Relieving your stress

Editor's Note: This is the final part of a four-part series covering the issue of stress on campus.

Finals are on the horizon and students are likely loaded with assignments and projects. Instead of sitting at a desk or library cot, try to combine focused study sessions with some relaxing activities.

After all, slight stress can keep a person on their toes, but overwhelming stress won't help academics or sanity. Stress can be damaging to sleep, diet and health. Finding balance with activities can keep stress down and the mind sharp. Summer is here, roll up your sleeves and enjoy some of these simple activities.

1. Get Outside
Some folk may claim the ideal and provide a peaceful breeze to the mind about getting into nature that give people a sense of calmness.

If you are stressed about a relationship or a large project or test coming up, don't sit at home and worry, try to sleep outside and take a deep breath.

The new arborium is not only beautiful in the spring, but it gives off a positive vibe. The strolling trees, walking paths, benches, ponds and nature's ambiance creates a nice getaway or study spot. Soplo- rone Zelle Leach said the arborium is her favorite place on a nice day for studying or just not worrying about a thing.

The new arborium is located on Ponderosa Drive, next to the UI Agriculture Center.

SHORT Agenda
- The Bill Chipman Palouse Trail stretches from Troy to Pullman, providing a nice free run for bikes, long boarders and joggers. On a sunny day it is a great escape to head west on the path, crossing Paradise Creek. "Nichelle isn't going to go all the way to see STRESS, page 4

The fee increase is a continuation of a six-year plan that will conclude in 2020. Thursday said Rebecca Couch, Parking and Transportation Services information specialist. The plan calls for Gold permits to cost $335, while Red will cost $320.

The final prices were determined by the amount of revenue needed in order to see FEES, page 4

Sandpoint extension may close

Center faces uncertainty

Jennifer Schlake
Argonaut
Evaluations concern- ing the future of the University of Idaho's Sandpoint Research and Extension Center are on- going as John Hammed, dean of the College of Agricultural and Life Sciences, said in a statement emailed Thursday.

"In December 2009, funds were called for in order to continue the center's operations until June 30, whether the same time period remains valid. If it could enable the center to remain open past that date. At this time, no additional funds have been forthcoming.

The college will con- tinue to move forward with plans to form a council, discuss the center's future and prepare a plan for potential future operations and use of the land," Hammed said. If additional funding is not secured by June 30, the center will continue minimal operation until projects are complete.

If closure of the cen- ter is decided, the cen- ter's only faculty mem- ber, Dan Berran, has been relocated to Moscow as an additional报记者 and faculty member. Berran has been the center's su- perintendent for the last 22 years. Berran has declined comment.

"This is not the result we hoped for in December, but the college,'s lead decision was in line with its budget reduction for the next fiscal year. "Hammed said in a statement. Overall, the college's state funding for its Ag- ricultural Research and Extension Center has declined nearly 26 mi- llion, or more than 20 percent, in the last two budget years. ~
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TUE, APR 27, 5PM SRC
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Cost includes bike tool & chain lube. Pick one of two sessions.
CLINIC: Apr 27 4pm and 6pm Cost $10

INTRO TO MOUNTAINEERING
Cascade Mtn. Range
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TUES: Apr 30 - May 2 PRE-TRIP: Apr 28 COST: $80

OUTDOOR RENTAL CENTER
Visit us for the NorthWest's largest inventory of high-quality outdoor rental gear.
campusrec.uidaho.edu/outdoor

CROSSWORD

sudoku

ARGONAULT CORRECTIONS
Find a mistake? Send an e-mail to the section editor. Contact information can be found on page 5.
The University of Idaho Logger Sports Club demonstrated and let volunteers try different events Wednesday morning in front of the College of Natural Resources building to celebrate Earth Week.

Speaker: 'World being burned alive'

Sarah Sakal
Argonaut
A man with a big lay in it sat out in a bare chair on the field of the Idaho Agricultural Science Association Monday night with a mopey plate of paper shoved in his lap.

Derek Jensen, keynote speaker for Earth Week and civil resistance as we know it is not sustainable and never will be, and he has some ideas of how to fix that.

"A lot of us aren't sure what we want," Jensen said.

"I, still, want to live in a world that's not being burned alive."

And so began Jensen's talk, titled, "Civilization and Resistance." He opened with his environmental version of Star Wars, cited "Star-Never-vied Civil De-

obsolescence," where instead of blowing the Death Star to bits, the rebels sent letters, petitions and loving-kindness to Death Vader.

"We want to charge Death Vader, we must first become the changes our- selves," Jensen said.

