



BL0T

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Editor's Note

Mother. Daughter. Sister. Woman. Leader.

These words all have something in common. They are now, more than ever, becoming part of the conversation — the conversation about socially active, politically engaged female leaders.

In the U.S., 22 women hold seats in the Senate and 83 women hold seats in the House of Representatives. Idaho women hold just over 30 percent of the state legislature.

This trend does not exclude the Palouse. Four women were elected to the Moscow City Council this year.

Among those numbers, an astounding 575 women will seek national or gubernatorial office this year. The growth of female engagement is everywhere. From the #METOO movement to the Time's Up Movement and social media to the rallying in streets, women feel empowered. Women are using that momentum to make change.

Often, that momentum begins at the local level. With the voices of women from all over Idaho, this issue of Blot Magazine touches on the stories behind those voices, which hold all kinds of social and political beliefs.

A largely female group, the Blot Magazine staff knows how important the stories of women are to other women. Even more so, we know how important it is for all people to learn about those that lead them.

No matter your political affiliation, engage in the politics that affect you — take every chance to learn about the people that might one day inspire the change you hope to see.

— HS

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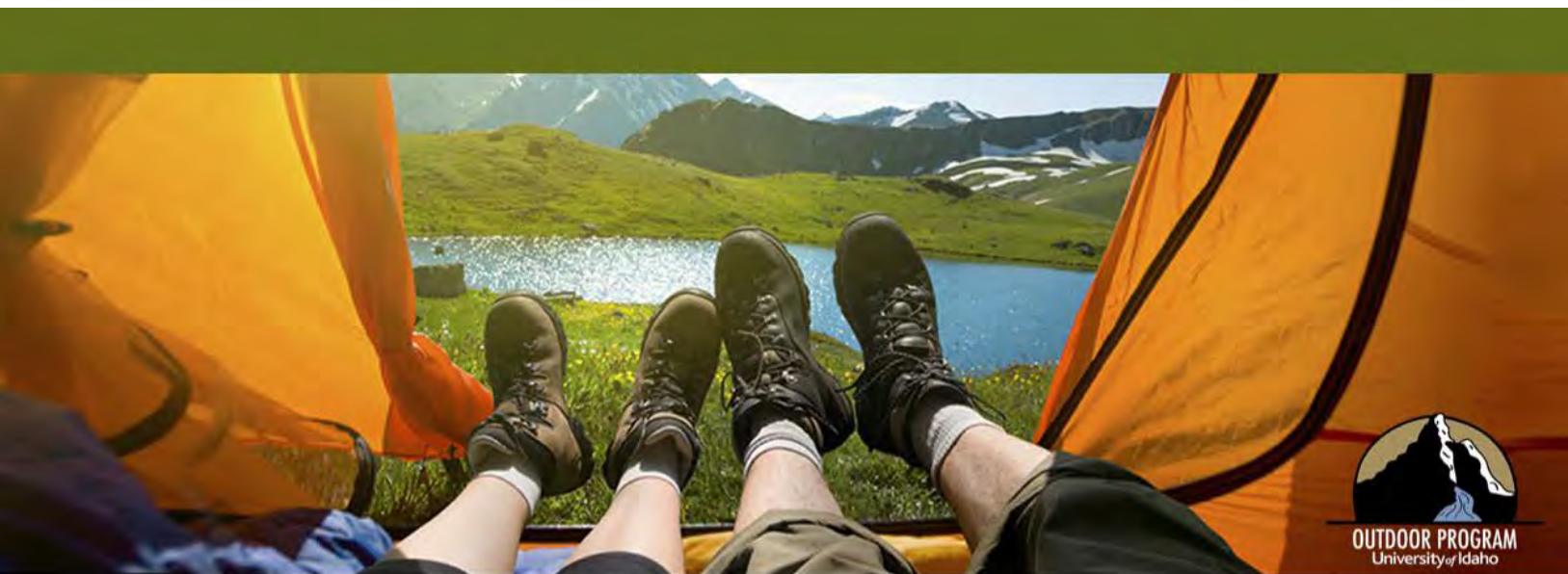
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A
PLACE
TO
CALL
HOME

STORY BY Savannah Cardon
PHOTOS BY Joleen Evans
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Foster care plays a prominent role in the Palouse community

On March 18, Gordon Mellott's life changed in an instant.

Mellott, who spends most of his time working as a stylist at Essence Salon and planning events for the Moscow drag community, welcomed two young children into his family.

Mellott's average day, which was once absent of alarm clocks and frequent appointments, now begins around 5:30 a.m. with a quick diaper change and some morning cartoons.

"I joke around because I'm a drag queen — now I'm the drag queen soccer mom," Mellott said. "We are now contemplating a minivan."

Mellott and his partner, Rob Rhodes, recently became foster parents. Their family plans, however, did not always involve fostering children.

"About three years ago, my partner and I started talking about figuring out a way to have a family and we talked about all of the different options because we are a same-sex couple," Mellott said.

Initially, Mellott said he and Rhodes were only interested in adoption. It was not until the Palouse Pride 2017 Park Festival he was introduced to the foster care system through Fostering Idaho and Fostering Washington who set up a booth in East City Park that day.

These organizations serve to provide recruitment and retention support for foster homes throughout both Idaho and Washington, said Katie Stinson, recruitment coordinator for North Central Idaho and Southeast Washington.

Fostering Idaho and Washington help provide foster parents with peer mentors, support groups, training, coaching and more, Stinson said.

"Our goal is to find the homes and try to keep the homes," Stinson said.

The main idea behind foster care is reunification with the child's family of origin, Stinson said.

Children in foster care are rarely adopted outside of their family. Nearly 60 to 65 percent of children are likely to go home to either one or both parents and 5 to 8 percent are adopted by foster parents, Stinson said.

The Palouse is no different.

"It (reunification) has got to be in your heart," Mellott's Resource Peer Mentor (RPM), Brandi Urie said. "Don't come to foster with the idea to adopt, come to foster to reunify them with their family."

However, Mellott's foster care situation is what he calls atypical.

"We are a foster family with a concurrent plan, which means it could be, if and when, termination (with the biological parents) happens, we can become an option for adopting them," Mellott said.

The process to become a licensed foster parent

"There can be way more to family than just the people that share your DNA — you can find family anywhere."

requires completion of six different steps: contact, orientation, application, pre-service training, home study and licensing, according to Fostering Idaho's Foster Care and Adoption Family Guide.

These same steps apply to those looking to become licensed to adopt, Stinson said.

