

THE FALL 2023 ISSUE

BI*t

The Sport That Took Over Campus

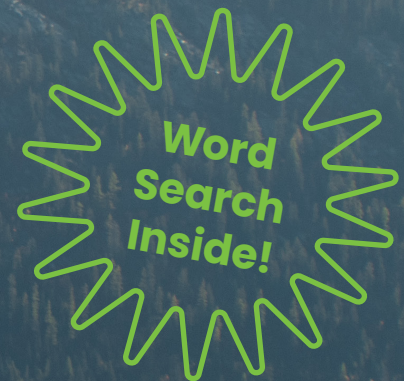
The inside scoop on everything spikeball

Three Local Artists and Their Musical Journeys

Local musicians use Moscow and surrounding regions as the stage for their creative outlet

Get Outside!

A spotlight on UI's Outdoor Program



Blot Magazine

FALL 2023

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Editor's Letter

Dear Reader,

Blot is back with a fresh look and a fresh staff. Our loyal readers may have expected an issue in October, but this semester we decided to focus on one longer issue — the one in your hands.

The magazine has cycled through many staffers, readers and logos during its newest 18-year-old life so allow me to reintroduce ourselves. We are a student-run publication; every spread is imagined and designed by University of Idaho students. This year, our staff includes students of all years and across 14 majors. We are dedicated to informing and entertaining our Moscow audience by embracing diverse topics and perspectives.

The Fall 2023 Issue feature story highlights UI's Outdoor Program with insight from its director and student trip leaders. Even as a stay-cozy-inside type of person, this story inspires me to enjoy the fresh air and beauty of the outdoors — though maybe not on skis.

We've got some insight into the game of spikeball (what is it and why is it everywhere?), a spotlight on three local musicians, an investigation of electric scooters on campus (also everywhere?), our spin on an advice column and more.

I hope this issue finds a home on your coffee table or nightstand.

See you again in the spring,



Gia Mazzarella
Editor in Chief

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STUDENTS ORGANIZE A PICK-UP GAME ON THE TOWER LAWN.

The Sport That Took Over Campus

The inside scoop on everything spikeball

Story By **KAITLYN MILLER**

Photos By **GIA MAZZARELLA**

Design By **ARI MORRIS**

Spikeball creates the opportunity to stay active and meet new people, which is believed to be the reason the sport grew so quickly at the University of Idaho.

As the popularity of the game grew, so did the participation of intramural spikeball leagues, as well as friendly gameplay amongst students at schools like UI. The Theophilus Tower lawn is a popular location for games to be held on campus, but the Student Recreation Center has also been used to hold rounds — particularly in the winter months.

The spikeball intramural competitions at UI provide an opportunity for all students to enjoy friendly competition. All students are encouraged to play and participate in these events. Students can register their team of two through the SRC, and they will be placed in a bracket to compete.

Senior computer science and statistics major Noah Rieth has been playing spikeball since 2020. Rieth plays with friends on campus as often as possible. He has competed in the UI intramural tournaments since his freshman year, claiming first place three years in a row.



NOAH RIETH, SENIOR



CELESTE CONDIE, SENIOR

In addition to his experience at UI, Rieth competed in a nationwide tournament called Spikeball Majors 2023, which was held in Salt Lake City, Utah during the summer. These competitions are run by the Spikeball Roundnet Association, which allows players to register to compete against players from all over the country. The SRA offers divisions for all skill levels.

While at these tournaments, Rieth has seen “a variety of skills with guys who are very athletic and then others with the competitive edge from practice.”

Senior psychology and pre-medical student Celeste Condie casually plays the sport in her free time. She has competed in UI's intramural competition for the last two years alongside Rieth, placing first both times. For Condie, spikeball provides an outlet for stress, and the community at UI has been more than welcoming to her.

“Going out and joining games is so worth it!”

Of course, anyone can play spikeball, but its current demographic is primarily men. Condie is one of the few female competitors who has participated in the men's intramural tournament on campus. She plays with a male teammate, Rieth, and prefers the high competition in the men's games.

“As a woman, it can be more intimidating to play with guys who are more athletic and into the game,” Condie said. “But going out and joining games is so worth it!”

Nick Patrick, a freshman majoring in finance, started playing spikeball to unwind after studying and to stay active.

“The game is commonly found at hangouts and get-togethers that provide friends and family a fun way to let loose and have a great time,” Patrick said. “There are certain skills that can be helpful when playing more competitively, but overall, anyone at any skill level can still have a great time.”

When asked about continuing to play spikeball after college, all three students answered yes.

“It is a great way to just try something new that isn't too time-consuming or a big commitment,” Condie said.

For those interested in getting involved, the SRC rents out spikeball equipment for student use.

Patrick encourages everyone to “just go out and play! It's the best campus game and community to get involved with so do it.”

SPIKEBALL IS PLAYED BY TWO TEAMS OF TWO PLAYERS.





PLAYERS SET UP THE NET BEFORE A GAME.



RIETH SERVES THE BALL.



RIETH AND CONDIE TOOK FIRST PLACE AT UI'S FALL 2022 AND SPRING 2023 INTRAMURAL TOURNAMENTS.



Will These Films Leave You Empty After Watching?

A review of top-rated depressing movies according to Google

Story By **NATALYA LUCERO** Design By **GENESIS CORTEZ**

Do you ever sit in your bed, wondering what to watch and have the underlying need to feel? The sad films listed below are some that pop up after clicking the search bar. Each movie will be rated on a 1–10 hollowness scale — 1 being the least hollow, 10 being the most — to give you an idea of how empty it will leave you feeling once it is over. Grab your favorite comfort blanket and a tissue box, and let's watch!

“Moonlight” (2016)

“Moonlight” reflects the life of our protagonist Chiron, who we see grow up throughout the movie in three sections: “Little,” “Chiron” and “Black.” Chiron lives with his drug-addicted mother, who creates a complicated relationship between him and his only parent, as his dad is not in the picture. He finds solitude with the local drug dealer and his wife, who teaches him lessons of life and belonging. The viewers will face bullying, love interests, heartbreak, family issues, loss and rekindling, right beside our main character.

This movie portrays a Black man discovering himself through the toxic masculinities of the community in which he resides. The cinematic lighting and score heighten the overall soul of this movie, making it an aesthetically pleasing watch. Although I do not believe this movie was a massive tear-jerker, it was beautifully filmed. Do not think you are safe; however, there will be some moments that leave you feeling bitter and sad.

Hollowness level: 6/10

“I cry so much that I could simply turn into liquid and roll into the ocean.”

“Call Me by Your Name” (2017)

This story is set in 1983 in Northern Italy. It is about a summer fling between a graduate student, Oliver, and Elio, the son of Oliver's professor. Oliver stays at Elio's family home for the summer and the two start to develop feelings. An organic love blooms over weeks of time spent with one another. Will they find their happy ending?

This movie showed the rawest form of intimacy and innocence. There are hints of push and pull that build the tension around Oliver and Elio's relationship. The location they chose to film the movie fit perfectly with the ambiance of a secluded but ever-growing love blooming in a remote town in Italy. I would give the soundtrack of this movie a 10/10, for it played into the curiosity and heartbreak of the characters. The twist at the end was like a slap in the face — unexpected to say the least.

Hollowness level: 9/10

“Is it better to speak, or to die?”

“Portrait of a Lady on Fire” (2019)

This movie takes place in France in 1770. It starts with Marianne, who was hired to paint a portrait of Héloïse. The portrait must be sent to the man Héloïse is arranged to marry to carry on with the proposal. However, Héloïse refuses to show her face to painters, as she does not want to be in the marriage. Marianne must keep the true intentions of her unexpected company of Héloïse concealed, or she risks being exposed.

After watching this movie, something felt missing. The dynamic and development between the two characters are almost inorganic. I was hoping there would be more of a climax that struck the two characters, but it ended rather bluntly. I would not say there were any tear-jerking parts, but the movie was beautifully captured, which kept me entertained.

Hollowness level: 3/10

“Do all lovers feel like they're inventing something?”



FROM UPPER LEFT TO LOWER RIGHT: POSTERS "FOR MOONLIGHT," "CALL ME BY YOUR NAME," "PORTRAIT OF A LADY ON FIRE," "HACHI: A DOG'S TALE," "20TH CENTURY GIRL"

"Hachi: A Dog's Tale" (2009)

This story begins with a dog named Hachi who was forgotten at a train station. Parker, a professor, found Hachi by himself on his way home from work after getting off his train. He takes the dog in, with heavy resistance from his wife, and decides to keep him. Ever since then, Hachi and Parkers' bond has grown deep at the roots and sprouted into an incredible relationship between a man and his best friend.

