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BL  **T**
MAGAZINE

**THE WOMEN &
GENDER ISSUE**

THE TEAM



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EDITOR'S NOTE

Dear Reader,

We are witnessing history in the making. Just months ago Kamala Harris stood in front of the US Capitol, a site that had recently been stormed by a group of people supporting outgoing president Donald Trump. With her right hand raised and her left hand resting on a bible, she was sworn into office as the first female vice president. This is a feat I am both immensely proud to have witnessed and ashamed to see it has taken so long to happen.

Gender equality has come so far in the past century — it wasn't long ago that women weren't even allowed to vote let alone hold office — but that doesn't mean there isn't still progress to be made. This March we celebrate Women's History Month with the launch of Blot's women and gender issue.

In this issue our staff spoke with community organizations such as the University of Idaho Women's Center and Alternatives to Violence of the Palouse, two organizations that provide many resources to women in our community. We share the triumphs of outstanding women in the Palouse through a series of Human of Moscow stories both in print and online.

We explore the challenges and complexities of gender, talking with non-binary students about their experiences with gender and the importance

of they/them pronouns. We also spoke to some of the university's female athletes and UI's first ever female Athletic Director Terry Gawlik, about the challenges of being a woman in sports, how Title IX changed college athletics and the importance of female role models.

In the centerpiece, students at UI show off the beauty of their natural bodies and discuss how the body positivity movement has shaped the way they see themselves.

So, here's to the amazing women who paved the way for us to get here, and to the women who are fighting to give us a better tomorrow.

Brianna Finnegan
Editor-in-Chief

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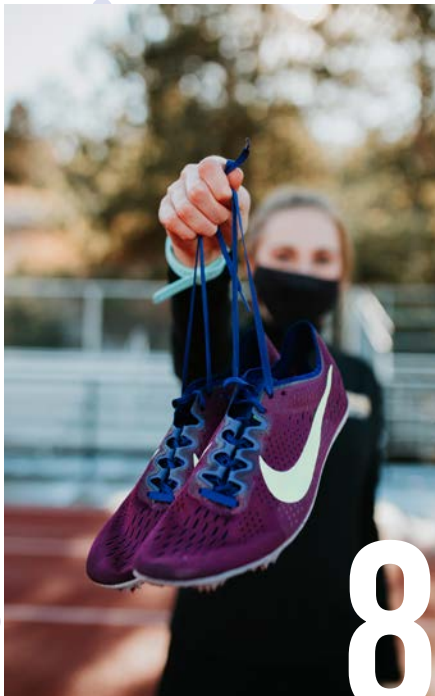
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VARIOUS REPRODUCTIVE RESOURCES ARE AVAILABLE FOR ALL GENDERS IN THE WOMEN'S CENTER.

WELCOME TO THE WOMEN'S CENTER

UI WOMEN'S CENTER IS ACCESSIBLE TO ALL STUDENTS, EVEN DURING THE PANDEMIC

Story By | *Hanna Jackovich*
Photos By | *Anteia McCollum*
Design By | *Danielle Hawkins*

Under a stairwell, Lysa Salsbury discovered a hidden lounge that provides a quiet, intimate escape from the chaos of college. Years later, as the director of the University of Idaho Women's Center, Salsbury finds her new workspace is reminiscent of that same atmosphere.

Many students aren't aware of the opportunities and experiences offered through the center. Even during a pandemic, it's open and available to those of any gender.

While the center began with the goal of retaining female students until graduation in 1972, their mission has since expanded. Salsbury recognizes the diverse reality of the student body.

It became essential to include everyone. Despite its name, any student wanting to learn or utilize their resources is invited. Thus, Salsbury assured that having no reason to be there is as good of a reason as any.

RESOURCES

Both professional and student staff members at the center agree there are many resources that are widely unknown.

"I was honestly surprised that the Women's Center offers scholarships," Mari Juarez, a junior and former office assistant at the center, said.

Student employment is one of the biggest opportunities the center offers to all majors. Each

semester students are offered four credits to work on a research project of choice relating to women's issues.

The center offers free menstrual products of all varieties in addition to safe sex supplies and pregnancy tests. Located directly next to the entrance, they are easy to grab and have no strings attached.

The center is a place for whatever someone might need, from an upbeat environment to a safe space.

"It's nothing but big hearts and warm hugs at the center," Juarez said.

If someone is left out of a conversation, they will be pulled in. If someone wants alone time, they can reserve a designated private space for Zoom classes, phone calls or a quiet atmosphere.

The center uniquely operates as one of the few offices on campus with confidential reporting status. Students can share information with staff without the risk of it being reported.

THE TEAM

The staff are given the same understanding and compassion that is offered to the center's visitors. When first interviewing for her position, Juarez said her lack of advocacy knowledge and many questions were met without judgment.

She spent her sophomore year in the

position, soaking up the passionate atmosphere. Now holding a position in the Office of Equity and Diversity, she is grateful to work alongside her mentors from the center. "Lysa is Wonder Woman," Juarez said.

Juarez learned about different identities and personalities in an overwhelmingly positive community. The female-directed film showcase, Lunafest Film Festival, was just one of the occasions she recalls forgetting she was working.

"The center doesn't let its staff forget they are also someone that will be taken care of," Juarez said. When faced with a tiring or triggering task, staff are welcome to request another project to work on.

Catherine Waddell, a junior, took advantage of the opportunity to take a 400-level class by contributing to the center's blog.

"It drew me in, wanting to challenge myself to a high-level, professional writing position," Waddell said.

The position also brought her unexpected benefits. She was able to spend her time researching topics she loved: Taylor Swift, the podcast "Call Her Daddy" and female politicians.

Anything and everything relating to the center's values were within her limits to tackle. "It was very broad," Waddell said.

Her contributions to the blog led to a



connection with Idaho politician Paulette Jordan over social media. It also influenced a sorority chapter's diversity chairman to reach out for advice after reading one of her pieces on LGBTQ inclusion within the university's Greek system.

Waddell plans to return to the center to continue writing. Next time, she wants to share her personal experiences through the Women's Center blog.

EVENTS

Juarez and her colleagues stay busy putting on events that connect students to one another throughout the year, including Women's History Month celebrations in March and anti-racism growth workshops.

