Board denies fee request

By Sean Garminia

Agnew

The Idaho State Board of Education decided to decrease in the amount the university's fee by $1 per student, according to a statement released by the board.

The proposal to the board by the state, which cut to a 5.5 percent increase, while the last year, the increase was 6 percent. The 5.5 percent increase was the four lowest proposal made in the past 20 years.

“We said the university would work on the budget for the next 10 to 20 years, knowing there were many board members who wanted to keep student fees low and affordable,” put forth Agnew.

This isn’t: Montrose money, that isn’t the federal money, this is a student fees,” said board member Bob Low. “This is money coming from the state, which is at least 60 percent. The 5.5 percent increase was the four lowest proposal made in the past 20 years.

We said the university would work on the budget for the next 10 to 20 years, knowing there were many board members who wanted to keep student fees low and affordable,” put forth Agnew.

The vote to change the request was 4-2, with board member Adam Cross and chairwoman Mary Williams voting against Gaffney.

By Carolina Martin

AGNEW

They are recognized only through their names. Their faces may not be immediately familiar when they walk the corridors of the University of Idaho campus. But the members of the Idaho State Board of Education are the bosses. They are responsible for almost every aspect of education in UI.

The seven members of the board supervise all Idaho public education, from kindergarten through doctoral programs. They have the final word in nearly every institutional change on Idaho public school wishes to make. Their decisions affect the future of our state's students, who will become tomorrow's teachers, doctors, scientists and leaders in all fields.

The board is made up of five members, including the president of the university, two members who are elected by the state legislature and one member who is appointed by the governor.

They are responsible for making decisions that affect the future of education in Idaho, and they are accountable to the people of Idaho for those decisions.

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The ins and outs of NSA

Even with a perfect GRE, Brad Littlejohn won't attend UI Grad School. Why was he rejected, and why might that change?

By Tam Roberts

Brad Littlejohn got a perfect score on his Graduate Educational Testing Service exam—excellent. But when Littlejohn, a student at the University of Idaho, applied to the University of Iowa for a graduate program, the rejection letter stated that because of his GRE score, Littlejohn’s degree is an insurmountable obstacle. "His GPA is not competitive based on a rejected accreditation investigation," according to the dean who was reviewing his application.

Littlejohn, 18, attended New Sagle Academy and is a 2003 graduate of Sandpoint High School. He is one of several NSA students who have applied to universities following their high school graduation and found their applications denied.

A perfect GRE score means Littlejohn received at least 8 of the 8 possible points in both the verbal and quantitative sections on the test. He received a perfect score in both sections, and the written portion of his application was also perfectly executed. However, the composite score of Littlejohn’s V, Q, and E scores in verbal, 6 percent math, and 6 percent writing was considered insurmountable and an uncompetitive application. It is extremely difficult to discern how Littlejohn’s performance during the test compared to the average test score achieved by those who were not denied. However, Littlejohn reported that in addition to not being offered a spot at UI, his father was very surprised at the decision.

"It’s really hard to believe that you could achieve the perfect score on this test and not have it count," Littlejohn’s father, John Littlejohn, said. "But his latest performance, as well as his other academic achievements, makes it hard to believe that his GPA is not competitive based on a rejected accreditation investigation." Littlejohn was denied admission to the University of Iowa.

The college’s engineering legislation passed House Bill 712 in 2003. The bill mandates that any test-takers who have a perfect score on the GRE or the LSAT must be accepted into the university. This means that those who may not be competitive based on traditional measures of merit may still be admitted to the university.

Until this year, the University of Idaho had a policy that required all students to complete an education at the University of Idaho. However, this policy has been modified to allow students who may not be competitive based on traditional measures of merit to be admitted to the university.

"This change is a reaction to the fact that many of our students are enrolled in schools where the only reason they are enrolled is to complete an education in a more accessible environment," according to the University of Idaho.”

The change to the rule on the GRE was an attempt to make the university more accessible to students who may not be competitive based on traditional methods of admission. It does not change the minimum requirements for admission to the university.

"We believe that our doors should be open to a diversity of students so that we can achieve our goal of excellence through diversity," according to the University of Idaho. "We believe that our doors should be open to a diversity of students so that we can achieve our goal of excellence through diversity." The University of Idaho is dedicated to providing a diverse and inclusive campus environment for all students. The University of Idaho is committed to providing a safe and welcoming environment for all students.

