"It is important to educate, reduce the stigma attached to eating disorders and to make sure that lots of kids know that help is available," Berglund said. "The majority of those who have an eating disorder don't seek treatment, and so it can be a result of shame or stigma itself." It's been shown to be less likely to seek treatment for eating disorders because of the shame that they associate with "women's diseases," she said.

The two most common types of eating disorders are anorexia nervosa and bulimia nervosa. Anorexia nervosa, which can arise from a variety of emotional problems, is an eating disorder that causes a person to obsess about their weight and the food they eat. Bulimia nervosa is an illness in which a person binge on food or his regular episodes of significant weight loss and binge eating. The affected person then uses various methods such as vomiting or laxative abuse to prevent weight gain. The Counseling and Testing Center offers free, confidential individual therapy, and will make outside referrals if a student needs more intense therapy or treatment to overcome an eating disorder, Bauer said.

Anorexia is more common in teenage boys, while bulimia is more often seen in those in their 20s. While both disorders focus on an obsession with thinness, anorexics display observable, often severe weight loss, while bulimics usually maintain a healthy weight. An individual who exhibits both anorexia nervosa and bulimia nervosa usually suffer from the other disorder as well. "Eating disorders are marked by extremes, such as extreme reduction of food intake or extreme overeating, and will make outside referrals if a student needs more intense therapy or treatment to overcome an eating disorder, Bauer said.

A certain university student organization is planning to be in the area to offer help from a hotline, which can be found on their website. The group has also worked with local hospitals and clinics to provide treatments for those with eating disorders.

The Counseling and Testing Center can also provide information and resources for those seeking help. They can be contacted by calling 543-3542 or emailing ctc@ui.illinois.edu. A list of local resources and services for individuals with eating disorders can also be found online. The university strongly encourages individuals to seek professional help and supports the efforts of these groups in raising awareness and providing support.

University participates in nationwide screening for eating disorders

By Ashley Centers

George C.L. "Bud" Olson's plan for Idaho Public Televison might end up helping the University of Idaho.

In January, Olson proposed phasing out all state funding for IPTV over the next four years. This might include closing the public broadcasting center in Moscow and reducing programming. Idaho State Senator Gayle Shroeder, D-Moscow, said she was concerned about the cuts and was asking whether she should raise additional money from the budget, or look for other sources.

"My interest would be to eliminate some state taxing, if possible, on the PSU costs," Shroeder said.

The University of Idaho Student Government will now meet with the Idaho Senate to discuss potential funding options for the upcoming fiscal year 2011. The state budget of $115.7 million, with some additional money from the University of Idaho, will be distributed to the colleges and universities for the upcoming fiscal year 2011. The state's budget of $115.7 million, with some additional money from the University of Idaho, will be distributed to the colleges and universities for the upcoming fiscal year 2011.
Idaho Commons & Student Union
This week's ASUI Vandal Entertainment Films...

Indie Film Series:
The Men Who State at Goats
Wednesday & Thursday
February 17th & 18th
7 & 9:30pm
SUB Borah Theater
$2 Students/$3 Public
Tickets sold at the SUB Info Desk

Blockbuster Series:
Where the Wild Things Are
Friday & Saturday
February 19th & 20th
7 & 9:30pm
SUB Borah Theater
$2 Students/$3 Public
Tickets sold at the SUB Info Desk

Free Comedian:
Drew Barth
Wednesday
February 17th
8-10pm
Admin Auditorium

Spring Involvement Fair
Thursday, March 4th 10:00 - 2:00 pm, First floor of the Idaho Commons in the Clearwater/Whitewater rooms.

Student Organization Officer Training
Officer Training, Thursday, March 4th
5:00 - 6:00pm, Aurora Room - 4th Floor Idaho Commons

Student Achievement Awards
in Leadership and Service
applications are available now. Applications are due by 5:00 p.m. on
Thursday, March 4th. Information and applications can be found at
http://www.asui.uidaho.edu/awards

Student Organization Round Table
Tuesday, March 8th, 4:30 - 5:30
Panorama Room - 4th Floor Idaho Commons

4th Floor Idaho Commons Topic
Event Summit - many organizations are
heading similar events or raising money for
similar organizations. Let's come together
and share those ideas.