COVID-19 postponed some of these events, including the annual Take Back the Night march to raise awareness and support for victims of domestic abuse. However, the pandemic won't stop the return of this march, which has taken place at

UI since the 1980s and globally since it began in Belgium in the 1970s.

A more recent tradition is the F-Word Poetry Slam. For those seeking a night to share things typically unspoken or for those wanting to join the audience's chorus of snapping, Salsbury assures this event is equally powerful and accessible to all.

Though students and staff typically join to wave candles through campus or gather in the Hartung Theatre for the center's events, there is still much to be enjoyed during the pandemic.

In mid-January, the center received news of their renewed federal grant to fund three years of violence prevention work. During a year of uncertainty, the center has committed to the goal of ending stalking crimes on campus as well as meeting specific needs of those with disabilities with the help of the grant.

The center understands the community is experiencing unforeseen challenges.

Their ultimate hope is to remain connected to students and safely welcome them during this time. Whether that means participating in body positivity workshops, borrowing a book from their library or just stopping by.

ABOVE: WOMEN'S CENTER DIRECTOR, LYSA SALSURY, STANDS IN FRONT OF THE DOORS TO MEMORIAL GYM, WHERE THE WOMEN'S CENTER IS LOCATED.



LEFT: BOOKLETS WITH RECOVERY TIPS FOR THOSE WHO HAVE SUFFERED FROM SEXUAL ASSAULT OR DOMESTIC VIOLENCE ARE AVAILABLE IN THE WOMEN'S CENTER.



STOPPING THE VIOLENCE BEFORE IT STARTS

WHETHER YOU EXPERIENCED VIOLENCE TWO WEEKS AGO, OR 20 YEARS AGO, ALTERNATIVES TO VIOLENCE OF THE PALOUSE IS HERE TO HELP

Story By | *Bailey Brockett*
Photos By | *Cody Roberts & Courtesy*
Design By | *Ashley Isenberger*
Illustration By | *Ashley Isenberger*



ALYDA JAEGERMAN, ATVP'S CAMPUS ADVOCATE, SPEAKING AT TAKE BACK THE NIGHT THIS PAST SEPTEMBER. AFTER THIS, SHE FACILITATED A SPEAK OUT FOR SURVIVORS TO SAFELY SHARE THEIR EXPERIENCES IN A SUPPORTIVE MANNER. COURTESY OF EMILIE MCLARNAN.

Alternatives to Violence of the Palouse is a non-profit organization that goes above and beyond the definition of community service.

In 40 years of service, the organization has grown from an underground network of volunteers running crisis hotlines from their homes to a robust agency dedicated to combating violence with services available to whoever requires them.

ATVP operates in three primary locations: Moscow, Pullman and a confidential shelter, as well as many satellite locations, such as the Latah County Courthouse and the University of Idaho Women's Center. In the last fiscal year, ATVP served 828 individuals, of which 378 were first time recipients.

They responded to 63 callouts, which entails outside organizations calling and asking for an ATVP advocate to be present with a survivor. They gave presentations at 786 events, through which they were able to reach 10,385 individuals. This added up to 5,498 hours of service to violence survivors in the community.

"We started because we saw the need," Andrea Piper-Wentland, the temporary associate director for ATVP, said. "We wanted to amplify (victims') voices and their needs and raise awareness around these issues."

With a mission to unite the community in the fight against violence, the organization utilizes a variety of programs and services. They operate through three main categories: domestic violence programs, sexual assault programs and their crime victims service center, which deals with harassment, identity theft, burglary, etc.

ATVP's main service is in-person crisis intervention and their 24/7 crisis hotline, which can be found on their website.

"It's nice to have someone to talk to whenever you might need," Piper-Wentland said. "That could be someone who has recently experienced a traumatic event, or (experienced it) 20 years ago, but we're here to support people throughout their lifetime."

ATVP also offers information and referrals. As advocates, they help survivors make sense of information, like what their rights are and what options are available to them. They offer legal advocacy, such as helping someone obtain an order of protection, as well as medical advocacy, which can involve helping someone obtain a forensic medical examination or connecting them to victim's compensation.

They offer support groups for survivors and have available funds to connect survivors to therapists in the community. The organization has a confidential shelter for any survivors fleeing violence who need a safe place. They can house individuals typically for 30 days, but that can increase depending on the situation. While individuals are in the shelter, ATVP offers intensive case management to assist individuals in getting back on their feet.

The organization runs a resiliency-focused program called Flourish for individuals further along in the healing process that is led by a local therapist. They have trauma-informed yoga for survivors, which is currently taught online to accommodate for COVID-19. They also provide community presentations upon request and are active in raising awareness at festivals and other events. "And of course, we provide many of these services 24/7," Piper-Wentland said.

ATVP influences and works closely with organizations on campus, including the Women's Center and UI violence prevention programs like Green Dot. Students are highly encouraged to reach out to them, no matter the type of violence they are experiencing or when it happened.

The Women's Center serves as a confidential reporting location for those who have experienced trauma. The professional staff undergo advocate training, which ATVP encourages, and works closely with ATVP to provide resources to student or staff survivors. They also received a grant from the U.S. Department of Justice for violence against women, which allows them to enhance existing prevention education and advocacy on campus.

"They are incredibly beneficial for students," Lysa Salsbury, director of the Women's Center, said. "(ATVP) has a shelter that we've had students stay at before and they have a lot of campus community partners that we work with."

Emilie McLarnan, associate director of UI's Violence Prevention Programs, also works closely



THE FAÇADE OF THE ATVP LOCATION IN DOWNTOWN MOSCOW.

with ATVP. Students who come to McLarnan are often referred to ATVP regularly, which has led her to understand just how significant ATVP's presence on campus is.

"They are a really valuable part of the response to sexual assault, dating violence and stalking for our students because they are confidential and not affiliated with UI, so they are outside of any Title IX reporting structure," McLarnan said. "The advocates are pretty well-versed in university processes and they're the ones who can really be there for someone the entire time they are dealing with an incident."

The organization offers a volunteer program that anyone can participate in. Volunteers go through a 42.5-hour training program offered twice a year, after which they are required to provide a year of service, running the crisis hotline or doing outreach. They also have internship opportunities available. Individuals can make monetary donations through ATVP's website or make food donations to their community pantry.