The pre-service training, also known as "PRIDE," is a 27-hour course that teaches aspiring foster parents the essentials behind the court processes, childhood trauma and how to approach different behaviors in children, Stinson said.

"It's kind of like foster parenting 101 — it's 27 hours, so it is intense," Stinson said. "But, it's a wonderful training and there's no cost to any of this."

Mellott and Rhodes were formally licensed to become foster parents just a few months after their introduction to Fostering Idaho at Palouse Pride, and after completing the necessary steps.

As soon as a person is licensed as a foster parent, Mellott said opening their homes to children who need it most is just a phone call away.



Mellott's phone call came just three weeks after he and Rhodes received their license.

“A really good, strong connection to your social group is key. I don't think we have any single friend of ours that doesn't support us fully in this.”

“When you get the phone call and you want to say yes, there is a feeling in your gut that you will never be able to describe to anybody until they actually have that moment and it was one of those — it's a ping,” Mellott said. “You just feel like everything in you is like ‘This is it’ — when you know every fiber of your being feels like something is changing for good.”

Mellott felt that “ping” and now fosters a two-year-old and a six-year-old.

With close ties to Moscow and the local drag community, Mellott said he received an abundance of support and assistance from friends.

“A really good, strong connection to your social group is key,” Mellott said. “I don't think we have any single friend of ours that doesn't support us fully in this.”

Mellott also received assistance from his RPM, Urie.

Urie, who works for Fostering Idaho, is also an experienced foster parent who has housed more than 20 children since 2015.

Urie works as a recruiter and RPM, answering questions and assisting people interested in foster care through every step of the fostering process.

“I kind of help them understand what the department is looking for, help them get through the licensing process and then once they are licensed, I am here to help them make sure they are set up for the kids at the right age,” Urie said. “I'm also there to help gear the foster parents towards support in the community.”

Once Mellott and Rhodes submitted their fostering application and were approved to complete PRIDE, Urie was assigned to their case as an RPM.

“I got in touch with them via email,” Urie said. “They were in the middle of their fostering classes when I contacted them for the first time and we've been texting and calling and emailing ever since. We even had our kids together for a play date.”

Although Urie is there to support foster parents and help them prepare for the fostering lifestyle, Mellott said preparation for a foster child's arrival is not always a simple step-by-step process, and requires more than just childproofing a home.

“You will find you have a lot more resilience in you than you ever thought you had possible.”

“There is no preparing that you can ever do because every case is different,” Mellott said. “There's elements to every case that you will never be able to prepare for, but you kind of learn what type of person you are when you get into this situation. You will find you have a lot more resilience in you than you ever thought you had possible.”

Children in foster care largely share one commonality — hardship.

Many of them have faced trauma throughout their lives. And, although the road from foster care to adoption is rough, Stinson said the journey along the way is beautiful.

“It's all about what is best for these children,” Mellott said.

Moving forward through the fostering process, Mellott said he is excited for the future, despite some inevitable challenges.

“Honestly, we're just ecstatic to have them here,” Mellott said. “There can be way more to family than just the people that share your DNA — you can find family anywhere.” ■



WORLDLY RESEARCH

UI student researcher takes on the world of science with exotic animals in exotic places

STORY BY Tess Fox
PHOTO BY Tess Fox
PHOTOS COURTESY OF Elyce Gosselin
ILLUSTRATION BY Britani Phelps
DESIGN BY Britani Phelps

Despite being a woman in math and science, Elyce Gosselin, a world traveler and researcher, said she never felt uncomfortable in either department.

“I definitely sat in some of my upper division math classes and calculated the gender ratio and it was not good,” she said. “I’ve never felt like the extreme minority here and the wildlife department is female dominated, so it’s nice having female mentors.”

Feeling comfortable in her departments helped Gosselin jumpstart her research career in conservation biology. She will graduate in May with a double-major in math and ecology and conservation biology after several years of research in two labs. She has spent every summer traveling to exotic and remote locations, finding new ways to approach conservation biology.

Gosselin was in Mozambique when she gained valuable perspective.

“We were training some community members to help with monitoring the elephants,” she said. “Someone asked, ‘Well, we can’t go into the national park and poach antelopes but the elephants can come here and raid our crops and the park isn’t going to do anything? How is that fair?’”

Gosselin said the experience abroad opened her eyes.

“We always think about protecting the elephants, especially in the United States and as someone who is passionate about wildlife. It’s important to think about the people who are affected by conservation efforts,” she said. “We’re coming from a place where elephants don’t raid our crops.”

“It’s important to think about the people who are affected by conservation efforts.”

Gosselin has been interested in math and science since she was a child.

“I thought about going into engineering for a while. I got really into going outdoors and animals,” she said.

Gosselin said she picked up a math degree because it provides an added skill when looking for future jobs.

“I always liked math, and I think it’s interesting when it’s applied to things I like,” she said.

“I got involved with research really early on which was the most beneficial thing I did,” she said. “I learned so much better when I’m doing applied learning that has an impact. It’s challenging.”

She joined UI assistant professor Ryan Long’s lab in 2015 and traveled to Mozambique to work with elephants during the summer of 2016.

While elephants are loved in the West, locals have a strained relationship with the large mammals.

Gorongosa National Park, located in central Mozambique, was home to more than 2,000 elephants in the past. From 1977 to 1992, the Mozambican Civil War ravaged the elephant population. About 90 percent of the elephants living in the park were killed to feed soldiers. Tusks were sold to buy ammunition and arms.

Gorongosa is still being restored. But, as the elephant population recovers, the large mammals find their way into villages and trample crops.

“Elephants can destroy all the crops in one night,” Gosselin said. “Communities have really negative feelings toward elephants because they only see them when they’re crop raiding. Some elephants get killed for it.”

Gosselin and the research team, led by UI graduate student Paola Branco, helped put collars and cameras on elephants to track their movements and behavior, and collect data about crop damage.

“This is a problem across Africa so it was cool to work on a project that helped gather information that will be widely used,” she said. “It’s nice to work closely with communities too.”

Waits said she enjoys working with students like Gosselin because of her particular excitement to learn and engage in her studies.

“She’s a unique student in that she came in ready and interested to get involved with research,” Waits said. “She had great scientific skills and asked great questions, which is what you want from a scientist and researcher in the beginning.”

Gosselin said she appreciated the opportunity to work with Waits as an undergraduate.

