UI alumni honored
Tree dedicated to couple for years of commitment to University of Idaho

Joe Pflueger Argonaut
Wayne and Ellie Anderson were honored Wednesday between the TLC and Memorial Gym by the Student Alumni Relations Board for their years of commitment and dedication to the University of Idaho.

“We were surprised when we were asked,” Wayne Anderson said. “It meant a lot to us over the years and we try to give back to UI. This is a nice tribute they bestowed on us. We are proud Alumni.”

Steve Johnson, executive director for the UI Alumni Association, thanked the Andersons for their dedication and service to UI. Johnson said they dedicated their entire lives to advocacy for the University.

“Wayne is a leader that is matched by few,” he said. “It makes levels we could only dream about.”

He said the Andersons are leaders in their community and they recognize the importance of giving back.

Every year, the Alumni Association holds the Alumni birthday on April 7 by honoring and dedicating a tree to a UI alumnus. It selects a winner from a list of nominees and makes a decision based on active alumni who give back.

This year Wayne and Ellie, both UI alumni who have been married since 1953, had a special oak (Quercus coerulescens) dedicated to them near the north face of Memorial Gym, along with a dedication plaque.

The Andersons met through their Greek affiliations at UI. Wayne is a Delta Chi and Ellie is a Kappa Alpha Theta.

Wayne spent his student years as both a baseball and football player for the Vandals and graduated in 1953 with a bachelor’s degree in education. He came back in 1974 as the interscholastic sports coordinator and later went on to head coach for both the baseball and basketball programs and assistant coach of the football team.

Belonging in 1994, his first 12 years were spent on the road as an athletic director. Before that he spent nine years in the media.

see ALUMNI, page 4

Adderall, other stimulants used as study aids

Lisa Short Argonaut
Editor’s note: This is the second part of a four-part series covering the issue of stimulants on a college campus. A term has been changed to protect anonymity.

When students accept stress into their schedules, they also accept the need for more sleep. Students are finding alternate ways to complete tasks, including energy drinks, coffee and even prescription medicine obtained legally and sometimes illegally.

Adderall, like Ritalin, is a prescription that allows people with Attention Deficit Hyperactivity Disorder to focus. Students without a prescription have gotten hold of Adderall to use for recreational purposes or to focus when studying.

Mark Jones, a University of Idaho junior, said he uses Adderall strictly for academic purposes. He said he has a demanding schedule so he constantly needs to focus.

“I’m pretty strict about my schedule. I micromanage my days down to the naps,” Jones said. “Being able to take something that can keep me on that light schedule...it’s huge.”

He said his experiences using Adderall have been positive and allowed him to focus on one task at a time. He said it isn’t good for multiple projects that need to be finished, but it does the job. If there is one that can direct all his attention towards.

Local pharmacist Lisa More said the drug is a methylphenidate that increases the concentration of neurotransmitters in the brain to boost focus and memory.

Jones said once he takes Adderall, his mind doesn’t turn off for about six hours. This can make it difficult to go to sleep after taking it, but it gives him the complete focus he is looking for.

“I’m pretty strict about my schedule. I micromanage my days down to the naps.”

JONES UI student

see STRESS, page 4

Borah panel discusses media impact

Dana Barney Argonaut
The Borah Symphony came to the University of Idaho with a new mission this year: communicating the idea social media is a force that should be utilized. Numbers were part of the panel discussion that involved journalism and student moderat

“Social Media - Global Impact,” which took place at 7 p.m. Tuesday in the UI Student Union Building ballroom.

“Today’s mayors 73 years from now will be the Borah Foundation sponsored program, which featur

Borah Board President Deborah Smith. It also marked the 73rd consecutive an

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Lady Eleanor Roosevelt. She is also the wife of the executive director, Mary Brower. She told the students and community members that social media is a force that should be utilized.

“Today’s mayors 73 years from now will be the Borah Board President Deborah Smith. It also marked the 73rd consecutive annual Borah Symphony. This year’s event was titled ‘The Causes of War and the Conflict for Peace.’” Dallid told them.

Phelp/Dallid told them.

Phelp/Dallid told them.

Phelp/Dallid told them.

Phelp/Dallid told them.

When people are dealing with living in a year, being able to get to the Internet and communicate is a way to stay at least

A man by the name of Dr. David S. Treadwell, an assistant professor at the University of California, used to be a social media journalist who was part of the Global Action Through Social Media program.

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High winds and stormy weather Thursday caused this tree to fall on a Honda parked on campus near Steel House.