"We try to look for ways that are meaningful to the community and meet them, so pretty much any donations are acceptable," Piper-Wentland said. The impact of ATVP in the community is immense. They reinforce the idea that having consistent access to resources and support is critical for survivors. Piper-Wentland, as well as the entire staff and those associated with them, firmly believe in this idea.

"We are here to be a consistent presence to help facilitate conversations in our community that are going to advance the mission of eliminating violence," Piper-Wentland said. "This is such an important part of who we are."



AN EVOLUTION OF

WOMEN IN ATHLETICS

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UNIVERSITY OF IDAHO ATHLETES DISCUSS THE CHALLENGES OF BEING A WOMAN IN SPORTS

Story By | Brianna Finnegan
 Photos By | Nataly Davies
 Design By | Danielle Hawkins



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Erica Pecha sits on a bench as her nimble fingers tie the dark blue laces of her worn down running shoes. She stands up and adjusts her ponytail, her eyes scanning the track in front of her. As she runs, the swish of her ponytail is highlighted by the golden glow of sunlight. Her deep purple shoes pound against the red track. She lets her mind go, focusing on the white lines of the track. Her breathing gets harder and her legs push her forward, the white outline of the Kibbie Dome disappears in the background as she powers on.

Pecha, a cross country and distance runner, is one of many women in the athletics department at the University of Idaho. As an athlete in 2021, Pecha has opportunities previous women never got to see, but it doesn't come without its challenges. Female athletes today still face outside perspectives and stigma formed by gender bias.

THE PAST

UI President C. Scott Green stands in front of a podium, a university backdrop behind him. He unfolds the paper on which he's written his speech, and pulls his rectangular glasses out of his pocket to rest them on his face.

Green looks down, reading the speech as reporters watch silently. In the introductory press conference he describes the hunt for a new athletic director and announces the first female to hold the position in university history, Terry Gawlik.

Because of her career as a collegiate female athlete and sports administrator, Gawlik understands the challenges women experience within athletics. Gawlik held many positions within collegiate athletics over the span of her 25-year career, which started after her own time as a college athlete.

Gawlik said she has seen many changes in athletics over that time, including a shift to make athletics an equal space for both men and women. Previously, female athletes were offered very limited opportunities. Even within the sports they were allowed to play, they were not allowed to play in the same ways men did.

"Long ago, even before I started playing, the mantra was 'well, women shouldn't run that much because you might damage your bodies and you can't have kids,'" Gawlik said. "Even before I played, there was rules that you can only dribble twice or once, so we really weren't supposed to be doing these kinds of things."

A big component of change over the past several years has been Title IX, a federal law focused on equal education rights based on sex. Title IX was passed in 1972, several years before Gawlik

started her career, however for many years the law was not applied to athletics.

Gawlik said she refers to Title IX as two different areas. The first area focused on sexual assault and sexual harassment in higher education, the second focused on providing equal opportunities based on sex.

"A lot of people think Title IX is just about sexual assault and sexual harassment, but it's also monitoring all the areas of equity," Gawlik said. "Whether it be the way we travel. What kind of meals we get, what kind of equipment, and I'm happy to say that in our department that is a high priority."

Because of Title IX, women are given more athletic opportunities on a collegiate level. Title IX ensures women in athletics have equal access to scholarships, equipment and other needs for athletes and their teams.

"What I really appreciate is the opportunity for anybody to play sports," Gawlik said. "I think sports is leadership building, team building. There's nothing like the locker room culture ... you support each other and challenge each other and call each other out. So to me, being a part of athletics really develops people."

THE PRESENT

While opportunities for women have opened up in huge ways, many women still struggle with outside perspectives on how they should and shouldn't act. Donnée Janzen, a setter for the UI volleyball team, began playing sports as a child but often found stigma attached to her passion.

"There definitely was a lot of pushback," Janzen said. "I think some people were very uncomfortable with it, and I think a lot of males were very intimidated by the fact that I'm tall, I'm loud, I'm strong, I'm independent."

Janzen prefers to disprove the stigma surrounding women in sports by showing them what she can do. She said she likes to use her athletic talent to show just how strong and capable women can be.

However, other female athletes are not always given the same attention and focus as male athletes. Gina Marxen, a guard on the women's



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ONE: GINA MARXEN EASILY WORKS PAST A DEFENDER. TWO: DONNÉE JANZEN SHOWS OFF HER VERTICAL JUMP AS SHE SETS THE BALL. COURTESY OF SAYDEE BRASS. THREE: ERICA PECHA, BOTH CROSS COUNTRY AND TRACK ATHLETE, RUNS ON THE OUTDOOR TRACK. FOUR: KAYSIE BRUCE GOES IN FOR A KICK DURING THE BRONCOS GAME. COURTESY OF VANDAL ATHLETICS. FIVE: ERICA PECHA SHOWS OFF HER RUNNING SPIKES. SIX: KAYSIE BRUCE IS CELEBRATED BY TEAMMATES BEFORE A GAME 2019. COURTESY OF VANDAL ATHLETICS.



basketball team at UI, said women's sports do not have as large of a fan base as the men's teams.

"I see on social media different acknowledgment of males in sports getting these big praises and something happens on the women's side I don't see as much of an acknowledgment of that, even though they're just as important and just as impressive." Marxen said.

Despite women working extremely hard at their sport, others don't always value their hard work. Kaysie Bruce, a midfielder for the UI soccer team, said people tend to think femininity and hard work in athletics are mutually exclusive.

"There's definitely a hard balance between a jock and just being a female athlete who wants to wear makeup and look pretty," Bruce said. "We always want to show everyone our best but sports can sometimes really draw out insecurities, so trying to stay on top of those things I think is hard."

Finding the balance between femininity and strength can be difficult for athletes. Bruce said that the struggle to find balance between the two spans into larger issues such as physical health and body image.

"I think one of the main struggles that I have seen playing college athletics for the last three and a half years has been more focused on body image," Bruce said. "It's always a comparison game."

While building muscle helps athletes in their sport, because of public perception of ideal body types for women, many don't feel comfortable with the way their bodies look. Pecha said that in the case of track athletes, some women believe slimmer bodies will help them run faster.

"I know a lot of runners who fell into that stigma and tried to lose a bunch of weight or get super fit and did it the unhealthy way," Pecha said. "It's just not sustainable."