The grand finale of Jen-

sen's environmental version was Death Vader blowing up the rebel's ship摧毁 their hopes in poten-

tially, investing and boycotts against Vador-in-production goods and services.

"A few years ago, I began to feel a big apocalyptic," he said. "One of the revolutions I often asked myself is, why are we living so badly?"

People get caught up in protecting this one creature that they forget to ques-
tion the existence of this dominant culture, Jensen said.

He said he wanted to know what it would take for people to use the word apocalypse — what it would take for people to actually do something.

"The big divide is between those who do nothing and those who do something," Jensen said.

Jensen spent the rest of the time explaining the main points of his book, "Endgame," because he said he didn't want to be like lit-

ebooks of this premise he called his talk.

His first premise was that industrial civilization is not and can never be sus-

tainable. Eventually, finite sources will run out, and any kind of living that de-

pends on non-renewable resources won't last, he said.

He said that people should, like salmon, make their habitat better in

their living.

"It is not the survival of the fittest," Jensen said. "It's the survival of the most willing to act."

The way people perceive the world determines how they treat it, he said. Those who look at salmon and see dollar bills will treat their existence differently than those who simply see it as a fish. Jensen said, "if people want to conserve what they can't eat, they will eat it if they think they have a responsibility to the remaining fish.

Other premises included points that violence alone even if people are used to it, that there is a hierarchy in civilization, that violence is only noticed when sent up the hierarchy, that this cul-

ture is not redeemable, and that there is a need for both reform and revolution, not one or the other. He said people in-

normally pass that people do in something.

"Your tradition is still in so-

ce," Jensen said. "No mat-

ter what you do, your hands are still foul." He said one big problem is that people take industrial capitalisms as a given, assum-

ing the rational world must then conform to it. But it is not an industrial civiliza-

tion that cannot be stopped, despite the violence that looks to bring down, to take the world back to the earth even if it takes violence.

"Love does not necessarily pass-

sions," Jensen said. "I think mother-grizzly bear would back me up on this one."

But to take down civilization, everyone must do their part, he said.

"We need people to knock on doors. We need people to show people how to putty

water. Do what you can, we need it all," Jensen said.

Throughout his talk, Jensen intersperses jokes, romantic commentary, and a bit of professional profanity, but he was all business when he asked the audi-

cence what it would take to get them to fight back.

"Don't tell me violence is not effective," Jensen said. "Violence is spectacular effec-

tively. That's why they use it.

But once again, his tone

remains "If it is customary when speaking of the apocalypse to end on a happy note," Jensen said.

Jensen ended the night with a poem about a river and a forest and ice

list call to arms.

"Stand with me. Stand with light," Jensen said. "I am one. We would be two."
FEES from page 1

sustained the current system and contribute to projects on campus. Couch said.

Since the increases in all permits, including vis-
itor and disability permits, Parking and Transportation 
Services projected that revenue could be

$941,212, according to a fi-
nancial chart released by
PTS in March. The parking 
permits bring in almost 100

percent of the projected rev-

enue for the 2013-14 fiscal year,

according to the chart.

"As we expect to have

reserves established to be

a contributor to safety and improvement programs for pedes-

trians and bicyclists.

Couch said.

SERVE from page 1

are determined if we can de-

termine if the University of Idaho health plan meets those rules. Since we do not have the "rules" yet, it is diffi-

cult to design a survey that may 
be applicable.

Member mentioned the survey committee was considering the possibility that BAG did not understand their survey.

The information we were asking for would be

under any set of circumstances.

Miller said.

Miller said he believes mem-

bers of BAG will be able to handle the survey effec-

tively.

"The people who have been on it (BAG) have been in it for quite a 

long time," Miller said. "It's a burden on them to understand the system in 

which they are operating."

He said a downside is the group members have been accused and no longer think outside the box.

Mark Miller, another co-

member of the group, said he is "enough for the future of the survey."

"I'm not sure why there aren't more student feed-

back," he said. "I know I don't want to pay more for my

parking permit next year,

especially with all the

increases."

A new home

In June, Parking and Transportation Services will be

moving to a new location on campus. Their current lo-

cation in the Student Union

Building will be vacated as

the former Campus Pu-

lic Subdivision building on

the site of Line and Third

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dent Recreation Center. A

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Enforcement staff will be

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"This move is a step up for

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PTS will be using its

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Earth Day: more than just a carnival

"Going green" isn't going out of style anytime soon, and for good reason.