**Argonaut**

**CORRECTIONS**

Find a mistake? Send an e-mail to the section editor. Contact information can be found on page 5.
Beitz, Berge run ‘faceless’ campaign

Ashley Centers
Agnessant

University of Idaho junior Ryan Beitz is running for ASUI president because he can.

Beitz, an architecture major from Pullman, is running a faceless campaign.

“You will not see my face on any campaign materials,” he said. “There are three reasons for this. The first is that I believe that no one student can effectively represent the entire student body, so by remaining faceless I make no claim that I can. The second reason is that I’m incredibly ugly and feel that the campaign should not be based on vanity. And the third is that I do not feel the idea Tim and I have is one of our own, but rather that they are the student body’s idea.

Junior Tim Berge is running for the vice-presidential position. He also said he is running simply because he can.

Nothing, Beitz said, makes any student qualified to represent the whole student body.

To run for president and vice-president was a decision Beitz and Berge made because they said they didn’t feel adequately represent- ed by ASUI. They also said they weren’t satisfied that both of them knew very little about what was happening across campus.

ASUI is an organization that exists simply to represent the student body (that) feels more often than not incensed,” Berge said.

First of all, the majority of the student body does not know what goes on in ASUI and this is not the fault of the student. We have gone in there several times ourselves and have directly asked, What is it exactly that ASUI does? and we have yet to get a straight answer.

Berge said he may not have an answer to his question, but he believes he knows how to help ASUI become a more efficient organization to better serve the needs of students.

One possible answer Beitz said is reorganization. He said one of the first things he would do as president is to examine the senate to include representatives from each college. Currently, ASUI elects representation based on living groups, the College of Arts and Architecture, for example, would elect two senators from their college to represent students and the same would go for all colleges.

Beitz said, ’We feel that this would more fairly and effectively represent students, as people typically form relationships with the other people in their college, as they have a lot of the same classes. Students who share the same major also face the same concerns with their education.’

Berge and Beitz said they have other plans as well. Some of these plans may come across as controver-sial. For example, they said they plan to convert the positions in ASUI from paid positions to volun-teers.

“If elected, we would forgo our salaries,” Beitz said. “Get rid of the senator’s salaries and pay only those people who perform a service for the students in the ASUI office such as the graphic designer. The university, and not ASUI pays, for professional staff. Therefore we haven’t the pres- sure to keep them steady, nor would we want to. The purpose of this is to save the student money and make their ASUI fees go further.”

One thing Beitz and Berge have in common with the other pairs of candidates is that they want to keep student fees low while main-taining a reasonable budget.

They are not afraid — that is something everyone should be able to get behind,” Berge said. “Everyone would like to pay less. Everyone would like to make it out of college with the least amount of debt as possible. No one can be blamed for wanting these things.”

Berge and Beitz said they have big plans and changes for UI and its students if they are elected, and they said they know how much of it seems outrageous at first, but they believe they’ve had UI students in mind throughout their paperless, faceless, K57 campaign.

Law professor remembered for 30 years at UI

Kayla Hermann
Agnessant

For 30 years at the University of Idaho College of Law, Dean Vincentia Berge A. Vincenti was known as a man of intelligence and loyalty.

After a nine-month battle with cancer, Vincenti died Friday, May 31. A memorial service for Vincenti will be held at 11 a.m. Sat-urday at the law courtroom.

Vincenti was born on Sept. 4, 1938, in Ogden, Utah. According to a biography written by professor and former dean Jack Miller, Vincenti’s family and others. Vincenti graduated from Harvard University in 1960 and earned his law degree from Harvard Law School in 1963.

In 1973 Vincenti joined the faculty of the UI College of Law, and in 1974 he was elected as dean of the College of Law.

Vincenti then was appointed and went on to serve as dean of the law school from 1984 to 1995. During his deanship, the college made important investments in modern technol-ogy, expanded the law library facilities and collection, and the legal aid clinic,” said Don Burnett, dean of the College of Law. "The college’s reputation grew, diversity was enhanced, faculty strengths were augmented, and cur-riculum offerings expanded.

Vincenti retired in 2002, but continued to advise faculty and taught at the law school for many years after his retire-ment.

Monique Lillard, a professor of law, was a friend and colleague of Vincenti and ex-pressed that Vincenti was a “gentleman and scholar."

“Sheldon was a loyal friend,” she said. “Vincenti was a gentleman and a scholar."

