

BIOT

DECEMBER 2018

**"WHY EVEN STAY
HERE, WHERE I'M
NOT WELCOME AND
THERE'S NO HOPE?"**



University
of Idaho

Editor's Note

Readers,

In this school year's second issue of Blot Magazine, you'll find a variety of stories — some about the conflict surrounding wolf reintroduction in Idaho and others about the science behind the craft brewing process. We'll discuss focus and school-related anxiety, virtual technology in the classroom, food insecurity and artistic outreach. Our largest focus this issue, however, shifted to immigration and the current rhetoric surrounding minority groups in the United States.

It is a broad and convoluted subject — one we must discuss for the betterment of our communities.

The subject of immigration has long been a contentious issue. And once President Donald Trump took office in 2016, the impassioned views from all sides of the immigration discussion became more heated.

Idaho's predominantly white population is reflected at the University of Idaho.

According to most recent university statistics, Hispanic and Latino students make up just nine percent of the Moscow student campus population.

The state and our university may not be known for the most diverse makeup. However, the students represented in the nation's negative rhetoric and uncertain policies add to our communities.

These active students on UI's campus — small in number, but robust in outreach and education — are working to change the current conversation surrounding immigration. It's time this conversation permeates all areas of the university community, no matter what our lack of diversity might be.

Let's talk about immigration — the worries, the rhetoric and most importantly the human lives involved.

- Hailey St.

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Front Cover | *Alex Brizee*

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Humans of Moscow

Matt Johnson is a Moscow native and local tattoo artist.

“There is a bit of magic to it, you know. They are custom works, which is super important. It allows people to express themselves in a way most aren't really able to. For me to be able to tattoo people, I get to put a little bit of myself into every piece I do and I really, really love that.”

—Matt Johnson



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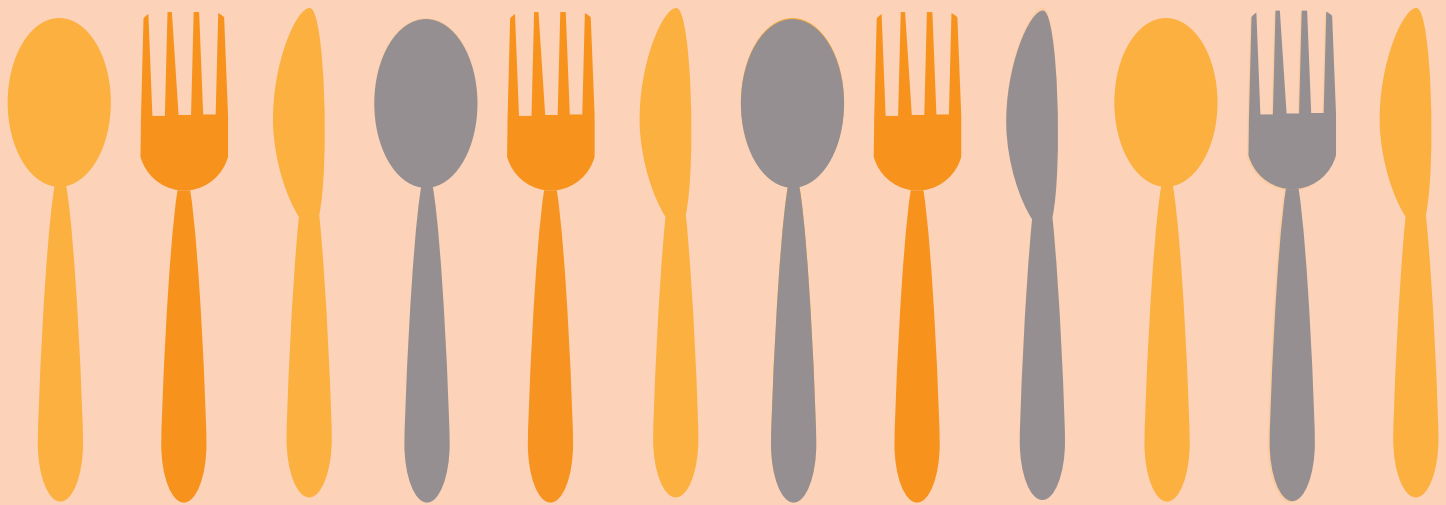
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STUDYING HUNGRY

UI reflects national trends with one-third of students identifying as food insecure

STORY BY | *Kyle Pfannenstiel*
DESIGN BY | *Pepe Maciel*
GRAPHIC BY | *Riley Helal*

Amanda* doesn't buy groceries.

Although she is not stressed for money, she said it is more of a matter of convenience. Instead, she would much rather spend money on books or clothes than on food.

"I think it's a little weird because it's kind of a waste that I'm spending money on something that will disappear," Amanda said.

That's not to say she doesn't eat.

"I have a very donating family who worries about me a lot," she said. "Obviously, I'm not starving."

Her parents help out, pitching in food through mail or when they visit. Still, Amanda said she regularly skips lunch and scarfs down something instant for dinner.

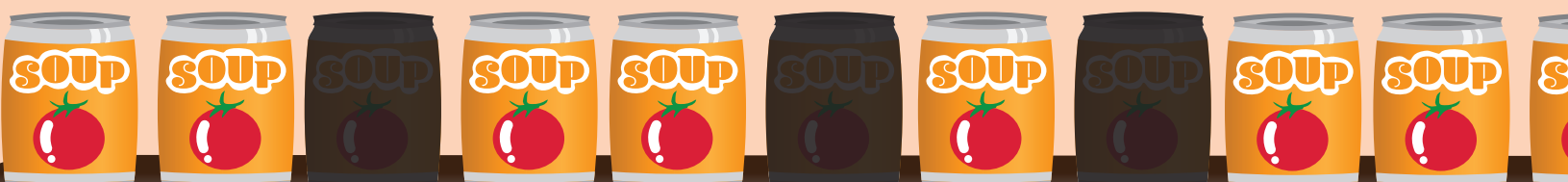
**At her request, Amanda is a chosen pseudonym*

The third-year University of Idaho student has become used to life like this.

"I'll wake up in the morning and I'll have Eggos that my mom bought me when she was here for a weekend, then skip lunch, and for dinner I'll scrounge and see what I have like ramen noodles or — it's depressing — taquitos. Anything like that," she said.

Students like Amanda, whose financial situation, fiscal choices or other life conditions prevent them from accessing the food and nutrition they need, are common across college campuses, including UI.

In 2017, a survey on college financial wellness conducted by Ohio State University found 37.6 percent of UI students are food insecure based on United States Department



of Agriculture’s metrics, which aligns with the survey’s findings for other four-year public institutions.

The results are also consistent with another report on food insecurity’s prevalence on college campuses. In April, a national survey released by the advocacy group HOPE Lab found 36 percent of university students were food insecure in the 30 days preceding the report.