Earth Day is not only a great time to get out and enjoy the outdoors, but it's also an opportunity to make a positive impact on the environment.

For example, my city implemented a recycling program in 2005, and since then, we've seen a significant decrease in waste sent to landfills.

But it's not just about the environment. It's about making a change in our daily lives. By reducing, reusing, and recycling, we can all do our part.

So, let's celebrate Earth Day, and let's do it in a way that lasts.

Off the CUFF

Quick takes on life by our editors

Grapes

I am working on a story for a newspaper I contribute to on a regular basis. I've always known that grapes are a healthy food. They're packed with nutrients and are a great snack.

But I never realized how much of a gem they are. I think it's time for us to appreciate them more.

Mold, baby, mold

My favorite thing about buying bananas is that I almost always want to wait until they're bruised and then break them into banana bread so they don't go to waste. What other food is useful after it turn?

Almost done

As of yesterday, it seems like my classes are done—live more to go.

Graduation

Did I do a countdown on Thursday? There were two weeks until graduation?

Intelligence

Intricacy is the key to mental stimulation, and most are free

I have two ideas I really hope my generation will run with.

One is that we supplant the art of storytelling with Trolling stories. Exact same process, except now the video is a house is happy and people feel empty.

The other idea is some- thing which has not come up with a name yet. It involves going into any library. It's a library, Wikipedia—YouTube, and, starting with some random thought, one follows the subsequent inquiries into that thought for an indetermi- nate amount of time until one has learned several new things.

For example, you go into the library without any particular goal in mind. Wander into a section you’ve never been in before and glance at the glitzy, take one clue in your library and flip through it in while. Maybe questions arise from reading this title, go and find a new one. In this manner, you hopefully become aware of something that didn’t even know existed before, or at least become more informed about something you did.

One on You Tube and look up a public figure you’ve never seen on video. Being YouTube, once you’ve looked

see CURIOUSITY, page 6

job OPENING

The Argonaut is hiring editorial coordinators for either one or two deadlines a week. Applicants should turn in an application with a cover letter and several samples to the Argonaut newspaper in SUB 301. Applications are available in the newspaper and online at argonaut.com.

The mail BOX

Looking for lost ski mountains

Does anyone know of any "lost" ski areas? I am working with two other authors (Jerry Painter of Idaho Falls, and my new, Deanne Fuller, of Utah) on a book of the history of Idaho downhill ski areas. We plan to include the 26 current areas and nine former ski areas or"lost" areas. We’ll be writing stories of falls with any former ski areas, and hope that there had only a couple of ski jumps. We've been working on the book for a year and have found lost areas in people's

serenityNOW

"South Park" mocks all

Boy, have "South Park" done it this time.

For their 2004 episode, which ran as a two-part series, the creators behind the foul-mouthed kid four- some created a clip show which, among other "guest" stories, portrayed the prophet Mohamed, then as a black bear and then in a bear suit.

Needless to say, they didn't all the world's population around the world.

"We have to warn Matt and Trey (creators of South Park) that what they are doing is stupid and they will probably wind up like Tom Van Gogh for taxing the Revolution Stalin

on their Web site.

For those who don't know, Tom Van Gogh was a Dutch director and cinematogra- pher who created several films about Islam, the most famous of which, "Submission," showed light on abused women in Muslim cultures. His works cited some field- ers, and in 2008 he was murdered by an Islamic group.

The group followed up: "This is not a stunt, but a warning. The morality on the Internet will likely happen to them.

That doesn't sound like a call to action at all.

see MOCKS, page 6

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Editorial Policy

The opinion page is meant as a forum for diverse viewpoints, ranging from the university to the community at large and the world beyond.

The Argonaut reserves the right to edit, omit, condense, or withhold letters from the opinion page. The editor reserves the right to decline any submission.

Letters Policy

The Argonaut welcomes letters to the editor about current issues. However, the Argonaut reserves the right to withhold letters to save space or for any reason.

Letters must be signed, include proper and must include a phone number.

Letters that are over 250 words will not be published.

Letters that exceed 300 words will be edited.

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UI STUDENT MEDIA BOARD

The Argonaut is an independent student newspaper published by the University of Idaho Student Media Board, a 501(c)(3) non-profit. The UI Student Media Board is an student-run group that focuses on providing opportunities for students to gain practical experience in journalism and related media fields. The UI Student Media Board is a 501(c)(3) non-profit.

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The nice, nasty and uncivilized

Last week, Sen. Tom Coburn made headlines by calling the speaker of the House a "stairstep." The nationwide reaction that followed made me wonder what does it say about our society that one legislator calling another "stairstep" got viral?