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Creating a sacred journey

By Aliesha Turner

As the beginning of a series of 84th in By, we want to share some of our personal experiences during your travels you can cross the threshold from one experience to another.

In the Agricultural Sciences Department at the University of Idaho, there are about 50 people involved in the planning and execution of the Angelic Festival. This year, the festival is being held at the 3rd Annual Idaho Garden Festival on April 26th. The festival features a variety of activities, including traditional Kアクセント ceremonies, origami workshops, and a garden tour.

Cousineau has also given lectures to those involved in the planning of the festival, emphasizing the importance of connecting with nature. The festival is also an opportunity to reflect on the interconnectedness of all things.

Cousineau said, "It's important to connect with the natural world and to understand our place in it. This festival is a way to do that."

Vandal Moms invade campus for an event-filled weekend

By Hayley Gunderman

Vandal moms are returning to campus tonight for a weekend filled with fun and music. Joe's mom, Cassie, said her mom, Beth, will be joining them. "It's been a long time since we had a weekend like this," Cassie said.

"If the weather is nice, the best thing to do with moms is to walk around campus," said Beth.

Vandal Moms have been attending events on campus for years, but this weekend is especially exciting. Cassie said, "We're looking forward to spending time with our moms and having a good time."
State Board of Education member Sue Thilo listens to a student fee presentation from Lewis-Clark State College Thursday in the Idaho Commons Classroom Room. Among other duties, the board supervises postsecondary schools in Idaho.

Getting to Know The Board

The Idaho State Board of Education is made up of seven members, President Linda Bose, Vice President Mitch Grill, Tom Luna, Sue Thilo, Paul Attiglun, Blake Hale and Red Lobes. Six are appointed by the govern- nor and the seventh, Linda, the state superintendent of public instruction, is the only publicly elected official serving on the board.

Each board member serves for three years, and reappointments are made at the governor’s discretion.

The board’s responsibilities, written into the Idaho state constitution, include broad policy, secondary and state colleges and universities.

The board is also responsible for overseeing the Idaho Public Broadcasting System, the Museum of Natural History and the School for the Deaf and the Blind. The board works in conjunction with the local elected boards of North Idaho College and Southwestern Idaho, and appoints overnight boards to the Idaho State Historical Society and, Idaho Commission for Libraries.

Senator REPORT

April 18, 2007
Open Forum
Kimberly Farnan, the ASU Student-Administrator Agreement Coordinator, managed the presentation of the Student-Administrator Agreement Awards at 7 p.m. Friday in the Administrative Building.
ASU Vice President/Adjunct Eric Bentz updated the forum on the status of the agreement, which was voted down in the Senate and will be reviewed by the board. He also announced that the agreement would be put on the board’s agenda.

New business

The Senate will hold an executive session to work on the resolution, which is in the research stages. The resolution is required to help prepare the Senate for the discussion.

Special Orders Welcome, Layaways Available

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something for everyone since 1890

Come see our Educational Toy Department Including:

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DJs wanted!

You too can be a KUOI DJ!

We’re accepting applications for SUMMER DJ’s. Enjoy your Moscow summer with good tunes and the airwaves all to yourself. Pick up applications on the floor of the Student Union or, log on to our website, www.kuoi.org.

Anyone can become a DJ so secure your application today! If you need more information contact Andy Jacobson at (208) 885-2218 or via email at andrew@kuoi.org. DJ positions go quick so don’t delay!
Golden Joes highlight residence hall leaders

By Jeremy Castillo

A rival Viking statue could soon loom on the living room walls of Idaho's on-campus students, "We're a year

The Residence Hall Association's seventh annual Golden Joe award ceremony will be held this spring in the Administration Building Auditorium. Following a dinner hosted by a Web master- der of residence hall directors, this year's honorees will be announced. At the event, residence hall directors will be honored for their contributions to student life on campus.

The awards, presented by the Residence Hall Association and the College of Arts and Sciences, are given to residence hall directors for their dedication to student life and their contribution to the overall campus community.

The award ceremonies are held in the spring of every year, and this year's event will be held on April 28 at 5 p.m.

The ceremony will begin with a dinner at 6 p.m., followed by a program recognizing the contributions of the residence hall directors. The dinner will be held in the Carillon Ballroom of the University of Idaho.

TURNOVER

The award will recognize residence hall directors who have served in their position for at least five years.

The ceremony will feature speeches from residence hall directors and guests who will share their experiences and memories of working in residence halls.