Vincenti’s son was served by his wife Donna, his father Arnold, his son and daughter and several grandchildren.

Donations may be made to the Univer-sity of Idaho College of Law Sheldon A. Vincenti Law Scholarship fund.
Fee increases necessary

Money UI needs to operate must come from somewhere if not Idaho

The University of Idaho administration repeatedly lobbied the legislature to get it right. They tried to get the Idaho State Board of Education to pass a 12.5 percent fee increase but no luck there — the best they could get was a 9.5 percent increase for an estimated $8.9 million in extra revenue.

The board members expressed concern that raises in student fees make higher education less accessible for Idaho residents. Come on — UI was asking for a measly $165.00 per student from the state legislature in order to counter the loss of tens of millions of dollars that have been slashed from UI’s budget in recent years. While UI’s raise was able to land a 9.5 percent increase — the largest increase UI has received in recent years — the larger problem of a $6 million budget hole boils. Duane Nelis calls the continuous loss of public education dollars a “disincentive,” and he’s absolutely right.

It’s good to remember UI is cheaper to Washington residents than Washington State University in Pullman if they are accepted into the Western Undergraduate Exchange program. UI offers one of the cheapest tuition agreements in the United States, and even with the presented 12.5 percent increase, it would continue to be.

This situation is ridiculous. As SBOE members squared off over $100 here or $100 there, UI has a massive budget hole to deal with and that’s really what will cause higher education in Idaho to be harder to afford.

And while many students will inevitably complain of UI, the student fee increase is necessary in order for them to continue to qualify for that limited amount of education they currently receive. The school has costs with which it must deal, and for students, this is the price they have to pay.

— GC

serenityNOW

Carry-on push limits

Those airlines aren’t goin’ away! As any frequent air traveler can point, airlines in America have been hard at work thinking of potential ways to pinch your pennies for even more zeros for every nickel and dime airlines can get.

It started with the cautionary “no beverage service for inflight meals” then quickened pace to charging a dollar or two for using napkins and peanuts on a plane.

Then came the ever-present “surchage per passenger” airlines imposed on travelers in those days. Higher gas prices mean a slightly higher fee. Oil, after all, was hovering around $100 a barrel in those days.

Last, but certainly not least, has been the ever-increasing charge for those fees, applying to any class of travel.

Now the nickel and dime has returned.

Want to make your reservation over the phone? Expect to pay $15.50 for that extra “luxury.”

What about that ever-present “package”? Want to check a pet onboard for petty changes? If you want to make plans for your pet, you’ll have to pay $30.50 for each leg of your journey. If they happen to have a few connecting flights, poor Fido’s fare may well exceed your total costs more than the passenger’s.

Recent travel costs, however, no longer can you bring a lap child onboard and expect the fare for your child without fear of being told off by 10 percent of a full adult fare.

Oh, and for your five-pound child, who is not taking up any more room than a carry-on, will also have to pay the $90

see VIDEOS, page 6

Editorial Policy

Editorial opinions expressed in this periodical are those of the University of Idaho Board of Trustees. Any editorial opinion expressed in this publication is that of the student editorial board, Idaho State Board of Education, or University administration.

Letters Policy

The Argonaut reserves the right to edit letters. However, the Argonaut is not responsible for the accuracy of content.

Letters should be no less than 200 words and no more than 300 words.

Letters must be signed, include email and phone number for verification.

Letters to the Editor should be sent to the following: editor@argonautonline.com.

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Argonaut Staff

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Pull the trigger

‘Last Song’ falls flat

“The Notebook” and “A Walk to Remember” member top almost every romantic chick flick list, but Nicholas Sparks latest novel and movie combo continues to measure up to his previous legendary love stories.

“The Last Song,” Miley Cyrus plays Venus Baker, Almost 18-year-old who abandoned her dreams of being a pianist when her parents divorced. Despite her protests, she and her younger brother (Dakota Johnson) are sent to live with their dad Steve (Greg Kinnear) at his beach house in Georgia for the summer. There she confronts her estranged emotions about her dad, her past and chance for love. Overall, it’s a cute, fairly predictable story, but it does not reach the same level as The Notebook.

The acting in this film was pretty average. Cyrus wasn’t bad at playing a fluffy teenage girl, but that’s probably because she is. Because she still is. And being tired of her, for the sake of her last song, she used the role during the credits.

Liam Hemsworth, Cyrus’ on-screen boyfriend, added a nice element with his physical appearance, though his acting wasn’t bad. Kinney, who also played in “Little Miss Sunshine,” was more convincing than Cyrus, and did an impressive portraying a wise, anguished father who teaches her the importance of living life to the fullest.

