

THE ACTIVE ISSUE

SPRING 2024

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Going the Distance

A look into the lives of UI students who run for fun

Three Months in the Wilderness, Why Not?

An account of a Semester in the Wild in the Frank Church — River of No Return Wilderness

Championing Change

A conversation with Dr. Leontina Hormel on diverse paths to social engagement



Blot Magazine

SPRING 2024

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Editor's Letter

Dear Reader,

What comes to mind when you hear the word “active?”

I think about the schedule of a college student who needs *just* ten more minutes after their morning alarm.

As I reflect on my eight semesters as a Vandal, I remember many hours spent in studio, notes taken in lectures and hikes up campus hills. Also, lots of trips to WinCo, loads of laundry done and dishes washed. Oh, I can't forget all those emails sent, meetings had and more emails sent.

Being active can take many forms: maintaining habits of physical activity, being an active member of the community, acting through making art and practicing political activism — to name a few.

In this issue, my last publication with Blot, we explore some of these topics. Our feature story delves into the perspectives of two UI students who have incorporated long distance running into their lifestyle. You'll also find a feature on an admired sociologist, two accounts of jumping into new experiences, some authentic creative writing pieces and more.

One of the coolest feelings for a designer is encountering their work someplace they're not expecting to see it. This magazine has given me that feeling and I'm grateful for the experience.

Forever a Blot reader,



Gia Mazzarella
Editor in Chief

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IDLER'S REST TRAILHEAD IN THE WINTER.



Let's Get Active

Taking advantage of campus and the resources around us

Story By **SASHA SMITH**

Photos By **LINCOLN COOK**

Design By **MEGAN GOECKNER**

As a college student, finding the resources to stay active can be difficult. Luckily, for University of Idaho students in Moscow, there are plenty of resources on and near campus to help fit wellness and exercise into their busy schedules. The Student Recreation Center (SRC) is a popular place to work out but many people are unaware of all that it has to offer.

The SRC offers group fitness classes with activities including yoga, pilates, barre, cycling and hip-hop dance. Classes last around eight weeks and cost between 10 and 30 dollars. Anyone, not just students, can register through the Fitness Program page on the UI website.

Another resource at the SRC is the Climbing Center. Equipment is available to rent through the Outdoor Program, and climbing clinics are offered for about 15 dollars. The Climbing Center page on the UI website has information on when clinics are offered, Climbing Center hours and more.

UI's Recreation and Wellbeing program has an activities calendar on its UI web page with even more activities including rafting trips, whitewater kayaking clinics and laughter yoga.

THE COURTS OUTSIDE THE ADMINISTRATION BUILDING ARE SET UP FOR TENNIS AND PICKLEBALL.





**THE BILL CHIPMAN PALOUSE TRAIL CONNECTS TO PARADISE PATH AND STRETCHES WEST INTO PULLMAN.
THE PATH CONTINUES EAST 12 MILES TO TROY AS THE LATAH TRAIL.**



PARADISE PATH IS A GREAT WAY TO GET ACROSS TOWN.

The UI Disc Golf Course is another great place to be active as well as a great group activity to do with friends. Located across from the Idaho Central Credit Union Arena, the course includes nine holes and is open to the public. There is a map of the course and all of its holes online if you search for the address.

Another location to take advantage of is the tennis and pickleball courts which are located on the Administration Building lawn with a beautiful view of the historic trees nearby. The courts are available to students on a first come, first served basis.

If group activities don't sound appealing, a walk in the UI Arboretum & Botanical Garden might be your cup of tea. The 63-acre piece of land is home to over 17,000 different kinds of plants and is a beautiful walk. There is a map available on the UI Facilities page that lists the different kinds of plants and different sections of the arboretum.

Another good hiking location is Moscow Mountain, which is only a 15-minute drive from campus with over 80 different hiking trails. The Moscow Area Mountain Bike Association website has an interactive trail map that can filter by activity type (mountain biking, hiking, etc.). Idler's Rest Nature Preserve on Moscow Mountain is a great choice if you are looking for a lighter hike with trails under a mile long.



KACEN COOK PREPARING FOR HIS FINAL THROW.



LINCOLN COOK HAS HAD A LOT OF PRACTICE PLAYING DISC GOLF.



THE UI DISC GOLF COURSE, ACROSS FROM THE ICCU ARENA, FEATURES NINE HOLES.



BACKGROUND **MOUNTAIN ACROSS THE RIVER
FROM CAVE CREEK, A LANDMARK ON THE BIG
CREEK TRAIL.**

TOP **A VIEW OF TAYLOR RANCH FROM
THE AIRSTRIP.**

MIDDLE **A PLANE TAKES OFF FROM THE
SOLDIER BAR AIRSTRIP DOWN RIVER FROM
TAYLOR RANCH.**

BOTTOM LEFT **A GROUP OF BIGHORN SHEEP
DRINK FROM BIG CREEK.**

BOTTOM RIGHT **RYANN HARRINGTON TAKES A
PICTURE OF ANDREW FIFE-BROWN AND NOAH
MILLER AFTER CATCHING A FISH.**





Three Months in the Wilderness, Why Not?

An account of a Semester in the Wild in the Frank Church — River of No Return Wilderness

Story & Photos By **MACKENZIE DAVIDSON**

Design By **GIA MAZZARELLA**

The typical school year for a college student is already a chaotic experience. Throw living in the wilderness with 11 complete strangers into the mix, and you've hit the jackpot of insanity.

I first learned about the Semester in the Wild program when I was a junior in high school. A mentor of mine participated when she attended the University of Idaho and told me about how amazing it was.

Essentially, the experience is three months of living at the Taylor Wilderness Research Station in the heart of the Frank Church — River of No Return Wilderness in Central Idaho while learning about environmental history, ecology, sustainability and environmental writing. Fondly called "the Frank," the wilderness area was designated by Congress in 1980 after

the area was recommended by Senator Frank Church. The program had its first semester in 2013.

The station was originally a ranch owned and operated by "Cougar Dave" Lewis. He sold the 65-acre property to Jess Taylor and his wife in 1935, who were outfitters at the time. With the aid of scientist Dr. Maurice Hornocker, who based his study out of the ranch, UI purchased it from Taylor in 1969. It is now used as a hub for research and education for university programs.

Aside from her stint with giardiasis (an intestinal infection), my mentor's experiences at Taylor convinced me to participate. So, after submitting my application in the spring of my freshman year, attending a few information sessions and going to a chaotic bonfire with a few of the other folks participating, I was off.

On Aug. 21, we made our first stop on our way to the Frank. The McCall Outdoor Science School, or MOSS, in McCall, Idaho, is a satellite campus owned by the university and is often used for natural resources and science education programs.

“This adventure was a decision made by an introvert pretending to be an extrovert, and the anxiety was setting in.”

My nerves were through the roof as I waited on a bench overlooking Payette Lake. This adventure was a decision made by an introvert pretending to be an extrovert, and the anxiety was setting in. I’d made impulsive decisions before, but this felt larger than anything I had previously done. After my mom left me at MOSS, forcing me to make awkward small talk with the one other person who had arrived at the campus, I was beginning to regret my impulsive decision. But other students arrived, icebreaker games were awkwardly played (names shared, forgotten, then shared again) and I slowly forgot the knot in my stomach.

Eventually, the group hit the road

in university vans and made its way to a little town called Edwardsburg, which sits a few miles outside of the Frank. There, we stayed for a week at Dr. Brian Kennedy’s cabin, who is a faculty member in the Department of Fish and Wildlife Sciences at UI. Some students

stayed in tents outside, others staked their claim on the furnished second floor of the garage, while others (such as myself) took their chances with the cement floor of the garage. Despite its looks, the ground was quite comfortable.

While in Edwardsburg, we spent our days learning about how fires impact the ecology of the forest, the salmonid life-cycle, how the abundance and diversity of tiny insects called macroinvertebrates can say a lot about water quality and how to design our own ecological projects. Alongside our science curriculum, we also learned how to live with each other. We cooked for each other, told ghost stories around the campfire, went

looking for wolves and enjoyed each other’s company while listening to small town musicians at the local lodge.

Our time in Edwardsburg was beautiful (including some rather interesting encounters with a guest fire-ecology lecturer), but the real adventure began when the group took its first steps on the 30-mile-trail leading to Taylor.

In an effort to do anything I can to make the great Bear Grylls proud, I spent a lot of time on trails and in tents situated in places that made my parents worry about me. The Big Creek Trail was a beast, and with this being my first real backpacking trip, it was like a beast on steroids.