Despite stigma and the constant comparison, Bruce and Pecha advocate for how important it is to love your body the way it is. Each athlete is unique, and the body they have built for their sport is important.

"(Your body) allows you to play the sport you're playing," Bruce said. "It's given us so many opportunities, so we shouldn't not love our body because it's the main reason we're here ... body image is definitely, I think, one of the harder things for female athletes to go through. But I think we help each other in the fact that you know we're all in the same boat."

THE FUTURE

When Gawlik was young she played half-court basketball, her Chuck Taylors squeaking against the gym floor as she ran. She never imagined she would be an athletic director, and she never could have anticipated the changes that were in store for future generations of female athletes.

"Women can compete at such a high level, just like men," Pecha said. "Seeing women breaking

records and running just as fast as men ... it's really cool, and it's empowering to see that women can be strong and athletic too."

As more women's sports are being covered both on television and in print media, young girls can watch as national teams such as the US women's soccer team win gold medals in the Olympics and players like Serena Williams, Lindsay Whalen and Emma Coburn show others just how talented female athletes can be. The collegiate athletes believe it is also their responsibility as women in sports to be role models for young girls who are interested in athletics.

"Being a female athlete comes with empowering and inspiring younger female athletes," Marxen said. "In the past, women haven't had the opportunities to play the sports that we do now and I think that just goes to show the progress that we've made and how working hard can lead to achieving your goals. I think it shows how much change we've been able to make."

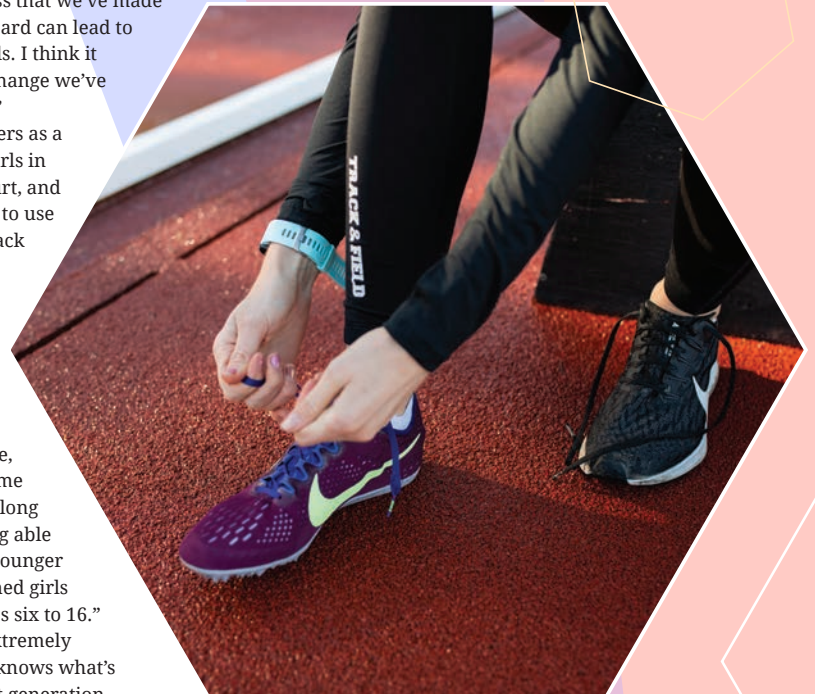
Janzen volunteers as a coach to younger girls in her time off the court, and believes it's her job to use her talent to give back to her community.

"I love being able to bring up the younger generations," Janzen said. "I've been in the sport for quite a long time, and I've learned some tricks of the trade along the way. I love being able to share that with younger girls, and I've coached girls anywhere from ages six to 16."

The future is extremely uncertain, nobody knows what's in store for the next generation. However, Janzen believes one of the most important steps that needs to be taken is addressing the stigma around women in sports.

"I think the more we can de-stigmatize this idea of women in sports and women being strong and powerful and having a voice, the better it's going to be not only for us, but also future generations," Janzen said.

Janzen watches as the young girl she's been coaching sets up for the shot, her knees apart and her feet slightly bent. On the court, the girl watches as the ball crosses the net, her arms come together and she lunges forward. The ball meets her wrist and she bumps it over the net.



TOP: KAYSIE BRUCE PLAYS HARD AGAINST THE BRONCOS. COURTESY OF VANDAL ATHLETICS. MIDDLE: ERICA PECHA CHANGES SHOES TO RUN. BOTTOM: TRACK HURDLES FACE THE KIBBIE DOME.



BEAUTY IN AUTHENTICITY

THE BODY POSITIVITY MOVEMENT HAS HELPED YOUNG WOMEN SEE THE BEAUTY IN THEIR BODIES AND REJECT SOCIETY'S UNREALISTIC EXPECTATIONS

I look in the mirror and notice one thing I dislike. After closer examination, one thing turns into ten more. Scrolling through Instagram, I am reminded of the body type society considers beautiful, the one I don't have. The thing I don't realize is so many women across the country are feeling the same way, and that my body is great the way it is.

The body positivity movement promotes acceptance of all bodies no matter shape, size or color. It represents loving your body regardless of society's standards and negative associations to different body types. The movement is a product of the Fat Rights Movement that began in 1969 with the creation of the National Association to Aid Fat Americans, now known as the National Association to Advance Fat Acceptance.

Similar groups started popping up around the world, moving to social media where the body positivity movement began, according to BBC. The term "body positive" was created to embrace all body types in hopes of preventing mental health problems around body shame and eating disorders. The movement helps women feel confident in their bodies, including the stretch marks, rolls, acne and body hair.

In this story, University of Idaho women share their stories of dealing with body image and self-esteem. Despite all having different body types, they all relate to the same issues and insecurities. They are proof there is no 'ideal' body, all bodies are beautiful and unique. This photo story is dedicated to young women who are rejecting body shamers and choosing to love themselves instead.

Story By | *Lizzie Holdridge*
Photos By | *Lizzie Holdridge*
Design By | *Ashley Isenberger*



Social media can be a toxic place for women, causing them to believe they should look like the women they see. The body positivity movement has helped erase that by encouraging women of all shapes and sizes to post pictures of their bodies and squash societies standards.

"Last year I'd always have pictures of people's bodies as motivation on Pinterest," Lizette Almanza said. "Honestly, I'm not built like them and what those girls did isn't going to work for me. I think I regret doing that because if I felt bad about myself I'd spend so much time on social media and compare myself to them."