The event will also feature a panel discussion on the challenges and opportunities faced by residence hall directors, with a focus on the impact of COVID-19 on student life.

The ceremony will be held in the Carillon Ballroom of the University of Idaho, and is open to all faculty, staff, and students.

The event will conclude with a reception and awards ceremony.

The evening's events will be followed by the 2021 Spring Student Government Association (SGA) Ball, which will be held on April 29 at 9 p.m. in the Carillon Ballroom.
Virginia causes a reckoning of values

I was raised in a household under a big, mean Monster who tried our family using a bindle-wash-and-bleach and as lean and fast. Therefore, no magnum brains. I pulled either way; either behavior and got gas money. I used to be a black or attack or attached with a pinkie ring. I was a black or attack or attached with a pickie ring.

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Bob’s should open earlier on weekends

Every weekend at 11 a.m., a long line winds outside of Bob’s doors. Some students look wide-eyed, offers like they just rolled out of bed, but all of them look hungry. Bob’s is the ultimate comfort food. It’s a great place to hang out on campus, as you hit it at 12 or 1, you’re guaranteed to have all the food you need.

You can’t go wrong with the usuals like chicken sandwiches, but there are also some grills, soups, and salads available.

It’s a popular spot, so be prepared to wait.

Hate The Floor
You should work here.

Now accepting applications for writers, photographers, assistant editors and designers for next full. Pick up an application online at www.ugannon.com or stop by the first floor of the SUB.

Shawn Boll
Justin, Ginger, political science and secondary education

Philadelphia
4021 North Federal
Sports science and history

Armed citizenry isn’t defenseless

Fellow students, faculty and administrators, the deeply disturbing events recently seen at Virginia Tech remind us of the value of human life and the need to take our own lives to protect those in need.

In taking on the challenge of security, it is essential to examine the facts about safety and personal defense. The problem in this country is not gun law or our availability, but the way in which laws are enforced in the name of safety. Even if the constitutional right to arms was wrongly limited, further problems would persist due to the nature of crime itself. I cannot imagine defending a weapon-free zone at Virginia Tech would have prevented the tragedy.

What may have been the biggest surprise has been how much we have learned since Terezin’s immediate, panicked reaction by law enforcement. The first thing we learn is law enforcement’s role is to protect us.

It is time for responsible students to take their own rights and legally carry concealed weapons on the campus of a public university.

Abel Bader
History major and computer engineering
John’s Alley serves ‘Haggis’

By Brendan Macz

Haggis is a traditional Scottish dish whose heart, liver and soul of a lamb are mixed with oatmeal and stuffed into a sheep’s stomach. Enter the Haggis is a bar that since 1979 has been serving this dish in the heart of Celtic fan, and they are now playing b. Sunday at John’s Alley so you can get a taste.

Celtic music saves the principle elements of the jig and the reel, according to lead vocalist, until the last breath. The band has been performing Celtic music for over 20 years and has played in front of thousands of people. They are known for their high-energy performances and their ability to engage with their audience. The show is sure to be a treat for anyone who enjoys Celtic music and culture.

THE DANCE

Celtic band Enter the Haggis will play at 2 p.m. Sunday at John’s Alley.

The band Smiling Hill plays at Hemp Fest in 2004.

Hemp Fest can save the world

By L. Brandeis Agnew

April 11, 2007

Hemp FEST

The 11th Annual Moscow Hemp Fest begins at 10 a.m. Saturday at the East City Park. Admission is.

I would have them at my next book fair, because I didn’t get anyone else interested in medicinal marijuana and its other uses, even after I read about the amazing foresee-able future of the new leg of the cannabis world.

Felon isn’t the only one who can use this. There is a slogan, “Hemp: baby, white, red, and, of course, green.”

“This is the Hemp Bible;” Felon says. opening the book, “It’s in the 11th printing and it’s just sold out.”

Officially, the Hemp Bible is called “The Emperor Wears No Clothes,” written by Jack Herer in 1969. The book was reprinted three times in the 1970s. Today, it is filled with graphs, statistics, prices, and other information. There are even references to modern-day events that have the highest concentration of practically no ending!”

Saturday’s event, when the sun usually shines, will be a perfect day for the festival. A variety of vendors will be on hand, from food trucks to music and more. The event will also feature performances from the Moscow Volunteer Fire Band, Acoustic Machine, and Buffalo Blues Ride.

Expect to see a drum circle, a speech, and more than music, as Felon will tell you, “I’m in this to disseminate the positives about medicinal marijuana and hemp, making our world a better place.”