Idaho Commons Hours:
Monday-Thursday 7am-9pm
Friday: 7am-9pm
Saturday: 7am-9pm
Sunday: 10am-6pm

Student Union Hours:
Monday-Thursday: 12pm-9pm
Friday: noon-9pm
Saturday: 1pm-9pm
Sunday: 1pm-6pm

hooverHALL

You're here!
SUB TENDING
Mr. and Mrs. N. CELL PHONE

Do you think
we could catch
the other.

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corrections
Find a mistake? Send an e-mail to the section editor. Contact information can be found on page 5.

The Idaho-Argonaut
Stories from Friday, Feb. 12, 1960

Idaho's Junior Senator Seen By
Kennedy As Veep Hopeful
By Joe Casey
Argonaut Staff Writer

A new shock on the national political market —
Frank Church for Vice President — now sharply yester-
day.

As John F. Kennedy said on his early morning
arrival at the Moscow-Pullman airport that Idaho's
senator will definitely be considered for the second-place spot on the 1964 Democratic ticket.

"As you know, he (Church) is being mentioned as the convention key-note speaker," Kennedy said.

"And with that he will be considered for the 'Vice-
presidential nomination.'"

Asked if he would welcome Church as a running
mate, Kennedy smiled and said he was in no position
to make a choice on.

"But, he added, "whoever wins the nomination
will certainly have to consider him. Church.""

Arrived at 12:40
Kennedy's flight from Portland arrived at 12:40 a.m. He had spent a full day campaigning in Oregon and
Washington.

Ten hours later he told an overflow crowd in
WRT's understudied Bryan Hall that 1960 candidates
for national office from both parties should not tell
the American voters that life in the new decade will
be an easy existence.

"The coming election," the young candidate said,
"is the most decisive since the time of Lincoln."

The years just ahead, he said, will resolve a half-
to-half ballot world into either of two camps —
Communism or democracy.

Urging the extension of foreign aid to the under-
developed nations of Asia, Africa and Latin America, Kennedy said that these nations hold the balance of
power is deciding which form of government the world will adopt.

Citing Africa as a prime example of an under-
developed area, he outlined a program he has spon-
sored in the Senate, which includes a mutual ex-
change of students and teachers and a multi-nation economic development fund to stimulate economic
advancement.
UI Climate Action Plan

University introduces new plan, action to eliminate carbon emission by 2030

Sarah Yama
Agnew

The University of Idaho's Sustainability Center released The Climate Action Plan, the university's new plan to reduce its carbon footprint in a significant step toward fulfilling the university's commitment to sustainability.

The Climate Action Plan is an effort to address climate change and its impacts by implementing strategies to reduce the university's carbon footprint. The plan outlines specific actions and targets to achieve climate neutrality by 2050.

The plan includes initiatives such as improving energy efficiency, reducing waste, and increasing the use of renewable energy. It also calls for research and education on climate change and its impacts.

The release of the Climate Action Plan was met with excitement by students, faculty, and staff. Many lauded the plan as a positive step forward in addressing climate change.

However, some critics argue that the plan does not go far enough in terms of the urgency of the situation. They call for more concrete actions and targets to be set in order to meet the goal of climate neutrality by 2050.

Overall, The Climate Action Plan is seen as a significant step forward in the university's efforts to address climate change. The plan provides a roadmap for the university to reduce its carbon footprint and become more sustainable.
senator of the MONTH

ASUI senator is about more than just politics

Community service, activism bring out passion in Goytowski

Ashley Centers Against

Whether he is on the practice field, working to make sure everyone stays safe on campus after dark or helping to bring human trafficking prevention and awareness to the attention of fellow students, ASU senator Zach Goytowski said he tries to put a sense of dedication and hard work into everything he does and wherever he goes.

Goytowski, who was born in Moses Lake, Wash., and raised in numerous small towns across Washington and Idaho, said even as a young child he was futu- ristic and always wanted to know what happened around him.

"I don't want to be the person who sits back and complains about how bad things are and do nothing to try and make them better," Goytowski said. "I like being the voice for the students and showing that while it's hard to make changes, with the right attitude and enough determination anything is possible."