The body positivity movement has encouraged women to open up on social media about their bodies and insecurities. It has created a more inclusive environment on those platforms where women feel comfortable and see bodies like theirs as more normal.

"I stopped following really skinny models and celebrities on Instagram and started following more voluptuous or athletic builds," Romy de la Rosa said. "So then I see less of the really skinny which is probably not as healthy and it makes me feel like not being like that is more accepted. I see less of that standard and more of the genuine, good stuff."

“ON TIKTOK, WHEN THEY UNZIP THEIR SKINNY JEANS AND JUMP AROUND WITH THEIR GUTS OUT, IT'S JUST MORE REAL,” ANNA DRUFFEL SAID.



“YOU CAN'T
COMPARE
YOURSELF TO
OTHERS,” ANNA
DRUFFEL SAID.



Marks, scarring and body hair are natural features on a woman's body and nothing to be ashamed of. Lizette Almanza spoke up about how she appreciates her body — marks and all.

"I can hate my body all I want, but it's the body that I'll have forever," Almanza said. "We only have one life. I mean yes if I want bigger boobs I can go get them, but I just think you're never going to be satisfied because society has put this standard there and even if you meet it you'll never be satisfied. Even if people lose weight, they are never satisfied with the weight that they are. You only have one body, you might as well love it."

“BEING VULNERABLE WITH OTHER WOMEN MADE ME REALIZE THAT EVERYONE GOES THROUGH THESE PROBLEMS,” AVERY COSTELLO SAID.



Being kind to yourself can help make a difference in the way you feel about your body. Your mindset is more powerful than the influence of others around you.

“Just one compliment to make yourself feel good before you go to sleep or in the morning and you slowly start to believe it,” Avery Costello said. “If you don’t think you’re beautiful, how is someone else supposed to love you? When I put down my body I think, ‘how can I tell my friends to not put themselves down when I’m over here doing the same thing.’ If you don’t want to do it for you, do it for other people.”

So many women feel the pressure of society and question their worth because of it. Avery Costello believes talking about it with other women can improve the outlook of yourself and create comfort knowing others relate.

“I think it helps to know that you’re not the only one,” Costello said. “A lot of us live the same lives but we don’t know we do, or we have the same feelings but we don’t know we do. Even though they’re trying to tell you it’s beautiful, it’s nice to know you’re not the only one that thinks that way and that it’s normal and okay to think that way.”

Many young women have adopted healthy habits as a result of the body positivity movement. They think of themselves differently and focus on how they feel rather than how they look.





“If I do catch myself thinking something negative about my body, I immediately cut myself off and I think ‘no, you’re not going to think about that’ and just keep moving on,” Romy de la Rosa said. “That’s helped a lot because my eating habits have gotten better and I’m thinking more about the quality of my food and how much energy I have. I never weigh myself because I don’t want to see that. I’m going to see a number and even if it’s low I’m going to say ‘oh my god.’ I only focus on how much energy I have at the gym or by the end of the day.”

“I tie in the way I look at myself with the way I feel,” Lizette Almanza said. “In the last couple of months, my eating habits have been better. I’ve been eating whole foods that are good for my body to make me feel better. I don’t try to be restrictive to myself, but I’ll tell myself to eat my veggies or eat my carbs. If I feel better, then everything’s better.”



Happily, THEY

UI SOPHOMORE, SOCK FRASURE, OPENS
UP ABOUT THE CHALLENGES PEOPLE
USING THEY/THEM PRONOUNS
STILL FACE TODAY.

THEM

NON-BINARY STUDENTS DISCUSS THE IMPORTANCE OF USING GENDER NEUTRAL PRONOUNS

Story By | *Monica Carrillo-Casas*
Photos By | *Julius Ryan Abajero*
Design By | *Danielle Hawkins*

Despite progress and more open conversations on the use of they/them pronouns, many individuals have a hard time wrapping their minds around it.

With one in four LGBTQ members using pronouns that fall out of the binary system of genders, according to a survey from The Trevor Project, it's important we understand this community and make them feel comfortable with their use of identification.

They/them pronouns are gender-neutral pronouns used for a singular person who doesn't identify as she/her or he/him. Being able to illustrate and respect the use of gender-neutral pronouns can help members of the LGBTQ community feel safe in their schools, friend groups, families and with themselves. However, figuring out the use of gender-neutral pronouns can be difficult.

Teja Sunku, a senior at the University of Idaho studying philosophy and statistics, started using

they/them pronouns about two years ago after debating it for some time.

"I was confused at first, but it also made the most sense for me," Sunku said.

For many people, like Sunku, it can be challenging to get parents to understand this change of wording, gender identity and form of expression when their children don't feel like they fit in the binary built by society.

"I haven't really brought it up to my parents," Sunku said. "If the topic comes up, I'll try to talk about it, but I have not come out yet."

Sock Frasure, a sophomore studying pre-veterinary medicine, also commented on the difficulty getting their parents to understand gender identity and sexuality after beginning to use gender-neutral pronouns a few months ago.

"I didn't expect my family to not be supportive," Frasure said. "However, it made me feel more comfortable to reach out to the community and to my friends for support."

The Trevor Project was one of the few places Frasure felt comfortable reaching out to. The organization focuses on suicide prevention in the LGBTQ community and provides a sense of inclusivity worldwide.

In addition, the University of Idaho LGBTQA Office and the Women's Center are both supportive places on campus that Sunku and Frasure said can be places of comfort. However, due to COVID-19, there is limited spacing, causing uncertainty for those on campus who need extra support during this time.

"Sometimes when I dress or act a certain way in public, I feel nervous and fearful," Frasure said. "Resources have gone down for us, there are limited gender-inclusive restrooms and the protests here can be disheartening."

Frasure also mentioned how important it is to use the right pronouns in classrooms, workplaces and in friendships, and why having gender-inclusive restrooms can create a safe place for this community.

"Using the right pronouns shows that it's a space where I can feel and be vulnerable," Frasure said. "And being able to use a restroom that is gender-inclusive makes me feel respected."

According to the university's website, UI has roughly 14 unisex restrooms and four gender single-use restrooms on the Moscow campus. However, some buildings do not have any of these options in their building, causing individuals who do not correspond to binary pronouns to use their past pronouns, which can be uncomfortable.