As far as the storytelling goes, it’s not particularly original. Like every other Sparks story, there is a plot romance, a few surprises, some unexpected twists, and that is about it. The movie was written by Sparks, and prepared for the heartbreak inciting us that is sure to occur. Though his love stories are getting tired, Sparks still has a knack for writing stories that have everyone in the theater weeping.

‘Guys and Dolls’: gambling love affairs

Rihamnbinis Approve

“Guys and Dolls” is two different love stories mixed into one engaging musical.

The first is the story of the 14-year-old engagement of Nathan Detroit, who runs a floating crap game, and Miss Adelaide, who works at a local nightclub. Miss Adelaide has been trying to get Nathan to settle down and become a family man with her. Nathan, in an attempt to find a space for his crap game, needs $1,000 for a down payment.

In order to get the money, he makes a bet with his friend — Sky Masterson — that Sky cannot get Sarah Brown, a religious mission girl, to go to Havana with him. The challenge becomes the seedy love story as Nathan and Sky — a not so unlikely couple

fell in love. Their love story follows Nathan and Adelaide’s love life because of the lack of money they have to spend on the game.

The plot twists and turns, leading to the finale where “everyone gets their ‘Guys’ and ‘Dolls’,” said ShanaJesse Loebecht, one of the performers who plays Miss Adelaide.

The four Sads — Miss Adelaide, Nathan Detroit, Sky Masterson and Sarah Brown — are double-cast. “It’s a fun show,” said Lucy Sutton, a University of Idaho State University graduate, who plays Sarah Brown. “It’s enjoyable. The music is great. (There is a varied cast, (as the four leads are double-cast.) Each cast brings something different. It’s a different show if you see a different cast.”

Favorite scenes were varied among the cast, including “when the gamblers are in the sewer, which is the ‘Look in a Lady’ scene. ‘A reverie of Sky’s true heart’ said Michael Snyder, who plays Sky Masterson. ‘It shows that he cares more about Sarah than he does his reputation,’ he said.”

Snyder, who works at the University of Idaho golf course, has been acting in the show for seven years.

He has been in close to 20 plays in the last six years, including several Idaho Repertory Theatre productions such as “High School Musical.” At Coach Bolton, and “Romeo and Juliet,” as Prince Escalus.

The most challenging thing I would say is the fact that I have to remember so many lines. I have to memorize so much, he added.

see DOLLS, page 8

Michael Snyder (as Sky Masterson), left, poses with Lavy Sutter (as Sarah Brown) for The Regional Theater of the Palouse production of “Guys and Dolls.”

‘Last Song’ Miley Cyrus. In theater's new C-
To advertise in the Religion Directory or to change an existing ad, contact Sam at (208) 885-6371 or sferguson@vandals.uidaho.edu
Idaho tries to improve on 0-2 conference record
Lisa Short Agnew

Conflicting records are battling the Vandals’ tern—ten trend. Idaho sits with a 2-1 record this season but are the unproven owners of a 1-2 mark in the WAC. As it heads into its second weekend, Idaho will need to improve on it's 0-2 start.

On Tuesday, Tyler Neil said although their record doesn't look good, the Vandals haven't let two tough losses to start their conference season.

The Vandals kick off competition this weekend by facing a talented squad from New Mexico State on Saturday and will look to go one-up on Nevada on Sunday. Neil said the Vandals are close to talent with both teams, and he expects some exciting matches this weekend.

"They should be close matches," Neil said. "Nevada is nationally ranked. Idaho lost in disappointing fashion to Nevada last year in a match where the Vandals didn't show their full strengths. Neil expects a by no means easier this one but said and the Vandals are looking for another chance against the Aggies.

"We have to get it up for the NMS match," Neil said. "We have to improve on our season's disappointing performances and try to prove ourselves.

Idaho lost the momentum to recover after its match against Nevada. Idaho had the win in the court less than 24 hours later for another match against Nevada.

"Neil said he expects both Idaho and Nevada "to play hard," and said the Vandals realize they aren't going to be easy matches, but they should be able to match hard in both. Neil said playing against the top-three weekends' benefits the Vandals, especially after last weekend's marathon four-match series.

Rachel Kibbie delivered a win for the Vandals when she scored a 6-1 win over an opponent from Nevada. Neil said the No. 3 doubles team, Alex Johnson and Gabriela Nilsson, have been playing well for the Vandals. Although Neil said Cohen is a really strong addition to their team.