Goytowski, a member of the Phi Gamma Delta Fraternity, is working onnumerous projects as a sena- tor, including work to get a pedestrian bridge for com- bat sports teams better access to the APU library and other projects that no longer have a campus store for students to work in.

"I am just excited to see what we can do," Goytowski said. "We want to bring this to the attention so that these horrible, horrible crimes can be stopped and no more women or children, especially, have to suffer.

As part of this project, a "Dance For Justice" will be held from 7 p.m. to 4 a.m. on Friday, March 5 in the Physical Education and Building Gym. The event is a swing dance competi- tion where dancers will or- ganize into teams and get to pledge for each hour their team dances. Ac- cording to Goytowski, all proceeds will go to Inter- 

CALANDER

Today

E-Verify session begins at 11 a.m. in the College of Education, Room 1111.

Due to a new federal law designed to combat the fed- eral government only does business with companies with a legal workforce, the University has decided to E-Verify its entire workforce. All employees must complete the E-Verify process by Jan. 28, 2011 or face a fine.

Parking for public meeting/ public hearing: 10 a.m. Student Union Building Assembly Room.

The proposed changes to the Student Fee Allocation Bill 2011 and 2011-2012 have been made available for the public to comment on at 4:30 p.m.

Cultivate Stock.

7 p.m.

MUB International Ballroom.

The Asian American Pu- pil Island Association presents Cultivate Stock. This event examines the various cultures throughout Asia and the Pacific Islands through a variety of performances, including spoken word, poetry, tra- di tional dance and music. The event is free to the public and open to the public.

Visiting Writer Series: poet Yusef Komah 7:30 p.m.

Izumi Hall.

Event is free to the public.

Stigma from page 1

Bergmann said, "People may hide their eating patterns because they cannot control it. It can also include feelings of extreme distress of concern about body weight or shape. Reg- istered dietitians, counselors and physicians can help guide and support these people into recovery. These professionals are avail- able to all.

Both disorders can cause severe health problems. Bulimia damages the digestive system and can affect electrolyte balance, while Anorexia can cause vitamin and mineral deficiencies as well as low body

RECALL

From page 1

to appointment to their dealer. Dealerships have extended their hours — some of them working 24/7 — to try to deal with the customers as quickly as possible. "As soon as we get a recall form out, we start getting difficult questions from people," the "Way site said.

"If customers do encoun- ter an acceleration problem, the best thing they can do is put the vehicle in neutral so it can come to a stop away from the side of the road," Bishop said. "If customers are con- cerned about their vehicle, they should contact us with their registration and we'll get them a recall form and get them a recall kit."
Help is always available

Get screened for National Eating Disorder Screening Day

Eating disorders do only affect women. Hardly anyone has them. They go away on their own. By all means, don’t talk about it for fear you have one.

The symptoms of standard stigmas of a growing epidemic. As with all other mental illnesses, an eating disorder is nothing to be ashamed of. The stigmas mentioned are pretty common, and they couldn’t be further from the truth. These negative emotions of all too common problem leave many in a place where they feel they cannot get the help they need. The University of Idaho Counseling and Testing Center, and the Student Health Center will perform free screenings from 10:30 a.m. to 2:30 p.m. Thursday, Oct. 6 at the University of Idaho Commons. If nothing else, students should at least go for the chance to get information from the numerous professionals who will be on hand to answer questions.

Theutf has free and confidential therapy sessions. Each student pays through student fees, so use this resource if needing to. If you don’t need the CUTF, spread the word and allow others to take advantage of it.

K5

on the CUFF

Quick take on our editors’

Prostitution

Thousuaduniversity should watch whom they let speak to students in their dorm rooms. Any company in rest house door-to- door solicits for this major issue of our generation. University students should be able to go about recruiting without the fear of being pimped up by random people.

— Jeffey

Zs and 7s

People who don’t cross their ‘s and dotted their ‘I’s are not in service when they learn to write.