UNDER THE SURFACE

While the prevalence of food insecurity has been studied for decades by the USDA, there are barriers to talking about the issue and accessing resources to mitigate it. One sizeable hurdle, experts and students noted, is an expectation that college students eat poorly.

“That’s not a healthy choice. There’s all kinds of reasons as to why that’s not a good idea for students to have poor eating be normalized,” said Helen Brown, who works with Vandal Health Education.

Maddie Brown, a graduate student, researches food insecurity on UI’s campus. Maddie’s questions for her thesis work included a six-question survey, which found the 37.6 percent figure.

The categories of food security used in Maddie’s survey were based on the USDA metrics, which include four levels: high, marginal, low and very low levels of food security.

The figure is the sum of respondents who were considered to have low or very low food security. The remainder, 62.4 percent of respondents, were considered to have high or

marginal food security.

“We knew it (food insecurity) was on campus, but not to the extent that it was,” said UI Campus Dietitian Mindy Rice.

Rice, who hosts cooking classes and grocery store tours, said Maddie’s work involves bringing together different groups working toward food security on campus.

“Everybody has been trying to do something, but we’re doing it separately. We need to get together as a group,” Rice said.

Experts and advocates recognized food security could be caused by a multitude of factors — but they say the largest variable is a lack of education about healthy eating and cooking options. Financial stressors on college students, with rising tuition and stagnant wages also present challenges.

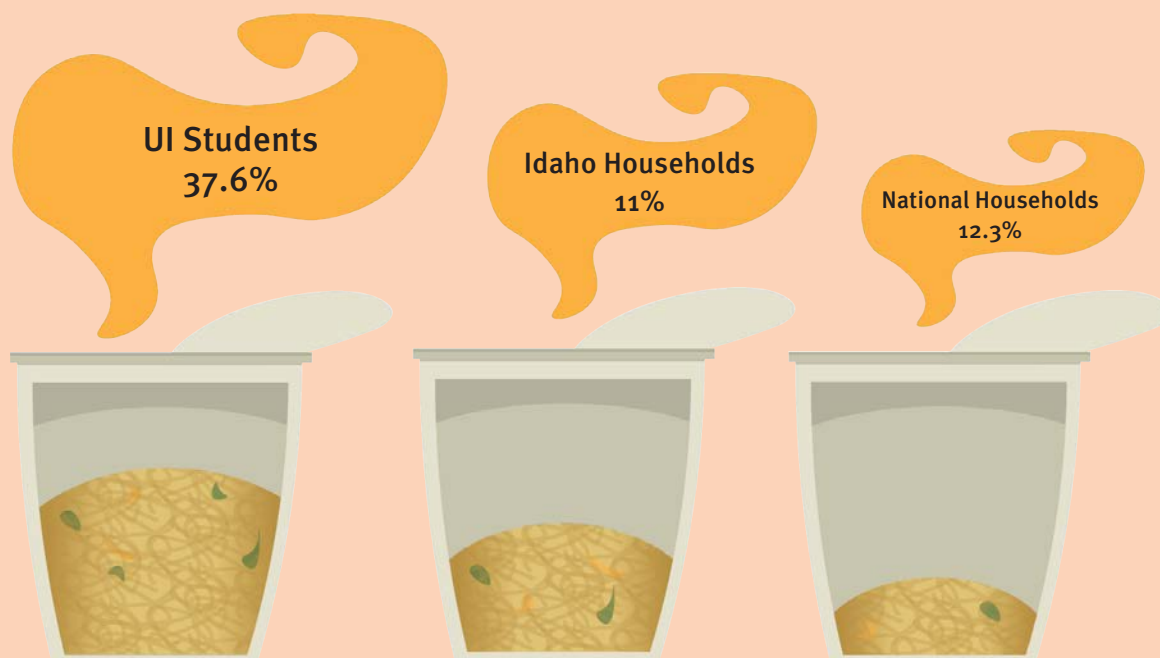
A’maurie Duckwitz, a second-year UI student studying political science, doesn’t have a steady revenue during the school year. A few weeks ago, she took five loaves of breads from the collection of donated perishables at the UI Women’s Center, which came from a recent partnership with Food Not Bombs of the Palouse.

Duckwitz, who said she has a financially “well off” family pays her rent, said she felt some guilt over taking the bread, as there are others who are less fortunate than her.

But at the same moment, she calls herself and her roommates a group of “broke college students,” in part because of mismanaging money.

“Do I have enough to cover bills and food for the rest of the year? I’m not sure that I do,” she said.

FOOD INSECURITY: BY THE NUMBERS



Luckily, she said, one of their friends' mother dropped off a bunch of food for them to share. Duckwitz felt bad sharing all the food, but then again, she said, it's part of "the broke college experience."

"I think there is this common experience of just you rely on other people or you spot each other," she said. "If your friend can't pay for dinner, you help them out because you know what that's like. Or you like all cook together and try to meal prep."

Amanda, also without a stable income, knows her diet isn't the best — that she's likely lacking necessary nutrients and energy.