The notion of civility in politics seems completely lost on Americans today. A billboard in Wheat Ridge, Colo., displays a picture of President Obama and reads, "President or Stairstep."

Fox News anchor Ed Hll teased a segment where he had interviewed the president and first lady with, "At a fist bump? A terrorist joke?"

Wendy Dorfman of the Washington Post adds, "Jim Wright once said Sarah Palin's greatest hypocrisy is in her pretense that she's a woman. And prominent feminist and imperialist estad Margaret Cho described her as "evil.""

If we're being honest, most of us would think of these types of attacks over the last two decades, and even seem to imply them in our words. We claim not to, but television ratings and box office tell a different story.

Bush Limbaugh, Glenn Beck, Keith Olbermann, Bill O'Reilly and the like soon to be giving the public what they want. Books such as "How to Tack!" and "Ultra Val!" Hot! No.

We criticize radical governments, but remain blind to TV coverage of protests chanting "Peace!" Many Americans think of themselves as children holding "God Fights Gay!" signs. Notice how the movement never goes press coverage. The left immediately shuts down homophobia attacks, and nothing is reported about them, including babies with Down syndrome.

The worst of us, those we discuss on channels pulled by ideology and personal attacks, and what effect do this have on our society.

FM. Fron, co-founder of the Feminist Press, has been quoted saying that "civility determines the strength of our society." To explain the wide usage of the term in civility we suffer from, Fron points to children raised with lots of self-esteem but no self-control, beginning with the Baby Busters generation.

"People today are so self-absorbed they don't care what anyone else has to say or if you cannot have a healthy society without it, " Fron said.

Americans' self-absorption is likely a main culprit in our inability as a people to deal with expectations of others that differ from our own. Another facilitator of incivility, Fron noted, is the Internet. "The Internet has depersonalized our relationships. We email, instant message and make anonymous comments online. We start needing to and don't care whoonna.

Outside voice	

REYNOLDS

Daily O'Collegian

Without it, we doubt Oklahoma is Oaks free. State University student newspaper columnist Scott D'Amico would have written a homophoic ploying against minorities by those who discriminated with less than hate speech legislation, or that we would have been called out and I was right once before, attorney, following a col-

Whatever the true cause of the nasty nature of politics (and ready any other kind of discussion today) likely a combination of civil/politic relations. the situation continues
to deteriorate.

Fore said, "Studies prove we are at an all-time low when it comes to being civil," and if we cannot change, the future of our country is weakened.

It's important that we as a country take a strong stand in these matters.

Hundreds of civility projects exist across the country, organizations such as NASB have begun building events to raise awareness, with hope that once taught at home, will be "growing down the generations."

These attempts are important, but can only go so far.

As individuals, we need to start taking responsibility for our nation.

Think about what you say before you say it. For example, I might be tempted to say, "Joe Biden is a---." but I hope I'll take a moment to remember that he is a human being, and you haven't even met him yet.

Similarly, you need to offer an important lesson to us all "just because someone disagrees with you, it does not mean you cannot have a healthy relationship with them." What a novel thought.

Send letters to op-ed@oklahoman.com

CURIOSITY

from page 5

Some people have a host of other choices to click through based on their interests. Did you know Frank Zappa was an outspoken public figure a realwww.listen.com. And of course, Wikipedia has a "Flag" button. For what- ever you can't employ a really important point to look further, but is for easy to spend a while lost in thought.

Incidentially, I'd like to defend Frank Zappa the common complaint against Wikipedia's relationship with it is it can be edited by anyone, and therefore has less knowledge. I'm just not sure I understand anyone that's written anything about Frank Zappa in this day and age, the second generation will become outdated. Look up any article on Wikipedia, and chances are it has been updated that every day. (It may be a few pages and the least recent update is a few years ago, but looking through the entire process of every editor and scholar maintaining entries, we can get more detail, pertinent information. And of course, anyone can make any article on Wikipedia and all disputes of quality are clearly listed at the top of the entry.

Finally, I'd like to be kind of of topic. That's been kind of my point and to see how interesting the margins can be.

Send letters to opinion@oklahoman.com.

MAIL

from page 3

The South Park treatment either, and thereby wouldn't have been from a 'call-in' show. They've a number of media, and journalists. Jews, Catholics, Mormons, atheists and Scientologists all had their turn in the South Park spotlight.

for religious re- spect and purification, they need to get their high from their religion on the lighter side. Yes, religion is important and everyone seems to think to myself, maybe they need to get their high from the usual, but then the other margins are there. What a delight, perhaps the margins can be as violent as it is.