“She’s an influential person in conservation biology and genetics. It helped build me up knowing I had access to

IMAGE LEFT A vampire bat (*Desmodus rotundus*) in the Ecuadorian Andes.
IMAGE RIGHT An African elephant (*Loxodonta africana*) in Gorongosa.

research opportunities as a freshman,” she said.

Waits supervised Gosselin’s first research project in her genetics lab. Gosselin was tasked with testing the DNA in coyote scat samples. Typically, scat is examined by dissection to determine what the predator is preying on.

Gosselin’s research project aimed to answer if DNA was an effective way to test what animals the predator is consuming. She wrote a senior thesis on the project during her sophomore year, which was published.

“Elyce is one of the most remarkable undergrads I’ve worked with in terms of her passion, curiosity and ability in wildlife and conservation biology,” Waits said. “She’s the kind of person who is a great scientist and has this passion about animals and conservation. She’s going to be one of our alumni who make UI famous.”

Gosselin spent her next summer with Waits and several students studying how land use changes riparian habitats in the Ecuadorian Andes, and how it affects bird and bat populations. Riparian habitat zones are found on the banks of rivers or streams.

Gosselin said increased agriculture in the area often erases and fragments existing habitats.

“It affects what food resources are available, more cows can sometimes mean more vampire bats,” she said.

Gosselin said there were noticeable differences in the bird population through visual identification and song identification.

“It was easy to see the bird had disappeared from the urban and pasture areas,” she said.

The bats were a little harder to draw any conclusions from.

“We didn’t capture a lot of bats in the study areas, so it was hard to make any strong findings,” she said.

Although Gosselin did not originally think of bats as endearing, she quickly found a love for them during the project.

“I never thought about bats being a very charismatic species, but they’re so cute,” she said. “They’re also so important for the ecosystems.”

This summer, Gosselin will research bats at Grand Teton National Park. She plans on travelling and working before attending graduate school.

“I want to go into research, I like academia too,” she said. “I hope with a quantitative background I can bounce around a little.” ■



A CULTURE OF COFFEE

As the Palouse coffee industry grows,
so does a community of roasters

*STORY BY Meredith Spelbring
PHOTOS BY Joleen Evans
ILLUSTRATION BY Andrew Visser
DESIGN BY Tess Fox*



IMAGE *A barista pours a latte at One World Cafe.*

The enticing aroma of fresh coffee beans permeates the air, wafting from wall to wall — a smell familiar to many in Moscow. The odor of the beans is bold, rich and pungent, filling the roastery.

Whether it is whole beans or freshly ground coffee, it can all be found just outside the confines of Moscow on the quiet country roads of the Palouse. The rolling hills are home to the origin of coffee locals have come to know and love — Landgrove Coffee.

The company is the source of coffee for many local shops around town — a town whose caffeine addition does not go unnoticed.

Nearly every coffee shop is littered with students cramming for exams and community members enjoying a hot cup of joe around weathered tables.

The Pacific Northwest is no stranger to the coffee craze. About 50 percent of all adults ages 18 to 24 drink coffee regularly, according to Statista. In Moscow, nearly 39 percent of the total population ranges from ages 15 to 24 — an age group who loves its coffee.

As time passes, numbers show young adults are progressively drawn to their daily jolt of caffeine. Between 2008 and 2016, the consumption of high-end coffee drinks among 18 to 24 year olds increased from 13 percent to 36 percent, according to the 67th National Coffee Drinking Trends Report.

Late nights and heavy workloads push both high school and college students to reach for the closest cup of coffee or energy drink day and night. And, no one is ever left short of coffee options in Moscow.



“There is a lot of different things that (the coffee shops in Moscow) all have to offer,” said Sara Beth Pritchett, co-owner of One World Cafe. “It is a good community for coffee and food and drink. We are really lucky to have such good places to go out and eat and drink coffee and be downtown.”

From chains like Starbucks and Dutch Bros. to local coffee houses scattered downtown, coffee is around nearly every corner.

Landgrove, established on the Palouse in 1998, is the coffee source for a handful of coffee retailers and cafes, including One World Cafe and The Moscow Food Co-op.

A few months out of the year, large trucks wind their way through the quiet country roads outside of Troy before pulling onto a gravel road and delivering nearly 40,000 pounds of coffee beans to Landgrove Coffee owners Jon and Hannah

“College kids just drink a lot more coffee. It tends to be the culture.”

Binninger.

Raw beans from all around the world find a home on shelves of the warehouse where the roasting takes place. Landgrove collects coffee orders throughout the week before roasting the beans.

The process, while meticulous and delicate, takes around 15 minutes from start to finish, Chris Malberg, production manager at Landgrove said.

“It’s very quick, it’s very methodical,” Malberg said. “As soon as one roast comes out we are loading another one in and cycle again.”

The freshly roasted coffee is then bagged and sent out to various vendors throughout the region and across the country.

“Usually it (the coffee) goes out in at least three days,” John said. “It’s pretty much just shipped or delivered pretty much immediately after it’s roasted.”

Despite its tucked away location, Moscow coffee drinkers are probably more familiar with the local business than they realize.

Pritchett said the love and care put into roasting the coffee is carried over into the drink crafting at her cafe. Barista’s, she said, are trained to care for and love the product from start to finish to ensure that the final product is top-notch quality.

“I think that is really important and that is hard to translate when it gets into big corporations,” Pritchett said.

Although Landgrove is just 30 minutes outside Moscow, it is not the only local coffee roaster. Bucer’s Coffee House Pub roasts its coffee in house.

Pat Greenfield, owner of Bucer’s, is in her 24th year of roasting coffee and her 18th year as the pub’s owner. After starting in Lewiston, Greenfield said she brought her business to Moscow because the small town has a coffee shop “it-factor” many other locations in the region do not — college students.

“College kids just drink a lot more coffee. It tends to be the culture,” Greenfield said.

Much like any other city, large or small, coffee shop chains are still abundant in Moscow. However, these shops are not seen as competition, rather they are extended options for customers,



IMAGE ABOVE *A homemade french press at Landgrove Coffee in Troy.*
One World Co-Owner Brandy Sullivan said.

There are different spots around town for everyone, and room in the Moscow coffee economy for more than one coffee shop, she said.

“We’ve been open for 13 years, I think it’s pretty clear there is room for all the different coffee shops that exist here,” Sullivan said. “We’ve all been here so I think there must be enough demand and niches that the different shops are serving.”

Since its beginning, One World has only grown, Sullivan said. Between 2012 and 2016, the cafe expanded both its business reach and profit.