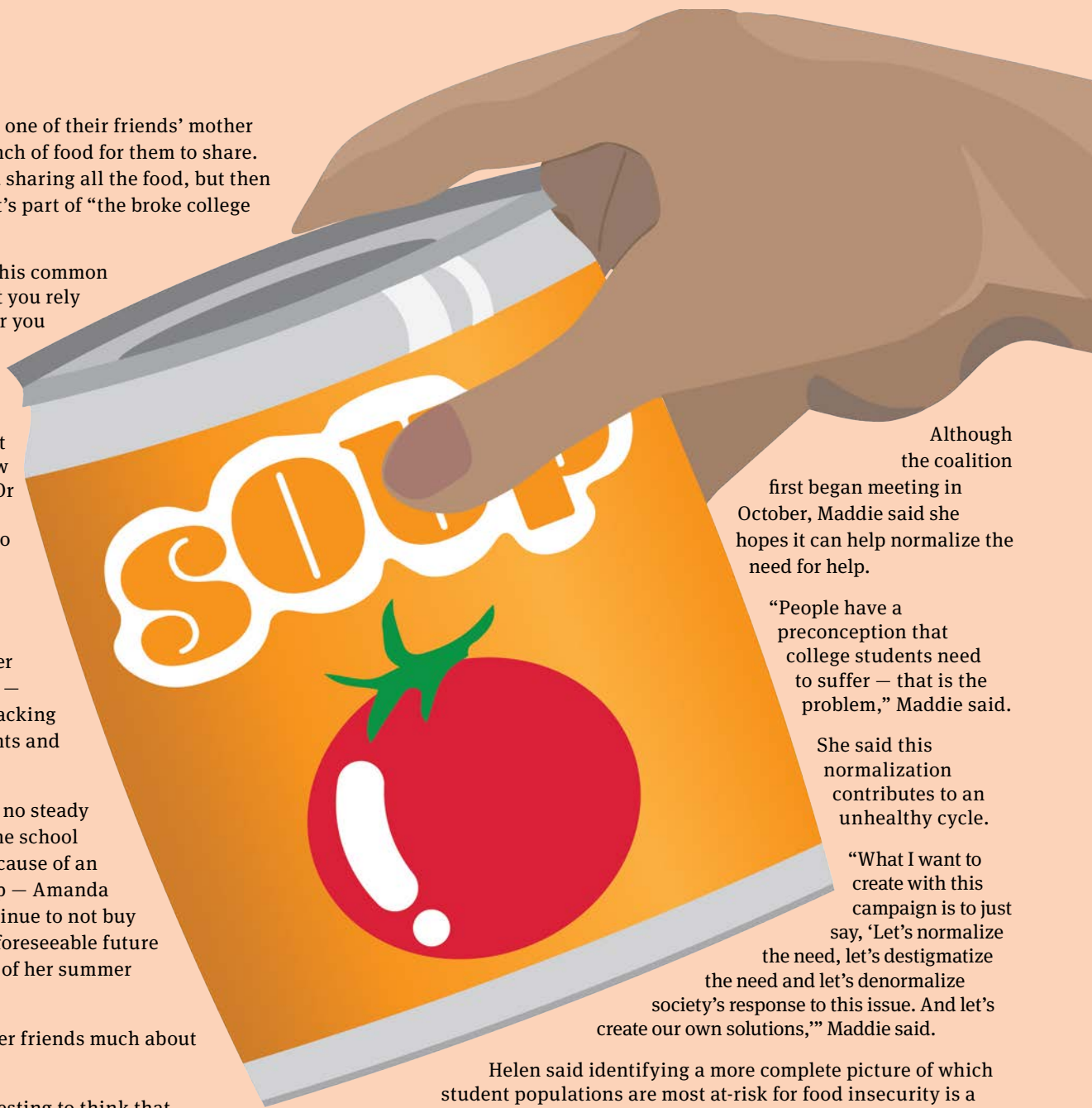
But since she has no steady revenue during the school year — in part because of an unpaid internship — Amanda said she will continue to not buy groceries for the foreseeable future to make the most of her summer earnings.

She doesn't tell her friends much about her diet.

"It's kind of interesting to think that I'm spending the money on books that I would be for groceries," she said. "Again — school is more important."

TAKING ACTION

A new coalition of community members focused on food security has formed with individuals from Vandal Health Education and the UI Center for Volunteerism and Social Action, whose employees manage the network of campus pantries called Vandal Food Pantry.



Although the coalition first began meeting in October, Maddie said she hopes it can help normalize the need for help.

"People have a preconception that college students need to suffer — that is the problem," Maddie said.

She said this normalization contributes to an unhealthy cycle.

"What I want to create with this campaign is to just say, 'Let's normalize the need, let's destigmatize the need and let's denormalize society's response to this issue. And let's create our own solutions,'" Maddie said.

Helen said identifying a more complete picture of which student populations are most at-risk for food insecurity is a central goal of the coalition.

Though they have some idea already with the transition between students' first and second years presenting a particular barrier. But she said more work needs to be done to identify more at-risk populations

Helen said another key goal of the coalition is to identify what a food secure UI campus looks like, but before that, they must address structural questions of which groups the effort to ameliorate food insecurity should be included. Regardless, the effort must include students.



MORE THAN WHAT MEETS THE EYE

UI art students discuss the greater meanings behind their creations

STORY BY | *Nicole Etchemendy*
PHOTOS BY | *Brianna Finnegan & Britani Phelps*
DESIGN BY | *Isabel Brune & Alex Brizee*

SHOWING ALL THE 'PIECES'

Art has always been part of Blake Coker's life.

"It's hard for me to put a date on when I first started drawing, I've been kind of doing it since I can remember," said the fourth-year fine arts student who hopes to graduate from UI in December.

Coker said he would like to work for a company that allows him to make stories that change people's opinions or perspectives on various things. He's an avid believer art affects more than the artist.

"That's the goal of illustration — to change people's perspective on things," Coker said.

He has spent his last year at UI working on a project — "Pieces" — aiming to do exactly that, as well as bringing together his passions and life experiences.

Coker said one of the biggest influences on his art has been his family. "Pieces," a comic book, is based on his younger brother, who is on the autism spectrum.

"I wanted to tell the story, maybe giving people a little more insight to that disability," he said.

Initially, Coker said it was difficult coming up with the topic, but his mother reminded him he could draw from his relationship with his brother.

"It's easier to tell a story that is personal to me — not a lot is going to be lost in translation," he said.

BALANCING THE SPECTRUM

In her studio, Talitha Davis found tranquility through art.

"The metal shop and the studio was just a place where I was treated well and respected," the sculpture specialist said.

Art began as something of an escape for Davis, giving her balance in her interpretation of gender versus what the world around her saw as 'feminine' or 'masculine.'

"It started in a place where I was kind of labeled and bullied for who I was because I was either too masculine or too butch. My femininity has somewhat haunted me because I'm seen as this fragile thing that isn't strong, that can't do hard work or heavy



“THAT’S THE GOAL OF ILLUSTRATION — TO CHANGE PEOPLE’S PERSPECTIVE ON THINGS”

lifting,” Davis said. “In the metal shop, not only am I able to create beautiful, feminine things, but I can do it in a masculine way, and in my own way.”

Davis said she discovered sculpting during the latter half of first year at UI — a time when she needed it most.

“In my first semester of college, I was in an abusive relationship and ended up pregnant,” Davis said. “Through unfortunate circumstances, I lost my baby boy, Rory, to a terminal birth defect.”

Her sculptures are more than just visual works of art, she said, they are her “surrogate children” — representative of one she lost.

“(It is) a way for Rory’s spirit to live on,” she said.

Her most recent creation goes by the name Nova — a metal whale sculpture.

“I didn’t actually know why I was making her, but she kind of became this weird self portrait of me and my journey through loving my body after abuse,” Davis said. “When you look at the whale she’s very beat up — it’s bent, it’s covered in these scratches. But when you turn on the lights and everything else and shine on it, it’s really beautiful and peaceful.”

BEHIND THE SCREEN

When Wyatt Manyon moved from Hawaii to Lewiston at 10 years old, he lost his connection to art — a connection that took a decade to rediscover.

The catalyst? A trip back to Hawaii.

While he does not outright agree with art being used to make political statements, Manyon, a fourth-year student specializing in printmaking on silk screen, said he’s created these types of pieces.

But he doesn’t agree entirely with outright political social change being forced on those viewing someone’s art.

“I like to let people make their own opinions about art rather than just getting hit in the face with something that says like, ‘Trump is stupid,’” Manyon. “I haven’t made a lot of explicit political pieces. I made a wood block print, that was probably the most political thing I’ve ever made, with a bunch of riot cops standing shoulder to shoulder.”