Loyalty would be the main theme of this story. This movie illustrates a remarkable friendship, which stays with you for days after watching. "Hachi" made me feel like I was ripped from my bed and plunged into a sea of ice water. This movie will make you grab your dog and hug them tight. Hachi's close bond with Parker will make the ending even more impactful for the viewers.

Hollowness level: 10/10

"You don't have to wait anymore, he's not coming back."

"20th Century Girl" (2022)

"20th Century Girl" portrays an innocent high school love story that goes wrong. Bo-Ra is tasked to keep a close eye on a man from their school who her best friend, Yeon-du, took a liking to before she left for heart surgery. As she is away, Bo-Ra finds a special friendship with the best friend of the boy she is supposed to be watching. When her friend comes back, Bo-Ra must make tough decisions between love and friendship.

"Wow" was the first word I said after watching this movie. The cinematography complemented this movie wonderfully, making it aesthetically pleasing to watch. Bo-Ra's innocence brings a fresh and relatable aura to the different dynamics between her and the characters. You would never believe this was a sad movie until the cold awakening you experience in the last 30 minutes of the film.

Hollowness level: 8.5/10

"I want to see you, Bo-Ra of the 21st century."



Are Your Eyes Bigger Than Your Stomach?

A look at food waste at UI's Moscow campus

Story By **SAM VERHAREN** Photos By **LINCOLN COOK & ARI MORRIS** Design By **ARI MORRIS**

How much of your dinner are you throwing away? Probably a great deal — and on campus, food waste is a growing problem. From the restaurants within the Idaho Student Union Building to The Eatery, there are many dining options for students. With so much food available, it's normal to think that some of it will be thrown away. But just how much?

According to Sarah Dawson, the University of Idaho's Sustainability Director, UI throws away on average 33.5 tons, or 67,000 pounds, of food monthly. This equates to about a ton, or 2,230 pounds of food waste a day. That's about the weight of a small car. There are spikes at the beginning of semesters, showing that more food is wasted.

Dawson oversees the campus's sustainability program, so

she has significant knowledge of the waste issues on campus. Dawson's team has been working towards a solution for food waste, including introducing more recycling initiatives and planning for a composting system at the school. She hopes to have the composting system brought into effect by Spring 2024, with her team already rolling out training on composting for back-of-house employees in the ISUB and The Eatery.

"UI throws away on average 33.5 tons, or 67,000 pounds of food monthly."

The Eatery, according to Dawson, is the biggest food waste culprit and she wants to bring it to zero-waste levels. Though there isn't a composting system at UI now, there are drop-off points located in Moscow, one being at the Palouse-Clearwater Environmental Institute. According to Dawson, the school recycles about 38% of all discarded materials, which is higher than the national average of 33%. However, there is still a massive amount of garbage being sent to the landfill.

The Eatery serves at least 1,100 students for dinner, according to Mo Desouky, Resident District Manager of Idaho Eats. Desouky oversees much of The Eatery's operations and notices the amount of food being discarded. As many would guess, dinner is the biggest culprit for food waste. So why are students throwing away much of their dinners?

Desouky believes that students often feel burnout by dinnertime. "By dinner, students are relaxing and enjoying their meal, unlike other meals where they try and eat and then get quickly to class," Desouky said. However, this level of waste could also be tied to a variety of different sources.

Desouky also notes that Eatery staff overserving students may be a contributing factor. He says some staff will load a student's plate to ensure they are satisfied and won't have to come back for seconds.

"Dawson encourages students to 'get just what they can eat.'"

However, the main cause of food waste seems to be a lack of awareness by students, according to Desouky. As a way to combat this, he plans to implement elements of exposure. One idea is to install a large waste bin, measured on a scale, for students to add food waste. This would allow students to visualize how much food they are discarding. This also aligns with Dawson's approach to the solution of this pressing problem, bringing more awareness to students.

Both Dawson and Desouky request mindfulness from students when shopping for dinner. Students often don't realize how much food they are grabbing or being served, and being more cognizant will make a huge difference. Dawson encourages students to "get just what they can eat."

The recommendation for change is to be more vigilant. Waste is especially prevalent within landfills, as 24% of total municipal waste is food, according to the Food and Drug Administration. UI food waste ends up in the landfill, despite the efforts of Dawson's team to recycle.

During the coronavirus pandemic, the Moscow campus ceased recycling practices due to "lots of contamination among the recyclables," Dawson said. Contamination comes from food and liquid residue and makes items unrecyclable. The school implemented a single-stream form, following the end of the

pandemic as a way to slightly introduce a recycling method. A single-stream method of recycling is where all recycling is combined, making most of the recyclables contaminated. Although the system isn't perfect, it does prevent some waste from going to the landfill.

According to the University of Colorado Boulder, "along with methane, landfills also produce carbon dioxide and water vapor, and trace amounts of oxygen, nitrogen, hydrogen and non-methane organic compounds. These gasses can also contribute to climate change and create smog if left uncontrolled." This demonstrates how harmful landfills are to the environment, so with students discarding so much of their meals, they are contributing to environmental issues.

The next time you load your plate for dinner, remember that what is thrown away doesn't just disappear.



FOOD WASTE ACCUMULATED IN A WASTE BIN AT THE EATERY.



I Just Came to Say Hello...Hello...Hello...

Story By **PARYA POOSTI**

Design & Illustration By **JARED BURKETT**

At the first session of my yoga class, our instructor began by greeting us with “namaste.” Most of us echoed it back to her, or even exchanged it with our fellow yogis — though there were a few puzzled expressions in the crowd. When our instructor noticed, she asked if we were all familiar with the meaning and significance of the word “namaste.” Met with a collective silence, she took it upon herself to elaborate on it. “Namaste is a Sanskrit word with the literal translation of “I bow to you,” or “Salutations to you.” However, we yogis define it as “the light in me sees the light in you.” Through our greetings, we practice mindfulness, a core value we hold dear and demonstrate that, not only are we aware of ourselves, but we also want to show respect and recognition to our surroundings — to you.

“Why a stranger’s hello can do more than just brighten your day”

As I was contemplating what I heard, something clicked in my mind, bringing back memories of my childhood in Iran. It reminded me of when my mom preached to me from a young age

“hey, hello, salaam, namaste”

to always greet familiar faces with “salaam”, which means “hi” in Persian. She used to say “salaam” means health, and upon saying it, you are wishing good health upon others. I vividly recall walking to a new place as a bright-eyed preschooler and saying “hi” to everyone I could see and shaking their hand. It is interesting that it was, and still is, a common practice among Iranians — so much so that seeing it performed by a 6-year-old was not very extraordinary. Regardless of how old we were, how close our relationships were or where we stood in society, we would all stand up, shake each other’s hand and embrace the chance to connect with one another.

As I reflect on my childhood, I believe those small interactions not only boosted my social skills, but filled me with a sense of joy and belonging — something I hope everyone gets to experience.

Here in the U.S., I’ve noticed the greeting culture is much different. It has become so normal to sit for hours in a class without uttering a single word to our neighbors, or to walk past a friend without even a nod or wave. Not only do we not

initiate greetings with our professors and teachers, but we leave their greetings unanswered. No wonder we often find ourselves disconnected from the people around us. Here, the culture of individualism has robbed us of opportunities for social interaction, affecting our mental state.

“...filled me with a sense of joy and belonging – something I hope everyone gets to experience.”

Simple social interactions are not only encouraged because of their social importance but are also proven to better our mental well-being. A recent article — “Why a stranger’s hello can do more than just brighten your day” by Rhitu Chatterjee — made me realize I was not the only person who felt a warmth in my heart when it came to greetings. The article detailed some experiences and research from Gillian Sandstrom, who made a significant career shift from computer programming to psychology in pursuit of scientifically proving this phenomenon. When Sandstrom was rethinking her major, and therefore feeling alienated from her former community, she found comfort in the hello of a stranger — “the hot dog lady.” Even though they were complete strangers and Sandstrom never bought any food from her, their daily exchange of just a friendly wave was the highlight of her days. “She made me feel happy and less isolated [...] I felt better after seeing her and worse if she wasn’t there,” Sandstrom said.

Inspired by this personal experience, she wanted to research whether social interactions really did have an effect on mental health and sense of community. She divided several participants into two different groups: those who were encouraged to share a smile and engage in a brief conversation with their baristas, and those who were instructed not to do so. After surveying both groups, the results indicated that those who had brief interactions with their baristas reported improved moods and a greater sense of belonging. In contrast with the common belief, our contentment in our social lives is not only dependent on long, deep late-night conversations with a close friend but can be derived from small social interactions with people we have “weak social ties” with.

“...you are seen and cherished.”