"I will use the men's restroom if I have to," Frasure said. "However, I would prefer more inclusive restrooms, especially on campus."

Gender-inclusive restrooms have been an important topic in the city of Moscow, in hopes of having future facilities include such accommodations and support the LGBTQ community, especially with growing use of gender-neutral pronouns.

Sunku and Frasure are two different people with similar stories, trying to find themselves in a place where support isn't found through their families and resources are difficult to find. Despite these challenges, both seem at peace with themselves and their journey.

"You can be whoever you want to be," Frasure said. "But also make sure to find friends who support you."

**TEJA SUNKU, A SENIOR, HAS USED
THEY/THEM PRONOUNS FOR THE
LAST TWO YEARS.**



Humans of Moscow

Story By | *Abby Fackler*
Photos By | *Nataly Davies & Abby Fackler*
Design By | *Dani Moore*

UNIVERSITY OF IDAHO STUDENT SYDNEY HARTFORD DISCUSSES HER TEAM'S WORK IN DESIGNING DIGITAL TRAINING SIMULATORS

Q: Will you tell me about your project?

A: Basically, we're making digital training simulators for teachers that help them practice classroom management skills using applications on a website or virtual reality headsets depending on what they have access to technology-wise.

Q: How would this be helpful for teachers? What would it look like in practice?

A: Currently, when teachers want to practice skills for the classroom, they have to either go to big meetings, county or district training sessions in person, which obviously with the pandemic is hard to do. This would let them do practice modules in five or 10 minute increments whenever they wanted to – they could just pull up an application or put on a virtual reality headset and do trainings whenever.

Q: When did you start working on this?

A: It's a Senior Capstone Project that was in development a year and a half ago with another group. Our group inherited it when school started in the fall and we've been working on it ever since.



SYDNEY HARTFORD STUDYING IN THE INTEGRATED RESEARCH AND INNOVATION CENTER.

Q: What are your roles in your group?

A: There's four of us – there's me, Riley, Daniel and Amy, our business student. I do the research and some user interface stuff – designing how the app looks and some of the icons and whatnot. Riley is our presenter, so she does a lot of the writing for the simulators and makes all our videos. It's a small team, but we do a lot of work. We're competing in seven different business competitions this semester and we competed in two last semester.

Q: How time consuming is this for you?

A: Last week I spent 28 hours outside of class time for this project, but last week was really busy because we were submitting to the Rice Business Plan Competition, so that's the hardest it's been in a while.

Q: What does competing look like?

A: There are a bunch of business competitions across the U.S. that host pitch and business plan startup competitions. You put in a proposal and see if you get accepted, and if you do you present to a panel of judges and get feedback on your presentation. You can potentially get money and investors to continue building the idea – last year we competed at the University of Idaho business pitch competition and won \$1,000, so we've been using that to continue to develop the product.

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UI GRAD STUDENT MADALYN ASKER TALKS ABOUT DESIGNING AFFORDABLE HOMES IN THE MOSCOW AREA WHILE LEADING A BUSY LIFE

Q: Can you tell me about the housing project you're involved in?

A: I'm in my first year of master's right now, and we're doing a design build. It's affordable housing for twin homes right next to The Grove. The Moscow Housing Trust owns the land and builds affordable homes for people.

Q: What is your role in that?

A: There's two teams, so I'm one of the team leaders. I make sure we get our stuff done on time. We're designing it, but right now we're still at the beginning phases and just getting our plans set.

Q: What people are going to be impacted by the project?

A: In my mind, the client is a low-income single parent, but you don't have to be low income to afford these homes, they're going to be about \$150,000. Around Moscow there's not a lot of affordable housing and if you're a single parent it's hard to afford a home. That's who I'm envisioning when we're designing this – a single mom and what her needs would be – and I'm trying to build for that.

Q: What empowers you, regarding your project or just life in general?

A: I've had professors and other people say that I can't do it when I say I want to open my own firm. In a weird way, that really motivates me because I'm just going to prove them wrong. But on a more positive side, having other strong women in my life and strong people who are just themselves makes me feel empowered to be around that kind of person. It's really accepting yourself completely, and everything you do from there, you do it your way.

MADALYN ASKER IN FRONT OF THE BULLDOZERS AND OTHER EQUIPMENT THAT WILL BE USED TO CLEAR THE AREA OF LAND.



MADALYN ASKER STANDING ON THE PLOT OF LAND WHERE AFFORDABLE HOMES DESIGNED BY HER AND HER TEAM WILL BE.

Q: How time consuming is that for you?

A: Probably 30 or 40 hours per week in just studios. I have a couple of other classes and stuff on top of that so it's a lot, and I have a two-year-old son.

Q: How is that on top of everything?

A: It's really hard. It's a lot of time management – there's not a lot of time for bullsh**. I work part time and then I have school and then I have him. But when I'm with him, I'm with him, and I try to be fully there.

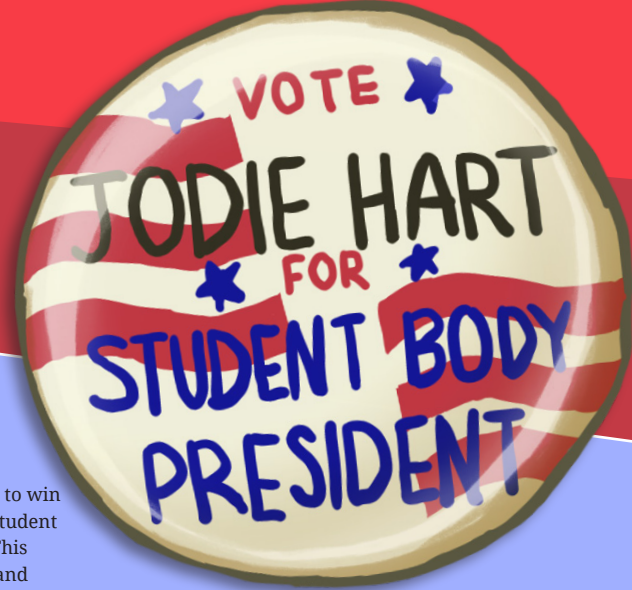


“THERE’S NOT A LOT OF TIME FOR BULLSH.”**

IN ANOTHER REALITY

Story By
Illustrations By
Design By

Dakota Brown
Maxen Stone
Joel Bartlow



Jodie

"Hey, Jodie! Think fast!" he said, shouting across the lunch hall.