The Frank Church Wilderness is over two million acres, about two-thirds of the area of Connecticut. It is home to talus slopes, giant crags and lodge-pole-covered mountains that stretch towards the sky. The Middle Fork of the Salmon River flows through its heart and connects to other waterways that feed life into each basin. Each step on the trail brought us closer to Taylor while bringing new sights and experiences.

The first day was a difficult one. We had split into two groups and were slowly making our way along the trail



BIG CREEK AS IT PASSES IN FRONT OF THE TAYLOR WILDERNESS RESEARCH STATION.

but fell just one mile short of our 10-mile goal. Approaching our first campsite, we came across a cinnamon-colored black bear. Our teaching assistant (TA) spotted it first, but the group didn't believe him and said he was seeing things. Eventually, though, we saw the young bear run up a hill just across the river from where we stood.

The second day was just as difficult, but the group was getting used to the effort and began to set a pace that helped us succeed in our goals. By the end of the day, my feet were throbbing and my water bottle was empty, but we had made it to Coxy Creek and set up camp. The difficulty with this campsite was that the nearest water source was at the end of a rather perilous trail which required an impromptu rock-climbing expedition. The way down was an easier feat than the way up—which saw me fall a good distance, but I was luckily saved by my trail buddy, Ryann.

It took us two more days to reach Taylor. During that time, we saw monuments of life from before the Frank was designated as Wilderness, as well as camps and abandoned homesteads that seasoned travelers discuss in their writings — like “Cougars on The

Cliff: One Man's Pioneering Quest to Understand the Mythical Mountain Lion,” which was written by Hornocker as a retelling of his time in the Frank. We felt the burning sensation of our legs giving out as we climbed the steep hill towards Acorn Creek and its abandoned airstrip, learned about the Duku Deka Tribe's history at Cabin Creek and were frequently quizzed on the tree and shrub species we were seeing by our TA while he shared huckleberries found on the trail.

History was a constant companion on the ranch, with some cabins dating back to the early years of the ranch and others named after important figures in the ranch's past, as well as artifacts from past owners and residents of the ranch that are situated like trophies on the walls of the cookhouse and lab.

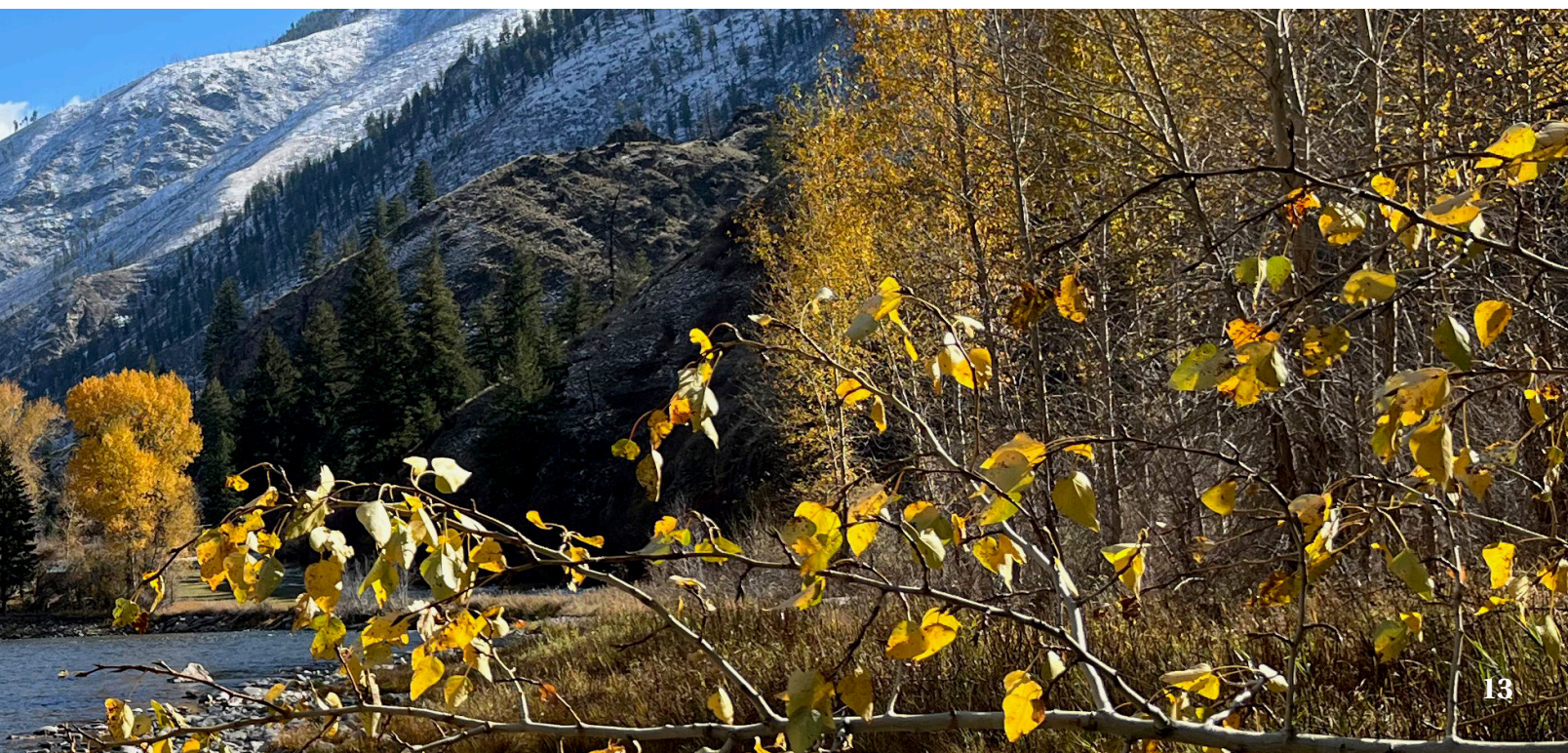
Taylor is a beautiful place and is run entirely by green energy. Solar panels are situated in spots where they receive optimal exposure and a hydropower system generates electricity for buildings.

“I spent a lot of time on trails and in tents situated in places that made my parents worry about me.”

On the last stretch of the trail, after being often lied to about how much of the trail was left, we finally got our first look at Taylor. The ranch is nestled just off Big Creek and is in constant shadow of Dave Lewis Mountain towering just behind its perimeter.

After dropping our packs off at the canvas wall tents we would be living in until the weather turned, we received a tour of the property by the very eccentric caretaker, Andrew Armstrong.

The wall tents were nestled just uphill from Big Creek near a gated pen Dr. Hornocker built to house two orphaned cougars he adopted during his study in the 1960s. After the weather turned and got cold enough for snow, several of us moved into the DeVlieg cabin, which was the most recent building constructed on the 65 acres. Two students stayed in the wall tents for the entire semester, though, and I still don't know how they accomplished that.



The Dave Lewis cabin was built just at the base of a mountain, meaning it was frequently the coldest spot on the ranch, as it was in constant shadow. This was where most of our professors stayed during their time with us.

The airstrip stretched along Big Creek and was lined with rows of deciduous trees often foraged on by beavers. At the end of the airstrip was a circle of tree stumps we used as an outdoor classroom, where we would discuss sustainability, the importance of wild places and the teachings of various environmental thinkers.

“We saw flowing creeks and rivers, giant alpine lakes and ponderosas that smelled of vanilla while reaching for the sky.”

Throughout the three months the group lived and worked at Taylor, we learned so much about living in and embracing the Wilderness, as well as embracing the company we found along the way. We read John Muir and Gifford Pinchot while sitting on the bank of Big Creek; climbed mountains so we could see miles of forest and mountains; spent afternoons fishing and laughing near Rush Creek; studied pictographs on cliff faces in the Big Creek Gorge and gained valuable backcountry skills and experience in outdoor leadership.

We took every chance we had to explore the area surrounding Taylor. Groups went backpacking to various nooks and crannies of the Frank nearly every weekend, experiencing everything the Wilderness had to offer.

As an assignment for our outdoor leadership course, we planned and led a weeklong trip to anywhere of our choosing. The group agreed to pack to a campsite called Waterfall Camp in the Bighorn Crags. It was a trail that saw us climb up steep hills and rest along Big Creek and the Middle Fork of the Salmon River. It was a trip that tested us and saw us both fail (most prominently with a campsite

made up entirely of rocks), as well as succeed. We saw flowing creeks and rivers, giant alpine lakes and ponderosas that smelled of vanilla while reaching for the sky.