As opposed to swaying individual political opinions, Manyon said he would rather influence the actions and opinions others have on environmentalism.

He also incorporates religious themes in his prints, despite not identifying with any specific religion.

“I’m an atheist, and I don’t believe in any higher power or anything, but I like to draw from religious themes in my art,” Manyon said. “Religion has a lot of visually interesting things worldwide, and if you put some of that into the things you make, it kind of gives it more of a convoluted meaning — people have to kind of deconstruct and figure out what it means.”

While some of the artists present clear concepts of social awareness and personal battles, others are willing to let the viewer prescribe personal meanings themselves — making their individual pieces more than what meets the eye.

Each student uses a different medium to tell a unique story — allowing viewers a glimpse at life with disabilities, the chance to redefine personal gender norms and power through trauma or to deduce their own meaning.

The work of the artist is their own, but the art, itself, can impact many.



THE SCIENCE BEHIND THE CRAFT

STORY BY *Hailey Stewart*
PHOTOS BY *Olivia Heersink*
DESIGN BY *Ethan Coy*

Local brew masters talk the science of brewing and Moscow's beer scene

Smell. Taste. Swish.

Behind the artistry embedded in the flavors and aromas of each craft beer lies a simple, yet precise science — a science with taste. An amalgamation of grains, hops, yeast, water and exact brewing methods create a robust brewery scene in Moscow.

Starting small

For Aaron Hart, local brew master and part owner of Moscow Brewing Company, learning the scientific brewing process began when he was a teenager. With a “brew it yourself” kit from Tri-State Outfitters, the Palouse native created his first home beer in the mid-2000s.

“Over the years, I began brewing more and more, until that was most of what I did,” Hart said. “That’s really where the know-how comes from.”

Hart and his business partner became Moscow Brewing Company’s official owners in 2016, reopening one of the city’s long-known breweries.

IMAGE ABOVE

Aaron Hart pours a pint of beer at Moscow Brewing Company.

“I just couldn’t believe this sort of college town didn’t have a brewery”

A University of Idaho graduate with a background in science, Hart’s expertise in brewing comes from years of practice and a knack for understanding all the small scientific aspects of brewing a batch of beer.

“Each brewer is a little unique, especially when it comes to the yeast choice, water chemistry, hop choice and approach,” Hart said. “All my education really comes from those years of home brewing.”

Graham Lilly, owner of Moscow’s Hunga Dunga Brewing Co., also found his brewing expertise out of an education in science and a talent for home brewing.

The UI graduate with a background in microbiology said brewing originally began as a hobby with friends in college. That passion for beer eventually turned into a well-loved, double rye Indian Pale Ale grain craft beer recipe, Lilly said.

Not long after perfecting the science and a few solid recipes, Lilly began building his tap-house and restaurant out of an abandoned grain warehouse. His dream of creating a brewery Moscow community members could share took four years to build.

“I just couldn’t believe this sort of college town didn’t have a brewery,” Lilly said. “I wanted to bring that to Moscow.”

Finding a similar path toward

brewing craft beer, Neil Marzolf also found his way into the local brew scene through brewing small batches of beer in his home.

Marzolf, the owner of Rants and Raves Brewery, found a passion for the brewery and restaurant business with his friend, who is now head brewer of the Rants and Raves Brewery.

The two began creating beer out of Marzolf’s barn. When the recipes became too good to not share, Marzolf entered Moscow’s “small, but mighty” brewing market.

“Our goal — in the beginning — and still is to make Moscow known for more than just the university and to make some damn good beer,” Marzolf said.

A scientific method

For all three brewery owners, their operations have outgrown their homes and expanded into shops, kitchens and even warehouses.

Large tanks specialized for the brewing process line the spaces of all three breweries in Moscow — each slightly different, just like their processes. Still, the science behind creating alcohol out of four main ingredients largely remains the same, Hart said.

The brewing process begins with simple grains, usually barley, wheat or rye, Hart said. The grain is then heated,



Hops

Hops are used primarily as a bittering, flavouring and stability agent in beer.

dried and cracked to release its flavors.

The cracked grains then make their way to a mash tun — a heated kettle — which soaks the grains, bringing out the sugars in a whirlpool motion, Hart said.

The steeped grains become wort, a sticky and sweet liquid made ready for the additional ingredients, which will preserve the beer and give the recipe its signature flavor before alcohol begins to form.

The wort is boiled to kill any bacteria, Marzolf said, while hops and any spices or liquids deliver flavor to the mixture. Hops, which also act as a preservative, give many beers their signature bitterness to offset the sweet from the sugars.

The wort is then cooled, strained and filtered before yeast is added. The brewing process is nearly complete as the fermentation process begins.

Different temperatures and time frames from days to multiple weeks produce different fermentation outcomes, Hart said.

“Now this is where the science really begins to form the alcohol and it makes it or breaks it,” Hart said.

While the mixture ferments, the yeast eats the sugars in the wort liquid producing CO₂ or alcohol.

“It doesn’t matter if you are creating 15 gallons or 500 gallons, the process is always the same,” Lilly said.



Barley

Barley is a primary ingredient used as the source of carbohydrates for brewing.

The equipment each brewer uses can vary. However, their setup is intricate and the price for each brewing kettle can sit above \$10,000.

“People have this sexy idea about brewing beer and how it all comes together,” Lilly said. “Really it’s a lot of manual labor and perfecting.”

Cultivating flavor

Behind the science in each batch of beer, is an artistry of flavor and care, certified cicerone Ryan Hayes said.

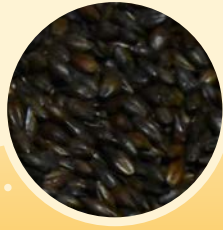
As a cicerone, Hayes specializes in the knowledge of beer quality and flavor profile.

“I was just inspired by my surroundings. We live around some of the best beer in the area,” Hayes said. “A lot of questions came with that. Why are there so many IPAs? What is a Farmhouse Ale?”

Achieving his cicerone certification, Hayes’ studies included digging into the history of beer and plenty of tasting.

In his past three years as a beer connoisseur, Hayes said serving beer and learning about the flavors beer has to offer has become second nature.

For Hart, the inspiration behind the new recipes Moscow Brewing Company releases every season often come



Grain

Heated, dried and cracked grains are added to release more flavors.

from trying other beers or asking what community members want to try next.

“Sometimes it’s even as simple as driving around the Palouse and its beautiful wheat-filled landscape — inspiration can come that easy,” Hart said.

A local passion

Just as craft breweries are exploding around the nation, Idaho is seeing the same growth. According to the Brewers Association, the state was home to more than 54 breweries in 2017.

Hart said he saw a boom in Moscow breweries spread over the last three years just as his company opened.

Moscow, he said, provides an interesting space for each brewery to share their differences in style and atmosphere.