Idaho owns a 300-24 win against the Aggies. Bea Johnson and Gabriela Nilsson have given Idaho a number of wins over the weekend.

Kibbie/Argonaut

Home for the long haul
Incremental weather taking its toll on team
Ivy Pinchak Agnew

Idaho tennis director Jeff Bean- men has thought a lot about the weather, Incremental weather has been following the Vandals around, and the Vandals left wind and snowTimes and temperatures in play the weekend, where one of their matches was postponed. The Vandals also are a few matches extended over a 21-hour period of time due to the rain. The rain in the Portland area shut down the Vandals' return flight, forcing the team to track the remainder of the way back home.

"We are just really hoping for some good and weather right now," Bean- men said. "Facing rain delays, starting, stopping, it's frustrating."

With sporadic hail and rain accompanying falling winds and near-freezing temperatures this week, good weather may be a scarce. Bean-men to find on the Palouse.

Thankfully for the Vandals, should inclement weather strike again, they are at home. As Idaho closes out the season in preparation for the WAC Conference tournament with four straight matches split over two days at home.

After splitting the road trip to Hawaii, earning a win against Utah State, and dropping a match against Hawaii Pacific, Bean-men said he can't think of anything better than to use the downtime before the final push to get close to home, and then to send up and give the players a little break, before they get up in their academics.

"The weather is kind of an excuse for working on academics and trying to get on another healthy and rested for the upcoming match," Bean-men said.

The Vandals were a spot in the WAC tournament, will not face any more conference opponents in the two weeks leading up to the tournament, which is scheduled to start April 29.

Instead, Idaho opens up its five-game home stand against Weber State Sat- tury morning, and takes on Seattle that very same afternoon.

Weber State is riding a four-game winning streak, recently blowing out their in-state rival Utah State in a 6-1 decis- ion. The Wildcats are the owners of a 9-10 record, but are a blazing 5-1 in conference play, with their only loss coming to Sacramento State in late Janu- ary.

Seattle will come into Saturday's game a day after beating Lewis-Clark in Lewiston. The Bearcats' season record sits at 3-10, with their most recent con- test being a close 6-5 loss against Pacific Lutheran. The Bearcats' season started off with four wins in six games, but a disastrous seven-game losing streak wreaked their season.

During that slide, Seattle out- fended five shut-outs, able to man- age points against Portland State in a 7-2 loss and managing to win one game against the Vandals in a 6-1 loss on February 7th.

University of Idaho tennis' pari Gabriela Nilsson, left, and Alexandra Olemsner practice Wednesday afternoon on the tennis courts in the Memorial Gym, Niclos, Idaho and the Vandals have told their record match record of 16-3.

"I think we are doing well, and we are working hard to get better," said Nilsson. "We are excited to take on the WAC tournament, and we have two spots in the WAC tournament that we are working on."

Kibbie/Argonaut

Narrowing down the WAC championship
Jacobs plays final season tourney
Lisa Short Agnew

In her last regular season tournament, senior Alison Jacobs takes herself to play her best and was rewarded as she tied the Wyoming Cowgirl Classic. Jacobs gave her all she had, scoring a 72 in the closing round and tying for 24th with a score of 238 in the regu- lar season's conclusion. Jacobs was put up against the Vandals this weekend by the Cowgirl's game.

"Jacobs has been playing well in the WAC. Happily, which in turn led to beg- inning to begin April 15," said Coach Mortellaro. "The Cowgirl threatened the 7th and put up with a 72," coach Lisa Johnson said. "We're going to have her with a lot of confidence going into the WAC champi- onship," Jacobs added.

The tournament was a suc- cess for the Vandals as Idaho started and ended the tournament among the top-five with an opening round of 297 and closed with a 318. The Vandals finished in the second round, scoring 314, which dropped them out of top-three contention.

"Our turn to play okay first and third, struggled a little bit," Johnson said. "I think that in a result of the weather being not down from being not handled and as nice as we could have been.

Sophomore Kari Mortellar- o was back at the helm for Idaho, leading the team with a score of 225, good enough for fourth place in the tournament. In addition to strong play from Mortellaro and Jacobs, Idaho's cause was boosted by quality play from sophomores Antica Kars- la, Bev Paskievi and Nikky Nelson, who finished 23rd, 24th and 32nd, respectively.

Johnson said their goal all season has been to compete,安徽省, and the team's attitude always works for the right point.

