but for me it was easy — I just clicked in,” Shema said. “I feel at home here.”

Shema gained his U.S. citizenship six years ago. Today, he said he feels nothing but positivity in the opportunities ahead of him.

“The fact that we are blessed to be here makes me want to forget about the past,” Shema said. “Since I became a citizen, I just see myself as an American and I am putting all of that in the past.”

Granting citizenship is just one way the government can welcome someone to the country. Moscow, however, recently found a new way to make a welcoming statement.

In February 2017, Moscow’s “Friendly and Diverse Community” Resolution passed. The resolution states Moscow is a diverse community that embraces people from all different beliefs, sexual orientations, religions and cultures.

FINDING DIVERSITY

Some communities, however, have no such resolution and do not share the same views.

Kolby Brown, a UI sophomore and broadcasting and digital media major, said he is from a community with views opposite of Moscow’s.

Brown grew up in the Church of Jesus Christ of Latter-day Saints in a small town just outside Idaho Falls.

“There is a bit of a bubble in Southern Idaho because the area is predominantly Mormon,” Brown said. “They do Mormon things and think Mormon things, and they don’t get outside of their bubble, or out of themselves all that often.”

In the year before Brown left for college, his life changed drastically — he came out to his family as bi-sexual and left the Mormon church five months later.

Brown first came out to his father, who responded with a less than positive reaction.

“He told me that he didn’t support it and he wasn’t going to support it and there wasn’t anything he could do about that,” Brown said. “Honestly, one of the first things that he said was that being gay is like being an ax murderer. Just because you have thoughts of chopping people up with an ax doesn’t mean that you actually need to act on them.”

Brown was originally very close with his father and it took time for them to rebuild their relationship.

Knowing his community might not accept him, Brown was selective with who he came out to. But when it came to leaving the church, Brown could not hide the fact he no longer attended Sunday service.

“BECAUSE THERE IS MORE DIVERSITY HERE, IT ALLOWS ME TO EXPRESS MYSELF IN WHATEVER WAYS I SEE FIT.”

“It narrowed my interactions,” Brown said. “I went from having a huge group of friends to only one best friend that I could trust and share everything with.”

When he moved from his small conservative-minded town to Moscow, Brown said he found something previously foreign to him: open arms and a community to embrace him.

“Because there is more diversity here, it allows me to express myself in whatever ways I see fit,” Brown said.

For now, strict religion has not found a place back in Brown’s life.

“I consider myself atheist,” Brown said. “I would really like to believe, but to be honest I think the universe is just a bunch of randomness and I’m really lucky to be living right now.”

Moscow is home to approximately 25,000 people — people from different cultures, beliefs and identities.

Anderson, Shema and Brown have lived through vastly differing circumstances. Their individual experiences, however, all led them to a small town in North Idaho. For them, a safe space meant so much more than finding themselves — it meant staying alive and feeling alive. ■

Kolby Brown





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