As mentioned earlier, it all revolves around the sense of recognition, beautifully described by Dr. Maymunah Kadiri as the realization that “you are not just in your own cocoon,” but rather you are seen and cherished. A “hi” to a classmate, a “thanks” to a cashier, or a nod to a familiar face walking by matters so much more than we think it does.

Just as yogis who believe there is a light within me that is perceived by the light within you, as my fellow Iranians who rise to celebrate the moment of union and as a hot dog vendor who is a ray of sunshine to a desperate soul, I am inspired to follow in their footsteps. I will always say, “hey, hello, salaam, namaste,” every chance that I get, to whomever I can.

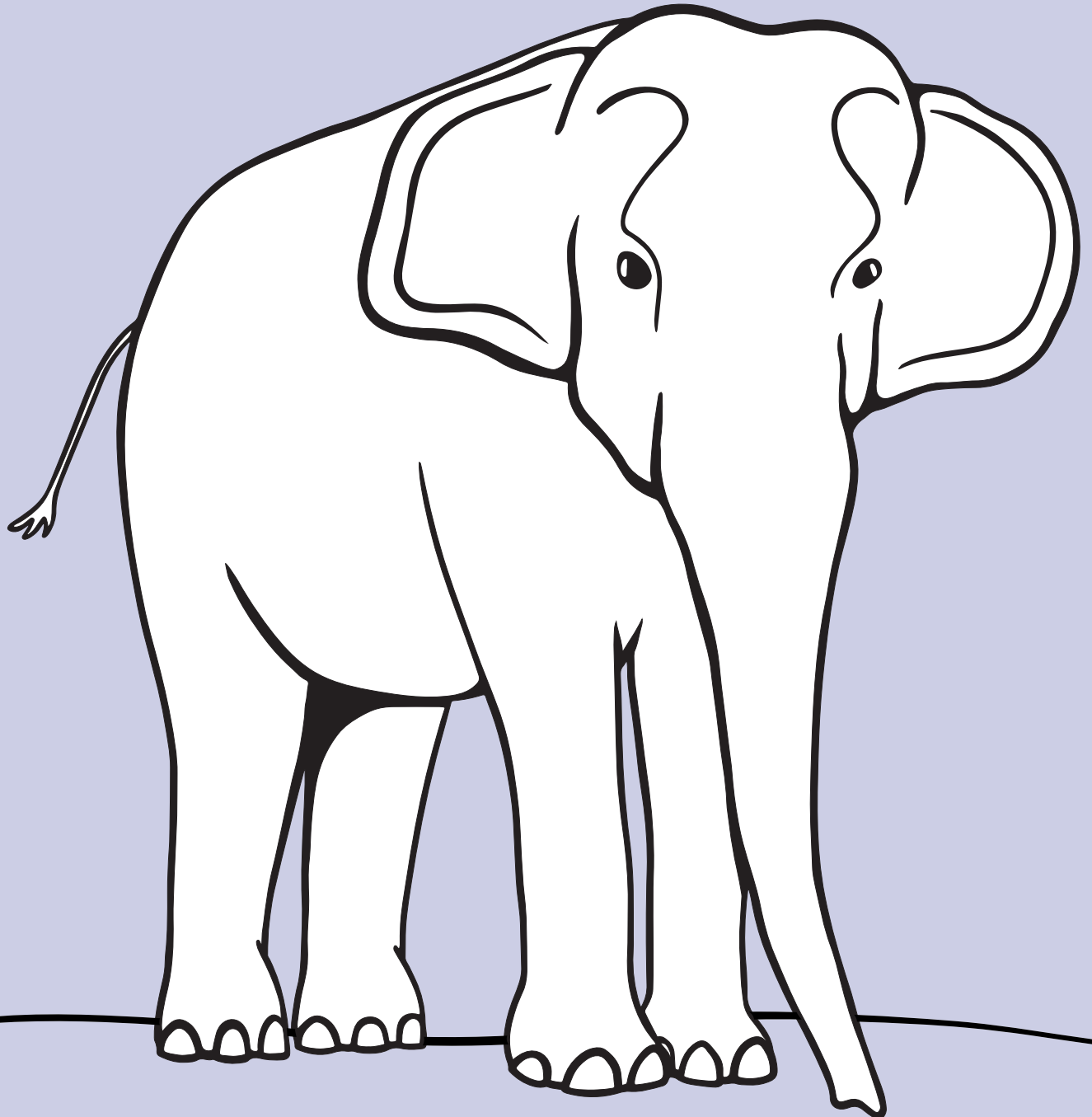


How Did We Get Here?

A personal investigation of the
origins of common phrases

Story By **PIPER RICKMAN**

Design & Illustration By **MEGAN GOECKNER**



The Cold Shoulder

Most people know this phrase to mean to be short, aloof and indifferent towards somebody. It's a bit of a strange phrase, though, isn't it? Yes, being cold towards someone is the opposite of being warm and inviting, but why the shoulder specifically? As it turns out, according to Writing Explained, this likely originates from the ancient and ongoing practice of welcoming guests with a warm meal. Unwanted guests, however, would be presented with something considerably less welcoming, such as a cold shoulder of meat.

Break a Leg

It's incredibly common to hear this used by well-wishers before any kind of performance, or even outside of one, to the point where many in the theatre consider "good luck" to be a curse. As it turns out, there are several different theories on where this phrase came from, some of which you may have heard before. However, the most accepted theory was in reference to the leg curtains, which are the short curtains separating the entrance to the wings on either side of the stage. In fact, the curtains all have names! In the early days of theatre, simply getting hired to perform didn't actually mean you would get paid; you had to go through — or break — the leg curtains and perform on stage, which not every act got to do. To say "break a leg" to an actor was to say, in short, "I hope you get paid." As a theatre student myself, this was the origin I was taught in my classes but it is also the story explained as most generally accepted by Transcendence Theatre Company.

Mumbo Jumbo

"All a bunch of mumbo jumbo" equals "all just nonsense." It doesn't make sense; it's nonsense, just like what it's implying, right? But that's where things get interesting. According to an article by National Public Radio, "mumbo jumbo" likely originates from African — specifically Mandikan — religious ceremonies relating to the key figure "Maamajombo." Maamajombo was a towering, masked deity who would appear when a quarrel broke out between a man and his wife or wives. He would stand outside the home of the couple or polycule in question to dance, chant and shriek, making a decision on who was at fault. Once a verdict was made, the guilty party — usually the wife or wives — was punished using the whip Maamajombo carried with him. What is now a phrase meaning nothing started as a name that meant a whole lot to Mandikan women who were tiptoeing the line by the threat.

Beating Around the Bush

This one is the most peculiar to me. Nowadays, if someone is "beating around the bush," they aren't getting to the point, usually intentionally. The strange part is that, as reported by Phrases.org, this term seemingly originated in bird hunting, where hunters would beat on and around bushes to scare birds into flight. Though this activity could rightfully be considered productive, I suppose it was still technically off-course of the true objective: shooting birds. Even if you did actually spook anything, the other hunters would be the ones doing the task.

White Elephant

While not everyone has played, many people have heard of the White Elephant Gift Exchange which is enjoyed by some and dreaded by others. It's an interesting game, to say the least, with an end result of most players going home with something they never wanted that they now have to find something to do with. The origin of the phrase is just as interesting. As reported by White Elephant Gifts, in Siam, kings would gift advisors who wronged them a white elephant as a punishment. The elephant, being sacred and a gift from the king, could not be killed or otherwise gotten rid of, but was extremely expensive and burdensome to deal with. On top of that, with the animal being very pale (an undesirable trait in a place with a lot of sun exposure, especially on such a large animal), they required even more care than a regular elephant. When the elephant inevitably died, the advisor bore the shame of letting it happen. What started as a sort of twisted entertainment for the king has since become a sort of twisted entertainment for the average partygoer. I guess the apple doesn't fall far at all.

[End note: Please note that for most of these phrases we don't really have a definite origin, as they are very old and have gone through various incarnations. However, the phrases included here are the ones I could find as close to a solid answer as possible, or at least the one that is generally agreed upon.]

Vandal Vogue

Hot trends for the cool weather and fashion predictions for the upcoming year

Story By **KAT KANEVSKI & ELLA HAWKINS**

Photos & Design By **HANNAH AMICK**

Illustrations By **ELLA HAWKINS**

Wintertime has finally set on the University of Idaho campus and the northern life brings colder weather and cooler styles. Students are more than ready to battle the harsh snow, wind and chills — with fashion!

More and more students are donning platform shoes, such as Doc Martens and platform Converse. Not only are these shoes great for elevating a look, but they're especially handy when treading through snowy banks. Doc Martens are also waterproof, allowing for easy travels without the hassle of getting your shoes soaked.