While Jacobs en- joyed her final regular season tournament, Mortellaro had reason of her own to cel- ebrate this weekend. Her fifth place finish at the Wyoming Cowgirl Classic propelled Mortellaro into the wire club of top-30 female golfers in the nation.

Mortellaro is currently ranked ninth by Golfstat. com, for college ranking site, and with more years of gold at Idaho left, her stock could rise even higher.

Mortellaro's personal performance, coupled with a deep pool of talent, has helped propel the Idaho team to third in the nation, accord- ing to Golfstat.com.

Jacobs wants to end her ca- reer the same way she started four years ago at UI — with a conference championship.
A changing game

WAC awards for Dittmer, Hartz
Idaho to face-off against eight Washington teams
Spokane Falls Dual Meet

The Argonaut
Friday April 3, 2009

The boar of a big bull elk echoing over the landscape could, arguably, be the sound of Western hunting. The high-pitched challenge of a monster bull pulls people from all over the world to the Western United States just for a crack at the trophy of a lifetime. The soundgives rise to the first moments and in the face of every seasoned elk hunter.

Traditionally, elk hunters use the sound of the bugle elks to locate and track bull Elk will begin to seek other elk and assert their dominance during mating season. Hunters use this to their advantage and this technique has worked for years. Until now.

With the introduction of wolves, the game has changed. The wolves are out there, and one of their main sources of food is big game. This brings in hunters to update their playbook and work around the wolves.

The biggest change observed in the past two years has been the silence in the elk woods. Hunters have bogged their horns down to meet only the drawn-out bellow of a hungry wolf.

In our area the pressure from hunting, both from wolves and people, has caused the elk to retreat and shut down.

This calls for a whole new game plan.

The best way to become acquainted with how the elk in an area are dealing with the added pressures is to assume it all at once, and then the only way to do that is to get out by bulking up in time prior to elk season. Hunters will be able to find patterns in where and when the elk are moving, and just as important, what they’re eating. This will allow hunting success to be picked up in certain zones. The wolves screen hunter faster than ever before. Scouting is the key to 90 percent of successful elk hunts.

While scouting plays a major role, the changing tendencies of elk will always keep a hunter on their toes.

When working with a hunting guide and for two years under Bill Mitchell Outfitters, I witnessed the elk herd scream all September one year and not make a sound the next. This made every guide in camp scramble to figure out a way to fill their client's tag.

Some guys went up high and gained a better view of what was happening. Other hunters went back and forth across the hunting area searching everywhere they could find. While everyone eventually found a way to locate the herd, the most successful technique was actually a bit of antelope hunting find what they need and kill it. The best foods are to be

While food sources in elk country can be expensive and spread out, you need good, well-used walls to quickly spot them. Bears, as well as elk being not very enough for them to be located. Hunters were placed at deep, well-used wallows, usually found in the bases of drake with small openings. Morning at least 100 yards behind the hunter gardens would attract bugles and a series of wallows, along with any signs of promotion or anything lower to the ground to stimulate a bedded cow to heat, calling cows every 30 minutes or so. Then just wait out for the bugs in the cow running.

Because we had acquired the area interests, the key to the season was using well-used wallows to lead us success in the field. The most important thing we could be to any conditions the horns have at the get of the area, the tenderness of the elk, and knowing where to put up help to make you more successful in the field and put more meat in the freezer.
There are plenty of hiking opportunities on the Palouse for outdoor oriented students. Some possible locations include Moscow Mountain, Kamiak Butte, McCandy State Park or Stephen Park.

Take a hike to the hills

Hiking is one of the premier summer and spring outdoor activities here on the Palouse. It’s more than just taking a walk through the forest, it’s a chance to get away from the problems of everyday life and be surrounded by the quiet and peaceful nature of the endless mountains instead of the hustle and bustle of the city.

With this year’s mild winter, hikers in the Palouse have the unique opportunity to hit the trails much sooner than in most years.

Hiking is an activity almost anyone can enjoy. Everyone has his or her own reasons for hiking. Some like the quiet and some like the solitude and some like the workout.

Exercise is one of the main draw for hiking for many people. It’s a low-impact, high-intensity workout that comes with pieces of mind.

With spring and summer on the way, many are anxious to get out of the gym and exercise in the fresh air. It’s a much better workout than walking around because the uneven surface of a trail forces the body to use all the muscles in the legs and hips. Hiking provides the opportunity to get in a good workout while experiencing the wilderness.