“But, we’re all providing a space for beer fanatics or people just wanting to try new flavors to gather and be together,” Hart said.



The Mash

A heated kettle soaks the grains, making a wort – sticky and sweet liquid to enhance the beer flavor profile.

Hayes said he attributes this local brewery success to the connection people form with beer.

“Taste and smell is so often connected to emotional memory,” Hayes said. “People really dive into their memories and that feeling of nostalgia with the flavors beer can bring to them.”

A mixture of craft and science, Lilly said the process may come down to a precise science, but the artistic craft of bringing new flavor to the community is constantly evolving.

“Brewing really is one of the coolest tangible sciences, and I’m just glad we get to share that with other brewers and the rest of Moscow,” Lilly said.



GRAPHIC RIGHT

Yeast and sugar are combined in a fermentation process to make alcohol.



DOCUMENTED AND AFRAID



STORY BY *Meredith Spelbring*
GRAPHIC BY *Alex Brizee*
DESIGN BY *Alex Brizee*

UI students reflect on the impacts of negative rhetoric and a Trump presidency on immigration policies

Ashley Ayala remembers Nov. 8, 2016, with tears in her eyes.

When Donald Trump announced his intention to run for president in the summer of 2015, Ayala said she and her friends laughed it off, discounting the legitimacy of his campaign.

What seemingly began as joke quickly turned into a nightmare for Ayala as election night loomed close. The possibility of a Trump presidency slowly became real.

Ayala's feelings of insecurity continued to build when Donald Trump's title transitioned from reality show personality to president of the United States.

"I remember coming to school and I kind of just sat down and I was just crying," Ayala said of the days ensuing Trump's presidential confirmation. "It was definitely a rough couple of weeks after (the election) because I just didn't feel comfortable. I didn't feel safe. I know I carried myself differently. I just didn't feel strong — I didn't feel like I belonged. It was just hard because I didn't know — I just didn't feel comfortable being here."

Although the fifth-year University of Idaho student is a U.S. citizen, she still feels threatened by the changing mindsets and rhetoric regarding immigration.

When Trump began his presidential campaign three years ago, it was founded on radical immigration policy changes, ranging from building a wall across the nearly 2,000-mile U.S.- Mexico border to immediately ending the Deferred Action for Childhood Arrivals (DACA) program.

Ayala sees the stress these changing policies and rhetoric regarding immigration has on those closest to her. Her mother solidified her status as a green card holder in recent months — something

Ayala said her family thought would not be possible while Trump is in office — but her father was unable to do the same.

"It is really exciting for my mom because it's something that she's been waiting for, and it's something we've all really been waiting for," Ayala said. "Then we found out my dad won't be able to — it's a very bittersweet moment."

The shifting attitudes toward minorities is a cause of concern, even for those who aren't worried about their individual status.

Karina Zavala, a fourth-year UI student, became a permanent resident when she was a child through her father, who solidified his status after illegally immigrating to the U.S. Her mother only recently became a citizen in 2016, Zavala said.

The threats of deportation no longer directly impact Zavala and her immediate family — but that doesn't make it any easier, she said.

"It's very hard to hear," Zavala said. "My parents came to the U.S. and migrated for better job opportunities ... for me and my siblings to have a better future."

SEARCHING FOR THE POSITIVES

Zavala and Ayala are both members of Movimiento Activista Social (MAS), a student group at UI promoting justice and equality.

The group works to educate students and staff on a variety of campus-wide issues.

When Trump began to make waves with talk of ending DACA, MAS members organized a demonstration in support

of those affected. While no one in the group is directly affected by DACA, Zavala said they are all connected to people who are.

Ayala, the group's unity representative, said they only expected their 15-member group to attend and not many more.

Around 50 people joined in the support.

"(It made us feel) really welcomed and assuring, especially after everything that was happening. We were kind of feeling defeated ... and just seeing all that support was really great," Ayala said.

As the talk surrounding immigration continues to change, Zavala said it is important now more than ever to take part in local activism.

"Even if you try to avoid it, it's kind of hard to ... I think it's important for students to get involved in a good way," Zavala said. "I know it's not going to change our laws immediately, but I think it's a slow process that can create small changes within our community."

Yanet Rosales, a second-year UI student, said the shifts she has seen nationally made her appreciate her status as a U.S. citizen, which she hopes to utilize in the future to help those who are not in the same position.

**WHY EVEN STAY
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“I might not feel the same thing, but if I’m able to be a U.S. citizen here with an education, maybe I can help them some way,” Rosales said. “That kind of helps me try to make a change within my community — if I have this opportunity — and luckily, I was able to be born here as an American citizen and I’m able to make a change.”

MINIMAL DIVERSITY

The University of Idaho-Moscow student body is 79 percent white, as reported by university officials in August 2018. Hispanic and Latino students make up just nine percent of the student population.

UI’s numbers mostly resemble Idaho as a whole. The state is nearly 92 percent Caucasian, according to World Population Review’s 2018 figures.

Coupled with Idaho’s lack of ethnic diversity, the stigma of white nationalism looms in North Idaho.

Victor Canales, college assistance migrant program recruitment specialist, said he still gets questions from high school students and families worried about white supremacy in the region.

A historically right-leaning state, Idaho is in a different position politically than its Pacific Northwest neighbors.

Immigration laws and regulations are more severe in Idaho compared to nearby

states. Those without status in Idaho are subject to e-verification for employment by state agencies and are not permitted to obtain a driver’s license.

Across the Idaho-Washington border, restrictions on immigrants tell a different story.

In the state of Washington, immigrants without status can receive their driver’s license and do not have to verify their employment, beyond that required by federal law. Additionally, individuals without status in Washington can access state financial aid to attend college. No equivalent program exists for Idaho students.

The difference is palpable, said Jesse Martinez, UI Office of Multicultural Affairs director.

While ‘Undocumented and Unafraid’ — a slogan used at Washington State University — Martinez said it does not hold the same weight in Idaho, where students may be more afraid to be open about their status in the conservative state.

Rosales said the voices of immigrants and people of multicultural background can be suppressed due to dominating Republican viewpoints.

“It can be difficult,” Rosales said.

“(People) might support our issues, but sometimes you feel like you might not have the support and the right kind of representation of what you’re wanting to get ... But if they don’t want to represent us, then how exactly are we going to get our voices out there?”

SUPPORT IN A TIME OF FEAR

Admission to UI does not include questions regarding a student’s immigration status, Dean of Students Blaine Eckles said.

“The University does not have a list, nor does it track how many students may be undocumented,” Eckles said. “We look at all students who are admitted as Vandals and not their immigration status.”

Despite little cultural diversity across UI’s campus, students have a number of resources available, from the Office of Multicultural Affairs to the Immigration Clinic run by the UI College of Law.

Martinez said about 75 percent of students who utilize the Office of Multicultural Affairs are first-generation college students.