Baggy thrifted jeans have also been seen around campus, sparking from the uptake in thrifted fashion. These are multi-purpose, allowing for most tops to match with a big pair of older jeans, as well as giving the look a more Y2K gaze. Bigger pants can also ease the cold, making them the ultimate winter choice.

Off-the-shoulder tops are often paired with bigger pants to make the look chicer. Homemade off-the-shoulder tops are popular around campus; you can take any oversized tee and stretch the collar to give it that shoulder pop!

Earth tones are typical to most outfits, giving a more laidback winter look with less sunlight and more dull colors all around.



ASHLYN NIGHTINGALE, STUDENT AT UI, DISPLAYS HER PERSONAL STYLE ON CAMPUS.



UI STUDENT STRIKES A POSE IN FRONT OF THE THEOPHILUS TOWER.



You've heard rumors about the controversial fashion trends slowly coming back. Get ready for a blast from the past: the 2010s. With social media cycling through trends faster and faster, styles that have not been gone long are already back. We're talking about everything from ballet flats to capris. The difference now, however, will be the styling. Think of the 2010s in a more elevated, muted style. So, what exactly will people be wearing?

For bottoms, we're talking capris, short shorts and the polarizing skirts over pants. However, anything can look good when properly styled — except skinny jeans, stay away from those.

Onto the tops. We will see lots of excessively long tops and shirts covered in cutouts and rips. Overall, just more creative takes on tops.

Shoes, we all need them. Ballet flats, kitten heels, tall boots and — hot take — extra-long Converse are returning. Shoes can make or break an outfit, so never neglect your feet.

Finally, accessories! Chunky necklaces, chokers, scarves, ties and useless belts are going to make a fiery comeback. Statement pieces will become bolder and less conservative.

It is important, however, to wear what you want. Trends will come and go, so prioritize your own style. Be proud and happy with what you wear and remember that, at the end of the day, it's your outfit and not the world's.



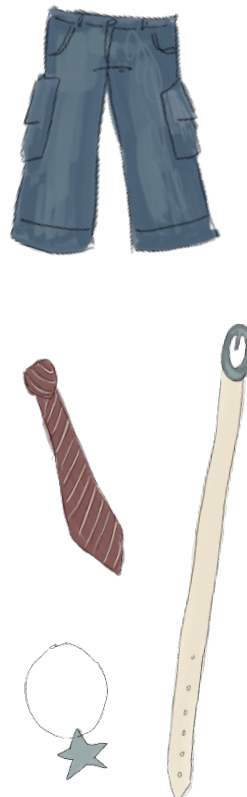
STUDENT STYLES FLOWY PANTS WITH SANDALS.



STUDENTS SHOW OFF THEIR ACCESSORIES.



COUPLE SHOWS OFF THEIR DIFFERENT STYLES.



SNEAKERS ARE COMFORTABLE AND FASHIONABLE.

Ms. Faux & Dr. Fact

An advice column with a twist

Story By **SEYI AROGUNDADE
& HANNAH AMICK**

Design By **MEGAN GOECKNER**

HOW CAN I STAY MOTIVATED WITH SCHOOLWORK?

Ms. Faux

Staying motivated in any sense can be a difficult thing to master. Whether it be staying motivated at college, work or within your relationships, it takes work. Oftentimes, figuring out how to juggle these things is overwhelming. However, what always helps me is throwing all of my responsibilities to the wind. Why would I stress with all the boring stuff, like my GPA, when I can worry about all the functions I can go to this weekend? The whole stressed-out-college-kid look is not the energy we should bring into this school year anyway. You're only young and spontaneous for a short amount of time. Don't spend all of it doing things that give you frown lines. So if you have a major project due at 11:59 p.m., or a shift you agreed to cover, or a coffee date with a guy in your statistics class that you didn't even want to go on, remember that the best life is an easy one!

Dr. Fact

Motivation can be quite the struggle in college. Although this time in life is usually associated with parties and "fun," it is important to remember that this is also the time when you are working towards the rest of your life. Everything you do now will impact your future career and goals. Therefore, it is vitally important that you stay on your A game even though it can be hard. One way I stay motivated is through creating habits. Each day for the past two weeks I've been studying for two hours in the library. Afterwards, I reward myself with a coffee.

HOW DO I BE COOL IN COLLEGE?

Ms. Faux

There are many incredible changes that a young person experiences when transitioning from high school to college. From curfews and restrictions to independence and a worsened diet, these changes can be nerve-racking. But, when it comes to being confident within your college experience, there are a few basic rules to ensure that you are the life — and possibly death — of the party. The first rule is to never leave your dorm. Staying in your room 24/7 is a great way to get all the super cool people to come to you and to always have a full social battery! The second rule is to NEVER interact with other people in your classes. This way, you can maintain a mysterious and nonchalant demeanor that will make everyone wonder, "Who is that person and why do they keep mumbling strange things to themselves?" The last rule is to never go to fun events around campus, such as sporting events or doing yoga with baby goats. Attending these events will let everyone know that you might LIKE campus. What could be more un-cool than enjoying and interacting with your environment??

Dr. Fact

In college, as opposed to high school, there are less cliques and everyone arrives on a level playing field. However, that doesn't necessarily ensure that you are cool. Cool people present themselves with confidence while maintaining humility. They are accepting to all and intend to establish genuine relationships. These are very great characteristics to aim for, but keep in mind that everyone has their own idea of "cool."

I HAVEN'T HAD MY FIRST KISS AND I'M IN COLLEGE HELPPPP!

Ms. Faux

In today's society, so much emphasis is put on finding romantic love. Though it might seem like not having your first kiss by college is the end-all-be-all, I'm here to reassure you that you are totally fine! Having your first kiss is a milestone that some of us reached at the spring fling dance in the seventh grade due to the peer pressure of our slightly toxic friend group. Now that seventh grade has come and gone, it's time to think about your options. The first option could be bribing the Noah Centineo-looking-boy in your statistics class to pretend to be your boyfriend and hope you have your own Netflix-rom-com-worthy first kiss. Option two would be to look at local nunneries and see if they have any spots available. Not only do you get free meals and board, but you get an adorable dress! Your last option, and possibly the most boring one, is waiting for the universe to bring the right person to you.

Dr. Fact

At face value, not having your first kiss by college may seem detrimental to your social standing and kind of like the end of the world; however, it's really not a big deal. In fact, many people are in the same boat! Before you make any irrational decisions that you may regret, you must first assess your feelings and determine whether it is societal and peer pressure that is creating this insecurity or if you actually want to have this first kiss.

Get Outside!

A spotlight on University of Idaho's Outdoor Program

Story By **MAGGIE HUNTER**

Photos By **SASHA SMITH & COURTESY**

Design By **SASHA SMITH & GIA MAZZARELLA**



GABE BRANDT, SENIOR



VIEW FROM A BACKPACKING TRIP ALONG THE SELWAY RIVER IN NORTH CENTRAL IDAHO.
PHOTO COURTESY OF GABE BRANDT

“My favorite part of being a trip leader is seeing participants gain confidence in the outdoors.”



A TRIP PARTICIPANT ENJOYS COFFEE AT BEEHIVE LAKE IN THE SELKIRK MOUNTAINS.
PHOTO COURTESY OF GABE BRANDT

Walk into the University of Idaho Outdoor Program and you'll be greeted by floor-to-ceiling azure rafts, friendly and outdoorsy-looking people (usually wearing Blundstones, Birkenstocks or Chacos) and old-fashioned wooden skis and snowshoes adorning the walls.

UI was one of the first universities nationwide to launch a student-led outdoor program in 1973. Fifty years later at the UI Outdoor Program (OP) office, now located in the UI Student Recreation Center, people can rent outdoor recreation equipment ranging from skis to rafts to camping gear—at a discount for students. The OP also leads trips and activities and can help students plan their own trips.

Peter Hunter, a UI senior and trip leader at the OP, says that while he has always been involved in the outdoors, working at the OP has taught him valuable outdoor skills like repairing rafts and tuning skis.

“My experience working at the outdoor program has been fantastic! The Outdoor Program has given me many opportunities to try new things.” Hunter loves to get outside through

whitewater rafting, fly fishing, backpacking and skiing.