— Greg

Sitting, waiting, wishing

I applied for an internship this past week with Rep. Walt Minkin, and now I’m nervously checking my e-mail every hour to see if I get anything back. Realistically I shouldn’t expect anything before mid-month, but I like that it’s just sitting out there, waiting to demonstrate my summer.

— Kalse

Locals

They may be yesterday’s old Internet craze, but I still love Locals. Though the site can brighten my day at any time as a fast snack for food in class with nothing more than a computer and head phones, the one used to uses. Calistoga is a good, and basement cats is the devil.

— Ering

‘Lie to Me’

Last semester I got hooked on the new show called “Lie to Me.” It’s about a psychologist who specializes in body language and facial expression. I really wonder what I would do if I could use this as my superpower. All one needs cheese. Goggles are a great, and basement cats is the devil.

— Jim

The glory days

I’ve always been aware of the history of Vandals basketball in the Don Morgan era. The Vandals record on the road was nearly unbroken and made it to the Final Four of the NCAA tournament in the early 80’s. What did not catch the crowds in the Kiddie Dome cheating or high tech style in 1983. The Vandals faced the Montana Grizzlies in front of nearly 12,000 people — the Kiddie Dome. That was impressive.

— Nick

Busy, busy, busy

‘Whodya mean? This semester was less hectic than last semester and I am wondering where it all went. I have had much to do, and I don’t believe in a month at all would be getting lighter. I am really enjoying the flying south — which is where it’s supposed to be. I am wondering where I have more than we do — we seem to have the most of the time. We’re planning on celebrating St. Patrick’s Day in Moscow. I can’t wait. At the same time, my mind is racing trying to express the thought of all I have to do between now and Calistoga. I am saying, I am going to be ecstatic when it’s finally time to fly out.”

— Elizabeth

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The Argonaut @ 2010

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**Valentine's Day** serves its purpose

Kellie Mosley

"Valentine's Day" is probably a bad movie to see for those who are looking for originality or Oscar-winning movie material — but it's a great movie for those looking for a date movie or couple's night out.

Full of pretty people and its stars, such as Julia Roberts, Patrick Dempsey, hydrangea Garnet and Ashton Kutcher, "Valentine's Day" attempts to weave a mini-world through the convolutions between all of its characters. Think "Crazy" or "Love Actually," but with a lot more stuff and several more super-specific characters to encompass at least one story anyone could relate to best friends, who should be together but are in love with the wrong people, locally athletic girls who break up on Valentine's Day, hyperactive kids (unfortunately not nerds) and a personal computer. Hornsby said it was seen as the wave of the future, with worms and nerds being the leaders of this wave.

"When Bill Gates ring a bell?" Hornsby said.

She said as a result, nerd masculinity began to challenge macho masculinity.

"The logic could be imagined being this: "he's going to beat these guys when we're not around?" the girls would say. "The girls who had bad bitches flirt, but don't want to be controlling."

The rapid increase of technology produced numerous types of programs and games, and although most surveys conclude that the majority of young adults and video games, there still are serious attorneys, such as being anti-social.

"My brother played so much with my Dojo, he was more likely than only a head friend," indicated Cotton. Barry said.

"He would sit at his Commix sweets and track the nintendo on end, eating nothing but Fruit Rolls and Mountain Dew, but he was so much in the team," Barry said and she some close friends were caused into playing "Halo" so much they'd started winning against her brother, finding him eventually stop playing against them.

"Once a bunch of girls (started) beat him, they didn't want to play anymore. It was like we were learning to play him or something," Barry said. "They learned they were better, in fact, pretty, half the time they were a girl friend now."

No one in the program really knew how that happened.

Most of the technology-based stenographer, emerging reading is still a difficult technology in control. Although pictorial entertainment media, Carch-berry Lover said some such as "Harry Potter" have become more pop culture based than "nerdy." "As far as Entertainment goes. you would have to ask a "Lord of the Rings" or R.A. Salvatore for it to be mentioned ever," London said. "I've studied the "Lord of the Rings" fandom community. That's really weird."

Boys and girls in the world, London's locker boy is in theorrh who has grown online.com.

**Video games that should be movies**

Hollywood is lazy. So am I, but I'm not blowing billions of dollars on aboutness like "Get Up and Go" or "Ghostbusters," Hollywood is enamored with the important mantra "Movies into entertainment, the more..."