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The Grateful Dead’s last adopted the collective band, Dead Heads, and now there is a collection of bands and groups that play under the name “Haggis.”

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The band Smiling Hill plays at Hemp Fest in 2004.
Between the secrets to authentic mixing — use minimal sugar

By Stella Pons
Associated Press

DUBLIN, Ireland — Don't be afraid to throw away all those expensive, improperly measured spiking glasses, it seems.

They might be a tasty complement to your morning cup of coffee, but they tend to be as much a necessity as a luxury, if not a status symbol, for the coffee connoisseurs who pay $10 or more for a cup of coffee.

But the coffee beans themselves are the real secret to making a delicious cup of coffee, says O'Brien. And the best beans are just a few yards from the coffee roaster.

The sugar

Stevia, a sugar-like sweetener that is often used as a substitute for sugar, is not the same as sugar. Stevia is a natural sugar substitute, while sugar is a refined sugar.

The rolling and cutting

The depth of the rolled dough matters greatly. If the dough is too thick, the scones will be dense and dry. If the dough is too thin, the scones will be airy and light.

The mixing

Knead your dough well. This helps to incorporate the gluten and make the scones fluffier. Over-kneading can make the scones tough.

Haggis from page B1

Albanians said the band was playing in the street in the city of Tirana, but they also sang with joy on the streets of Nigeria and Iraq, and in the parks of Pakistan. They were singing with joy, even in the streets of Baghdad.

Wegars speaks on policy

By Cybill Watson

Having resolved, Wegars since the mid-1990s, People & Animals, the organization's largest group, has long discussed the issue of ours.

Wegars' vision is a place where all species are free to be themselves, and where the environment is protected. People & Animals, the world's largest animal protection organization, is dedicated to protecting the natural world and ensuring that all species have a voice.

Wegars said she was inspired to create the organization after spending time in the Amazon rainforest and participating in the celebration.

According to Wegars, May 2022 is scheduled to be the 10th annual World Environment Day, and she is excited to see how the movement will continue to grow.

Wegars' presentation is part of a larger cultural event called “Eating, Animal Rights, and the Future of Food: A World Environment Day Symposium.”

The symposium is a collaboration between People & Animals and the World Environment Day organization, and it aims to bring together researchers, activists, and advocates from around the world to discuss the importance of protecting animals and the environment.

The symposium will feature a range of speakers, including Wegars, who will be sharing her vision for a more sustainable and compassionate future.

The symposium will also include a panel discussion, where Wegars and other experts will explore the current state of animal protection and the steps needed to create a more just and sustainable future.

On May 20, Wegars will be joining a group of activists and researchers for a gathering, “Eating, Animal Rights, and the Future of Food: A World Environment Day Symposium.”

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Lancome model focuses on Earth's beauty

By Samantha Cathell Associated Press

There are lots of people who say they'd like to do something good for the environment—and most of them mean it. But it's easier said than done. Who wants to take one person down if everyone else in the right part of the population is doing the same? If you're interested in that right part of the population, you may want to check out Lancome model Elieanore Schneider-Wildeman.

Concerned that her work frequently took her around the globe, Wildeman asked the cosmetics giant if it would contribute to a carbon offsetting program to compensate for all her flying time.

Not only did Lancome agree, but it also offered to do so for every Lancome-landscape event. "The support we have from Lancome is huge," said Elieanore Schneider-Wildeman, who for years was also a Lancome model.

"It's a win-win situation," she said. "It's not just a matter of such and such a dollar amount, because it involves you in the whole concept of carbon offsetting, which is something we need to do."

Once Wildeman is done with the event, it's time to do her job. "I'm literally doing it as I speak," she said. "I'm going to talk about what I've been doing and why I'm doing it."

"We've been working on this for a long time," she said. "I've been reading about it for a long time, and now it's time to do something about it."

Wildeman, 23, is the daughter of Isabella Benedetti, who for years was also a Lancome model.

"I'm very excited to be here," she said. "I've been looking forward to this event for a long time."

"The opportunity to do this is a great honor," she said. "I'm very grateful to Lancome for giving me this opportunity."
Cowbell expression not responsive to Tech comments

By Jenny Bcurfield

Alone in his dusty Paris workshop, he carved, shaped and assembled a tiny tuft of golden wool into a fédora. Beside him, a little table, perhaps found in a flea market, held a pair of finished hats for the likes of Dior and Chanel.