One World is not alone in its Moscow coffee market success. Although it is not specified as a cafe, The Co-op

“It is a good community for coffee and food and drink. We are really lucky to have such good places to go out and eat and drink coffee and be downtown.”

has a coffee bar and numerous options for coffee wholesale.

Despite the saturated market, not all cafes have the staying power. In her 18 years as the owner of a successful coffee house in Moscow, Greenfield said she has seen cafes come and go.

“Anybody would be a liar if another coffee house is about to open and they’re just like, ‘Another one?’” Greenfield said.

Greenfield said her focus has always been making Bucer’s the best it can be.

“When other coffee houses open, yeah, you wonder what it is going to do. But you just keep your focus on doing your best because that’s all you can do,” Greenfield said.

The various shops scattered around town are beneficial, not only for the community of coffee drinkers as a whole, but for the student coffee drinkers as well, One World barista Seneca Jensen said. Coffee drinking is a lifestyle.

“They (students) are very open about engaging you about coffee talk,” Jensen said. “You want to be able to, enjoy it for more than just something you are trying to wake yourself up with.”

Despite providing the same goods and services, the assorted coffee shops do not view each other as competition, but rather as a team.

“Everybody has their place,” Pritchett said. But, as a community, we want to see our community prosper.” ■



*STORY BY Hailey Stewart
ILLUSTRATION BY Cadence Moffitt
INFOGRAPHICS BY Tess Fox
DESIGN BY Tess Fox*

'Why not women?'

Idaho's female politicians aim for local progress in 2018, helping to grow the nation's number of female representatives

In 1920, when Suffragettes took to streets across America, U.S. women were finally given full voting rights under the 19th Amendment.

Later, when Betty Friedan published "The Feminine Mystique" in 1963, millions of women were prompted to look for fulfillment outside the confines of the term "homemaker."

Then, as corporate America began to flourish, women in the 80s left the home behind and flocked to the company setting.

There have been countless milestones since the 1920s, Katherine Aiken, a University of Idaho emeritus professor said. The professor of women and labor credits Hillary Clinton's influential career path, the Clarence Thomas trials, President Donald Trump's rise to power and social action like the #METOO movement for helping women find their voices in the political arena.

From U.S. Senate, state legislature and city councils to the PTA, women nationally are becoming part of a growing trend, filling political offices around the country.

In the U.S., 22 women hold seats in the Senate and 83 women hold seats in the House of Representatives. Women make up 25 percent of all state legislatures in the United States. Idaho women hold just over 30 percent of the state legislature.

Those numbers, however, could change in 2018. A record number of women are running for office in 2018, according to the Center for American Women and Politics. An unprecedented 575 women have declared to run for Congress and governorship, and even more are running for offices everywhere between.

Local beginnings

This growth does not stop at Idaho. The trend of women seeking office is on the rise in the state and on the Palouse.

But, the road to political leadership is not always easy for women in a historically conservative state, Aiken said.

"Idaho politics provide a tough landscape for women to travel," Aiken said.

The hyperlocal level, Aiken said, is where many women break through, earning a spot among the political rankings to begin a long climb.

Aiken said it came as a shock that a majority of women were elected to Moscow City Council.

"This is Moscow in 2018 and it was a slightly unusual occurrence," Aiken said. "This is very indicative of what a tough climate all this is."

For many first-time female politicians, climbing the political ladder begins in hometowns.

Brandy Sullivan, a recently elected Moscow City Council member and one of the four women on the seven-person council, said her first steps in the political arena were small. The local business owner has stayed local with her politics.

"At this point, I'd say I'm proud that I stepped outside of my comfort zone to run for office," Sullivan said. "It's a reminder that some of the most interesting and fulfilling experiences in life come from pursuing a challenge that's not comfortable."

Comfort and ease are not attributes Aiken would connect to politics, especially for women. She said Idaho politics proves that point well.

"It's a reminder that some of the most interesting and fulfilling experiences in life come from pursuing a challenge that's not comfortable."

"Gracie Pfost — the first congressional member to represent Idaho — said 'Any women in politics has to have the skin of a rhinoceros,'" Aiken said. "I think that's indicative of what Idaho is for women."

For Caroline Nilsson Troy, finding that thick skin took some time. The 5th District Idaho State Representative from Genesee, Idaho, now in her second term, said uncertainty fueled by male dominance in Idaho's political sphere initially slowed her ability to build her confidence.

"We have to work really hard to prove ourselves. We have to be really good 100 percent of the time," Troy said. "Just finally, I'm feeling confident in my own right."

Gina Taruscio, a Moscow City Council Member since 2016, said she sees women on the local level realizing how necessary their involvement is in relation to national politics.

“Women on the local and national level are figuring out that we can do this, too,” Taruscio said. “It has been a male dominated sport for too long, and we are getting tired of it.”

Taruscio’s political beginnings started on the Palouse. It is local politics, she said, that helps create the greatest representation in government.

Women represent 49.9 percent of Idaho’s population

Idaho has never elected a female U.S. Senator or female governor, Aiken said. These larger positions, she said, are harder to gain when women often begin at lower levels than men.

But, Paulette Jordan, a North Idaho native and former Idaho State Representative, is looking to change those numbers by running for governor this year.

“Those are hard numbers to get up, but it only takes one person,” Aiken said.

Although she has seen strong growth in female political participation and engagement, Jordan said the state has a long path toward full parity.

“The more that our state’s children — both boys and girls — see women occupying positions of leadership and affecting change in Idaho, the more likely the next generation will be to elect women into our highest offices,” Jordan said.

Before Jordan pushed forward with her campaign on the democratic ticket, she said she was hesitant. After a conversation with her grandfather — a leader in the Coeur d’Alene tribe and one of her closest mentors — Jordan said she felt confident enough to run.

It was a daunting task, she said, but one she was excited to take on.

“He told me I needed to run for governor — not just to represent our people in the Coeur d’Alene tribe, but to defend all Idahoans,” Jordan said.

Although the most recent national trends show women running for national political offices, rather than local, Troy said it is important to begin where women are most comfortable and climb from there.

“This is easier to do on a smaller scale than on a larger scale right off the bat,” Troy said. “It is very challenging to be in the political arena these days, but it is such a rewarding experience.”

Changing the political landscape

Regardless of party, Aiken said, Idaho’s small-town feel and expansive geography can make it difficult for women to campaign, especially without the resources many of their male counterparts have.