I couldn't even react. The second I turned to see what was being hurled in my direction, I was greeted with a milkshake to the face. They snickered. I was covered head to toe in cream and the box I was carrying now needed to be cleaned. Baylor Whitlock walked towards me. He had been standing next to the boy who threw his dessert at me. He scooped up a campaign button from my box and wiped it off.

"Vote Jodie Hart for student body president," he read, snickering.

"What's so funny?" I asked, picking the milkshake out of my hair. It was goopy and smelled like mint chocolate chip.

"I just don't see the point in handing out these buttons you have here. It's obvious you'll win. You have every feminazi in this school voting for you. The guys don't have a real chance this semester because even the administration has made it clear they want to see more women in student government."

I felt the anger boiling and turning over in my gut. Heat flooded my ears and face. This wasn't the first time in the past week a student had belittled me. It seemed most of the men in my school hated the idea of me winning student body president. Our last president, Kyler Robinson, had the entire wrestling team backing him. The guy never got anything done but he won the popular vote to fill his schedule with a free period dedicated to "developing programs and events for the student body." In reality, he was sucking face with a lowerclassman somewhere behind the school gymnasium. He didn't last very long.

"I am the most qualified of all the candidates on the ballot. It doesn't matter whether I'm a woman or a man. I'm the best choice for this school and that's a fact."

"To you it is. Kyler actually gave people hope around here. The dude should've never been removed. He didn't do anything wrong." Baylor grumbled and left me there in the middle of the hallway. He had always disliked me, though I never knew why. It was hard for me to not think of him in a negative light too. He had grown up in a sheltered home with wealthy parents. If something didn't directly benefit him, he wanted no part in it.

At least, that was the impression he gave off to me.

What I would do to be in his shoes for a day.

Baylor

That girl is such a priss, and she's going to win because the faculty can't imagine giving a student any real power. Kyler had influence here. This girl? She is a puppet for them and I can't stand puppet people.

Jodie Hart has it easy. She can cry in the middle of an exam and get an excuse to take it another day. She can skip class whenever she wants because, "it's that time of the month." She can basically do anything she wants because she is a girl. Any of them can. It is infuriating. They're always complaining about how men hold all the power. If that were true, I wouldn't feel like this school election were a joke. It's obviously skewed in her favor and people are only voting for her because they want more female representation.

That night I turned out the lights and crawled into bed. I didn't even bother to change into my pajamas. What did it matter? Tomorrow was election day and Jodie Hart would gain full control over the student body. The male half of Mayview High might as well be executed.

What I would give to be in her shoes for a day.

Jodie

Friday morning; election day. I wipe the crust from my eyes and push myself out of bed. I always feel more awake when I get that part over with. I yawn and look around my room. My eyes widen. I rub them again to get a clearer look at my surroundings. This is not my room.

The walls are lined with trophies and certificates from various sports. Everything is golden or blue. There are no silvers for second place. A championship trophy from a wrestling match stands out from all the others. Engraved on the surface is "FIRST PLACE, BAYLOR WHITLOCK".

Baylor

Friday morning; election day. We're screwed. I groggily turn over in my sheets. My face glides against something soft and furry. I open my eyes and see a black cat tucked next to me. "What the hell?" I yell, tossing off the covers. The cat looks at me like I am a mad man. As if I'm invading his domain.

Looking around my mouth drops open in awe. I'm surrounded by awards for debate competitions and academic decathlons. There are photographs of a family I don't even know. Well, apart from one individual.

Jodie

Today must be the day I finally died and made it to hell, waking up in a reality where I'm Baylor Whitlock. The most sexist, egotistical man to have ever walked the halls of Mayview. I pinch myself. Sure enough, I feel it.

What am I going to do? It's election day. I have a speech to give to the entire student body and I'm stuck inside of this ... this beast of burden.

"Baylor, get your a** downstairs. You're going to be late." A male voice shouts from down below. I figure that must be our fath ... his father. Mr. Whitlock. Quickly, I throw on a pair of jeans and a white shirt. Looking in the mirror, I catch myself off guard.

Hmmm, finally looking good for once.

Once I'm downstairs, I'm greeted coldly by a large man in a grey tracksuit. He is blending eggs in the kitchen and facing the stairwell, awaiting my arrival. "Hurry up and chug it. You missed the bus so you're going to have to run."

I scrunch my nose. The concoction in the blender looks like oily custard. Disgusting. "I'm good, thanks though. Can't you just drive me to school?"

Mr. Whitlock looks at me like I've just gone against the Geneva Convention. He pours the contents of the blender into a cup and slides it across the counter. "Be grateful and drink up. I'm not your chauffer. God gave you legs so you could use them."

I pick up the glass and gulp. There isn't any way out of this. I down it quickly hoping that the taste won't be as strong as I imagine, and I'm wrong. "Can't mom just drive me?"

Never before had I seen such anger flash across someone's face. Mr. Whitlock grits his teeth and starts shaking. "You think you're some sort of wise man talking about your mom like that? We both know she's gone. She's not coming back. That wretch of a woman left us behind to rot so she could live her life being someone else. Get out of here now. I don't want to see your face."

There's a backpack by the door. I grab it with one arm and run out the door, far away from the Whitlock home.

Baylor

"Sweetheart, you're going to be late if you stay up there much longer. Come on downstairs, your dad and I made a special breakfast for you before your big day!"

I open the closet door and see nothing but professional clothing and scrubs. Jeez, Jodie, have much of a life? The most scandalous piece of clothing I see in here is a shirt that sits just above the knees. Live a little.

I throw on a pair of navy slacks and a white top. Seemed fine to me. After reaching the bottom of the stairs I see a woman and a man giggling and dancing around the kitchen. They are playing music and drumming with the stirring spoons. It is like I've been placed in a goddamn horror film. Everything about this is unfamiliar.

"Hey hun, hope you're not too nervous about your speech! We know you're going to own it. Just stay true to who you are, and they'll love you. No need to worry about what Baylor and those other boys will think, we know you are going to do your best to help everyone at that school," Ms. Hart says, turning down the music.

Yeah right. I think. Jodie only cares about helping the girls at our school. She doesn't give two sh**s about any of the guys at Mayview.