It’s important to have an active lifestyle,” said Stephen Yoder, the academic success advisor at the University of Idaho. “In our society, we’re not as active, and it’s important to move back in that direction again.”

For some, hiking means the chance to be close to a remote mountain lake and fish. Fishing high mountain lakes is an experience like no other, as there will rarely be another person around, and fishing with towering mountain and forest around is something to behold.

For hunters, spring and summer hiking is a chance to get out and cover the areas they intend to hunt in the fall. Hiking gives hunters a chance to get acquainted with the landscape as well as learn the habits of the wildlife. A successful hunt in the fall often begins with preparation in the spring.

Hiking can also be a time to recharge emotionally. Leaving the stress and routine of everyday life is a calming and peaceful experience, and once on the trail, the chirping of birds, the smell of the forest and the sun’s warm rays melt all the problems. It’s just the hiker and nature.

For many, hiking is a chance to get out and experience nature in an active way. Nature is something that can be experienced through a photograph or even through a drive. It must be experienced personally.

There are lots, quite like the beach, viewing winds by looking down from atop a mountain, hearing the bugle of an elk echo through the hills. Hiking is a chance to submerge yourself in nature and see the world for what it truly is.

Spending time outdoors is part of the tradition and culture of Idaho and the West. Hiking is just another opportunity to engage in that tradition.

“Being outdoors will always be inter- twined with the traditional Idahoan and be part of who we are,” Yoder said. “While there may not be towering mountains in the Palouse, there are still numerous opportunities for a good hike.”

Moscow Mountain has many different trails to hike up and is only a few miles from campus. Kamiak Butte is only a 20-minute drive from Moscow and offers a campground, picnic area and incredible views of the Palouse.

Hiking is an activity everyone can appreciate. Whether one wants to hunt, fish, backpack, go for a casual walk or look down from atop a mountain peak, hiking can get you there. It’s time to get away from campus and see where the trail leads.

Mac, WAC to play in Humanitarian Bowl

The young Vandals men’s golf squad put a hit on this week at the Cherrybowl Classic, placing 16th in the 24-team tournament a week after having great success on campus.

Idaho coach Jim Sills said the results were not as good as he was hoping for coming off an impressive showing at the Oregon Invitational where such results were to be expected.

“When you have two freshman and two sophomores in the lineup, part of the process of building a team is that you will inevitably have a hiccup like this along the way,” Sills said. “After such a great week in Oregon, this weekend definitely was not our week.”

Last week in Oregon, sophomore Stefan Richi- thorn had his best collegiate tournament, with a score of 73 to help break the young, up-and-coming Vandals to a 24-team tournament finish.

However, the results did not carry over to this past weekend. Freshman Damian Sillies was the top-scoring Bulldog with a 76 play, while Junior Robbie Davis finished in a tie for 28th, with a three-round score of 211.

“Hopefully the tournament this weekend will be a great test for us,” Davis said. “What matters now is we want to support our bowl, Redbrook said. “In one month we will begin to play at the WAC Championships and our focus for the next four weeks will be to be ready for the opportunity and challenge of competing for a WAC Championship.”

Teams from the Mid-American Conference and Western Athletic Conference will play in the Humanitarian Bowl for the next four years.

The third selection of bowl-eligible MAC teams will participate in the Bowl, played at Boise State. The WAC is committed to alternating one of its top teams. Last year’s Humanitarian Bowl on Dec. 30 saw the Idaho Vandals edge Bowling Green 43-42. It received a 4.2 rating on ESPN, tying for the game’s highest rating this season.

Maryland and Nevada, Bowley’s is the official sponsor of the Humanitarian Bowl.

Associate Press

Week of frustration

Sara Fishhak

Argonaut

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Marlins beat Mets

Jay Cohen
Associated Press

Note Robertson pitched five solid innings in his first start for Florida in eight seasons, and the Marlins beat the New York Mets 3-1 on Thursday night to win their season-opening series.

Jorge Cantu hit a three-run double in the fifth and Gaby Sanchez added a two-run double in the sixth for Florida, which took the last two of the three-game set losing 7-5 on opening day.

The Mets wanted an effective outing by Jonathan Niese, who made his first start at Citi Field since he tore his right hamstring during a victory over St. Louis last August. The 25-year-old left-hander allowed three runs and eight hits in six innings.

Jeff Francoeur hit an RBI double in the fourth but that was all New York could manage against Robertson, who was acquired from Detroit on March 20 when the Tigers decided to give their final roster spot to former Marlin star Dontrelle Willis. Florida got Robertson and cash from Detroit for a minor league pitcher.