“Idaho is a small enough state in population, that everyone can know everyone,” Aiken said. “You really have to pay

attention to people in very local areas. Those aren’t always easy to reach.”

Vocalizing platforms and interests throughout Idaho presents a difficult challenge, Aiken said. But, Kelley Packer, a 28th District Republican Idaho State Representative running for lieutenant governor, said campaigning and growing a political presence is a challenge Idaho women should take on.

“We as women are finally encouraging and empowering other women to run,” Packer said. “We bring great perspective and insight, so we are finally reaching out an engaging.”

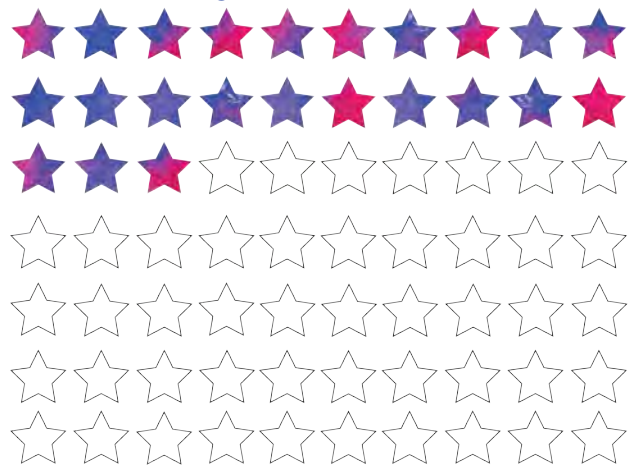
Female politicians often represent policies and stances that diverge from male interests, Aiken said. Policies on healthcare, safety and education are just a few positions Aiken said women most often champion.

These platforms, Aiken said, lend to a more progressive dialect, even in an overwhelmingly conservative state like Idaho.

“All of those policies fit traditionally within the female realm, and all of them have a progressive element to them,” Aiken said. “Even more conservative female politicians engage in this sort of dialogue.”

Packer said female politicians bring a different perspective to a table that is largely filled with men.

23 of 70 seats in the Idaho House of Representatives are held by women.



In her time as a representative, Packer said she recognizes how important it is to push through the “boys club” that can easily form in any male-dominated group. But, it is views from both men and women that broaden the discussion on Idaho and national politics.

“Women bring more empathy and understanding. They also bring a stronger desire to seek solutions to the major issues that continue to plague our state,” Packer said.

One of the most influential ways to bring women into Idaho politics to broaden that discussionm Packer said, is to inspire and encourage them.

“The bulk of women in this political environment look to us,” Packer said. “It’s sink or swim sometimes, and you have to

swim for everyone involved.”

Anne Zabala, the youngest female member of the Moscow City Council, said women are more open to voicing their opinions when they know they are motivated by other women — supported by other women.

“Regardless of our differences and the varying degrees to which we face hardship as women, our challenges are universal — and one of my biggest motivators for getting out of bed in the morning is holding out a hand behind me to support other women,” Zabala said. “I try to live by this value every day.”

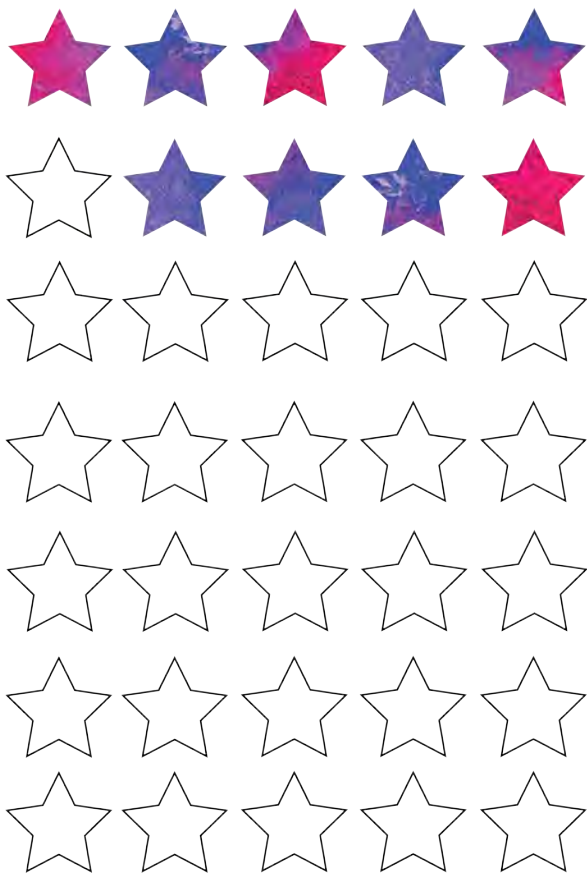
Women helping women

Aiken said large and small political roles for women begin with women.

Hillary Clinton became the first woman to run for president on a major party ticket. Gracie Pfost became Idaho’s first congressional member. Anne Zabala became one of Moscow’s youngest female city council members. Paulette Jordan is running for the chance to become Idaho’s first female governor.

“It takes more than a first to really get us there,” Aiken said. “Firsts are important. But we need enough women in office that it doesn’t seem so unusual.”

9 of 35 seats in the Idaho Senate are held by women.

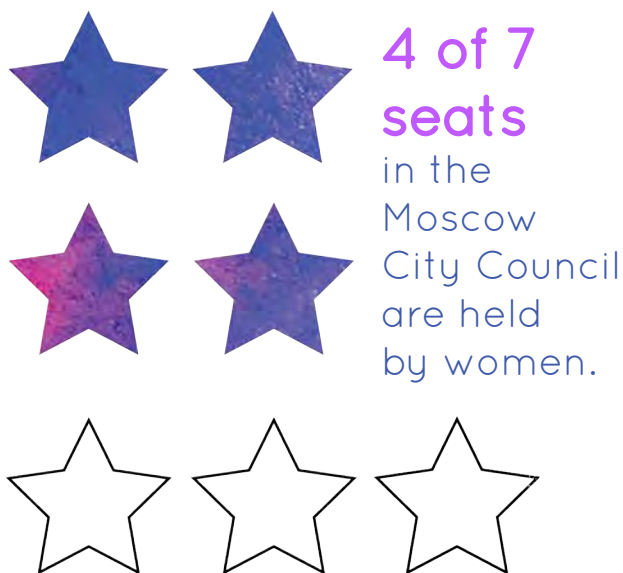


Kathryn Bonzo, a member of the Moscow City Council, said many women have asked about the struggles and triumphs of being a female politician in Idaho. Bonzo said public servitude should be treated like any other endeavor, especially for prospective female politicians.