Spending three months in the Frank Church is difficult to compress into a single article. There were so many small, chance encounters that will forever be engrained in my being, but to share them all I would have to write a 1,000-page novel. I experienced everything from falling off a beaver dam and hurting my knee, to finding wolf tracks, to late-night movies, to classes held on a ridge over-

looking Big Creek, to falling off a mule.

Unfortunately, the semester could not last forever, and we all had to say our goodbyes to the ranch and the mountains we had come to know so well. Our final adventure was boarding a bush plane that flew us back to the front country. The view from the plane was unlike anything I had seen before. While I could only enjoy it briefly before getting motion sickness, the sight of Dave Lewis Mountain, Rush Point, Rush Creek, Big Creek and so many other places I had journeyed to breezing past is one that I will never forget.

The Frank Church — River of No Return Wilderness is a special place, and the experiences I had along the journey of Semester in the Wild are invaluable. An infinite realm of knowledge lies within the foundation of this program, and the friendships and family found during the pursuit of that knowledge are forever worth the blisters on my feet and holes in my clothes.





BACKGROUND THE MIDDLE FORK OF THE SALMON RIVER AT SUNSET.

TOP LEFT ALEXIS MELCHER, RYANN HARRINGTON, MARY VISGER, ANDREW FIFE-BROWN, DR. BRIAN KENNEDY AND ASA LACKEY AFTER CONDUCTING A SNORKEL SURVEY FOR NATIVE FISH SPECIES.

TOP RIGHT RYANN HARRINGTON CHURNING ICE CREAM ON HER BIRTHDAY.

MIDDLE LEFT STUDENTS COOKED BREAKFASTS AND DINNERS FOR EACH OTHER DURING THE SEMESTER IN THE WILD PROGRAM.

MIDDLE RIGHT STUDENTS GATHERED TO WATCH THE SOLAR ECLIPSE ON OCTOBER 14TH.

BOTTOM THE VIEW FROM THE BUSH PLANE FLYING STUDENTS OUT OF TAYLOR RANCH AT THE END OF THE SEMESTER.

Championing Change

A conversation with Dr. Leontina Hormel on diverse paths to social engagement

Story By **PARYA POOSTI**

Photos By **LINCOLN COOK & COURTESY**

Design By **GIA MAZZARELLA**

Upon recognizing the theme of this issue — “active” — sociology professor Dr. Leontina Hormel sprang to my mind as the epitome of social activism. I am beyond happy to have had the opportunity to interview her, as her work has truly inspired me and has positively impacted countless lives.

Hormel began her journey in sociology in 1990 and has been sharing her expertise at the University of Idaho since 2006. Yet this passion was kindled long before her academic career, stretching back to her childhood years.

“My dad was a criminal defense attorney,” Hormel said. “He and my mom used to sit around the table and talk about all these terrible things that seem to happen to people. Usually, there is this wrong impression of people who end up being arrested or charged with things and end up in jail, but their lives are more complicated and worth knowing.”

Hormel’s research interests span a wide range, encompassing topics from masculinity and gender relations in Ukraine, to community action research projects such as the cultural and environmental values of the Nez Perce Tribe, to

the Syringa Mobile Home Park housing and water crisis.

Despite this intriguing diversity, Hormel finds a common thread that links all these areas: social change in the field of sociology.

“I realized what I have always been interested in is how communities figure

whereas men in Ukraine would express livelihoods of being able to be a breadwinner, to be able to provide food to their family. Then in Syringa, it was simply the ability to live in a place where people accepted you.”

Speaking of social change, I took the opportunity to ask Hormel about her

“Usually, there is this wrong impression of people who end up being arrested or charged with things and end up in jail, but their lives are more complicated and worth knowing.”

out ways of cooperating and not just being in conflict,” Hormel said.

“So, the other underlying aspect is looking at how people want to protect certain things that are important to them,” she continued. “Some of that could be just basically protecting the ways in which they know how to make ends meet. In the Nez Perce case their lives have been very dependent on interactions with the natural world such as salmon and medicinal plants. So that is one way they would express livelihoods,

perspective on social activism, recognizing its essential role in promoting social change.

“I have plenty of great examples of people who are out and doing the demonstrations in the street and what they call ‘doing stuff at the frontline,’ and that works for some people, but not everyone feels safe doing that,” Hormel said.

According to Hormel, activism can take a variety of forms. At the smallest level: being someone who remains curious and open-minded to other people’s experiences and perspectives.



HORMEL STUDIED THE WORK ARRANGEMENTS OF THE GARMENT INDUSTRY IN UKRAINE, SPECIFICALLY THE RISE OF SMALL ENTERPRISES.



HORMEL WITH SURVEY RESEARCH TEAM IN KOMSOMOLSK (NOW CALLED GOROSHNI PLAVNI) IN UKRAINE, AUGUST 2002.



SYRINGA MOBILE HOME PARK RESIDENTS PROTESTED THE USE OF "RED TAGS" AND THEIR LIVING CONDITIONS WHILE THE PARK'S OWNER REFUSED TO INVEST IN IMPROVING CONDITIONS AT THE PARK.

PHOTOS COURTESY OF LEONTINA HORMEL



HORMEL AND JIM WARE IN FRONT OF HIS WORKSHOP IN SYRINGA, NOVEMBER 2018.
PHOTO COURTESY OF LEONTINA HORMEL

“In this day and age, some people may feel really exhausted by all the things they feel they don’t agree with that are going on,” Hormel said. “But activism is the ability to step back and ask: ‘Why would people feel this way? How do I humanize the experience of people that may seem like they do not have anything in common with me?’”

Learning that maintaining a socially active lifestyle largely depends on one’s mindset, I asked Hormel for advice on how the average student can practice this.

“It doesn’t have to be limited to your major. Maybe there is something in your personal life that really gives you a sense of having skills and being appreciated and use those to maybe share with others around you,” she said.

In college, Hormel would write song lyrics to give words to her feelings.

“I shared them with close loved ones. It is not like you have to broadcast it,” Hormel said.

Reflecting on how people typically share their perspectives with each other, I thought about social media. Many people produce and share content that aligns with their beliefs and seek connections with like-minded individuals.

than it’s trying to type in a hashtag that does not necessarily say it all because there is a lot of miscommunication. I think, on social media, when things are super passionate it sometimes can be counterproductive.”

“But activism is the ability to step back and ask: ‘Why would people feel this way? How do I humanize the experience of people that may seem like they do not have anything in common with me?’”

“Social media can serve as communication for strategically getting people to places at the snap of a finger,” Hormel said. “At some point, you have to do these things in person, and it doesn’t mean that you have to be out on the streets. But it does mean that it is much easier to talk face-to-face and sort out differences and shared strengths and all of that in person

There are many lessons to take away and plenty left unsaid in this brief interview. From what I understood, the key to social activism is maintaining a questioning mind and compassionate spirit. Also, it is important to reflect on current events, challenge one’s beliefs and engage in face-to-face conversations. Let’s not leave it all to hashtags.



Going the Distance

A look into the lives of University of Idaho students who run for fun

Story By **SYDNEY KELSO**

Photos By **GIA MAZZARELLA**

Design By **CATHERINE GALBRAITH**



CLOUDY SKIES AT THE UI ARBORETUM & BOTANICAL GARDEN.

Distance running is a sport that has been around for millennia. As time has gone on, the sport has only grown in popularity as people from various athletic backgrounds have been picking it up. In fact, according to RunRepeat, there has been a “65% increase in running and jogging activities” since the COVID-19 pandemic.

Freshman Izzy Martin and sophomore Julie Jirik are two University of Idaho students who have immersed themselves in the world of distance running. While they only started running together this year, the two have been active runners for much longer.

“I believe I started running in seventh grade,” Martin said. “I started running with my mom in the foothills, because we

had those pretty close to our house. We would go on two-mile runs, and for me that was pretty long. We worked up to longer distances. I joined the cross country team in eighth grade, and from there I just kept enjoying it!”

“That’s when my mindset shifts when I’m running and I decide to have a certain pace, run with a certain mindset and fuel a certain way.”



JULIE JIRIK, IZZY MARTIN AND NICOLE JONES POSE BEFORE A MORNING RUN.

Jirik noted that she began to run in with her dad in elementary school. From there, she joined the cross country and track teams, where she ran the long distance events. Here at UI, Jirik doesn't run for a team, but for fun.

Distance running, while typically seen as a "low-cost" sport due to the lack of equipment such as balls or nets, still requires some personal investments.