"What South Park did" is not talking to some, and in fact, many people think of the show itself and the rest of the world we live in that way too.

"South Park" is a show that's a story against Islam, and it's been a story against a certain religion or race, and the show's influence.

The show's influence is a simple thing: Laughs. Its show prides itself on pushing the envelope about every topic of discussion, and it's only on the 22nd season does the show seem to be more mature.

Margaret Fuller, Voices of Idaho

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UI Theatre Department performs classic show in Hartung

Lauren Patterson, Idaho Statesman

John Travolta and Olivia Newton-John made “Grease” famous with their tough attitudes, melodious voices and tight black pants. Thirty years later, the University of Idaho’s Theatre Department will put on the famous play and bring the name Travolta to it again, instead of the smooch-talking, back-hating man who is now Danny Zuko, Travolta’s father, Margaret, will be playing Miss Lynch, Rydell High School’s principal. Marga-

From the moment they enter the theater, the audience will be transported—katherine KERRICK

Kerrick said she was thrilled when the university’s theatre department decided to do the show this year. “I was excited to do this musical here because it’s my last semester as a musical theatre major and I had a blast with all my friends in the cast,” Kerrick said. “It was really been phenomenal!”

Director David Eastman-Harlan said he wasn’t sure how to approach such a classic today. “Fortunately, I go quickly realized I still had the same job. I always have as a director,” he Act now! “To tell the story in an effort to move, inspire and trans-

Earth Week ends with a blast

Carlos Arenas, Argus

The University of Idaho’s Sustainability Center is celebrating Earth Week on the grass this year.

Five bands and more than 30 student and community groups will participate in the fest on Saturday at 3 p.m. “It’s going to be a big day,” said Christine Carpenter, sustainability student and director of the Argus.

What happened last year was nearly insignificant to what is happening this year,” Carpenter said. On Friday, the Argus will be hosting an Earth Day celebration.

The University will also be hosting live from the campus Center and will event will include different people of interest in between the bands.”

The Malahodids is the headlin-

From Above 1979 setup and sound.

“Grease” will be performed in the Carrier Dome on April 23 at 7:30 p.m.

A reduction is one of the classic and recent sauces out there. Any liquid with a base of flavor can be reduced and made thicker, then seasoned to create a flavor booster.

To make a reduction, heat a skillet or use the skillet from cooking the sauce mixture. The second method is called deglazing, and it is an excellent way to gain flavor from the pan, which is better to use than pan without coating. Cast

Less is better

Simple reductions add flavor to meat and fruit

collegeCOOK

A reduction is one of the best dishes for an all- purpose reduction. Sweet liquids are often the best for deglazing and reducing, as they can provide a sharp contrast to savory meats or enhance the flavor of poached fruit. However, chicken stock is also a great choice for souped chicken, and when combined with white wine becomes both sweet and salty.

Balsamic vinegar is one of the best choices for an all-purpose reduction. See FLAVOR, page 8

FrontRow

Friday, April 23, 2010

Grease lightning

Performers from the University of Idaho Theatre Department rehearse for their production of the classic play “Grease” on Tuesday in the Hartung Theatre. The performance, directed by David E. Hauser, will take place at 7:30 p.m. April 23, 24, 25 and May 1 and at 2 p.m. April 25 and May 2.
Third in tournament

Awards accompany Idaho's third place finish at WAC championship

Lisa Short

Appointed

Idaho women's golf came home with some serious hardware from the WAC championships, but their late surge fell short as the Vandals took home the player of the year and the coach of the year, but were two strokes shy of a first-place finish in the WAC championships, finishing third.

Sophomore Kayla Mortellaro, who was Idaho's leader for the majority of the year, was named player of the year, and Lisa Johnson was named coach of the year at the WAC's Athletic Conference. Collectively, the Vandals finished two shots behind San Jose State and one shot behind Hawaii in the tournament.

Mortellaro said the team went in hoping to win, and despite feeling disappointed about falling short, Mortellaro said the team played with a lot of heart.

Mortellaro started the WAC championship with a rough first round, finishing ninth. The next day, Mortellaro put her troubles behind her and moved into first after the second round before finishing tied for third with teammate

see THIRD, page 12

Last spring scrimmage in Portland

Mike lupati named third in the round of NFL draft

Buchanan

Mike lupati named

Mike lupati became the highest selected Idaho player since Ray McDonald was drafted in the first round in 1967. Lupati, born in his parents' house in Samoa, was the third in the draft.