"That's true sweetie. We're so proud of you for making a budget to help the wrestling team get more funding for new mats in the gym. I'm sure nobody even thought of reallocating the leftover funds from the vending machine project last spring. It's not going to cost anyone a dime."

What? I can't help exposing my confusion. Jodie cares about the wrestling team?

"And hosting a fundraiser after the matches to help support community charities like the Women's Center, what a brilliant idea. The students and faculty are going to love it."

I'm shocked. No, more than shocked, I am in awe of the amount of effort she's put into planning this. I had no idea. Mr. Hart slides a plate with peanut butter and banana toast over to me. "Don't forget your speech, it's sitting on your dresser."

I devour the meal and grin. Life as Jodie Hart isn't too shabby. Scratch that, Jodie Hart isn't the person I pegged her for, and I'd been a jerk to her for the longest time. I had this idea in my head that she would bring the end of all good things at our school when she could be the beginning of something better.

I need to find her ... I mean, me. I need to find me. Maybe that's where Jodie is. Either way, we need to switch back before her speech. We need to see each other, and I need to apologize.

Jodie

I make it to school with moments to spare. Thank goodness I'm in the body of a high school god. There is no way I would've been able to run that fast with my own legs carrying me. Baylor's father is a sour old man. I can see where the hatred of women comes from. It makes me feel bad for the guy. True, his mother leaving is no excuse to treat others the way he has been for years, but I had no idea that he went through that.

A familiar face with messy hair rushes up to me. She's 5 feet, 4 inches tall and full of light. From this point of view, a small pewter fairy prancing down the main hallway.

Oh Jesus, is that what I really look like?

She grabs my shoulder and instantly the world around us shudders. We seem to be the only ones who notice, but the slightest vibration scatters an array of energy between us. Making eye contact, we smile and blink. After opening our eyes, we were exactly where we were supposed to be.

I stand there, 5 feet, 4 inches tall with hair this man had obviously neglected to brush. I can't believe the morning we just experienced. In only a few hours, I was able to change my mind about this guy just by seeing the world through his point of view.

"I'm sorry for everything I've said about you, Jodie. I was wrong, and more importantly, I learned that I can't project my bad experiences onto someone else just because of their gender. You really do care about us, and I'm sure as hell going to vote for you."

Baylor Whitlock extends a fist outward; I think it is a sign of friendship that I'm supposed to engage with. He must have seen my confusion, because after a while of me standing there staring he picks up my arm and hit my open palm.

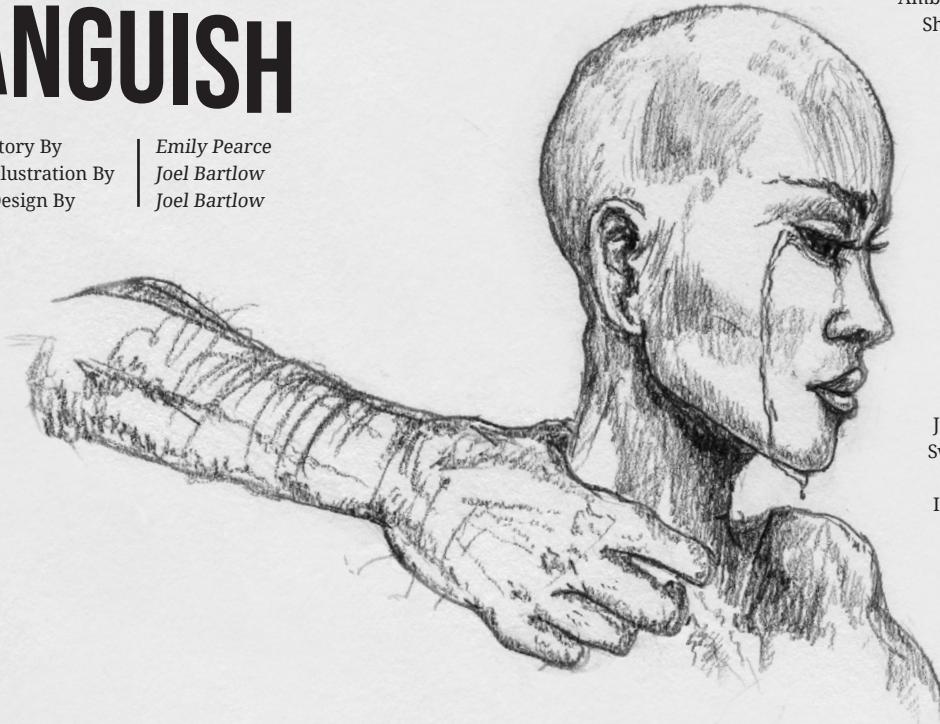
"We good, Hart?" he asks.

"We're good," I respond.



AMBIGUIITY OF ANGUISH

Story By | Emily Pearce
Illustration By | Joel Bartlow
Design By | Joel Bartlow



I'm being crushed by the world.
Cold,
Ambivalent to only those who don't look back.
Sharks.

I bite my sore, gritted teeth,
Jaw bruised blue from the anguish.
Taught pressure from carrying the weight of
the world;
I'm being crushed by the people, she said.

Pennies in pockets like stones tied to their
ankles,
Sinking.
They trot deeper into the substrata.
Ignorant, until they find it hard to breathe.

Breathing is easy, they said.
Just take a breath and swallow.
Swallow hard.

I gallantly gulp stale air.
Cut it with a knife into bite-sized pieces.
They sink to my stomach like rocks in a pond.
Be cautious or else you'll choke.

I'm being crushed, she said.
A whimper into the universe,
An echo by time itself.

Latah
Recovery
Center
a community of peer support

Latah Recovery Center A Community of Peer Support

Our vision is to build a community of peer support for people with mental health and addiction issues. The Latah Recovery Community Center, Inc. (The Center) is a private, nonprofit organization serving people who are in recovery from alcohol and other drug use or mental health disorders. It is a partnership between people in recovery, family members, allies and local organizations who respect the dignity and equality of all people and who are dedicated to promoting healthy communities.

What do we do at LRC to achieve our mission?

We offer recovery coaching and counseling to help individuals meet their potential



THE PHOENIX
RISE | RECOVER | LIVE

In partnership with The Phoenix we offer live-streamed meditation, yoga and exercise





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