So how will the show go on when Cowbell is off the air in two weeks, as his contract expires at the end of the week?

"I don't want to think about it," said Cowbell, while he worked. "I'm a very busy man."

But others in the millinery world say they are worried. For many hat makers in Paris, Cowbell has been the most important customer in the last decade.

"It was a great honor to work with him," said Jean-Pierre Lecout, owner of the millinery firm Lecout & Lecout, in Paris.

The fall of Don Imus has triggered high levels of media interest, and no one has been more in the news than the 78-year-old former morning host of the "Imus in the Morning" show on MSNBC.

But for many in the millinery world, the show's cancellation has triggered a sense of loss.

"I feel a little lonely," said Cowbell, sitting at his table and looking around the room. "I feel like I'm losing a friend."
When a small town makes it big

By Dym Akhter

2007 was the 2007 estimated population of Harrison, a small town to the south of Boise. The town is the home of Argonaut's, which is one of the most successful high school basketball programs in the state. The school has produced two current University of Idaho track and field athletes, both of whom are expected to play a big role in the future of the program.

And while freshmen Davy Collins and Nick Collins play at the varsity level, their impact on the team is expected to be significant. Division I athletes, the Collins brothers have already proven they can compete at a high level and help the team to victory.

The Collinses have long been connected to the school, with their father, Mike Collins, a former player for the school. He was a star athlete and helped the team to numerous championships.

The Collinses have also been active in the community, with Mike Collins serving as a volunteer for the local basketball league and helping to coach the team. He is expected to continue his involvement in the future.

Davy Collins, left, and Nick Collins, right, are two of the most promising players in the state. They have already shown they can compete at a high level and help the team to victory.

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Davy Collins, left, and Nick Collins, right, are two of the most promising players in the state. They have already shown they can compete at a high level and help the team to victory.
The postseason for postseasons, a playoff for playoffs on championship. The official "Chase" races start, the full- length of the playoffs, the drivers who have a chance for a title have to be the only others with no hope of winning. That would be like the NASCAR allowing every team that didn't make the playoffs to continue playing the teams that make it to the playoffs. The challenge is not nearly as significant as the series format by eliminating the series format for the championship. The NASCAR Format that's an absurd notice to the point is that the national championship is the least important thing. No wonder the U.S. girls own the international title.

NBA Paints me to play a larger basketball role, but the NBA has to get to the point that they play that open offense that is really like that. The regular season is just over five months; do you really think that the playoffs that are nearly that long? Couple the length of the post season is a factor. Although the playoffs have a downing in a day or so for starting a game and storyline and it looks like another league's lasting disease. I think the playoffs are starting to be muddled in more people's regular-season game experience, but that doesn't mean they're not important. In the past, the drivers in the event of a playoff opportunity to win the championship that's the most important thing. Even though only 12 of the 30 teams make the post season with the championship once

Vandals drop pounds for cash

By Ryan Elders

A second annual Vandal Fitness Challenge wrapped up this week with nearly 220 participants hitting the weight room in an effort to lose weight and win prizes.

"We were really happy with the turnout. There was a significant number more people than last year," said Dan Spurlock, student recreation coordinator.

"People lost over 100 pounds, and that doesn't even look that much.

The challenge was broken into two divisions, one for men and one for women, and consisted of six events, including sit-ups, a wall-sit, a hand-stand, a three-mile run, a one-mile swim, and an obstacle course.

"It was nice to have some extra motivation to get better shape and improve my diet," said Dannie Norton, a junior at the University of Idaho. "I'm trying to eat better and get into shape better."

Norton's sister, a freshman, decided to win the fitness challenge and try to lose weight and win dialogue during the next game. "It was nice to have some extra motivation to get better shape and improve my diet," said Dannie Norton, a junior at the University of Idaho. "I'm trying to eat better and get into shape better."

Those are some of the words you can use about the fitness challenge and get better shape and improve your diet. "It was nice to have some extra motivation to get better shape and improve my diet," said Dannie Norton, a junior at the University of Idaho. "I'm trying to eat better and get into shape better."

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Those words you can use about the
Tour rookie looks for first win in New Orleans

By Brett Marlin

Never heard of Kyle Reifers? Well, you might if he makes the cut this week.

The 19-year-old Idaho native is ready to debut on the PGA Tour at the Chrysler Classic of Tucson.

"We're sitting in the gallery at the opening round of the农户 Classic and I'm looking for the man with the largest

stature" Reifers said. "I'm looking at the man with the largest stature and the man with the largest stature is me."