There's no way to prove how hotly Hollywood is the way they get it now. The film or the character's focus should be on one aspect of their lives, a so-called "understanding" of their personalities is not important. It would have been nice to see a little less cheese, the dragging away of a "Frantics" character. London's locker boy is in the first five seconds of each in his new song. This is a good assisting to the face.

"Punch! Out!"

Clearly, Aameans loves bowling being a jerk, so he can't imagine why no one thought to make this story thought into a ridiculous melodrama.

All it needs is some back story for little Mike, who is screening to be played by Daniel Radcliffe. And make this a movie, as himself. These are very sadistic

4. **Mega Man**

There have been like, I don't know, 45 different "Mega Man" games, but so someone's willfully getting not to make one of these into a movie. Handy. This is another series that basically has an entire genre written around it. So they somehow manage to keep the Japanese invented. Maybe wouldn't notice that without a back story, it's kind of a crazy game.

5. **Gauntlet**

Holy crap, this could be a serious acting-comeo. You get Bruce Campbell to play the archer, Angela Jolie to play the valkyria, Patrick Stewart to play the wizard and the Rock to play the warrior. As they fight hordes of monsters from room to room, they chemistry blossoms into a story of love, with their team winning all odds and monsters. Just make up something radly about why they all are there to begin with and this is another one that gets in.

2. **Wolfenstein**

It was the perfect idea for a flashy game and London said he's seen firsthand the stereotype that "nerds" can play. "Regarding for four years haha, they just made a movie based on the story of a nerdier game," London said. "The big problem is, once you've been exposed to that, the act of seeing someone, someone like, in many aspects," London said. "They need to think, imagine knowledge is more important."

London also said society, there's almost a chic associated with being a "geek" or "nerd". London said. "There are some that have more than three times bigger than their peers and they create a superiority complex."

Other games associated with being "nerdy" include the card game Magic: The Gathering and role-playing game, and there are even local tournaments.

"Our biggest tournament was about 44 people," London said. London said although most Magic cards cost less than 25 cents, some can cost hundreds of dollars. For example, one of London's local Black Lotus card can be worth more than $50.

London also said while there are still problems in Hollywood about their body, being considered normal or bad, there is a market and it has room for a few more. "Nowadays, a nerd may walk a path where he's been seen as a dark pony for their "Magic" deck, but now he's with a pocket protector for their pens," he said. "They stand in a little more now."
The ultimate gift

Chase Thomas

A few weeks after I met my current boyfriend, I went to his house to hang out. He had the oven preheated to 200 degrees and bowls of Cheerios and pretzels sitting on his dining table. He was sitting a pot full of spices, and a large mixing pan was nested next to the counter.

We were making Texas Mix, his family’s recipe for Christmas mix. The recipe went against everything I was taught at home—it was full of margarine and it used garlic powder instead of actual garlic. It could keep me from making it at home, but my mother always taught me to avoid preservatives.

Texas Mix

2 tablespoons Worcestershire sauce
1 tablespoon salt
1/2 cup vegetable oil
2 tablespoons garlic powder
1 teaspoon celery seed
2 tablespoons all-purpose flour
3 cups Rice Chex
3/4 cup Corn Chex
1 box Cheerios
2 bags pretzel sticks

It was empty calories. In short, it was a nutritional nightmare.

Every time my family has tried to make it, we’ve had to stir the mix every 20 minutes while it’s at a low even temperature. It’s even longer before you can enjoy it, because it only melts good when it’s completely cooled. It was an investment in time, but in the end we had a delicious product.

I’ve made Texas Mix many times now with my boyfriend. When I visited his family for Christmas this year, there was a large bowl of Texas Mix. When he came to visit me the next day, he brought Texas Mix to share with us. Of course, my mother rejected it.

Every morning, my family has fun on her own version of the mix—her father uses What Chin to add the flavors and her sister leaves out the Chili ingredients. All the versions are great, but the one I experimented from is hers.