Mike lupati, the first-place Be'er, said he is blessed, and he was selected for the team.

He said he was excited to be a part of the team, especially after being his top blocker from last year.

When the team competed this season, they were focused on their statistics and how they are playing. Not how the best teams are playing...buckman said once again, "The best teams play their entire lineup to give every member of the team a chance to get some play time during these exhibition games."

Buckman said she is looking forward to the game and it should be a fun weekend.

Finding where everyone fits as a team can be a challenge, and Buckman added that there are many players each on a schedule. Buckman said this weekend will give her chance to gauge each member of the team and determine what players are more suited for what roles, along with seeing what options the Vandals have for this fall.

Buckman is looking forward to building a strong team, but is still focusing on the basics of getting solid passes and putting the ball away. She said the Vandals need to reduce hitting errors as well as improve passing games.

see SPRING, page 12
Building momentum in Pullman

Ivy Pichlak
Agarnot

The awards keep on coming in for Idaho's track and field squad, with the team ajoining the VAC Track and Field Athlete of the Week honor.

"It's always cool when you win VAC athlete of the week," coach Jeff Tevers said. "It's a very competitive conference and there are always great athletes on each team."

Junior Allie Lee-Painter earned her first Track and Field Athlete of the Week award for her blistering performance this past week at the BSC Relays. Lee-Painter, already the owner of the fastest VAC time in the 1,500-meter steeplechase, ran a personal best last Thursday, April 15, and her time moved into seventh place in the NCAA as well as third place all-time at the University of Idaho.

"Allie has developed into one of the best runners we have ever had in our program," Tevers said. "It's great to see her develop through real hard work and dedication."

On the field, sophomore thrower Gabby Midles pulled up her second athlete of the week award in a row as she extended her VAC best-throwing distance record by almost ten feet by about eight feet. Midles's throw of 56.6 meters, stands as the best in the VAC, 10th in the West Region and 24th in the NCAA this year.

"Gabby come in with decent marks in high school, but improved through hard work and dedication," Tevers said. "Gabby looks like a senior but her coach Julie Taylor said she was going to be something, and she was right." The awards come on the heels of one of the most Successful weekends for both of the VAC track and field teams. The teams were one day away from two school records and a VAC Championship.

The Vael's next test is a little closer to home, as coach Jeff Tevers and head coach Wayne Huyck send the squad to Pullman for the Cougar Invitational on Saturday.

"We'll be testing on a few people and others will be doing some different events," Tevers said. "The following week we'll go back to pretty heavy - we just hope to improve on where we are."

With only three meets remaining in the season before the VAC Outdoor Championships, Pullman will be looking for their team to start pulling into bigger throwers and faster times as the team prepares to taper off heading into the VAC championship meet, scheduled for May 2.

History favors the Vael's at the Cougar Invitational. While the meet was not held last year, the last time the Vael's competed at the Cougar Invitational they brought down two meet records and one school record, as well as winning seven separate events and having nine competitors finish in Top 10 NCAA Regional qualifying marks.

Among those headed to the Cougars Invitational is senior thrower Mya- sisth Bollman, who returns to Pullman this weekend after her 2016 meet record throw of 15.6 meters.

Additional meet results may fall Saturday, as 10 Idaho athletes are aiming for the records on several school records.

Vael sprinter specialist Paul Ditter is only 0.05 seconds off the school record for the 110-meter hurdles. Ditter is likely to improve his impressive time and take down the 2016 school record of 13.8 seconds.

Pole-vaulter Jordan Kasman continues to skirt closer toward the school record of 19 feet, 7.5 inches, as he cleared 18 feet and a three-fourth inch last weekend to take sole possession of second-best height in school history.

Other athlete nearing school records include Lee-Painter in the 1,500-meter steeplechase and 1,500-meter ruler, Celeste Burns in the 1,500 meter tomos and James Clark in the 1,500 meters.

Rodeo's not just a sport

Rodeo, a Western tradition

Idaho is home to many traditions that play important roles in the West and there are many ways to engage in Western culture. One sport that can drop into our heritage is rodeo — it serves as a core component of American heritage and the traditions of the Western lifestyle.

Rodeo origins can be traced back to the 1700s, when Spanish settlers ruled the West. Spanish cowboys, known as vaqueros, herded cattle for profit, which had a large impact on the culture and lifestyles of Western peoples. American ranchers moved westward, they would adapt many of the Spanish methods and start their own rodeos, running on ranch properties. While on the cattle drive, cowboys had to learn skills that included roping, riding, horse breaking and branding. Over the course of time, three categories of events emerged from traditional Western competitions seen in modern rodeos.