“It has to ring true to you,” Bonzo said. “Dedicate yourself to the ideas and the people.”

Aiken said the dedication to strengthening female voter registration since Trump took office has prompted females to begin thinking about entering politics.

Just as the last several years have produced more fervent engagement, Aiken said she believes more women will pursue political office in the long-term, beginning at the local level and working outward.



“With more women in office after this year, others will do things early in their lives and careers to prepare them for a place in politics,” Aiken said. “Women will find themselves more focused, more intent on the kinds of things that put a person into office.”

Troy said her career in politics began with women and has progressed because of women.

“Our sisters went ahead of us and paved the way,” Troy said. “When I first began, the line for the men’s restroom was longer than the line for the women’s restroom. I truly believe we are beginning to flip that now.”

In order to help shift the lineup of women in politics, Troy said young women should seek advice from anyone and everyone they trust from the state house to the grocery store.

“If we work with one another, there is no way we can’t be a stronger voice,” Troy said.

For Packer, that stronger, communal female voice should come without hesitation.

“Rather than questioning why we shouldn’t run for office or be the leader in the room, we should ask ‘Why not you? Why not me?’” Packer said. “Why not women?” ■



BREAKING DOWN BARRIERS

STORY BY Claire McKeown
ILLUSTRATION BY Cadence Moffitt
DESIGN BY Abigail Johnston

Students and local police officers reflect on the relationship between college students and the law

The student's hasty denial fell on deaf ears, but the wet ground gave it away. The student had just been caught urinating on the roadside by Moscow police officer James Fry.

Urination in public is not a sex offense in Idaho, but it can still win an embarrassing ride to the police station.

"I'll make a deal with you," Fry said. "If your zipper is unzipped, you go to jail. If it's not, you don't."

Mulling over Fry's ultimatum, the student broke the silence.

"He said, 'All right, I was urinating. You got me,'" Fry said. "We both cracked a laugh, and I didn't even give him a citation for it."

Fry, who is now the chief of police for Moscow Police Department (MPD), recalls moments like this with a grain of salt.

"I think what you have to remember — especially with students — is they are just people and they make mistakes," Fry said. "You need to have a sense of humor. Sometimes it's okay to laugh about things that happen."

MPD exercises "officer discretion," meaning officers have the independent authority to decide whether or not to cite someone.

Fry said the MPD entrenches its everyday policing with the value of learning. Before resorting to enforcement tactics, educational tools are used to improve behavior and decision-making skills.

Corporal Casey Green, who is stationed full-time on the MPD campus division, devotes much of his time to building student relationships and bridging the gap between information students are not aware of.

"Law enforcement typically is responsive-type agency," Green said. "We don't get in front of things very easily, and when we have the opportunity to talk about things before they happen, that's a refreshing perspective in my field."

Green keeps an open dialogue with

students by delivering Cop Talks for University of Idaho campus groups like Greek Life and residence halls, among other student organizations.

During Cop Talks, students can unreservedly ask Green about their rights, Idaho laws and policing procedures. Drinking hypotheticals are a popular topic, ranging from "What happens if I lie about my age" to "What kind of inebriated behavior catches your attention?"

"When we have the opportunity to talk about things before they happen, that's a refreshing perspective in my field."

Green said he stays alert for obvious and concerning behavior, like vomiting, staggering or falling.

Other indicators include large groups moving between different locations, backpacks and purses three times their normal size, people inappropriately dressed for weather and a multitude of other actions.

Green said it is common for officers with MPD officers to socially engage with students, meaning an officer can approach a student for no reason at all.

Green said students can always ask to leave. The officer should say yes or no. However, police can hold a person up to 15 minutes if they are investigated a suspected crime.

If an officer asks to check inside a bag, the

owner can decline. But, the officer can bypass it if they witness a bottleneck sticking out or hear a jug splashing around, Green said.

An easy way to shorten a holdup with the police is to always carry personal identification, regardless of age, Green said.

Whether someone provides honest identification or is booked in a jail cell under John or Jane Doe, the truth is inevitable.

“If they lie to me, they’ve taken what would be an infraction — no different than a speeding ticket — and compounded it into a criminal offense of resisting and obstructing,” Green said.

When poor decisions are made, honesty can be a wrongdoer’s best friend, he said.

Fourth-year UI student Cory Cornett learned this lesson when he stole a large, luminescent construction sign that read, “Road Work Ahead,” in front of Gritman Medical Center.

After bringing the improvised trophy back to his apartment, MPD flashlights shined into his living room. When asked why he stole the sign, Cornett said he explained his high level of intoxication.

His honesty kept him from a night in jail. The officers thanked Cornett for cooperating and gave him a misdemeanor for petty theft instead, which Cornett said he dismissed by attending an alcohol abuse and DUI education class.

“Law enforcement typically is responsive -type agency.”

A common misconception about MPD is the motive behind writing tickets, which can ignite apprehension when police linger after parties while people are leaving. Are they waiting to dish out minor in consumption citations? In most cases, the answer is no.

Lingering behavior is usually to ensure people leave safely, Fry said.

The department does not have a quota for writing citations — from speeding to MIC tickets — so officers have little incentive to distribute them without purpose.

“Our officers are paid to be police officers, not to write tickets,” Fry said. “That’s why we push the education piece so much. It’s not

based on a ticket test, it’s about people learning and changing behavior.”

In 2013, Fry handled the case of Joseph Wiederrick, the 18-year-old UI student who wandered across Moscow after a fraternity party and froze to death under a bridge.

The MPD regularly drives people home who are intoxicated, need a ride or get lost by making wrong turns.

“I think what you have to remember — especially with students — is they are just people, and they make mistakes.”

Fry and the MPD strive to prevent such tragedies through due diligence, education and legislation like medical amnesty.

Because of ASUI lobbyists like Clayton King, medical amnesty is an established Idaho law protecting underage individuals from legal prosecution if they reach out for help in case of an alcohol-related emergency.

“(Medical amnesty) is commonly called the good Samaritan law,” King said. “You have to kind of stick your neck out there to receive any kind of protection.”

The law strictly protects the person who needs help and the person who calls or approaches law enforcement.

“One success where somebody is alive, I feel like it’s working,” Fry said.

Fry said because the MPD has the privilege to help people in their worst times, they must have pre-established trust in the community and with students.