My boyfriend will graduate from the University of Idaho this year and move to a larger city. I won’t get to make Texas Mix with him anymore, but I will hopefully inherit the recipe. The only flavors and colors will help me remember the long weekends and actual five-day weekends we’ve spent together. It’s a bag of Texas Mix that we’ve brought away from this is the best Valentine’s Day gift I’ve ever received.

Anthony Salas

In an era where vampires sparkle and sympathize, a blood bath has been needed so they can live among us. It is nice to see some are able to hang out and not annoy us in oblivious.

Vampire Weekend steered the nation with their first LP, a self-titled opus that won the beauty of kings, including the benefit of Pitchfork Magazine. Now at a couple of weeks since Contra, their second major release from XL, Recordings was released, many fans have the album while few fans have come about.

Centre starts out with breezy song, “Horchata,” and expands the band with two drummers, and new synthet paterns that emits a little-ditty, while main keybordist Rostam Batmanglij tags lightly on a marimba. Considering the most outstanding object some had in their debut, “Horcha”, as well as the rest of Contra is interesting, valiant music. It seems though they have spent the past two years building this band to allure brighter and play tighter and gotten a lot winder in the process.

The group nurtures in its awesomeness and the record is filled with it. Keegans range and Rolins intimate, colorful arrangements make the record sound good. There are more groups mixed together, including American synth and Afro-pop. "Cringing The Gun," the first entry on the album, is more polished than the rest, but the numerous strange songs are far better than any on their debut. Considering their plans only their second album, the band is in a fortunate position. More fans are tuning in. It’s a good, popular and distinctive.

Vampire Weekend Centre B+ New available

EXTREME CHALLENGES

A high school works on his robot at "First Tech Challenge Championship" Saturday in Montgomery, 2010. Opportunities for K-12 Students, a collaboration between the College of Engineering, Education, and Agricultural and Life Sciences as well as in the Idaho Space Grant.

Vampires worthy of attention

University of Idaho

ł Student Health Clinic

Student Health Pharmacy

Hours: Mon - Fri. 9 a.m. - 12 p.m.
and 12:30 - 3 p.m.
Phone: 208.885.6335
Location: 831 Add St. UI Campus
www.health.uidaho.edu

UI Counseling & Testing Center

Counseling, personal, academic, and career concerns

University of Idaho

Student Health Pharmacy

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Counseling for personal, academic and career concerns
**SPOKES&REC**

**Women move up**

Idaho's Charlotte Otero drives to the net past Hawaii's Kelsia Kanaka'a as the Idaho bench looks on. Idaho defeated Hawaii 74-59.

Idaho powers past Hawaii in crucial game, 79-54, sits at No. 6 in the WAC.

Shaun Bell
Agreement

With his team coming off a beating from Nevada and a competitive game against Boise State, Idaho's women's basketball coach Joe Newlove saw his team slip to No. 7 in the WAC. Newlove found his team standing on the outside looking in at the WAC championship.

With Hawaii right behind Idaho in the standings, Newlove didn't mean just how important a victory would be.

"We needed this game," Newlove said. "It was a huge win -- we need to distance ourselves from the bottom of the WAC."

Looking to average an embarrassing loss to Hawaii earlier in the season, the Vandals responded and put together a strong, if flawed performance, beating the Hawaii Warriors 79-59.

If there was any hangover from the blowout in Fresno, the Vandals left it in the locker rooms, raining out of the gate and taking a 19-9 lead in the first 10 minutes of play. The game played with pride and enthusiasm," Newlove said. "We did a good job differently.

Idaho's strong defense and rebounding, which beat out Nevada and just as close to blowing down Louisiana Tech earlier in the year, made a strong comeback as Idaho out-rebounded Hawaii 45-32.

"We didn't shoot the ball from the three at all," Newlove said. "In the first half I thought our looks were very bad, and in the second we had better looks but continued to struggle.

That low shooting percentage allowed Hawaii to get their way back into the game, drawing 29-28 at halftime. Hawaii followed up that impressive comeback with a 9-0 run to start the second half.

Idaho sweeps Fresno State, 68-59, bringing it to 4-8 in WAC.