It sure looked like a nice deal on Thursday. Because Robertson allowed six hits in his first start for the Marlins since Sept. 7, 2002, at Philadelphia. Robertson selected the lefty in the fifth round of the 2001 draft and included him in a 2003 trade with Detroit that put Mark Riggins, a pitcher, and Jarrod Washburn into the Mets roster.

Burke Badenhop followed Robertson with three innings of one-hit ball and Leo Nunez finished for his first save. The crop effort by Florida’s bullpen came one night after the Mets allowed six runs to go the 10th inning for a 7-6 victory over them.

New York left two runners on in the second and fourth in front of a sluggish crowd of 25,662. Robinson Tulafos, making his first career start, pitched into the fifth inning to find the second and Niese tapped out for the fourth.

Niese’s injury last year was one of the lasting images from a trying season for the Mets. He was hurt covering first base on Aug. 5, and collapsed when he tried to throw. He spent three weeks in bed after surgery to remove his shoulder. He didn’t walk normally for six weeks.

Back on the mound in New York, Niese (0-1) got a couple of bad breaks in the first. Cameron Maybin reached on a one-out grounder that skipped past first baseman Fernando Tatís, he moved up on Hanley Ramirez’s walk and scored when Dan Uggla’s hand bouncer appeared to glance off third baseman David Wright’s glove for an RBI single.

Tatis helped Niese with his glove in the third. With runners on second and third, he scooped up Wright’s ground ball after Uggla for the final out of the inning.

NOTES: Mets SS Jose Reyes (hamstring) was scheduled to play in Class-A St. Lucie’s season opener on Thursday night. He gets through the rehab game with no problems and will be re-evaluated.

Jorge’s avg.

Tatis, who also homered, added a couple of nice plays in the outfield. He made a nice running catch on a fly ball.

Tatis said he was able to get through the game without any problems and will be re-evaluated.

Bulls squeeze out 109-108 win against Cavaliers

Andrew Selman
Associated Press

Derrick Rose scored 24 points, Kirk Hinrich had 23 and the Chicago Bulls survived some shaky free-throw shooting down the stretch to beat the Cleveland Cavaliers 109-108 with LeBram James on the sideline on Thursday night.

Luol Deng had 22 points and 10 rebounds, Joakim Noah added 17 points and 15 boards, and the Bulls moved into a tie with eighth-place Toronto in the Eastern Conference. The Raptors held the tiebreaker, but with Chris Bosh injured, Chicago’s odds are looking good.

The Bulls prevailed even through Rose and Deng each missed two free throws in the final 11 seconds and Cleveland’s Mo Williams scored a season-high 35 points on a night when James sat out to rest some bumps and bruises.

Chicago got a 12-point third-quarter lead slip away and couldn’t put Cleveland away after going back up by seven in the fourth.

The Cavaliers were lead- ing 108-107 after Williams’ 3-pointer with 1.29 remaining, Noah answered with a tip-in to put Chicago back on top, and the Bulls hung on.

Taj Gibson blocked Williams’ layup with 30 seconds left and the Cavaliers couldn’t take advantage after Deng missed two free throws with 14.4 seconds left. Andrew Vontaj put up a airball on a jumper and Moan had a layup blocked by Noah with 10.9 seconds left.

Rose missed two free throws, but it didn’t matter.

With the league’s best record locked up and the playoffs approach-
ing, Cavaliers coach Mike Brown is taking a cautious approach with James.

The last thing he needs is to see his superstar go down like Bosh, who suffered a facial injury against the Cavaliers, or Milwaukee’s Andrew Bogut.

So Jamaels watched from the sideline dressed in a suit and he’s got a gimme decision for Friday’s matchup with Indiana.

Indiana’s B.J. Young had his part, scoring 12 on four 3-pointers in the fourth.

Andrew Vontaj added 23 points and Jarrett Moan scored 16.

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WAC from page 9

Johnson said she is determined to win the championship for Jacob and the team.

“Right now we’ve fo-cused on the things we can control, like getting healthy and a few more practices. We’re putting in the final preparations needed,” Johnson said. “We can only control how well we play and hope that’ll be good enough.”

Seattle Sounders FC goalkeeper Kasey Keller, a native to the Pacific Northwest, return to Citi Field before the Sounders match against the New York Red Bulls April 5. Keller is a four-time World Cup participant and has played professional soccer all over the world.

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