"Number one, you've got to have some good shoes," Jirik said. "When you run a lot, you have to switch them out, so usually I use about two pairs of shoes a year. My favorites are Brooks Adrenaline. They're good stability shoes. If you talk to somebody on the cross country team, they'll have different shoes for different workouts, but I just have my Brooks."

"Another thing that motivates me is being able to be so proud of what my body can do. I think pushing my body in that way is something that has always been a natural inclination for me, and even though it's hard, it's almost like something in me needs to do it."

Martin also wears Brooks. During her long runs, she uses a running belt, which she packs with water and snacks. To loosen up, Martin uses a foam roller and a mini massager. Finally, she uses a Garmin Forerunner 55, a smartwatch geared towards athletes, and Strava, a social media app also designed for athletes, to track her runs.

"I like Strava because I am able to see other people's workouts and cheer them on," Martin said. "I also get a little endorphin boost when other people see my activities and give me Kudos, which is the Strava equivalent of an Instagram 'like.' I also like to use Strava because you can log a lot of activities, such as running, skiing and biking. Strava also helps you track your splits, which are your fastest times. Strava tells you your fastest mile, 5K, 10K and more. It's all really motivating because it helps you push towards that next goal. Finally, there are Local Legends, which are the fastest logged activities in a certain area. It's really fun to see yourself on the leaderboards!"

Jirik noted that different temperatures call for different gear. She uses hats, long-sleeved shirts, vests and coats for cold and rainy weather. For warmer weather, she uses T-shirts, shorts and sunglasses.

"You'll also want to drink something with electrolytes when it's warm out," Jirik said. "I like to use Nuun because I feel like it tastes okay. I also have a CamelBak running vest that I wear in the summer when it's really hot."



JIRIK AND MARTIN BOTH WEAR BROOKS RUNNING SHOES.

Many runners cross-train by involving themselves with other fitness activities.

“If you don’t cross-train, you’re going to get injured,” Martin said. “This is because your body needs to build strength in other ways besides continuously pounding on the ground while running. Running is a really high-impact sport. This is why I also weightlift in the gym; it helps build my muscles and strengthen my bones so that, hopefully, I’ll be protected from future injuries. Many runners also often cross-train by biking.”

Besides lifting, Martin also enjoys yoga and acroyoga, Pilates and skiing.

“I like to incorporate other activities into my exercise routine because this allows me to find balance,” Jirik stated. She also emphasized the importance of strength training as it relates to injury prevention, and she explained that activities like stretching and yoga are important for reducing soreness and staying loose and mobile.

“I’m also in this class that meets three times a week to train via circuit workouts. It’s called Total Body Conditioning. Once a week, I swim because I feel like that’s a good, low impact activity. I also love to hike, play pickleball, rock climb and play tennis, but those aren’t regular activities, they’re just hobbies.”

All these activities, in addition to school and work, add up to quite the busy day. The runners also manage to fit relaxation into their schedules, though.



RUNNING SMARTWATCHES LIKE THE GARMIN FORERUNNER 55 HAVE PACE AND DISTANCE TRACKING FEATURES.

Martin explained that, to relax her mind while running, she listens to worship music and prays. Before and after her runs, she reads the Bible, further quieting her mind. When time allows, Martin likes to relax with a fun TV show and some tasty food. Finally, she noted that she prioritizes getting eight hours of sleep, as to give her body the rest it needs.

“For me, when it comes to running, it doesn’t matter how busy I am, I need to get my run in — it’s kind of non-negotiable... because it helps me release stress [and] stay mentally well

“I always run in the morning because, while you never know how the rest of the day is going to go, you always have your morning.”

and focused in school,” Jirik said. “I always run in the morning because, while you never know how the rest of the day is going to go, you always have your morning. I am also able to balance everything because staying active is part of my wellness routine, which I prioritize.”

Distance running is a fluid thing; there is no one distance or amount of time that qualifies a run as a “long run.” This leads



MARTIN FINDS MOTIVATION TO RUN THROUGH THE COMMUNITY AT UI.

to runners coming up with their own definitions of “long runs.”

Jirik mentioned that, for her, anything above seven miles, or fifty minutes, is considered “long distance.” She noted, though, that to some who may be new to running, even just a mile could be considered long.

“For me, I’d say five miles or more is ‘long-distance,’” Martin said. “That’s when my mindset shifts when I’m running and I decide to have a certain pace, run with a certain mindset and fuel a certain way. I think that maybe, though, as my distances get longer, five will not seem as long.”

The distances started to get longer for Martin as she trained for her first half marathon, the Snake River Canyon Half Marathon, which she ran with Jirik and some mutual friends.

“I’ve wanted to run a half marathon for a couple years now because it felt like an attainable goal that my body could handle, but there was also a real challenge to it,” Martin said, reflecting on the race. “[The Snake River Canyon Half Marathon] also seemed like it was in a pretty good location near the Snake River, where it’s flat, so I didn’t have to train for a hilly half marathon. I feel like that would’ve been a step beyond what I wanted to do.”

To run the race, the women had to train. Martin chose to follow a training plan.

“I got my training plan for the half marathon from the Marathon Handbook website,” Martin said. “The plan has, for each week, one speed workout, one tempo run, one distance run, one long run, one cross-training workout, one gym workout and one rest day. However, I have not stuck to it exactly, so I have been doing, for each week, about one speed workout, one distance run, one long run and either a gym workout or a cross-training workout.”

As this was their first half marathon, the runners didn’t know what to expect from themselves.

“I feel like normally, with races I’ve ran before, I can gauge my pace better, but this is new to me,” Jirik said. “I also think it would be different if I was just running by myself, but since I’m running with the group, I think our goal is just to finish. I definitely think we can. We also don’t want to stop and walk. I feel like that’s pretty low-hanging fruit, but for the first one, we just want to get out there and do it.”

Martin agreed with Jirik, explaining that her goal was also just to finish.

“One thing that motivates me is the mental freedom I experience from being out there and having a quiet time to myself.”

Running, while known to be physically difficult, also tends to be mentally difficult. However, these two tough runners have some experience overcoming mental challenges such as a lack of motivation.

“One thing that motivates me is the mental freedom I experience from being out there and having a quiet time to myself,” Martin said. “Another thing that motivates me is being able to be so proud of what my body can do. I think pushing my body in that way is something that has always been a natural inclination for me, and even though it’s hard, it’s almost like something in me needs to do it. I also think the community of people I’ve met here at UI has also made running motivating because we’re not on this journey alone anymore. I know for my early morning run I just have to get up and do it, because there are other people out there.”

Motivation also intertwines with runners’ training plans. Jirik explained that, while she runs even when she is not particularly motivated, encouragement from peers always helps. And, as the half marathon training cycle started around the beginning of the year, a time when self-improvement is at an all-time high, there was plenty of encouragement to be found. On top of the encouragement from others, the continuously-improving weather was also encouraging.

Jirik was also motivated to run because of the newfound structure the plan added to her workouts.

“I was thinking, how do you run without training, run without purpose?” Jirik said. “I think it’s great to be able to run without training, or for a purpose, but I feel like having the structure of a training plan can be really helpful.”

Finally, the runners are motivated by the joy and peace the sport brings to their lives.

“I feel like [running] really helps my mental health; it helps me start my day off good and feeling strong,” Jirik said. “I love getting outside and exploring nature. My favorite thing is running with people and being able to catch up with friends!”

THE RUNNERS TRAIN FOR THEIR FIRST HALF MARATHON.



EYES on CONGO

A comprehensive look at the labor conditions in Congo



Story By **SEYI AROGUNDADE**

Design & Illustrations By **MARCEL EDGINTON**

Smartphones, computers, electric vehicles and vape cartridges all have one thing in common: their rechargeable batteries are powered by cobalt. Cobalt is used in various commercial, industrial and military applications. These include lithium-ion batteries; the manufacture of magnetic, wear-resistant and high-strength alloys; imparting permanent brilliant blue colors to differing materials; in turbine and aircraft engines; petroleum and chemical industries; drying agents in paints and inks; irradiation of many food products; aerospace, defense and medical applications and is a key element in many clean energy technologies — just to name a few things.

This metal is found in the earth's crust, with large deposits found specifically in the Democratic Republic of the Congo (DRC). The DRC is the world's largest producer of cobalt, accounting for nearly 58 percent of global exports based on value in 2021, according to the Observatory of Economic Complexity. Unfortunately, cobalt mining in the DRC is often done in unethical, slave-like conditions for laborers.