The office sets up a number of touch points with students to ensure they have the framework they need to be successful during their time at the university, Martinez said.

As national politics puts more pressure

August 2016

Trump campaigns on promise to ‘immediately terminate’ the DACA program in his 10-point immigration plan.

January 2017

Executive order deeming illegal presence of immigrants is a threat to national security and determines new deportation priorities

September 2017

Former Attorney General Jeff Sessions announced the rescission of DACA. Any new DACA applications would be rejected.

on marginalized communities, Martinez said he and his office work to stay ahead of these issues as opposed to supporting affected student after the fact.

But it is easier said than done.

“I don’t even know how we can be proactive anymore, it changes every day,” Martinez said.

The College Assistance Migrant Program (CAMP) is designed to help students with a migrant background financially and academically.

Victor Canales, a CAMP recruitment specialist, works to recruit high school students to UI, saying he has met several students who have run into financial issues while trying to attend college.

DACA and undocumented students are ineligible for grant money in Idaho, placing a larger barrier between these types of students and higher education institutions, Canales said.

“It is sad. It really makes me sad and angry,” Canales said of the limited state funding for DACA and undocumented students. “I don’t say that to students because I want to empower them, but it makes me sad.”

Kate Evans, director of the UI College of Law Immigration Litigation and Appellate Clinic, sees a number of legal cases seeking status for their family once they turn 21 years old.

“Working with college communities has been really interesting because there are people who are realizing, ‘Oh, I can now look at opportunities to reunify and stabilize my family situation,’” Evans said. “Because they are young but they are getting to the age they can sort of take action on behalf of other family members.”

The Immigration Clinic provides students and their families with free legal services in a variety of legal cases related to immigration, she said.

Evans said she and the clinic saw an uptick in DACA cases, as well as students worried about their status, shortly after the presidential election.

As the conversation surrounding DACA continues to change, she said she works to get students to renew their two-year status, even if they aren’t close to expiring.

If recipients renew now, they are given the maximum amount of time before a new administration takes office or Congress makes a permanent decision on the program, Evans said.

“Most people agree with what the elements for immigration are, including people in Congress, but you’ve got these political leaders who use immigration as an electoral tool,” she said. “Common misconceptions hover over immigrant communities — ‘They’re taking our jobs,’ some say. ‘They

are feeding off taxpayer dollars.”

Despite these phrases, Evans said the opposite is most often true.

“There is a lot of healthiness in our economy that comes from immigration, (and) it is a way we’ve kind of avoided some of the economic downturns that Europe has faced, because those are aging populations that are not bringing in new, younger, members of their country,” Evans said.

FIGHTING AN UPHILL BATTLE

In 2014, there were approximately 12.1 million immigrants living in the U.S. without proper documentation, according to the most recent numbers from the Department of Homeland Security.

The laws regarding immigration have not changed, Evans said, but who enforces them has, leaving many filled with fear.

Ayala will never forget the night it all began two years ago or the tears that filled her eyes, nor will her father, who talks about packing his bags and returning to Mexico.

“He feels hopeless,” Ayala said. “Especially (with) everything that’s been going on recently. I know he’s just like, ‘Why even stay here, where I’m not welcome and there’s no hope?’”

January 2018

After an order to rescind DACA, federal judge orders to reinstate DACA to what it was prior to Sept. 5. Administration must continue to renew DACA applications.

March 2018

Trump states sanctuary cities are harboring criminals. Sanctuary cities offer safe harbor from immigration enforcement officials for undocumented immigrants.

October 2018

Trump puts forth proposal to end birthright citizenship, proposing to bar those born in the U.S. from securing citizenship.

THE AGE OF CONVERGENCE



Virtual reality technology is playing an integral role in the future of higher education

STORY BY | Max Rothenberg
DESIGN BY | Grayson Hughbanks
GRAPHIC BY | Grayson Hughbanks

Virtual reality was never on Reilly Cisco's mind when he graduated with his class of 26. Growing up in a small Oregon town with a population of just 90, he had limited access to technology in his school.

Cisco, now a UI graduate student and technology assistant for the College of Art and Architecture, said he became a believer in virtual reality (VR) after finally experiencing the technology at the 2014 Lionel Hampton Jazz Festival.

"Virtual Technology and Design (VTD) had a demo there — in all honesty, a really poor demo," he said. "You stood at a rock concert and looked around. It wasn't good, but I could see the potential and all of a sudden I was no longer at a jazz festival, I was transported somewhere else."

Cisco is one of many University of Idaho students now exploring VR and its many possibilities. Program Head John Anderson said VTD has been at the forefront of implementing and using the cutting-edge technology.

"It feels gradual for me after 20 years of research, but this rapid shift has been the last three to four years — tech is now consumable," Anderson said. "What used to be 50 to 100,000 we can now supply for hundreds. This is the golden age of VR, so in that sense it's emerged overnight, but we've been designing and living in this world for a very long time."

Anderson said the changing landscape of education, and more specifically classroom

gamification, lead to a more tailored, individualistic approach to learning.

“We’re used to common core standards, and our classes often only test immediate knowledge instead of long-term knowledge and goals,” he said. “When you gamify you’re applying that knowledge, tracking the quality of knowledge you have — if it’s lacking, we can find tutorials or exercises to build more.”

VTD major Ethan Dale said while he still looks back fondly on his high school professors, he recognizes not all students learn in similar ways. Using new technology in classrooms, specifically VR, could help further engage students who are visual learners, he said.

“How much more powerful would it be to experience the Revolutionary War if you’re on the boat with George Washington? I think that’s much cooler than learning it out of my textbook, learning the details instead of just memorizing the dates,” Dale said.

Telepresence, or utilizing VR to make the user feel as if they’re in a different location, is a concept Anderson said will become increasingly more important for educational purposes.

“Schoolkids can travel anywhere, we can have virtual teachers — we can be taught by Einstein, or at least his virtual avatar,” he said. “You can teach history through interaction and still be entertained, so the line between entertainment and education will continue to blur.”

Jean-Marc Gauthier, associate professor, said he continues to be fascinated by the next step — the next innovation.

“If what we’re using right now is super crude, if what we consider now to be the ultimate VR experience is crude, what can be researched that will make it better — that’s the next question,” he said.

“What our students learn now is short term — one year, two years, then it’s different. We give them the capacity to learn how to learn.”

Gauthier said 5G has the potential to replace not only the computer, but to some extent the internet and this change could occur within the next several years.

“This is the big revolution and what we might now consider as change could turn out to be extremely limited going forward — the spirit of embracing change is key, to let go, retool, be in another mindset,” he said.

Gauthier said teaching has become a more complex situation, as VTD uses tools such as Unreal Engine 4 and Unity which could theoretically disappear from the market at any time.