Pierce Bell
Agreement

Saturday night in Fresno, the Idaho men's basketball team garnered even more strength exactly how it hoped with a win over conference opponent Fresno State, 68-59. The Vandals are 2-0 this season against the Bulldogs, defeating them in Cowtown Spectrum Jan. 26 and in Fresno last Saturday.

The scene in Fresno State was very similar to the scene of the game against Nevada at home. Idaho held the lead to start the game and then allowed the team to come back, as it did this time.

This time, the Vandals' coach Dan Verlin said, "I thought we played very solid down the stretch, especially defensively, but I thought we did a nice job at taking care of the ball and doing the things that we needed to do to win the game."

With the win, the Vandals held onto a record of 12-12 and 4-4 in WAC play.

Just a few weeks ago the Vandals were on a six-game win streak. The Vandals hold on into a game of 12-12-4 and 4-4 in WAC play.

**SPORTCLUBS**

**Virtual varsity**

Clubs seeks recognition in its future

Cheyenne Hollis
Agreement

Six hours of practice, six hours in the gym, morning conditioning exercises and team-building exercises -- this is the routine of any varsity sport at Idaho but certain junior clubs.

"We like to think the Junior team is a virtual varsity sport," said junior midfielder Gregg Shaw. "We are like a varsity team, but we do not get any of the support or facilities."

Mac lacrosse is part of the Mac's Collegiate Le- ague Association, which consists of 213 non-NCAA teams in the United States and Canada.

"We would love to be a varsity program one day, but in order for that to happen the sport of lacrosse is going to continue gaining in popularity on the West Coast," Shaw said. "A lot of programs in the West are categorized in club, but we feel that we are more than that."
The Seattle battle
Verilis expects team and bench to perform their best

"We all have to get to a point," said Verilis. "It's our job as coaches to prepare for the..."

Seattle’s next game

The Seahawks, the team that has come out on top in the last two consecutive games, the Vikings, have been able to get the most points in the area, with 8-1 overall. The Seahawks have a strong defense,尤

Tech a run for its money, which will have to change if Idaho is to have success in its post-season shooting.

Idaho shot a pathetic four for 25 from the 3-point range against Hawaii, and one for 14 against Pepono State.

Newlee said he wasn't concerned by the low shooting percentage because he knew his team has the talent to sink 3-pointers.

Olorunnife, who tallied 25 points against Hawaii, will look to factor in the paint again for the Vandals this season. Idaho is a State class team should have significance for Olorunnife — her other 25-point total came against Boise State and the Vandals against Nevada-Las Vegas.

Bulldog senior Rachel Kikhe scored ten points against No. 1 Santa Clara. The team's victory over the ranked Bulldogs is a stepping stone to the team — and as a stepping stone to the conference.

The team was able to stop up and win some difficult games, and is now riding a 4-0 streak against UNLV, Mississippi Valley State and Idaho.

"It will be a huge game," Newlee said. "Hopefully we will get that same kind of Vandals support and they play off that."
New heights

Vandals again come out on top at track event

Lisa Short

Against the competition at the Husky Classic pushed the Idaho track and field team to new levels. Many athletes earned personal bests when putting against some of the strongest competition in the nation.

Idaho fielded tough Pac-10 schools in last weekend's match and came away with positive results. Idaho's top performances came from its usual places as the team is proud of its improvements.

"We are a couple pieces away from being as prepared as we can be," Wayne said.

Senior Mykal Bedell had another solid mark as she came away behind Jill Cameron, a two-time U.S. Champions and 2008 Olympian. Bedell was close behind Cameron with a shot put of 54 feet, 1 inch.

On the track junior Paul Dittmer took second in the mile with a time of 4:36.46 seconds, over the Idaho school record for the 600 with a race of 1:24.4 seconds in the WAC Championship.

"Paul hasn't had a race with everybody together," Philp said, "but his goal was to come running at home and he should have a good

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professionalism to it," Andrysiak said. "The coaches expect a lot as much time as the rest of the nation.

Andrysiak is one of four coaches on the Idaho staff. Brother Mike and Grant have co-coached athletes, and former Idaho State and Idaho State's assistant coach are Idaho's assistant coaches.

"We want to be a good team," said Andrysiak. "If our players have the tools to become more involved in the games, we want to be involved in the games. If anything, we would like to have the tools to become more involved as coaches.