Modern-day slavery, also known as human trafficking, refers to the act of exploiting individuals for personal or commercial gain. This form of exploitation can manifest in various ways, such as people being trapped in jobs making clothes, serving food, picking crops, working in factories and working in houses as cooks, cleaners or nannies. According to the 2023 Global Slavery Index, provided by the Minderoo Foundations Walk Free Initiative, approximately 407,000 people in the DRC

**“...approximately 407,000 people
in the DRC were living in modern
slavery in 2021.”**

were living in modern slavery in 2021. This corresponds to a prevalence of 4.5 people in modern slavery for every thousand people in the country. One of the most common examples of slave-like conditions in the DRC is forced labor. Forced labor occurs in sectors such as agriculture, domestic service and mining. For instance, in industrial cobalt mines, workers face challenges like low pay, lack of contracts, small food rations, abuse and discrimination.

According to the Human Rights Watch Organization, child labor in the mining sector is a major problem. Children in the DRC are subjected to forced labor, particularly in mining activities related to gold, tin ore, tantalum ore and tungsten ore extraction. Young children are often made to work in unsafe conditions and have to endure long hours of work, physical strain and exposure to toxic substances. As a result, their rights to education, health and a safe childhood are violated.

Siddharth Kara, a fellow at Harvard’s T.H. Chan School of Public Health and at the Kennedy School, has done extensive research on the ways in which the landscape and people of Congo have been affected by this intense need for cobalt.

“You have to imagine walking around some of these mining areas and dialing back our clock centuries,” Kara said. “People are working in subhuman, grinding, degrading conditions. They use pickaxes, shovels, stretches of rebar to hack and scrounge at the earth in trenches and pits and tunnels to gather cobalt and feed it up the formal supply chain.

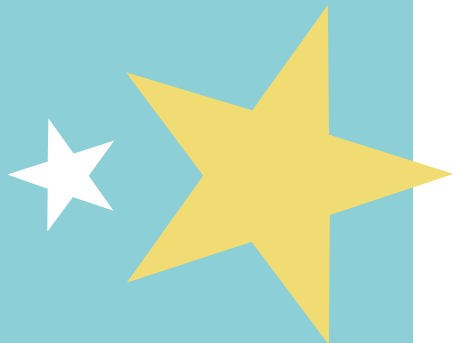
“Cobalt is toxic to touch and breathe — and there are hundreds of thousands of poor Congolese people touching and

**“You have to imagine walking around
some of these mining areas and
dialing back our clock centuries.”**

breathing it day in and day out. Young mothers with babies strapped to their backs, all breathing in this toxic cobalt dust,” Kara expands.

The cobalt mining industry in the DRC serves as a distressing reminder of the hefty price we pay for our modern-day conveniences. The miners, including children, are subjected to dangerous and life-threatening working conditions, which is a clear violation of human rights by any ethical standard.

Although this issue is of great magnitude, consumers also have a role to play in the midst of such circumstances. One way we can help is by reducing the purchase of new technologies, reusing old technologies and recycling ones that are no longer in use. This means that we can choose to use secondhand technologies or wait until necessary to acquire new pieces of technology. These simple steps can make a significant difference in standing against the oppressive conditions faced by the workers in Congo.



It Don't Mean a Thing, If You Ain't Got That Swing

Swing dancing offers fun, exercise and a challenge for newbies

Story By **SEYI AROGUNDADE**

Photos By **LINDSEY NEWAY**

Design By **SASHA SMITH**



THE MOSCOW MOOSE LODGE HAS SERVED THE COMMUNITY SINCE 1912.

"I realized that the only thing holding me back from cool experiences was myself."

The first time I really heard about swing dancing was when I first came to Moscow. Before then, I only knew about this specific type of dance in a passive sense. Whether that be in movies, stories from friends or the rumored unit in my elementary P.E. class, swing dancing was quite the novelty for me.

However, when I came to the University of Idaho, I noticed there was a huge swing dancing scene in the Moscow-Pullman area. Friends that I had recently met invited me to go dancing with them, but I politely declined. Not only did I not have a singular dancing bone in my body, but the thought of dancing with people I didn't know was an innate fear of mine (that, and snakes).

However, in an effort to go into the new year with a brand new outlook on life, I realized that the only thing holding me back from cool experiences was myself. I decided that I would push myself out of my comfort zone and try things that I had never considered before. So, I went swing dancing.

Palouse Country Swing Night sponsors weekly swing dancing events held at the Moscow Moose Lodge at 9 p.m. Wednesday nights for five dollars. As a beginner, I was quite scared of walking into the event. However, when I first walked in the door, I met two people who told me a little bit about their own first experiences with swing dancing.

Will Strickland, a relatively newer dancer, began swing dancing as a hobby last year with his campus ministry, which has a tradition of coming to the dance nights every Wednesday.

"I just tagged along with the crowd one night and it was super cool, so I just kept coming," Strickland said.

Strickland reassured me that, even though I was a beginner, there is space here for everyone who is willing to learn and participate.

"It's open to all levels, and folks did a really good job of teaching me," he said. "I'm confident that if someone came in that didn't know what they were doing and asked for help, pretty much anyone would be willing to help out." Thankfully, throughout the night, I found that to be true.



THE PALOUSE COUNTRY SWING NIGHT IS OPEN TO ALL SKILL LEVELS.

"I found myself on the dance floor trying to replicate the moves everyone else was doing. For most of the time, my two left feet got the better of me, but by the last bit of the song, I was seemingly getting the hang of it."

As I walked further into the room, I felt more nervous. Strickland asked me to dance, and I quickly noticed that the moves were nothing I was used to. He was the lead and I was meant to follow his moves, but I had a hard time relinquishing control. It wasn't natural for me to be spun around; then again, that's something I had never experienced before.

After Strickland and I finished our dance, I sat on a chair near the front corner of the room, observing the way all the pairs on the dance floor seemed to move in sync with each another. Seeing that, I was determined to become good — or at least try to be good — at swing dancing.

However, before I could fully set my resolve, a Luke Bryan song started to play, and everyone around me got into position on the dance floor, moving in synchronized choreography. Of course I'd heard of line dancing, but I hadn't witnessed it in this organized fashion before; everyone seemed to know exactly what steps to take. Through pure curiosity, I found myself on the dance floor trying to replicate the moves everyone else was doing. For most of the time, my two left feet got the better of me, but by the last bit of the song, I was slowly getting the

hang of it. It was at this point I met Kat Richardson, a veteran swing dancer.

Richardson showed me the ropes including some new moves. One move that I tried my best to master was the "Pretzel." Although it took me a while, I was proud that I was able to get the hang of it.

Despite my initial hesitation due to my lack of dancing skills, I'm glad I decided to give swing dancing a try, and I can confidently say that it was so much fun. Swing dancing challenged me physically and forced me to step outside of my comfort zone and try new things.

As I continue to explore the world of swing dancing, I am excited to learn new moves and refine my skills to become a better dancer. Overall, I would highly recommend swing dancing to anyone who is looking for a fun and rewarding way to stay active, meet new people and challenge themselves both physically and mentally. Swing dancing has been a transformative experience for me, and I believe it has the potential to be the same for others as well.



FOR MANY, SWING DANCING IS A WEEKLY TRADITION.

Love Me Less

Story by **PIPER RICKMAN**

Design & Illustration by **LINCOLN COOK**

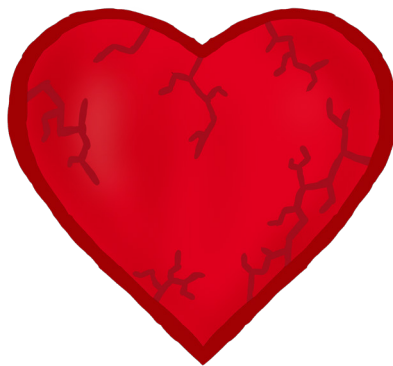
But do you really? Do you *actually* love me like you say? ‘Cause you’ve told me that before, over and over, but this isn’t a kind of love I’m familiar with!

According to you, you only stay with me because you love me. You blow up and wreck things, but you *stay*. And I should be *so* grateful that you choose to remain, and yell, and hit and throw things because — if you had any good sense — you would leave me alone and nobody else would tolerate me.

And, you know, I’ve told myself that, too. Sure, she has a bit of a temper. Sure, she might fly off the handle sometimes, but she really does love me. Why else would she stay with someone so weak, so incompetent, so... pathetic?

You’ve said it, others have said it, I’m just sensitive. She’s a woman, she can’t- I just need to man up, right?