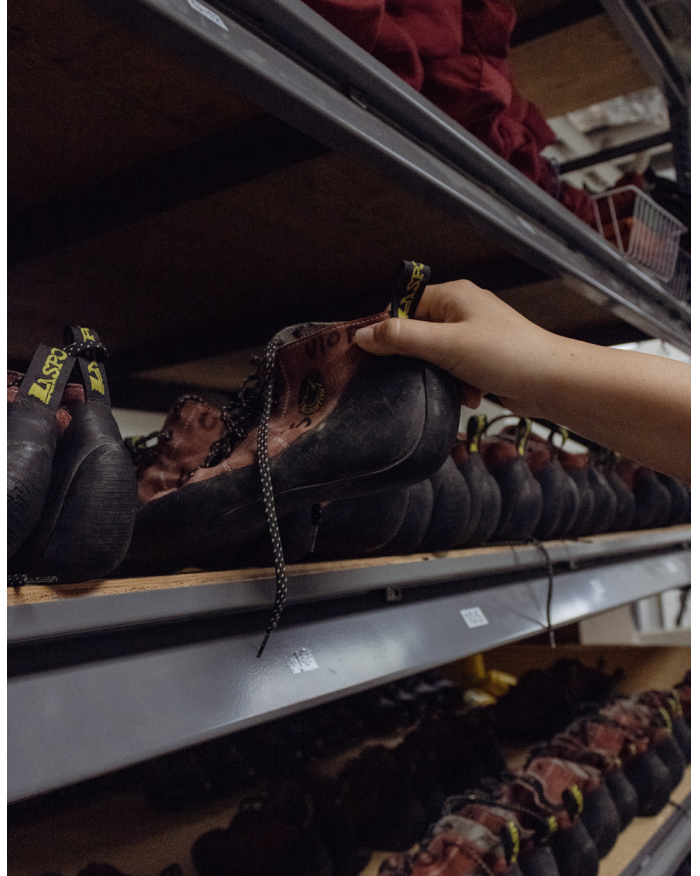
Hunter says, “My favorite part of being a trip leader is seeing participants gain confidence in the outdoors.” He recounts a memory of a trip participant who was initially anxious about whitewater rafting, yet after the trip leaders guided her through her first rapid, she “had a blast the rest of the day.”

To ensure participants have a fun yet safe experience, Hunter notes, “The University of Idaho Outdoor Program is very good at risk management.”

All trip leaders maintain a Wilderness First Responder Certification. “In the event of a medical emergency, trip leaders can understand what has happened and make the correct decision on what to do in that situation. They will also have their trip leader manuals on all trips, which helps with what to do in the case of an emergency,” Hunter says.

Another UI senior and fellow trip leader, Gabe Brandt, has been working at the OP since 2021. Brandt loves skiing, mountain biking, hiking, backpacking and peak bagging (climbing a particular list of mountain summits).

THE OP IS LOCATED IN THE STUDENT RECREATION CENTER.



"I love being able to capture all of the beautiful places I've been lucky enough to see. I want to share those experiences with my friends, family, and anyone who can't make it there with me."



LEFT **PETER HUNTER, SENIOR**
PHOTO COURTESY OF PETER HUNTER

RIGHT **SURFERS ON AN OP TRIP TO INDIAN BEACH, OREGON.**
PHOTO COURTESY OF THE OUTDOOR PROGRAM

BOTTOM **PARTICIPANTS ON AN OP BACKPACKING TRIP IN THE SELKIRKS.**
PHOTO COURTESY OF GABE BRANDT



Brandt is also an avid photographer. He says, “I love being able to capture all of the beautiful places I’ve been lucky enough to see. I want to share those experiences with my friends, family, and anyone who can’t make it there with me.”

Upon reflecting on his experience leading OP trips, Brandt says, “The most rewarding aspect is seeing people on your trips go on their own trips. On backpacking trips, often the people who are going are going backpacking for the first time. Becoming friends with them and them showing you pictures from their last trip gives you a warm fuzzy feeling.”

Director of the OP, Sandra Townsend, loves to interact with people in the outdoors. “It gives real instant feedback. You cannot hide your abilities from others. I think it’s one of the best ways to see who a person is,” she says.

Townsend has been working at the OP for seven years and finds that watching the growth of student employees and participants on trips is the most rewarding aspect of her job.

When asked about safety on trips, Townsend says that she doesn’t use the word “safe” anymore. “If you want to be completely ‘safe’— just stay in your dorm room. But then what is the point if you are not experiencing new and exciting things?” The OP weighs and manages the objective risk of the activity, plans for trips considerably, and takes appropriate measures from there.

Both Brandt and Hunter also strongly emphasize doing research and planning before a trip. Brandt says, “Before I go into the backcountry, I always extensively map a location, look up the weather, find camping places, backup

camp options, places to filter water, and the elevation and profiles of the routes.”

Hunter adds, “Before the trip, the trip leaders meet to discuss any potential hazards that might happen on the trip, whether that be weather-related, trail conditions or something else.”

Yet Townsend, Brandt and Hunter all agree that there is no substitute to just getting outside, however someone is able to. When asked about how a reader could embark on their own journeys, Townsend says, “Just do it! The biggest hurdle is the internal voice saying ‘no’. Once you overcome that, come to our office.”



THE OP RENTS OUT ALL TYPES OF OUTDOOR EQUIPMENT.

THE OP HOSTS A SALE AND SWAP EACH FALL WHERE PEOPLE EXCHANGE USED OUTDOOR GEAR.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



THE OP HELD A GOAT YOGA EVENT ON CAMPUS.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



NATE MOODY, ASSISTANT DIRECTOR OF THE OP, BACKCOUNTRY SKIING IN THE WALLOWA MOUNTAINS.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



THE PALOUSE CLIMBING FESTIVAL IS HOSTED BY THE OP EACH YEAR.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



PARTICIPANTS ON AN OP FLY FISHING RAFT TRIP.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



RAFTING IS A POPULAR SUMMER ACTIVITY IN IDAHO.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



GABE BRANDT ON AN OP SKI DAY AT LOOKOUT PASS.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



STARS OVER THE SELWAY RIVER.
PHOTO COURTESY OF GABE BRANDT



VANDAL VENTURES IS A PROGRAM FOR INCOMING FRESHMEN TO MAKE FRIENDS AND EXPLORE OUTSIDE.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



TRIP LEADERS PREPARE FOR THE SEMESTER AHEAD ON A TRAINING TRIP ON THE LOWER SALMON. THEY PRACTICE TECHNICAL SKILLS AND TEAMWORK.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



THE OP OFFERS EDUCATIONAL OPPORTUNITIES SUCH AS AVALANCHE SAFETY TRAININGS.
PHOTO COURTESY OF THE OUTDOOR PROGRAM



Scootin' Around Campus

UI students share their perspectives on the abundance of electric scooters

Story By **SEYI AROGUNDADE**

Photos By **LINCOLN COOK & SASHA SMITH**

Design By **GIA MAZZARELLA**

Although the University of Idaho campus is expansive and beautiful, it's safe to say that getting from point A to point B can be quite the trek. For example, travelling from the Wallace Residence Center to the Niccolls Building can take upwards of 15 minutes. While some students rely on a brisk walk to get to their lectures on time, others have invested in bikes, skateboards and even electric scooters.

Over the years, the usage of electric scooters has become more mainstream. This alternative method of travel has become more popular, with companies such as Lime Micromobility that offer e-scooters for rent in many cities around the United States. These vehicles are great for the environment, good for short commutes and, overall, fun to ride. However, these scooters have also been seen as harmful to both the people who ride them and to others around. According to a 2021 CBS News article, e-scooters accounted for 25,400 ER visits within that year.

Regardless, many see these scooters to be the quickest and most efficient way to travel — especially in a college town like Moscow. Evan Reynolds, a UI student and electric scooter owner, bought his own last summer after having to bike and walk to classes last year. “I liked scooters as a little kid, and I thought it would be cheaper than getting an electric bike,” Reynolds said. “I just kind of splurged and got one.” Reynolds also discussed how the scooter has made his life a little easier, as his commute between classes has shortened.

For student pedestrians however, the abundance of electric scooters on campus has caused more of an inconvenience. “I think that scooter drivers around here are a little aggressive,”

said Faith Thompson, another UI student. Thompson described some instances in which scooter drivers have almost hit her on walks to class, and even a time when a scooter driver almost hit a car. “I think that they’re fine, just that every one who rides them should be more aware of their surroundings,” Thompson said. Mariska Fulton, another UI student, shares the same sentiment. “I do believe that they are convenient, however, I just don’t like how I feel like they might hit me,” she said.

“I liked scooters as a little kid, and I thought it would be cheaper than getting an electric bike.”

Some haven't given much thought to the subject. Asher Holdem and Isaiah Hewitt, fellow students on campus, discussed how they both thought the scooters were convenient, but overall, it wasn't a subject that crossed their minds too often. Hewitt uses a bike to get from class to class and noted that dodging scooters can be a bit of a hassle, but saw no problem with them.

Regardless of whether one is a scooter hater or a scooter lover, the hike across campus every day can be tiring. Through the investments of a bike, a scooter or even a hoverboard, some people have found this commute a little easier. However, a fast-paced walk is still reliable to get students from place to place — just watch out for those scooters.