Cop Talks. Sparking informal conversations. Grabbing coffee. These efforts by officers like Fry and Green help make the MPD more approachable, so students can call them in confidence, knowing they will do the right thing.

“I know we are intimidating,” Fry said. “I know this uniform is intimidating. Any time I can break down the barriers, people go, ‘Man they’re just people that are doing a job to protect us,’ then that’s a win.” ■



STORY BY Nicole Etchemendy
PHOTO BY Leslie Kiebert
DESIGN BY Lindsay Trombly



FINDING BALANCE

Moscow community members seek benefits of regular yoga practice

Unraveling their rubber mats, classmates join together before the next class.

From downward-facing dog to warrior pose, each person places their hands on the mat, allowing themselves to become completely immersed in the world of yoga, absent of judgment and egos. As quiet music hums in the background, the rhythm and flow of each pose becomes seamless. Breathe in. Breathe out.

Yoga is more than just a class for some people — it's a lifestyle full of lasting benefits. And, yoga is a common practice in Moscow, whether it be on University of Idaho campus or downtown at a local studio.

Throughout Moscow, both on campus and off, there is a community of people who have found a way to strengthen and heal their bodies, as well as soothe their minds. As yoga spreads throughout the world, it has taken on new adaptations to each culture it encounters.

Every day, people on the Palouse find ways to allow yoga to not only influence them momentarily during practice or class, but to impact them long term. Yoga allows people to discover ways to process their emotions and overcome hardships.

For Dustie Jackman, yoga became a part of her life at a

young age as a way to combat stress.

"As I started doing yoga more during my junior year of high school, I noticed how it affected me emotionally and mentally," Jackman said.

Jackman took her first yoga class in the fifth grade but did not make yoga a part of her daily life until the end of high school.

"Before junior year, when I didn't really do it as much, I was just really tired and depressed most of the time," Jackman said.

Jackman attends yoga classes twice a week and said she sees the positive impacts her practice brings to everyday life.

"I feel like I am more mentally stable and more aware of my surroundings, and myself," Jackman said.

Yoga can become an outlet to process emotions and be a turning point in people's lives, like Dede McReynolds, a Moscow community member who sought yoga following a bad breakup in 2015.

"I think that my capacity to handle emotions long term is not something that I'm going to achieve, but it's something I'm creating healthy habits around," McReynolds said. "I definitely saw a positive result by incorporating yoga."

While some seek out the emotional benefits of yoga, others find that the physical benefits are yoga's greatest attribute.

"I was introduced into the practice in college and realized that it had a lot of the feature in working out that I felt like I was missing by just going to the gym or taking fitness classes," said Sarah Brooker, a teacher at both Kula Yoga and Tea in

downtown Moscow and at UI.

Brooker said she began her teacher training while she was in graduate school. She did not anticipate it would lead to her teaching so many classes.

“I think yoga offers an avenue for people to think about their bodies and think about their mental self-care in a way that can be easily accessible,” Brooker said.

Anne Adams, UI associate professor of mathematics education, has been practicing yoga for five years.

“Almost five years ago a friend of mine was teaching a class for her first time and she told a few of us about it, so my partner Harry and I decided that we would just go to support her,” Adams said. “After struggling through that first class we both decided that maybe it would be a good idea to come back and do some more.”

Adams said throughout life, she noticed she lost the ability to move her body in certain ways.

“They say you can’t gain new flexibility once you are out of your twenties — it’s not true. I’m so much more flexible than I was five years ago,” Adams said.

Madi Hull, owner of Kula Yoga and Tea, said she has witnessed the powerful impacts yoga can have on strengthening the body.

“Retired women who come in and take classes, women who have not done exercise in forever and they want to start getting back into their bodies, I’ve seen them go from not being able to get down onto the floor to being able to move into a lunge from downward dog,” Hull said.

Her daily practice has an impact on her mood.

“When I have had a more regular practice I definitely feel happier — period. I notice that when I don’t have a regular practice I’m just miserable,” Hull said.

IMAGE LEFT A yogi in side plank pose.

IMAGE BELOW Participants relax into downward-facing dog at Kula Yoga and Tea.

Even as a trained yoga instructor and business owner, Hull said she still strives to better herself in her practice.

“I think the hardest thing for me was coming into myself and keeping the focus on me, and my own body, and that is still my focus is trying to keep my focus on my own breathe,” Hull said.

For Adams, yoga is a simple way to maintain regular physical activity.

“I feel like I am more mentally stable and more aware of my surroundings, and myself.”

“I think for me, it’s just important for me to stay healthy, and its important for me to feel good and yoga does that for me. That’s why I want to keep coming back to it,” Adams said.

It can also help college students take a break from their worries.

“For that one hour that you’re in that yoga class, you are so focused on doing very specific and difficult things with your body, you don’t have time to think about anything else,” Adams said.

People constantly strive to reach for their better selves, whether it be through physical activity or enhancing mental awareness. Jackman, McReynolds, Brooker, Adams and Hull all discovered one commonality in their yoga practice — its positive impacts on their mind and body. ■



STORY BY Colton Clark
PHOTO BY Leslie Kiebert
DESIGN BY Alex Brizee



TRADITION AND TALENT

Through community and a gifted pedigree, basketball in Lapwai, Idaho, flourishes

The year was 1943, and Leroy Seth, a 7-year-old Nimiipuu (Nez Perce) boy, wanted to hone his basketball skills.

In that era, the unincorporated community of Spalding — Seth’s former home and where the Nez Perce National Historical Park now sits — didn’t have much. There was a small school and some housing but insufficient access to basketball necessities. They had to do what they could, and an age-old skill ended up making the difference.

Seth’s friend, Marcus “Roach” Wilson, regularly accompanied his father to Oregon. They often fished for salmon

in the Columbia River. The late Wilson was taught to fish with a dip net and to use a gaff hook for support with some of the particularly heavy salmon. At a young age, he had already become adept at fashioning these nets — a skill that would become even more useful.

Seth and Wilson picked out a building and a good-sized structure featuring metal supports resembling hoop posts. They brought with them coat hangers, which were disfigured to form near-circles. Then, they fixed the salmon nets to the hangers and draped them on each side of the makeshift court.

Now, all they needed was a ball.

The improvised nets were too small for a customary ball, so they used tennis balls and began to play a resourceful game of hoops.

“We could make swishes with those tennis balls,” Seth said. “Once we got up to basketballs, it seemed like the hoop was



gigantic. So that was a pretty good teaching tool that, at that time, we didn't realize would make a difference."

Seth molded his future in sport early.