I tried so hard to convince myself it’s true, and maybe it is. Maybe you’re not *lying* but — if this is what you call *love* — darling, love me less. I don’t know how much more I can take. If this is your love, then by all means hate me. Loathe me. *Leave me*. But, for all that is good in this world, please stop loving me, or, at the very least, love me less.



DYSFUNCTIONALLY IMMORTAL

Story By **PIPER RICKMAN**

Design & Illustrations By **MARCEL EDGINTON**

Characters:

Creek Anchorite — A strange young man raised in the woods by a human hermit. He is very much a clouduckoolander, having never met normal people before. He doesn't understand why it's so strange how easily and quickly he heals. He has a strange birthmark on their forearm that most people assume is a tattoo.

Ammi Anchorite — An old hermit living in the woods. He found a random child in the nearby creek, so he took the kid in. Creek doesn't always understand what Ammi is talking about, but the pair are very close.

Stone (Pondstone) — Our narrator; a mysterious faerie with a cloak and a healthy disrespect for the fourth wall. They have been watching over Creek for his whole life.

Huntley Boidae — A thrill-seeking oddball with a tendency to take in strays. Quite possibly the most normal member of the cast.

Doctor Seren Usher-Scott — A definitely trustworthy, definitely licensed "doctor" who has no interest in or knowledge of the organ trafficking scene.

[Lights up on Stone, stage center on an empty stage. They walk towards stage right as they address the audience.]

Stone: Good evening. The story you're about to see may be a strange one to you, but it is entirely ordinary to me. Let me introduce you to Creek.

[Enter Creek, holding a half-carved hunk of wood and a knife. He starts carving, then freezes.]

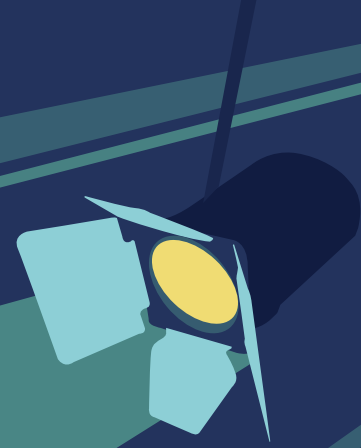
Stone: I've known Creek his whole life, give or take. He has known me for approximately none of it. Well, Creek hasn't really known anyone aside from a few squirrels, a stray cat and Ammi, the... questionable forest hermit who's watched over him all these years. We open on a typical interaction between the two.

[Enter Ammi, holding a deck of cards. He starts to lay them out and play. Creek unfreezes.]

Creek: Ammi?

Ammi: Yeah?

Creek: What's town like?



Ammi: Crowded.

Creek: Lots of people?

Ammi: Too many people.

Creek: I saw some hikers the other day up near the stream.

Ammi: Did you?

Creek: Yeah! They had a dog with them.

Ammi: Hm.

Stone: A fast-paced life out here.

Ammi: Have I ever told you the story about that stream?

Stone: He has.

Creek: Once or twice, I think.

Stone: Many times.

Ammi: ...Are you sure? Feels like it's been more.

[Stone looks a bit hopeful, watching expectantly.]

Creek: I mean, maybe. Tell me again?

[Stone sighs heavily. They slump to the ground to sit.]

Ammi: Well, about 17, 18 years ago...

[Stone counts fingers in confusion.]

Ammi: ...I was walking along that area, and I heard this weird noise coming from the water. I thought maybe there was an animal or something stuck, but there you were, this weird little toddler sitting right there on a rock in the middle. I wasn't just

going to leave you there, so I waded in, picked you up and brought you home. I even asked around town if anyone lost a kid, but nobody had, so I figured that, hey, they left you on a rock dressed like a little freak, so I took you in myself, named you after where I found you.

Creek: Huh, neat!

Ammi: And then there was that night that those creepy forest people tried to take you away, but one sock to the jaw and they turned tail and ran!

[Stone rubs their jaw. Creek watches intently, and Ammi smiles a bit.]

Ammi: You still don't know what I'm talking about, do you?

Creek: Nope!

[Ammi laughs, getting up from his work to ruffle Creek's hair and give them a hug around the shoulders.]

Ammi: Eh, I guess you were pretty young, and you could sleep through a hurricane... still, I'm surprised you don't remember that night! It was quite the scene.

Stone [muttering]: The real question is how YOU remember that...

Ammi: So... what's with the interest in town all of a sudden?

Creek: Well, don't you think it would be fun? New sights, new sounds, new people — it'll be an adventure!

Ammi: I mean, I guess.

Creek: So... would you wanna go with me sometime?

Ammi: I'd rather stick a fork in my neck. You can go ahead though.

Creek: Really?

Ammi: Yeah, knock yourself out. Just don't die, alright?

Creek: Promise!

[As Stone narrates, Ammi and Creek exit.]

Stone: It seems an important time to remind you that Creek has never been into town. Ever. I'm sure it will go fine, though. After all, I'm sure nothing could go wrong waltzing into a suburb without any knowledge of social norms or people... or roads.

[Enter Creek, who looks around curiously and stops center stage. Cue the sound of screeching tires, and Creek dropping like a box of rocks. Enter Huntley, running over in horror.]

Huntley: Oh my — I am so sorry, are you okay!?

Creek: Ow... what was that?

[Creek pulls themselves up, adjusting their neck and shaking themselves off.]

Creek: Well, that happened.

[Huntley looks Creek over with concern. As Huntley starts to speak, Creek notices them for the first time since getting hit.]

Huntley: You aren't even scuffed — how?

Creek: No clue. I'm Creek, I'm new to towns. Good to meet you!

[Huntley smiles a bit, still confused.]

Huntley: I'm Huntley, good to meet you.

[Huntley extends a hand to shake. Creek just looks at their hand, then extends their own hand to match. Huntley awkwardly shakes Creek's hand.]

Huntley: Hey, nice band!

Creek: Hm?

Huntley: Oh, your ink... the tattoo on your arm?

[The lightbulb goes off.]

Creek: Ohhhh, I was

born with it.

Huntley: ...Huh? Whatever, you said you're new to town?

Stone: To most people, Creek would be weird, alien and probably more than slightly unsettling, and Huntley Boidae isn't the exception. But luckily for Creek, Huntley is the kind of person who thinks "weird" and "unsettling" are synonyms for "endearing" and "lovable."

[Huntley and Creek "talk" (inaudible) for a bit, then exit.]

Stone: Despite his dramatic entrance, Creek soon became accustomed to this new place, and he made sure to keep his "dad" very well updated.

[Enter Creek and Ammi far stage left, Huntley sets up a picnic blanket in the dark stage center.]

Ammi: Sounds lively.

Creek: Right? I knew you would come around!

Ammi: That's not a compliment, Creek.

Creek: ...Oh.

Ammi: But hey, it seems like it's doing you some good. I'm glad.

Creek: Mm-hm! And Huntley is super fun. We went climbing yesterday, and today we're going cliff diving!

Ammi: Hm... hey, Creek —

Creek: Oh — I gotta go! Love you!

[Creek runs off.]

Ammi: Wait — hey! Don't die!

[Exit Ammi, lights up full stage on Huntley on the phone.]

Huntley: Oh, you'd love him, Asp! Last week, he bouldered up that cliff on West without breaking a

sweat! He even slid down a ways, and he wasn't even — I'm not lying!

[Enter Creek.]

Huntley: I have to go, bye.

Creek: Hi!

Huntley: Hey, buddy! Hope you're hungry.

Creek: Starving. What's that?

Huntley: Pickled herring.

Creek: Ew. Can I have some?

Huntley: Uh, sure.

[Huntley hands them the jar.]

Huntley: Oh! I forgot the chips in the car — be right back.

Creek: Okay.

[Creek continues to struggle. After a few moments, they sigh and pause, promptly getting distracted by a small pendant laying on the blanket. They pick it up, then promptly yelp in pain, dropping it and grabbing their hand. Stone enters, wearing a cloak.]

Stone: Excuse me, young man. I — are you alright?

Creek: Oh — hi! Uh, I picked up this thing and —

[Creek picks the pendant and drops it again, once again burning his hand. Stone backs away from the pendant quickly.]

Stone: Ah — I would recommend you avoid that charm.

Creek: Works for me! Anyway, who are you?

Stone: I don't make it a practice of giving my name out to any normal person.

Creek: Oh... I'm Creek!

[A beat while Stone reacts.]

Stone: I might say, though, you don't seem

like any normal person to me.

Creek: Yeah?

[Creek picks the jar back up and begins to struggle again.]