Rodeo is unique because the sport is directly tied to the lifestyle of Western Americans. It’s more than a sport — it’s an experience that is a way of life. "Rodeo is fun, educational, and a way of life," said University of Idaho student James Bollman. "Everything that is in rodeo today are things that cowboys had to do regularly." Bollman has been a part of rodeo all his life and will be participating in the Rodeo'soffering event.

Rodeo in two weeks. Bollman has been a part of rodeo all his life and will be participating in the Rodeo's offering event.

"It's not just a sport, it’s a lifestyle," Bollman said. "It’s a way of keeping heritage and understanding what the past was like.

In order to compete, rodeo is not just a sport, it’s part of who they are.

With the school season wrapping up, many of the participants can find out what the event can do, as many of the athletes are eager to be record holders. Many rodeo athletes are eager to be record holders.

The world of rodeo is a big part because it is easy to do and some of the men and women who participate. There is also a large risk of injury in rodeo — it is something that takes toughness and courage.

The competitions in rodeo include bronc riding, bull riding, team roping, barrel racing, and relay.

Rodeo brings the past into our modern competition. For the spectators, it’s a way to learn and experience the culture and history of the West, while for the participants, it’s a way to keep Western traditions of the West while being a good time and competing.

BINGHAM

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Rodeo brings the past into our modern competition. For the spectators, it’s a way to learn and experience the culture and history of the West, while for the participants, it’s a way to keep Western traditions of the West while being a good time and competing.
The season is finally here. The start of the season has arrived, and big turkeys are on the list.

The first week of the season in Idaho is a golden up-tempo game, with plenty of action among the forward players. Turkeys are a common sight in the area, as a perfect time to improve people's hunting skills. Idaho's long, hot season offers a great opportunity to be successful and have a great time.

The physical attributes of turkeys play a role in how to approach hunting. By knowing how to call in a few simple tips and their behavior, everyone can have great opportunities to be successful and have a great time.

While a seasoned hunter probably won't have a hard time feeding and taking down a bird in the woods, there are a few simple steps to consider in the process of hunting that differ from other types of hunting.

The sound of the gobble is the key to success. The most important thing to remember is that the turkey's gobble is a natural defense against predators. By knowing the majority of game species, you'll see a little less sense of smell and hearing turkeys, which can mean the difference between success and failure.

The best location for turkeys is in the area. This finding is based on years of research by the Vandalia community. The Vandals play defensive teams in their final game. The Vandals will play returning alumni players in the annual alumni game on Saturday at the Spur with 10 a.m.

**Faves falling flat**

One week into the NFL playoffs and one thing has become abundantly clear: looking good on paper doesn't mean squat.

Indeed, many of the teams that were supposed to breeze into the next round have discovered trouble in the loss, and while those should be slightly fewer, the week's final shows us the favorites certainly have weaknesses.

No team epitomizes regular-season success followed by playoff failure more than the San Jose Sharks, and they certainly aren't disappointing. San Jose is in 10th in the officially weak Western Conference, but they are having trouble closing out the uptight Colorado Avalanche, the No. 9 seed.

San Jose was one of the hottest teams coming into the playoffs, rolling two big-time scoring lines and boasting one of the premier goal-scorers in Ergini San Jose in this round. Over the last three years, the Sharks are falling flat.

It's like they have something buried. On the surface, they're controlling the game for the majority of the time, but their inability to score to be setting them up for losing kills in the back of every San Jose fan's mind.

When you have players like Dany Heatley, Joe Thornton, Rob Blake, among others, it's expected that goals should be easy, but in four games, San Jose has only scored on an 11-27 (41%) this series. San Jose has an Avon in an 11-27 (41%) this series.

On to the next game, the Sharks' have converted on 31% of their chances.

Then there is the dramatic play of Nicklas Lidstrom, who continues to show his ability to play well in pressure situations. All in all, San Jose should be able to pull out a victory simply because the Avalanche lack the depth and experience, but expect a short series for San Jose in the second round unless they fix their scoring woes.

San Jose isn't the only team struggling. There are some other teams in trouble. Washington have hit their stride, but not before exposing their glaring weakness in goal and on the defense and pass rush.

Montreal used their speed to cold out open spaces and Washington goaltender Jose Theodore out of the net. This replacement, young Senyshyn and Vigneault, took over and has done admirably, but certainly nothing amazing, it's been.