In 1946, the school at Spalding was annexed three miles south to a site known as Lapwai, "the place of the butterfly" — a river-bordering valley encircled by rolling hills and the present-day location of the Nez Perce Tribe. The students merged to form what evolved into today's institute, effectively stoking the fire of a long-running Nimiiipuu basketball lineage.

Ten years later, after countless hours of practice at the tribal community building, the Pi-Nee-Waus, surrounding courts and Seth headed the first state championship team in Lapwai history. It all began over a decade earlier, with drive and ingenuity.

Basketball has become fully self-instilled into the local culture. The highly entertaining and long-extant style of play

became known as rezball. A brand of basketball featuring up-tempo, quick-transition offenses and smothering defense, they have made the sport theirs and routinely pack their 1,270-seat gym.

Lapwai's population is just over 1,100 people.

The 1956 state championship foreshadowed Wildcat dynasties of the future. Lapwai, thus far, has produced 19 state championships, countless collegiate athletes, stars and recognition throughout the Native American basketball circuit.

"There's just generations of passion toward basketball, so that history and background kind of resonates to the next generations," Bob Sobotta Jr. said.

Sobotta Jr., who played for Lewis Clark State College, works there as director of Native American, Minority and Veterans Student Services. He is also head coach of the Lapwai boys

team and helped win a state title in 1984.

“It definitely brings a community together, all aspects of the community,” Sobotta said.

Identity and sport

The wounds the Nimiipuu suffered at the hands of the American government were still fresh. In relation to the 12,000-plus years they’ve lived here, they still are. Their community and family dynamics were attacked, leaving behind social lesions which still remain.

But, basketball was, and still is, a way in which Native American peoples can retain their communal ties, ethnographer and University of Idaho professor Rodney Frey said.

“There’s just generations of passion toward basketball, so that history and background kind of resonates to the next generations.”

“It’s a group effort, team sports. There’s a harmony with each generation there, retaining the core of the family and resisting the attempts at breaking it,” Frey said. “They didn’t lose that link to help their society ... In the face of a whitewashed nation, identity can be retained through the sport.”

Rebecca Miles, the executive director of the Nez Perce Tribe and 1989 state champion, said basketball and its many tournaments are means of socialization. There are at least 20 annual Native American basketball tournaments in the Northwest alone.

To Seth, a traditional element basketball can represent is a warrior mentality between tribes. The skirmishes are face-offs between tribal dignitaries, or duels featuring well-known tribal members.

Seth said basketball can be seen as a modern-day variation of these events. In the sport, and through history, Nimiipuu notables are prevalent. Seth, like his great grandfather, Peo peo Tholekt, is one of the luminaries.

Peo peo Tholekt was a figure of his era whose history has passed the test of time. He was Chief Joseph’s nephew, a colleague of Yellow Wolf and was under the leadership of Looking Glass during the Nez Perce War of 1877, where he earned a great deal of his recognition through valiancy.

Just under 90 years later, Seth had recently finished graduate

school at the University of Montana, where he earned his master’s degree in anthropology and Indian arts while furthering his basketball career through the copious Native American basketball tournaments he competed in.

He played with and against big names from around the country in these clashes, and set himself apart with a deadly post-up hookshot.

From high school to college athletics, Native American tournaments to semi-professional ball with the Idaho Rainiers and later, five gold medals in the senior Olympics, Seth earned his recognition. He’s an athlete and a teacher, a basketball legend and a spiritual guide. He also regularly dances at powwows and often carries bitterroot in his pocket, a medicinal herb his people have been harvesting in the nearby hills during spring for thousands of years.

A glimpse into the lineage

A glance into the history of the sport in Lapwai reveals a lineage. Sobotta, Miles, Taylor, Ellenwood — these are just some of the many recurring names in the Wildcat basketball ancestry. It is also why Miles wanted her sons to hyphenate their last names, so people would recognize them in relation to their predecessors on the “basketball trail.”

Sonya Samuels-Allen, a 1989 state champion, chair on the local school board and homebuyer educator for the Nez Perce Tribal Housing Authority, recalls one such event relating to her cousin, the late Littlefoot Ellenwood. Ellenwood was a guard for the late ‘80s boys team with an 81-0 run.

“One big, stern Indian guy would come in all the time, and he’d sometimes ask me questions. One day he came in and said, ‘I heard you’re Nez Perce, you know Littlefoot?’ and I said, ‘Yeah, that’s my cousin.’ He goes, ‘Yeah, we definitely know Littlefoot over here.’ ... Littlefoot earned a lot of respect with his ball-playing, nationwide.”

Littlefoot’s father, Kub Ellenwood, also enjoyed illustriousness from playing in Native American tournaments around the region. He netted 64 points during a men’s 40-and-over tournament in Oregon, earning himself the nickname “The Nez Perce Legend.”

Keeping the tradition

Seven years ago, tribal member Dr. Angela Picard created a tournament to be held in Lapwai. She coined it the Play in Your Moccasins Youth Basketball Tournament.

In its first year in 2011, it attracted so much attention that every hotel in Lewiston was sold out, full with 60 to 80 teams from around the nation.

On any common weekday, Main Street appears breathless, but during the last week of April, when the Moccasins Tournament is underway, basketball players and fanatics of all ages line the streets and fill the town’s four gyms.

“She’s branded it as a tournament that people put on their calendars each year. Everyone’s always lining up their teams now.” Miles said. “That all just encompasses Lapwai basketball, Indian basketball.” ■

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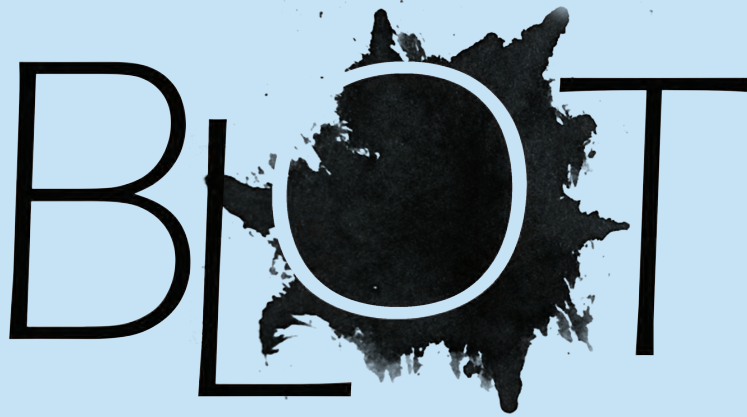
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