After making his debut, Reifers plans to make a name for himself in the world of professional golf.

"I think I have the talent and the skills to make a name for myself in the world of professional golf." Reifers said.

As for his chances of winning, Reifers is confident he can do it.

"I think I have the talent and the skills to make a name for myself in the world of professional golf."

With such confidence, Reifers is ready to take on the challenge and make his mark in the world of professional golf.
Buehle loose during no-hitter against Indians

By Rich Gasca
Associated Press

MILWAUKEE (AP) — Jarius Buehle was giving pitches and speeds, and nothing hit the catcher. The ball was going away from one of baseball’s oldest records, the best pitcher ever to walk up to the mound. What an amazing day.

Buehle was glad to have a conversation with his former coach, understanding the challenge of pitching to the batter, controlling the game. The pitcher, his teammates, chatting with batters, and walking the final inning and every sounding backstop chirping "Buehle, Buehle, Buehle.

"He pitched a no-hitter then, and he pitched a no-hitter today," first baseman Paul Rodriguez said, clapping. "What a day for Buehle.

Buehle shook off some of his jitters and pitched a little better at the no-hitter on Wednesday night, winning a perfect game by a 9-0 count in nine innings. It was the first. The White Sox won 6-4.

Buehle was a crowd favorite and was later doused with water after the game. He also hugged his expan-
tive wife.

"You never really think of doing something like that," Buehle said. "It's amazing.

Buehle's goal was not to think of the game during a pitch. He just wanted to do what he had to do to get to that point. He said he didn't like the crowd too much during the game. He said it was a little overwhelming.

"Buehle's was not surprised to those who know the 27-year-old from Illinois. He was the guy with the windup.

Until he was told he could throw a no-hitter, Buehle was not sure he did..."
Cheruiyot wins Boston Marathon

Runners cover themselves with full blankets as they take refuge in the medical tent after running in the Boston Marathon in Boston Monday.

Cheruiyot said after surviving Boston.

On Saturday he prepared to defend his title, but a severe storm on Tuesday that knocked over the tent where he was supposed to do so. He made the decision to run despite the storm.

The forecasters had predicted heavy winds, but Cheruiyot said he felt strong enough to run.

He started in the second wave of runners and finished third, only 14 seconds behind the winner, Ethiopia's Lelisa Desisa, who won in 2:14:10. The woman's race was won by the U.S. runner with a time of 2:29:18, also a personal best.

Cheruiyot said his focus was on the women's race, where he thought he could win. He finished fourth, only 20 seconds behind the winner, Ethiopia's Worknesh Degefa, who won in 2:23:07.

He said he was happy with his performance and would like to run in the women's race again.

Crawford's win was a sweet victory for the defending NBA champion and Olympic gold medalist. He was accompanied by his wife, Ashley, and his two children.

The New York Knicks star has been a regular at the Boston Marathon,

Crawford's father, former NBA player Joe Crawford, also ran in the race.

The Boston Marathon is one of the oldest marathons in the world, having been run annually since 1897. It is known for its challenging hills, making it one of the most difficult races in the country.
Best of UI 2007

Welcome UI Moms!
Mom’s Weekend Schedule of Events

Today
Registration and check-in  
Student Union Building - Main Floor  
2-6 p.m.
Honors convocation  
Memorial Gym  
3:30 p.m.
Charity Jean Event  
Sponsored by Junior Panhellenic  
SUB second floor  
4:9 p.m.
Student Achievement Awards in Leadership and Service  
University Auditorium  
7 p.m.

Happy Feet  
SUB Borah Theater  
Tickets are $2 for students and $3 for general public  
7 p.m. and 9:30 p.m.

‘Oklahoma’ at the Hartung Theatre  
The University of Idaho Department of Theater and Film and the Lionel Hampton School of Music present Rodgers and Hammerstein’s “Oklahoma!” at the Hartung Theatre. Evening performances are at 7:30 p.m. Thursday-Saturday and April 26-28. Matinees are Sunday and April 29. Tickets are available at the Kibbie Dome Ticket office at 885-7212 and at www.utitheatre.com, or at the door and are $10 for adults, $8 for seniors and $5 for youth, UI and WSU students, faculty and staff.

‘Oklahoma’! is a musical by Rodgers and Hammerstein that tells the story of Laurey, a farm girl, and Curly, the cowboy she loves. The story takes place at the turn of the 20th century, just as Oklahoma is receiving statehood.