The team would like to be able to match film and have access to other facilities that give their operations less stress, Andrysiak said.

"Everyone on the team has to be prepared," he said.

But little things like where we are going to play, what we are going to eat, Andrysiak said. "It takes a lot of time to prepare all the time.

Idaho track and field is an integral part of the Northwest Pacific Conference. The Vandals are in the season against Whitman in Walla Walla Saturday.

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the second half as Idaho came out disgruntled and "dead," said Dickson.

Just as it looked like Idaho might make a move, Idaho's bench came alive with the help of Nathana Helmerich and Brianna Chavaris, who Newell said were preparing for coming out and getting the team fired up.

"Idaho must be making a move," Newell said.

As the game goes on, the Vandals built up substantial lead, capped off with a play by Charlie. Oregon with Hawaii gaining momentum and down only by eight.

Grabbing an easy Hawaiian pass in Idaho's zone, Oregon sprouted to the opposite side of the court with a Hawaii defender Evans trailing, Oregon lost her foot, sliding down on her back, but before making a no luck pass to a cutting Shalane Lynne, who drove the layup.

"I almost called a timeout, but I looked back and saw three of our guys coming and none of them," Newell said.

"I just let it play out and Charlie made a great pass from her back — that needs to be a Top 10 on ESPN." The sparse crowd exploded in applause and cheers as Kusia finished off the play. Hawaii, visibly frustrated, would never come close in the remainder of the game.

With the win, Idaho draws even with Boise State, tied for No. 5 in the WAC. Idaho's next game comes in Boise, as the Vandals look for a season sweep of the Broncos after a thrilling 81-80 overtime win against them earlier in the year.

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losing streak, but those big wins against conference opponents, have changed the Vandals' mind. But they hope to send the Vandals into a winning season record.

With the second loss to Idaho, the Bulldogs' record sits at 13-13 and 6-5 in WAC play. The Bulldogs came out strong against the Vandals, winning their first four conference games but lose to their star player Paul George's inquest, former record low 113 and 117 as the Vandals have not had a dominant win over a conference opponent since 1984.

Instead it was Idaho who came together and played a game of collective effort against Boise State. Not only were the starters producing great efforts but the bench was coming out and putting points on the board.

Idaho's bench scored 29 points altogether. Twenty of those points came in the second half when Idaho pulled even in the late first half. Idaho's bench has been producing points consecutively — this was the first consecutive game that Idaho's bench has finished with 20 or more points.

As for the starters, Mike Carty & Luizmers finished with 20 points each long for the Vandals. Senior Luiz de Souza had 16 points coming off the bench, shooting five for 11. "It was a wildest run through effort — everybody from Luis, Gomez on down and even the bench," he remarked.

With this win, the Vandals hope to win the WAC title and earn a spot in the NCAA tournament.

The game ended Thursday night in Cowan Spectrum.

The Argus Observer

Lisa Short

VANDALS pole vaulter Lucas Pope clears a height at the Vandal Indoor Feb. 3 in the Idaho Dome. The Vandal track and field team competed last weekend in Seattle at the Husky Classic and return to Moscow Friday for the collegiate in the Idaho Dome.
The highlight of the day came from Gabriela Nazareno's upset of junior McCarty who went into the match ranked No. 61 in singles.

"We were a very strong team that will take us to the national meeting this year," Vandals head coach Terry Neif said. "They were a big upset, beating the No. 1 player in NCAA and I think she added to our team lineup really made our team a better.

For the second week in a row the match came down to Basic Middle and for the second week in a row the junior came up big overcoming Isaiah Fisher 4-6, 6-2, 6-4 to clinch the match for the Vandals.

"With the match coming down to Barbara at No. 1, I knew I had to play at my ability to clinch the match," said said. "She is so strong and also able to make the level of the game as the pressure mounts. To tight of a 3-6 deficit in the third set with the team match on the line took a lot of guts and confidence."

It was a good weekend for Idaho who would be up against Friday during the Tigers on Saturday.

"This was a great win for us," Neif said. "Thanks to a very strong team that will take us to the national meeting this year."