“That belief you had before, that you’re doing something right for a limited time — what do you do when that’s gone?” Gauthier said. “You have to find what stairs of your previous knowledge you can still climb, the constant innovation balanced with repetition. What our students learn now is short term — one year, two years, then it’s different. We give them the capacity to learn how to learn.”

For Dale, he views each program as something he can continue to learn in his spare time.

“If you handed someone a calculator who has never seen one, they would begin to understand it if they messed around enough — but they have to understand the numbers in the first place,” he said. “You can learn Microsoft Word pretty quick, but that doesn’t make you a writer.”

Cisco and Dale both said stigma about video games may begin to fade as more people are exposed to VR and more educational technology. Specifically,

phone applications such as Duolingo, a free, language-learning program, have gamified their software in often overlooked ways, such as providing point incentives and rewards.

As commercial VR continues to evolve and decrease in price, Cisco said the technology will be easier to plug into education and will resonate more with consumers. Lower-end headsets or add-ons such as Google Cardboard have led to very poor consumer experiences, he said, which may paint an incorrect picture of VR’s true capabilities.

“I sometimes wonder, ‘Are we just the videogame major? Do people think we just sit here and play games all the time?’” Dale said. “Ignoring the benefits of video games, VR, really anything is a dangerous process.”

The common goal shared by instructors and students alike will continue to be a pursuit of the “why,” Cisco said.

Gauthier echoed a similar sentiment and said while it’s possible for people to explore the topic simply because of a mandatory class requirement, it seems unlikely.

“Can you have a VR experience that makes you cry? I think so. Can it make you laugh? I don’t know,” Gauthier said. “You can laugh in a video but that’s different. The emotion, the empathy, the W-H-Y — this is what we discuss. If you study sciences, the ‘why’ is in the answer. But sometimes you spend a million dollars and it’s useless, or doesn’t produce results, and then someone comes out of nowhere with just a laptop and revolutionizes the craft — that’s kind of exciting, is it not?”

NATURE'S BALANCING ACT

Local research center provides wolf sanctuary, education in state with contentious views

STORY BY *Olivia Heersink*
DESIGN BY *Cadence Moffitt*
GRAPHIC BY *Cadence Moffitt*

Each morning Jeremy Heft wakes up and straps on a pair of work boots. If the weather permits, he'll slide on a jacket for an added layer of warmth, possibly a stocking cap over his silver, shoulder-length hair.

The Pennsylvania native then climbs into his small, dark blue pick-up truck, driving away from the more populated portion of Winchester, Idaho, toward tall trees and open farmlands. Cars and semi-trucks hum in the distance.

Tucked beneath a grove of Ponderosa pines sits Kuckuc, an old, female gray wolf. Lying among long grass and deer carcasses, she waits for Heft to arrive at the three-quarter of an acre fenced enclosure just outside the 374-member city.

Heft exits the vehicle and heads to the gate. He



undoes the two sets of locks and steps inside, walking along the enclosure as Kuckuc's golden eyes watch on. Her body shifts in response to his slow, calculated movements.

This dance continues between the two for some time until she becomes comfortable with his presence. It's their daily routine, one they've been doing for more than a year — at least at this location.

"It's a marathon — seven days a week," Heft said. "There's no sick days, there's no vacation and there's no weekends. It's a grind ... but I'm her constant."

LAST OF THE PACK

Until October 2017, Kuckuc lived in a larger enclosure with her sister, XayXayx, on a 300-acre parcel of Nez Perce land.

The area served as the base for the Wolf Education and Research Center (WERC) for more than 20 years before the tribe terminated the group's lease.

Heft, who joined WERC in December 1998 as an intern prior to becoming their official biologist, said the nonprofit organization was created to educate the state about wolves through research and provide sanctuary for these creatures.

"It is a very profound thing when people get to see a live wolf before them," Heft said.

Initially, the group housed the 11-member Sawtooth Pack, starting in 1996.

The organization didn't plan on caring for another pack until the Sawtooth completely died out, Heft said, but they received a call in April 2008 from the U.S. Department of Agriculture, whose officials had recently confiscated 17 wolves from a house outside of Nampa, Idaho, in Owyhee County.

The previous owners hadn't properly cared for or

socialized the pack, making them a danger to themselves and others.

Unable to take all 17 wolves, Heft hand selected his new five-member pack — the Owyhee — who would carry on the WERC legacy after the passing of the last two Sawtooth members.

Due to natural causes and old age, the group soon dwindled to only Kuckuc and XayXayx as of last October.

But the move to their new location was too much for XayXayx to handle. Since the wolves had to be heavily sedated, Heft said it took a major toll on their older bodies.

While trying to revive XayXayx, she had an aneurysm in her lung and died under anesthesia.

"There was nothing we could do ... it was absolutely heartbreaking for us," Heft said. "And now, unfortunately, Kuckuc has to go through this solo."

REINTRODUCTION

The state of Idaho has a complicated history with wolves, dating back to 1915, when Congress appropriated \$125,000 for their removal, as well as coyotes and other predators, from the west, according to the Idaho Department of Fish and Game. By 1930, the wolves were completely gone.

Wolves didn't officially make their return until Jan. 1995 — almost 80 years later. Fifteen were released in central Idaho under the supervision of the Nez Perce Tribe.

By 1998, officials estimated more than 100 wolves were living in Idaho.

Conservation efforts soon shifted in 2006 from the tribe to the state, and by May 2009, wolves were removed from the endangered species list.

Four months later, the first regulated hunt opened in Idaho with a limit of 220 wolves statewide — 188 were killed. They were quickly reclassified as endangered in August 2010, which lasted less than a year before they were removed again, and wolf tags went back on sale.

Now, people can hunt and trap wolves in certain areas, starting in July or October and ending in March.

A BALANCING ACT

Like Heft, Justin Webb spends a majority of his day studying wolves — their movements and hunting patterns.

But Webb, the executive director of the Foundation for Wildlife Management, is more concerned with ungulate — deer, moose and elk — populations in the state.

Since the reintroduction period, Webb said these animals have suffered greatly due to wolf depredation.

The nonprofit organization, which works closely with Fish and Game, aims to preserve ungulates across the state by reimbursing hunters and trappers for their operational cost — anywhere from \$250 to \$1,000.

“I was extremely excited to see my first wolf,” the Sandpoint native said. “But what I wasn’t excited to see was areas once filled with elk or deer to be almost empty. I see changes happening in our wildlife populations, and it’s just heartbreaking. I want my (children) to experience North Idaho the way I’ve been so blessed to get to experience it.”

From 2014 to 2016, Fish and Game officials report wolves accounted for less than 1 percent of radio-collared cow elk deaths, preceded by cougars and hunters.

Webb said wolves have maxed out their carrying capacity within the state, even killing one another due to territory issues. They have also pressured other predators into taking down more prey.

Webb said the group has saved more than 160,000 elk and killed around 450 wolves.