Students honored at convocation  
The University Honors Convocation will be at 3:30 p.m. in Memorial Gym. The convocation honors students who were on Deans’ Lists, received an Alumni Award for Excellence or became members of the University Honors Program during the year. This year’s guest speaker is Rosmarie Tong, a distinguished professor of health care ethics in the Philosophy Department and the Center for Applied and Professional Ethics at the University of North Carolina Charlotte.

The Student Achievement Awards will recognize students’ leadership and service at 7 p.m. in the Administration Building Auditorium.

Saturday
Key for a Cure Fun Run  
Sponsored by Kappa Kappa Gamma  
Starts in front of Memorial Gym  
8 a.m.
Photos with Joe Vandal  
Memorial Gym  
Photos are $7.50 each  
Call (208) 885-5557 for information  
9-11 a.m.
Brunch featuring UI Jazz Choir  
Memorial Gym  
9:30 a.m.
Phi Delta Theta Turtle Derby  
804 Elm Street  
11 a.m.
Project Hunger: Fashion with a Cause  
Kiva Theatre  
noon-2 p.m.
Dessert Social sponsored by University Residences, Vandal Ambassadors and Campus Dining  
Living Learning Community  
1-3 p.m.
FluteFest  
Lionel Hampton School of Music Recital Hall  
4 p.m.
Dinner featuring the Asian American Pacific Islander Association  
Memorial Gym  
6 p.m.

Local Briefs
Walking the Runway for World Hunger  
Students of the University of Idaho and Moscow High School are teaming up to raise awareness about world hunger at “Fashion with a Cause.” The fashion show will be held from noon to 2 p.m. Saturday at the Kiva Theatre.

The event will feature students from UI who have been partnered with Moscow High School students to create new clothing out of reused garments. The new garments are created, designed and sewn by the students and will be presented as a fashion show on campus. All of the garments are made of old, reused or donated clothing and other related materials. Admission is free, but canned food or monetary donations are encouraged. The food donations will go to local food banks and the monetary donations will go to the World Food Programme. The World Food Programme provides food and emergency aid for poverty-stricken children in over 80 countries around the world.

For information contact Lindsey Shirley, Assistant Professor of Family and Consumer Sciences Department, at 885-7819 or e-mail lshirley@uidaho.edu.

Turtles Run for a Good Cause  
Phi Delta Theta’s annual Turtle Derby will begin at 10:30 a.m. Saturday outside the fraternity, at 804 Elm St. The event raises money for the Muscular Dystrophy Association.

The derby, which has been an annual event at UI since 1957, features sororities sponsoring turtles to compete in a series of races. There are costume and spirit competitions at the event as well. Usually, the derby raises $1,500-$2,000.

Phi Delta Theta invites all moms and students to come see the race.

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Comedy raises money for KaBoom  
Comedian Jamie Lissow will perform at 8 p.m. Saturday in the SUB Ballroom. Lissow, a family-friendly comedian, has been performing since 1996. He has performed on “The Tonight Show with Jay Leno,” Comedy Central’s “Premium Blend” and “The Late Late Show with Craig Kilborn.” In 2005 he was nominated for Campus Performer of the Year by Campus Activities Magazine.

The show is free, though there is a suggested $2 donation to support the local chapter of KaBoom, a nonprofit project that will help build a playground in Genesee.

Jeans pay for cancer treatment  
More than 900 pairs of designer jeans will be on sale for 45 to 70 percent off today as part of a fundraiser for a member of the Greek community who has cancer. The jeans, from 15 different companies and including men’s styles, will be sold from 4-9 p.m. on the second floor of the SUB.

Try your hand  
The American Fisheries Society will host a casting contest from 11 a.m. to 1 p.m. today on the grass between the College of Natural Resources building and the College of Agriculture and Life Sciences building.

Run for a Cure with Kappa Kappa Gamma  
Kappa Kappa Gamma will again run the Key for a Cure Fun Run Saturday. The three-mile run, set to begin at 8 a.m. at Memorial Gym, will benefit the Susan G. Komen Foundation’s efforts to discover a cure for breast cancer. The sorority puts on the run annually.

‘Happy Feet’  
The show is free, though there is a suggested $2 donation to support the local chapter of KaBoom, a nonprofit project that will help build a playground in Genesee.