LEFT STUDENTS RIDE THEIR ELECTRIC SCOOTERS AROUND CAMPUS.
RIGHT SCOOTERS PARKED IN BIKE RACKS OUTSIDE THE LIBRARY.

This Isn't Their First Rodeo

A Q&A with transfer students who share their stories of coming to the University of Idaho

Story By **SYDNEY KELSO** Design By **SAMUEL VERHAREN**

We all have different backgrounds, different situations we're coming from, different stories. Some students came on over to the University of Idaho right after high school, some left themselves some time before coming here and others are transfer students — UI isn't their first rodeo.

Meet Debbie Abon-Germany, Amaya Hotchkiss, Hannah Ireton, Lia Miller, Sasha Smith, Julie Tennant, Ella VanCleave and Norah White to learn about their experiences as transfer students as they share their story of how they ended up here at UI.

What made you want to leave your previous college?

University

"I decided to leave because the campus didn't have a lot of student involvement. I enjoyed my professors and the classes I was taking, but the lack of socialness and student engagement was disappointing. While I was at Idaho State University, my sister was in a sorority at UI, and I always found myself a little envious of how many cool things she was able to be a part of — philanthropies and formals and date dashes and being able to be around such great people. I guess I wanted to be a part of that too, so I decided to transfer," said Hotchkiss. Hotchkiss is majoring in marketing and sports management.

"Several reasons! I loved the Rochester Institute of Technology but after taking a gap year for personal reasons, I realized that I wanted to finish my degree elsewhere. UI seemed like the best fit," said Tennant. Tennant is majoring in art education.

Community College

"I had always planned to leave the College of Western Idaho. I knew since high school that I wanted to start at a community college and get my general education done, then transfer to UI," said Debbie Abon-Germany, a sustainable food systems major.

"I finished my AA, but wanted to continue my education," said Ireton, a transfer student from Centralia College. Ireton is studying general sciences.

How did the classes compare from your previous college to those at UI?

University

“The class structure is pretty similar at both. Art students typically take studio classes which are about three hours long — plus other, shorter classes like art history or other electives. I like that long format a lot, honestly. It feels so satisfying to work on something consistently in a room full of people just as passionate about art as you are,” Tennant said.

“So far, my classes at UI have been larger and less niche. Whitman is a liberal arts college, so the classes tended to question the nature of things. At UI, classes are much more practical and they focus on imparting knowledge and skills,” said Miller, a transfer student from Whitman College. Miller is studying music here at UI.

Community College

“Most of my classes were online. My in-person class was pretty small; there were maybe twenty to thirty of us. It was a chemistry class, and everyone in class fit into the lab, so we all had the lab together, too. My online English class only had three people in it, though,” said White. White transferred from Helena College and is studying architecture.

“At CWI, the classes tended to be longer. They were usually an hour and forty-five minutes to three hours long. They’re shorter here. Most of my classes are fifty minutes long. I have a lab that is an hour and a half long, but we don’t usually use all of the time,” said Abon-Germany.

How do the colleges compare in terms of activities, clubs, sports and events for students to participate in?

University

“UI activities have a lot more engagement and there are many more to choose from, probably because it’s a much larger school,” said Miller.

“It’s very different with clubs, since the community here is more friendly,” Smith, a journalism major, said.

Community College

“I was on the student government, so I was involved with a lot of the extracurriculars. There were less things to get involved with, but you could be really close to the other students and to the faculty with the things that you were involved in,” Ireton said.

“There were barely any events or clubs at my community college. There was one baseball team. There were events maybe once a month, and there were only a couple clubs: a STEM club and the baseball club. It was really small compared to here, where there’s an event pretty much every day and there are over two hundred clubs,” said VanCleave. VanCleave transferred from Clackamas College, and she is majoring in civil engineering.

Did you have any issues transferring from your previous college to UI?

University

“Initially, a lot of my credits didn’t transfer properly, but the staff of the College of Art and Architecture, my advisors, and the registrar were super helpful and we ended up working it out. It was definitely a bit worrying for a while, though. Also, it’s a very long drive from New York to Idaho,” Tennant said.

“It transferred perfectly! I even had an extra credit go through,” Smith said.

Community College

“I had no issues transferring credits because I had completed my degree! This meant that even credits that usually wouldn’t be transferable were because it was a completed degree and not individual credits. For example, I had a guest lecture class for a humanities credit and that usually wouldn’t transfer here on its own, but it transferred fine because I had it as a part of the completed degree,” Ireton said.

“I had no problems transferring credits, but I did have a rough time figuring out what classes to sign up for here because the credits took a while to transfer. I am part of the Honors Program and part of the architecture program, and I was only a couple credits short of an AA, so I had to meet with three different advisors – my community college advisor, my Honors Program advisor, and my architecture advisor. It was hard to meet with all three counselors and it took a couple months, but I got it figured out,” White said.

Did you already know people who go to UI when you transferred?

University

“I knew a few people here before I came. My boyfriend goes here. I also knew a couple other people from work. Other than that, I didn’t know anyone,” Smith said.

“I knew my sister when I first got up to Moscow, but that was it. I have been able to meet so many amazing people since, though,” Hotchkiss said.

Community College

“Nope! I didn’t know anyone,” VanCleave said.

“I already knew some people, because quite a few people from my high school came here right after they graduated,” Abon-Germany said.

Overall, how do the people compare from your previous college and UI?

University

“The campus definitely feels a lot more social and vibrant at UI, but I would honestly chalk that difference up to COVID. My years at RIT were right after the pandemic and I think that people were still very much recovering from that. Both campuses were full of awesome students and I feel very welcome at UI,” Tennant said.

“So far, I’ve had a much better experience at UI! I don’t think this is any fault of Whitman’s, as they say college is what you make it. However, UI has a much more practical mentality to it, in my opinion. The people feel very authentic and down to earth,” Miller said.

Community College

“The people here are a lot nicer! The teachers are similar in personality and kindness. Their teaching styles are different, but it’s also just different in general because the general education classes are pretty different from the architecture classes,” White said.

“The biggest difference is age. Most people at my community college were in their thirties or older and were going back to college to learn more or try again at a career. They usually were already married and had families and houses. Here, I know maybe one or two people over thirty in my classes,” VanCleave said.

How does the dorm life compare from your previous university to UI?

University

“Dorm life has been very similar,” Miller said.

“Dorm life at Idaho State was pretty much the stereotypical college room. It was me and another girl in a pretty small room. We were on the seventh floor. The community bathroom was subpar. The food at the dining hall was actually pretty good, and there were plenty of options for any time of day. Obviously, living in a sorority is very different and I enjoy it a lot more,” Hotchkiss said.

“I can’t speak much to the dorms at UI, but I really like that they have kitchen areas and hangout spots, like the Wallace basement, where students can spend time together. The dorm I lived in at RIT had a small room on each floor for meetings and gathering,” Tennant said.

Three Local Artists and Their Musical Journeys

Local musicians use Moscow and surrounding regions as the stage for their creative outlet

Story By **ROSE OWENS**

Photos By **COURTESY**

Design By **MEGAN GOECKNER**



DESOLATION HORSE BAND MEMBERS.
PHOTO COURTESY OF DESOLATION HORSE



Daniel Botkin, Cooper Trail and Bill Tracy are musicians in Moscow who have experimented with music, produced it and made connections in the industry in Moscow and Pullman. Their efforts have allowed them to release their music on streaming services and have sent them out on tours to share their music across the Pacific Northwest and beyond .

Botkin came to the area for school. He attended the University of Idaho and studied graphic design. He now lives in Moscow with his wife and three kids. During his time in college, Botkin and his friends Chris Lowe and Jason Oliveira formed the band Runaway Symphony. Botkin is the lead vocalist, Lowe is the guitarist and Oliveira plays drums. Later on, they met AJ Stevens who plays bass and acts as the band’s audio engineer.

As a kid, Botkin was shy and had huge stage fright. “It’s funny because I would sing a lot just on my own but once I came to college, I was more interested in performing and stuff and it was kind of a surprise for my family,” he said.

An open mic night at Moscow Alehouse was Botkin’s first performance. He would participate in open mics at other local businesses where he met others who were in the same boat as him: people who were trying to figure out how to write songs. These events gave Botkin a community. He even met Lowe at an open mic night.

Lowe and Botkin started collaborating on music and then Lowe invited Botkin into a band he and Oliveira were in as a bass player. Eventually that band broke up and left the three of them to create a new band, **Runaway Symphony**.

When discussing the genre of Runaway Symphony, Botkin



TOP **RUNAWAY SYMPHONY BAND MEMBERS**.
 BOTTOM **BOTKIN, LEAD VOCALIST**
 PHOTOS COURTESY OF RUNAWAY SYMPHONY

said, “If I have to put a label on it, I would say cinematic indie rock.” Botkin had a lot of folk influences growing up. He listened to Prairie Home Companion and Inland Folk on the radio. Inland Folk was “an old radio show that they used to broadcast at WSU.”