“I really try hard to make it clear to people that we are not an anti-wolf group; we are a pro-elk, pro-moose, pro-deer, pro-predator/prey balance organization. We don’t have a hatred for wolves, we just simply want to find a happy medium, so all of our wildlife can thrive,” Webb said. “It’s highly emotional from both sides and complex, but we hope to find a balancing act.”

However, Heft said wolves aren’t as much of a danger to ungulate populations as many suggest — although, they can affect local groups temporarily.

Heft said the wolf’s primary enemy is the hunter.

“The reality is that wolves are not killing elk across the state, but they are changing the behavior of the elk because they hunt in a particular fashion,” he said. “When wolves were removed from the area, elk became stagnate after they learned they really didn’t have to run away from anything — that’s no longer the case.”

Heft said wolves remove sick or injured animals, since they are easier to kill, improving future populations and benefiting the hunting community.

“Human hunters and wolves are hunting on opposite ends of the spectrum,” he said. “They are not in direct competition, they’re actually dependent on one another.”

Heft also said it’s important to take a more neutral position and work together to find comprehensive solutions.

Heft hopes to continue educating people on wolf behaviors and misconceptions. But first, he hopes, to finish building the new WERC site, which should be ready for visitors in the spring.

“We’re hurting right now, but we’re not giving up anytime soon,” he said.



BREAKING FOCUS



STORY BY | *Brandon Hill*
PHOTO BY | *Olivia Heersink*
DESIGN BY | *Lindsay Trombly & Alex Brizee*

Students deal with a myriad of challenges in higher education, which can lead to dangerous practices

Everything had to be perfect.

At least, that is how Hannah Price described growing up with severe anxiety.

“I was very anxious about the little things. I was really irritable,” she said. “I struggled with OCD (obsessive compulsive disorder), which is a side effect. I felt like everything had to be perfect.”

At the age of 12, the now University of Idaho second-year student joined the

40 million people in America who suffer from some form of anxiety, according to the nonprofit advocacy organization Anxiety and Depression Association of American (ADAA).

On top of navigating the complicated pangs of adolescence, Price said she constantly felt the symptoms of her condition in high-pressure situations, which often manifested itself in school.

“With tests that were really high stakes,

I’d get really nervous and sometimes my brain freezes,” she said. “But I had to do as well as I could. I think it definitely does interfere with my everyday life.”

Finally, after years of distress, Price and her parents visited a doctor, who diagnosed her and prescribed her with Fluoxetine, commonly known as Prozac. The results were gradual, but beneficial for the Coeur d’Alene native.

Dr. David Wait, a psychiatrist with Gritman

Medical Center in Moscow, said Price and her family took the rare, but vital step in getting help, which many are afraid to do because of societal stigma surrounding anxiety and mental disorders.

“I suppose there’s a stigma around any type of mental illness,” he said. “It’s gotten better over time, but it’s still there. It’s a health problem that if you don’t take care of, has consequences — possibly life-threatening consequences.”

While 18 percent of the U.S. population suffers from some kind of anxiety disorder, the ADAA reports about 37 percent of those potential patients seek out and are given the help they need. Wait said this practice can lead to serious side-effects and worsening of the condition, as many instances of anxiety serve as a symptom of a much deeper issue like depression.

For Price, her own struggles were only amplified when joining the college atmosphere. After a relatively relaxed first year, she said the increased workload heading into her second year began enflaming her anxiety once again.

“It has been a big part of my life,” she said. “In college, you have a lot higher stakes, because you’re paying for your classes, you know how it goes.”

After realizing her anxiety was interfering with her personal life, Price said she took the advice of her loved ones and attempted to find additional help.

She said she took advantage of the many counseling options offered on UI’s campus, including the Counseling and Testing Center.

“I tried to learn different coping mechanisms,” Price said. “You can go in, take tests on your time, have extra time to do them — that’s been really helpful. I’ve also taken advantage of the counseling centers here on campus. I’ve seen a couple different counselors to work on my coping skills.”

Wait said cases like Price, where patients seek out additional help and treatment, are rare. Some students will resort to other means of getting by in school without realizing their need for

actual medical assistance. One of the more dangerous can be borrowing — or even purchasing — prescription drugs from friends or roommates.

That’s what one UI student, Mia*, said she did to help her get through her heavy workload one night. While Mia said she does not suffer from an anxiety disorder, her brief foray into taking Adderall was enough to convince her the practice was not ideal.

“I usually don’t have a lot of motivation to get my work done,” she said. “I think that’s why people probably do it, to just get their work done.”

Mia said while she did feel a brief sensation of increased motivation and focus, she did not take advantage of the drug’s full effects. After a while, the sensation wore off and life went back to normal.

“I feel like I would’ve gotten a lot more done if I had actually been focused on what I was doing. It would have been beneficial,” she said. “I thought about doing it again, but I don’t feel the need to. Some people do it a lot though.”

While Mia said her experience was brief and relatively harmless, she said she understood repeated use and reliance on performance-enhancing drugs, such as Adderall, could lead to serious complications.

Wait echoed the sentiment, saying drugs, such as Adderall, are controlled substances to keep the average student from becoming reliant.

“That risk-benefit is not worthwhile. If the person has a more pervasive problem, like ADHD (attention-deficit hyperactivity disorder), it’s very reasonable,” Wait said. “If it’s only used as a performance enhancement, it really has enough risks and problems, that most doctors would not prescribe it for performance-enhancing.”

Adderall, Wait said, was first introduced into American society as a diet drug.

“It’s a health problem that if you don’t take care of, has consequences — possibly life-threatening consequences.”

However, after wide-spread use, those taking it started to develop significant psychotic disorders.

Now, he said, the drug is used mainly to treat forms of ADHD and can be relatively harmless when used under a doctor’s direction.

It’s when the drug starts to make its way to others who wish to enhance their performance on their next test or pull an all-night homework bender, Wait said problems start to arise.

As for Price, she said she hopes to one day wean herself off her own medication and instead rely on coping mechanisms, such as counseling.

While she understands why other students may feel overwhelmed by the pressures of higher education, she agreed with Wait and urged against finding medication outside of a doctor’s prescription.

Instead, she said, students should take the first crucial step and simply talk to someone.

“Find somebody who they trust — their mom, their friend,” Price said. “Somebody who they trust and can talk to. It starts with just talking about it and knowing that you need help.”

Wait said students should view receiving mental health help like treating any other kind of medical problem.

If an athlete gets injured, they see a doctor. If a student needs help, they should see someone, as well. The problems, he said, are one in the same.

“Not addressing the problem, letting it subside, could really be dangerous. It could lead to worsening depression or anxiety disorders. Both will respond a lot better if treated early,” he said. “They’re easy to treat, and the response is a lot faster. The sooner you get assistance, the better off you are.”

*At her request, Mia’s name has been changed to protect her identity.

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