Stone: Yes. Would you like some help with that?

Creek: That's alright, I have an idea.

[Creek takes the jar and goes to shatter it over a rock.]

Stone: Don't do that — it will hurt.

Creek: Oh, I'll heal quick.

Stone: It will still hurt.

[Creek concedes and sets the jar down.]

Stone: There are others like you, you know.

Creek: Hm?

Stone: Well, don't you think it's a little odd that you are the only one who heals as fast as you do, who can do the things that you can do?

Creek: Eh, I guess.

Stone: Wouldn't you like to meet others like that?

Creek: Nah.

Stone: ...What?

Creek: I've got Huntley and Ammi. Who else do I need?

[Stone bristles at the mention of Ammi.]

Stone: I see, well —

[Stone looks behind themselves, and flees back to their normal post, enter Huntley.]

Creek: Ok, bye!

Huntley: Who was that?

Creek: I dunno. Can you open this?

[Huntley takes the jar.]

Huntley: Woah — what happened to your hand?

Creek: Hm? Oh — I tried to pick up that necklace and it burned me. Is that not normal?

Huntley: ...No? Here, give it to me.

[Creek gingerly lifts the pendant by the string and hands it over.]

Huntley: That's weird, it feels normal to me.

Creek: What's it made of? Maybe it's like why you can't eat apples.

Huntley: Wha— oh, an allergy. It's just iron, though. Huh. Well, you ok?

Creek: I'll be alright. Food?

[Huntley nods and the pair begin to eat. After a bit, Huntley makes a strange concoction of food and drink, likely with a lot of hot sauce.]

Huntley: Hey, I dare you to drink this.

Creek: Okay!

[Creek downs it like a shot.]

Creek: Wow!

Huntley: I was joking! Was it good?

Creek *[cheerfully]*: No! Hey, I dare you to eat this.

Huntley: Oh, you're entering dangerous territory!

[The pair continue silently.]

Stone: And thus, our young outsider discovers a beautiful thing: the stupid dare. These dares, paired with the duo's already dangerous adventures, lead to... interesting results. First cliff diving, then bungee jumping, then today's event: whitewater rafting. Through these all, Creek kept Ammi updated every step, and neither noticed the strangely dashing cloaked figure again... for now at least.

[The sound of rushing tides, and two badly injured main characters drag their hides onto stage, collapsing. Seren enters, acting sketchy.]

Stone: The problem, of course, with dangerous dares is that they're... dangerous.

[Huntley drags themselves up a bit, Seren jumps.]

Seren: Oh — you're alive! Uh, I mean, thank God, you're alive!

Huntley: Creek, are you okay?

Creek: Everything hurts!

Huntley: Okay, but are you bleeding?

Creek: Not anymore.

Seren: Hold on — I'm calling an ambulance. Wait — did you say not anymore?

Creek: Yeah, I healed already.

Huntley: I'll take an ambulance.

Seren: Yeah, yeah, I'm on it.

[Seren starts to dial, then gets distracted by Creek standing up and brushing himself off, totally fine. Seren hands the phone to the still-collapsed Huntley. Huntley calls their own ambulance as Seren talks.]

Seren: Say, you are a real medical anomaly, you know that?

Creek: Yeah, I get that a lot.

Seren: I mean, if most people took a tumble like that they'd be completely helpless! Like, you'd be open for any wild animals or organ traffickers that happened to come along! Hypothetically!

Creek: Well, I'm glad that didn't happen, did you —

Seren: Say, how about a job!

Creek: What?

Seren: Well, I'm a doctor myself! I'm looking for an assistant — someone to help me further the knowledge of medical science! You seem like a good fit.

[Seren shoves a business card in Creek's hand before he can respond.]

Creek: Doctor Seren Usher-Scott, ND. Is this cardboard?

Seren: Just think about it!

[Seren dashes off as sirens approach. Lights down.]

Stone: As they were told, Creek thinks about it... as do Huntley and Ammi, the minute Creek gets the chance to tell them. Despite their hesitant reactions, neither says no, not directly at least, so our hero decides to give the “job” a shot!

[Enter Creek, led by Seren. They walk through a run-down shack, barely furnished with a threadbare couch and a metal fold-out table, upon which sits a shallow plastic tray full of sharp objects. A cooler sits in the corner, beside the entrance to a narrow hallway.]

Creek: I like your lab.

Seren: Thanks, it’s a rental.

Creek: What’s that?

Seren: My surgical tools.

Creek: Oh. What’s that one?

Seren: Sanitation kit.

Creek: And what’s that?

Seren: ...Those are cockroaches.

[The pair comes to a stop in front of a seat.]

Seren: Sit here, please. I’ll go get my equipment.

[Seren turns around, just in time to see Ammi burst in.]

Ammi: Creek, get away from them!

Creek: Oh, hi Ammi!

[Seren and Ammi start to yell over each other. As they do, Huntley enters and Creek strolls over to them.]

Seren: This is a private residence! Get out of —

Ammi: Private residence my foot! You can’t just come in here and take my kid. Someone already tried that once and I —

Seren: They came here of their own admission. It’s not my fault they have the reasoning skills of a toddler! I —

[Seren and Ammi continue to yell at each other, the conflict quickly becoming physical.]

Huntley: Uhhh, hey guys?

[Seren looks over, gets knocked out by Ammi.]

Ammi: Well, that takes care of that.

Huntley: What’s going on? Scratch that — I’m calling the cops.

Ammi: Way ahead of you.

[Ammi takes Seren’s phone from their pocket.]

Huntley: Who are you?

Creek: That’s my dad.

Huntley: Ohhhh, Ammi! Nice to meet you.

[Huntley extends a hand, Ammi looks at it with disgust.]

Ammi: Don’t touch me. Here.

[Ammi walks right past Huntley and hands Creek the phone.]

Ammi: I guess I gotta stay and talk to the cops?

Huntley: Yeah, I think so.

Ammi: Fine, but then we’re going home. That alright?

Huntley: Yeah, that’s —

Ammi: Not you. Creek?

Creek: Works for me.

[Sirens sound outside. Exit all.]

Stone: And that was just one chapter in the life of Creek Anchorite; a strange person in a place not suited for them, that came to love it and be loved all the same. As for Creek’s true heritage, perhaps there is much more to it than we know...

[Stone pulls his sleeve up, showing the mark on his arm — a band identical to that of Creek’s — then gives the audience a gesture to shush, before exiting.]

A Guide to Relax

Healthy ways to wind down and de-stress



Story & Photos by **SASHA SMITH**

Design & Photos by **LINCOLN COOK**

Crochet or Knit

Finding a new hobby is an amazing way to get your mind off of the craziness of being a student. A new hobby can also develop into a new skill. An easy hobby to pick up is crocheting or knitting. It is a fairly inexpensive hobby, as all you need is a crochet hook or knitting needles, yarn and a pattern to follow. You can find yarn at craft stores or discounted at thrift stores. Crochet and knit patterns are accessible online on Pinterest and Etsy or in books sold in craft and thrift stores.



YOU CAN CROCHET ANYTHING FROM A SWEATER TO A TOTE BAG.

Read a Book

Reading or listening to a book is another easy way to wind down. The University of Idaho Library offers a book club for students, Hit the Book(s) Club. According to the UI Library website, “Book genres are chosen by students rolling our 3D printed genre dice. Once a genre is chosen the students then get to vote on which book they would like to read from a list of 5–6 titles chosen by the Librarian.” Two books are chosen per semester, and snacks and warm drinks are provided at some book club meetings.



CIRCULAR KNITTING NEEDLES ARE USEFUL FOR SEAMLESS PATTERNS.

Take a Walk

A walk is another great way to relax. You can listen to music or a podcast as well as get some physical activity. The UI Arboretum & Botanical Garden is a beautiful area to explore — especially in spring, as the many varieties of plants begin to green.



A LONDON FOG INCLUDES EARL GREY TEA.

Make a Special Drink

Warm Drink Recipe: London Fog

Ingredients: hot water, Earl Grey tea bags, milk of choice, vanilla syrup or extract, two mugs

1. Fill a mug halfway with hot water. Add one or two tea bags of Earl Grey and let steep for around five minutes.
2. While the tea is steeping, fill the second mug halfway with your milk of choice. Microwave for one minute.
3. Add desired amount of vanilla to warm milk (optional: froth the milk).
4. Combine the sweetened milk with the tea.
5. Enjoy!



A SATISFYING MIXTURE FOR A SATISFYING DRINK.