“We found our sound by really focusing on telling stories through our music. And so that’s where some of the cinematic elements come in and trying to build these dynamic worlds for the songs to live in,” Botkin said.



RUNAWAY SYMPHONY PERFORMING.
PHOTOS COURTESY OF RUNAWAY SYMPHONY

For the last decade since being in the band, Botkin has tried to learn more about music production. The band started DIY-style by recording demos on a laptop because it was what they could afford. For the last album the band released in 2021, they rented some time at a studio. In total, Runaway Symphony has three full-length albums that are available to listen to on Spotify and other streaming services.

In the band's early years, Runaway Symphony toured

because they were in college and had summers off. They travelled from Oklahoma to the South, then up the coast through California. Since then, they've done regional shows mainly in Idaho, Washington and Oregon.

With having families and busy lives of their own, the band hasn't been able to work together or perform as often. As of now, there are no plans for an album but they'll continue to work on music in some capacity.



Cooper Trail is another musician living in Moscow. He grew up in Moscow, moved to Astoria, Oregon, then moved back to the Palouse. He is studying English at UI.

As a kid, Trail played piano and drums in his church's band. In junior high, he met Bart Budwig. Budwig was and still is a songwriter and audio engineer and he welcomed Trail into the world of playing live shows, writing and recording music.

After high school, Trail started touring as a drummer for different bands. He also did studio work for songwriters.

Right before the coronavirus pandemic began in 2020, Trail had about a year of shows booked, which were all canceled. Because of this, he moved back to continue school. Around this time is when he created the band **Desolation Horse**.

Trail describes Desolation Horse as "a solo project where I write the songs and record usually with one other person... So I usually track the albums by myself with one engineer. And there's a live band, too." The live band members for Desolation Horse include bassist Corey Oglesby, guitarist Joe Marsh and drummer Bill Tracy. Nevada Sowle has been Trail's audio engineer.

Trail has been inspired by artists like Simon and Garfunkel and Velvet Underground. Some other bands that are important to him are ones from the Pacific Northwest that were more active when he was growing up like The Shins, Death Cab for Cutie and Fleet Foxes. "I like writing about traveling or visiting friends, nothing crazy. I like writing about partying with your friends but also the more hidden feelings that go along beneath all of that stuff." Trail said the genre of Desolation Horse is post-Americana.

Desolation Horse has released three albums. Trail has studio time booked in January and is hoping for this recording to be more collaborative.

They can tour in the summer and play occasionally throughout the rest of the year. Most of their shows are in the PNW. Trail would like to live in the Pacific Northwest after college because many of the people he knows through creating music live and play in this area. He wants to keep doing music for as long as possible.



DESOLATION HORSE BAND MEMBERS.
PHOTOS COURTESY OF DESOLATION HORSE

Bill Tracy, one of Desolation Horse's live band members, has his own separate band called Mother Yeti. Tracy grew up in Eagle, Idaho. He attended Boise State University for a year before transferring to UI.

The first instrument he learned to play was a violin, and he played in a few orchestras around his hometown. Tracy said he felt embarrassed playing violin so he told his parents he wanted to play guitar. "I also had a little electric drum set that I played on all the time, I just became obsessed with rock and roll, all the classic rock. AC/DC was my biggest influence, and Led Zeppelin," Tracy said.

At UI, Tracy and his friend James Macfie would jam together and play at house parties. At that time, Tracy said he had no idea what he was doing. They didn't get much attention, but there were people in his life who saw his talent and told him not to stop playing. "I even had a crazy friend who threatened me, like he'd break my arm if I had ever stopped, and I'm like 'Okay, alright, I guess I'll keep playing music,'" Tracy said.



MOTHER YETI PERFORMS AT JOHN'S ALLEY.
PHOTOS COURTESY OF MOTHER YETI





MOTHER YETI BAND MEMBERS.
PHOTO COURTESY OF MOTHER YETI

It took a while for Tracy to write songs and lyrics and be comfortable singing. It wasn't until his friend Zack Degler helped him that he could formulate songs. When they started the band **Mother Yeti**, Degler would do most of the singing. They played a few shows in 2012, then Tracy found a bass player named Mike Halladay. After that, there were multiple versions of the band, as members have come and gone.

Tracy and Degler wrote and recorded Mother Yeti's early music, "cheaply and terribly," said Tracy.

Tracy graduated from UI in 2013 with a bachelor's degree in broadcasting and digital media. He now works at Washington State University as a media producer. He still works on the side playing music and gigs.

Mother Yeti is made up of Bill Tracy on guitar and vocals, Corey Oglesby on guitar, Joe Marsh on bass and Jim Rizzuto on drums. Now, they are focusing on recording music. They have a few new songs but not a full album.

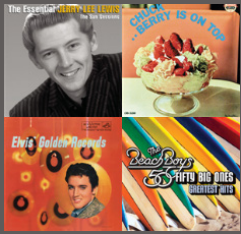
Even with all of these musicians having lives and careers outside of the music industry, they make strong and rewarding efforts to also spend time with their creative outlets. The community in this area has had a great impact on the musicians and the connections that they made throughout their careers.

"I even had a crazy friend who threatened me, like he'd break my arm if I had ever stopped, and I'm like 'Okay, alright, I guess I'll keep playing music.'"

Feel Good Songs From Each Decade

Story By **VANESSA WERNER**
Design By **LINCOLN COOK**

Music can be a great way to lift people's moods. From rock n' roll to disco, here is a playlist of songs from each decade from the 1950s to the 2020s that are sure to bring positive vibes to your next party.

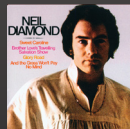


Decades Playlist

LISTEN TO THE PLAYLIST HERE!



Great Balls of Fire
Jerry Lee Lewis



Sweet Caroline
Neil Diamond



Don't Stop the Music
Rihanna



Johnny B. Goode
Chuck Berry



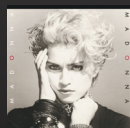
Girls Just Wanna Have Fun
Cyndi Lauper



Hey There Delilah
Plain White T's



Jailhouse Rock
Elvis Presley



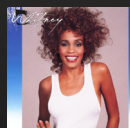
Holiday
Madonna



Happy
Pharrell Williams



Good Vibrations
The Beach Boys



I Wanna Dance With Somebody
Whitney Houston



Who Says
Selena Gomez



Here Comes the Sun
The Beatles



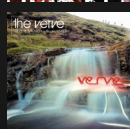
Unbreakable
Alicia Keys



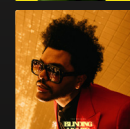
One Call Away
Charlie Puth



Stand By Me
Ben E. King



Bitter Sweet Symphony
The Verve



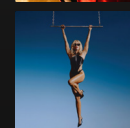
Blinding Lights
The Weeknd



Stayin' Alive
Bee Gees



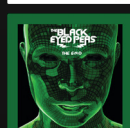
Wannabe
Spice Girls



Flowers
Miley Cyrus



Dancing Queen
ABBA



I Gotta Feeling
Black Eyed Peas



Dance the Night
Dua Lipa

Chronic

A poem about chronic illness written
for a close friend

Story By **PIPER RICKMAN**

Design & Illustration By **JARED BURKETT**

Another storm, huh? Mast's tattered, hull cracked again, seems like
your sails never quite catch right, even in fair weather.