In addition, Montreal has shown that Alex Ovechkin is human and can be stopped. Only for a brief period, contrary to popular opinion.

Ovechkin's a non-factor for the majority of the first two games before coming off to tilt down the stretch of the season.

The Capitals will take down Montreal's top next opponent to take advantage of weak goalies.

The New Jersey Devils: The Devils have the definition of a team that is of the second-seeded teams are on the verge of being eliminated by the windmills. Murray's Law seems to have taken effect of the New Jersey Devils this postseason.

Outstanding machine Martin Boulanger has been little more than average, perhaps Sharon showing signs of his age catching up to him, and despite the addition of Ilya Kovalchuk, the Devils' offense has been missing in the past few games. Look for Philly to end the Devils' misery in the next game under a miracle happens.

The pain doesn't end with a post-season end. They gave up an arm and a leg for imperator Kovalchuk, who turned down a $100 million contract in Atlanta to come to the Devils and vie for a cup. With an early exit and so many teams with deep pockets who would love to get their hands on Kovalchuk, expect the prominent scorer to bolt from New Jersey and leave the franchise in ruin.

Dome Cut East, the Red Wings are locked in a battle royal with Phoenix for the right to move on. The Red Wings are simply too deep and talented to let the Coyotes stick around for much longer, but don't look for the Wings to go on to the playoffs.

The biggest problem in Hockey-town, is usually, is goalkeeping. Jimmy Howard has been an enigma, much like his backup Chris Osgood. The Wings have been to the playoffs for Cup Finals for the past two years, in a row, playing by the same "best defense is a good offense" mental, and look for the wear and tear of playing such a high-paced, high-intensity system to finally play in this year.

Pittsburgh Penguins: The Pens are the verge of eliminating Ottawa, Sydney Crosby is lightning fast, so why is Pittsburgh on here?

The Devils haven't seen the end of the road yet.

**So what's next?**

The Pittsburgh Penguins: The Pens are the verge of eliminating Ottawa, Sydney Crosby is lightning fast, so why is Pittsburgh on here?

So what's next? The Penguins haven't shown the end of the road yet.

Both teams will be on the verge of elimination.

The Penguins have been on an incredible hot streak, winning all seven games they have played. The Pens are the verge of eliminating Ottawa, Sydney Crosby is lightning fast, so why is Pittsburgh on here?
Amanda Jacobs

Jacobs played the opposite site of Mortellaro, starting strong in the first round, shooting a 73 to tie for second. Jacobs slowed in the second and third round, tying with Mortellaro for third in the end. Jacobs said she personally had one of her best overall performances, but as a team everyone had different strong days.

Sophomore Teni Poplawski finished 16th in the tournament and had her best round on the last day when she scored a 74, the fourth lowest score of the day. Jacobs said the course and the wind got to the team, but she was happy the Vandals could stay in the running. Mortellaro said the final day of competition saw strong, windy conditions, which made the course challenging.

"It was definitely a championship course," Mortellaro said. "The pins were in really difficult places. I adjusted to it better on the second day, but then the third day I felt it played differently with the wind.

Through those struggles, Mortellaro was able to pull together her game to capture the prestigious honor of player of the year. Jacobs said Mortellaro deserves the honor because she has worked hard and remained a consistent player."

"It's a pretty amazing honor," Mortellaro said. "I've worked hard all year, so it was nice to be recognized." Mortellaro also thanked her coach and said she "definitely deserved it" because she trained the team to three tournament victories and the best ranking in Idaho history. Mortellaro also said teammate Jacobs played a major leadership role in the tournament and throughout the season. Mortellaro said the team finds itself in the next week whether they made it to regionals, but the team hopes that their season is not over yet. Jacobs said the team knows what they will have to improve on for regionals.

"We're going to build our parents a house in Seminole," Jacobs said. "Then I'll probably travel to Indonesia and Australia to see the team."

"I'm going to love Idaho. I'll love Idaho. I've loved Idaho for five years. I've just blessed to be here and call this my home."

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**FUTURE from page 9**

"I have a lot of great memories—the community and my teammates," he said. "I hope to love Idaho. I lived here for five years. I've just blessed to be here and call this my home."

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**SPRING from page 9**

"We're focusing a lot on serving and posting," Buchanan said. "We're making better, but now it's a matter of if we're putting the ball in the good place. We are seeing a little bit of programs, but probably not enough perfect passes."

"This weekend's excitement is the final of the season, after which each player is responsible for their own workouts and drills with the intent of being ready to return in August and open the season with some strong performances."