A SPECIAL DRINK COMPLEMENTS ANY RELAXING ACTIVITY, AND THE PROCESS OF MAKING IT CAN BE THERAPEUTIC IN ITSELF.



GRENADINE SYRUP GIVES THE DRINK ITS RED COLOR.



THE INGREDIENTS NEEDED FOR A SHIRLEY TEMPLE.

Cold Drink Recipe: Shirley Temple

Ingredients: lemon-lime soda or ginger ale, grenadine syrup, maraschino cherries, cup

1. Pour your choice of soda to fill about $\frac{3}{4}$ of the cup.
2. Add grenadine syrup to taste.
3. Add a couple of maraschino cherries.
4. Enjoy!



A SHIRLEY TEMPLE READY TO BE SERVED.

Running Away From Your Problems

An agenda of what it takes to get out and go for a run

Story & Photo by **SYDNEY KELSO**

Design by **LINCOLN COOK**

How did you even get here?

Think back to earlier today. What did you do? You...

first decided where you were going to run.

A trail run, maybe? I went on a trail run once, here at the University of Idaho. I tripped on a tree root and fell on my knee. It got all bruised and swollen; it looked like someone had mixed grape and strawberry jellies and smeared them all over a bread roll. Going on *one* run and immediately falling? Just my luck. But enough about me.

After this, you...

decided when you were going to run.

Making this decision depended on a lot of things, such as your schedule, whether it was safe to run outside and your motivation level. Maybe you got up and immediately got it done. Maybe you waited for motivation to strike you like the viper strikes the heel of the gazelle. Maybe you waited for motivation to bump into you just enough that you felt something, like that small fender bender you got into last week in the Walmart parking lot.

Then, you...

decided what to eat.

You did eat today, right? Yes? Good. Because food is fuel!

Next, you...

decided how far you were going to run.

Quick two-miler, or a hundred-kilometer run? That would give you a *lot* of time to think! Maybe you can think about your old friends and wonder if you're doing better than them, or if they're doing better than you. You can wonder if you're doing better without them. Or you can think about something more lighthearted, like that silly thing your pet does! Don't think about how your legs feel like they're being run through a meat grinder, though. That'll just make the pain worse.

Oh, shoot.

That is a *lot* of decision making. Man, I hate decisions. I'm indecisive. Hopefully you're not. You got to this point, though. While we're waltzing around the marble halls of your memory, physically, you're out on the trail. Getting to that point took a lot of decision making. That's something to celebrate.

Alright, back to those memories. You...

got your running clothes on.

Sweatshirt and leggings, fresh out of the dryer, warm as a mother's embrace, or shorts and a tank top, cooled from the crisp April breeze that danced through just a few minutes ago, right before the storm rolled in?

After this, you...

hydrated.

Tip: use a sports drink for extra electrolytes!

Following this, you...

put your shoes on.

Don't forget to start shopping for new shoes after about 400 miles! But man, running shoes can be EXPENSIVE. Do I have the money for new shoes right now? I'm paying for college, and I only have one job. Can I find a second job? If I get a second job, will I have free time? First, I'll lose my free time, then my time for homework, then I'll fail college. The cost is just too high. I feel guilty even going to WinCo and buying myself hot chocolate mix for a few bucks. How am I going to justify buying a \$100 pair of shoes? My heart is racing just thinking of how my life could fall apart!

Wait, no. Breathe. Focus. Back to the list. You...

shut the door.

The house door. *clunk* The door to your dorm or apartment. *thud* The car door. *clap* Wherever you are, whichever door you must close, close it. And don't look back. Walk away from it.

After this, you...

found somewhere to warm up and stretch.

This is *so* important! Don't forget to stretch!

Finally,

you step

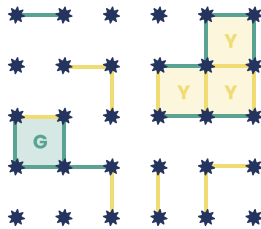
onto the wet, black void of pavement. Petrichor hangs heavy and fresh in the air. You look at the long stretch of the Bill Chipman Palouse Trail ahead of you. You see the Panda Express and the Starbucks, the Target, the Walmart, the Appaloosa Museum and Heritage Center. You see the wide spread of the golden rolling hills, the sun slowly breaking through the clouds and dousing them in a pool of light resembling melted butter. You see the trees, growing with, growing for, the birds that call them home. Suddenly, you feel so, so small. "How did I even get here?" you wonder as you start your watch, set one foot in front of the other, and...

Run.



Blot Game

Connect the blots to make a box!



Rules:

Grab a friend — you need two or more players

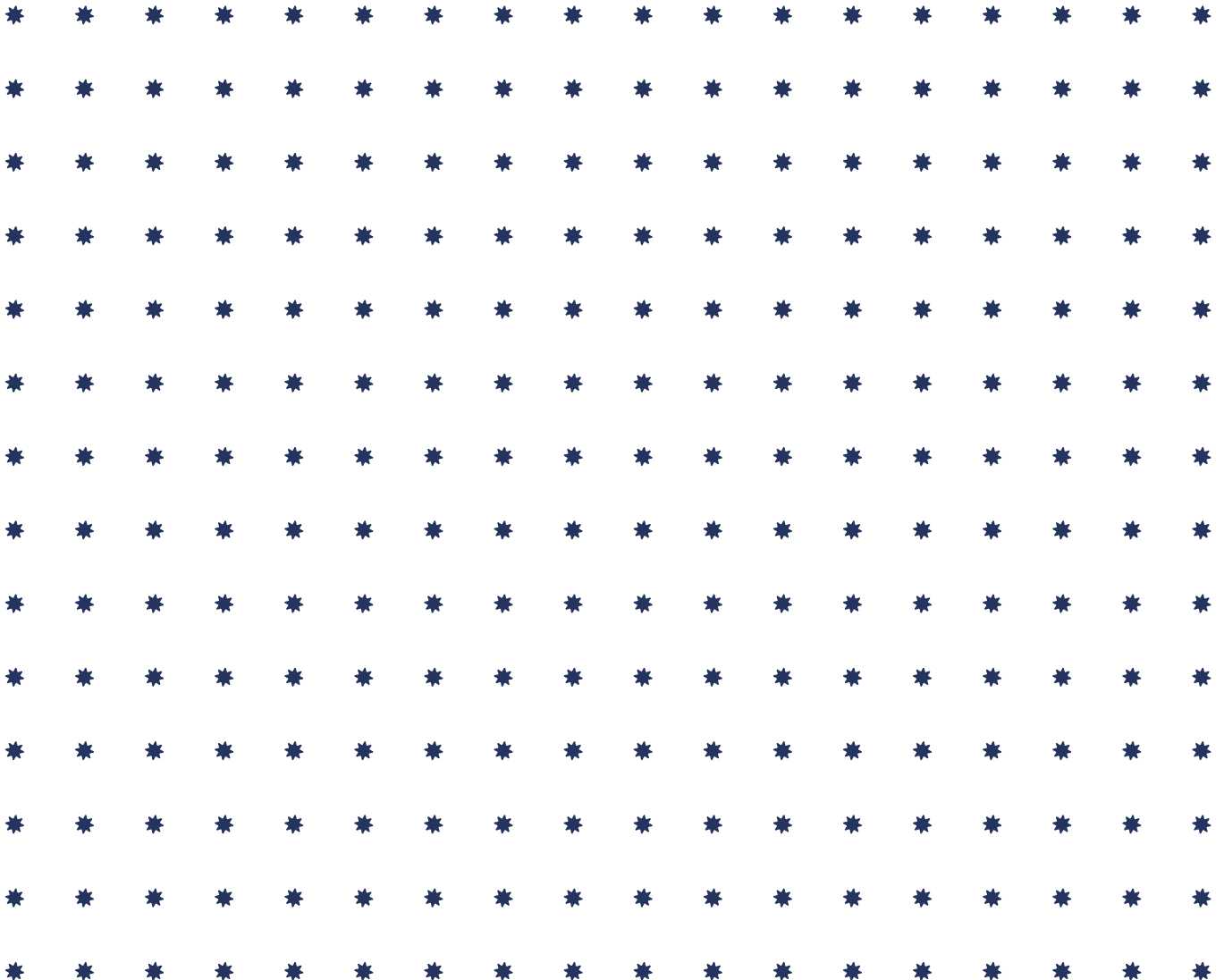
Take turns connecting blots one line at a time

Mark completed box with your initial or a color

Complete a box to get another turn

You cannot erase lines once drawn

The player with the most filled boxes wins



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