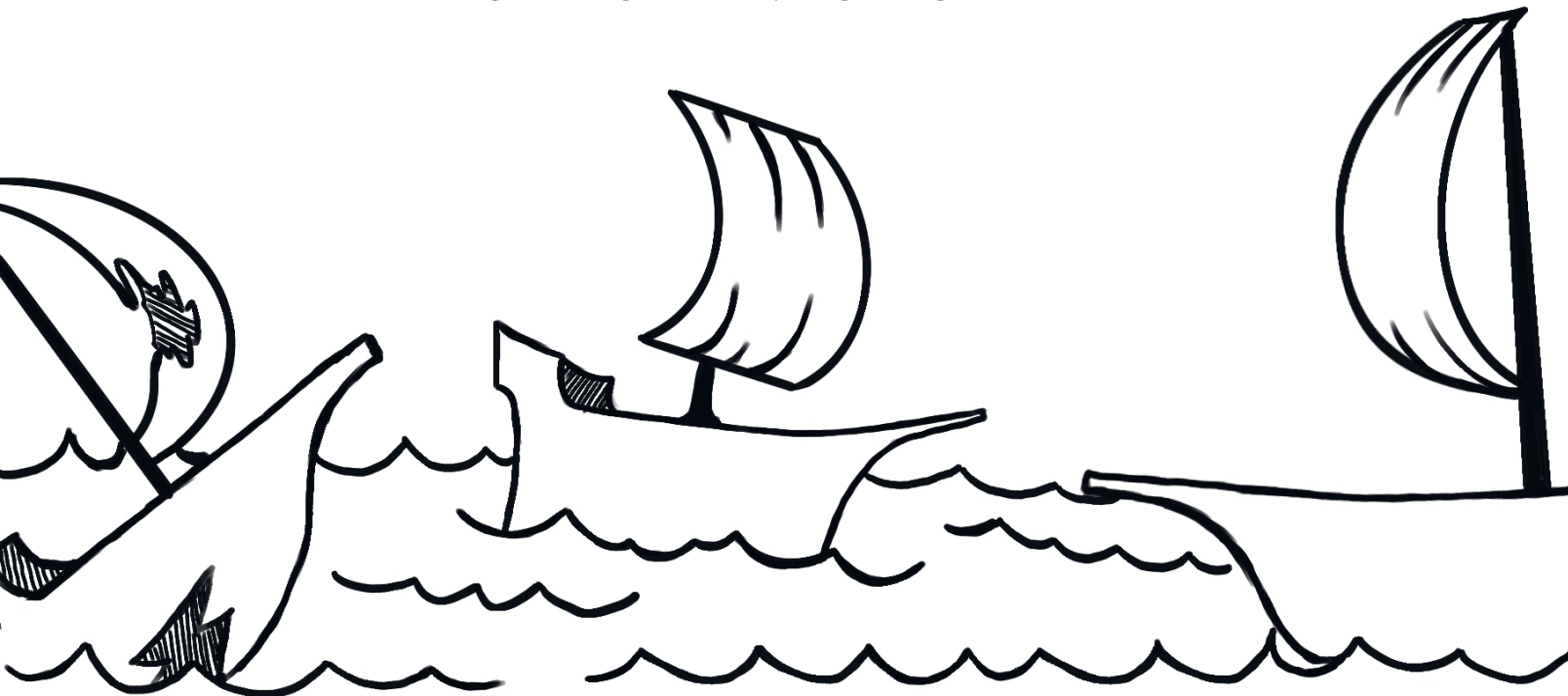
You're out of the worst of it now, but still, I imagine it can't be easy.

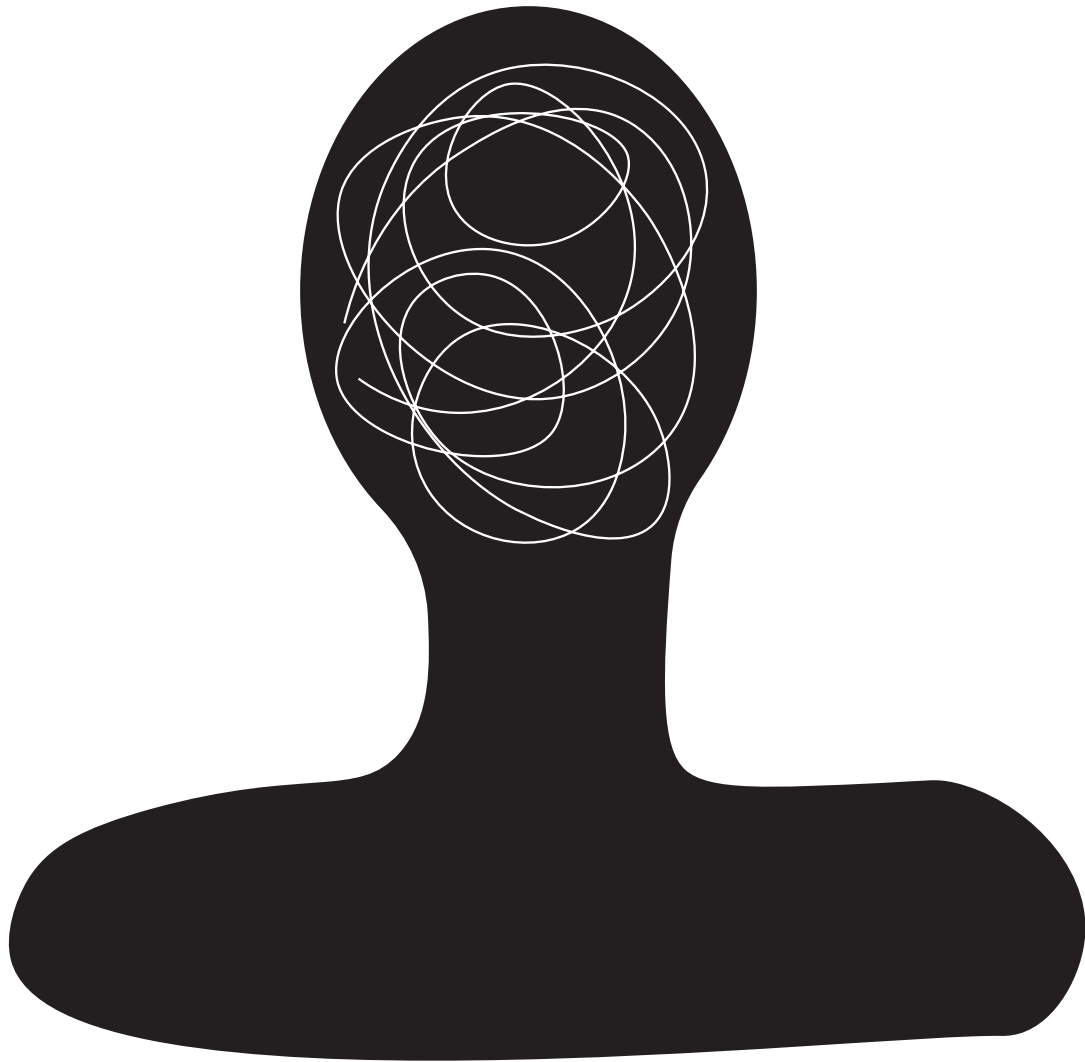
I say "imagine" because I truly can't say for sure. There's no way that
I, from my safe place on dry land, could know what it's really like to be
out at sea, tossing and turning. None of us really can.

There may be other ships, but they're all different builds, different
models, with their own tears and cracks, their own ins and outs. In
the midst of a storm you're alone, with the creaks and groans of rain-
battered wood for company.

But, at the end of the day, when you come to port, still rocky in the pier
but as close to dry land as you can be, we'll be here to help mend and
fix. We'll be here whenever you need us, to understand best we can.

You've gotten through worse, and you'll get through this too.





No Pressure

A poem about the contradictions we are told
growing up and how they affect internal monologue

Story By **PIPER RICKMAN**

Design & Illustration By **JARED BURKETT**

“Be nice, be the bigger person.” “Stand your ground, don’t let them walk all over you.”

“Speak up when someone hurts you.” “Don’t talk back.”

“Violence is never the answer.” “Stop crying or I’ll give you something to cry about.”

“You can’t control others’ actions.” “Be proactive, one bad apple spoils the bunch.”

“Don’t bottle it up.” “You’re so emotional, calm down!”

“Be kind to yourself” “Don’t blame others”

“Pick your battles.” “Don’t be complacent.”

“Stand up for yourself!” “Sit down.”

“Speak up!” “Stop whining.”

“You’re just a kid, you don’t know anything!” “Kids these days are so weak-willed.”

Be the bigger person. Be small.

Stand strong. Don’t be stubborn.

Say something- shut up.

Some people will hurt you.

Be decisive. Be quiet.

I don’t understand....

Be nice. Be kind. See the good in everyone. Everyone else is good, everyone else is doing it right. To say they aren’t would be putting the blame on them. Take responsibility.

Some people will hurt you. Some people are allowed to hurt you. That’s ok. It’s probably your....

Don’t bottle it up, say something! But not in the moment. Not to other people. That’d be rude. These thoughts are wrong. And because you are having them, you are wrong. Don’t bottle them up. Don’t say them where others might hear them.

If you are to direct them anywhere, direct them at yourself. Nobody gets hurt if the only person who hears is your reflection. Broken glass might cut the person who broke it, but some people are allowed to hurt you. It’s ok, now you have a reason. Now you have something to cry about.

Be the bigger person when it’s obvious that someone else is in the wrong. But if you can’t tell who is, it’s probably you. To assume otherwise would be amoral.

Only speak up when it’s black and white. Even then, someone will tell you it isn’t. Are they wrong or are you? It would be wrong to put the blame on someone else.

What’s wrong? Why aren’t you saying anything? Stop whining. Speak up!

Speak up and let others yell at you. Shut up and don’t back down. Don’t blame them, look at yourself. Don’t bottle it up. Just be quiet. Choose happiness! Everything is fine!

No pressure.

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