On The Cover
All images are file photos. Design by Carissa Wright

Clockwise from upper left:
Strong offense could explain why the Vandal volleyball team won Best Sports Team.
Drinks are poured at The Garden, which won Best Bar, Best Drink Selection and Best Happy Hour.
Sports fans and beer are a classic combination, which may be why the Corner Club won Best Sports Bar.
Fresh carrots are a good example of why the Moscow Food Co-op won Best Natural Foods.
Kameron Manley and Streeter Johnson make up Mormon Livers, which won Best Local Band.
The Idaho Commons won Best Place to Meet People and Best Hangout Spot.
Year-round book buyback may be one reason Beatt Bookstore won Best Bookstore.
Moscow Bagel and Deli won Best New Business, Best Sandwich Spot and Best Late Night Snack.
See page 9 for a full listing of the Best of UI 2007.
Winging it around Moscow

The Best of UI are nice annual awards. But, all too often they overlook the important small details of fine collegiate living, for instance the Best Brand of Mac and Cheese, Best Tech Gadget, or perhaps something useful such as Best Computer Manufacturer and Best Mechanic.

However, in the interests of ridiculousness, perhaps it would be appropriate to determine the best hot wings in the area. Disappointingly, there aren’t many places to get yourself a plate or bucket of decent wings. Which is a shame, as hot wings, also known as buffalo wings, are the greatest American food invented in the past century.

For those of you unfamiliar, buffalo wings are chicken wings that have been deep-fried or baked then smothered in hot sauce. One of the reasons the Alehouse’s wings is its potential for diversity. As most people know there’s more than one way to cook chicken and an endless number of ways to make hot sauce. In fact, there are entire festivals devoted to buffalo wings. A rather recent development in American cuisine is the rapid spread of restaurants that focus on hot wings. One local example is Wingers, which is basically your average chain restaurant-grill that

overemphasizes its wings. However, Wingers’ wings aren’t quite your average buffalo wings, as the sauce used is sweeter and thicker than normal hot sauce. The sauce doesn’t really resemble hot sauce at all. It’s not very spicy. Wingers’ wings are a step out of the norm, but they’re still good.

Another local chain restaurant that serves hot wings is Applebee’s. The wings at Applebee’s are OK — they’re not great, but they’re decent. The sauce is a little funky. Like some other restaurants you can request spicier sauce, but it too is a little funky.

Closer to campus, a sort-of-chain restaurant is the Alehouse, serves likely the best wings around. The Alehouse has three levels of spiciness and uses traditional hot sauce. It should humble Wingers when it comes to spicy wings. The only thing the Alehouse’s hot sauce is clearly a vinegar-heavy hot sauce, which basically means it’s delicious and spicier than the wings found elsewhere in town.

Surprisingly, some of the Mexican restaurants in town serve a version of hot wings. Like the wings at Wingers, the wings at La Casa Lopez are a departure from usual wings. The wings are deep-fried, but the addition of hot sauce makes them less spicy. They may not be the spiciest wings in town but they’re good, and go well with Casa’s awesome sampler plate.

For a late-night wing, you might try and unlikely place, the infamous Plantation Bar at the southern edge of town. The Plant makes some fairly decent wings with pretty decent sauce. In fact a lot of the food they serve is pretty decent. The Plant makes pretty good, especially the chicken tenders.

If you have a really late-night craving for wings, you can buy pre-packaged wings at Winco. Or if you despere for real wings from a restaurant the drive to Denny’s in Pullman is your last resort.

Well, that gives us the run-down of the situation. So the question is, Picking a good wing is mostly a matter of personal opinion. Since there’s such variety in what’s available it really wouldn’t be fair to declare one wing better over another. If think hot wings aren’t your thing, you’re lying to yourself. No one doesn’t like fried chicken smothered in hot sauce. Try the different wings for yourself. I recommend you start by getting a bucket at the Alehouse.

Learn to cook ‘Hands-off’

By J.M. Hirsch
Associated Press


The gist here is that the best fast meals are those that need not be tended to. And so while Rolke’s recipes aren’t fast by the Rachael Ray 30-minute-standard (the caramelized-onion brisket takes almost seven hours), they are designed to require little hands-on time.

Which is why rather than total start-to-finish times, Rolke offers what she calls hands-off time with each recipe. This does not mean a mystery, but she believes it’s better to know how long you won’t spend at the stove while the recipe cooks.

The book’s overall design is utilitarian, but there is nothing visually appealing about the book. The recipes are a mix of ethnic and American comfort (from chickpea-potato curry to Texas chili meatloaf) and are easy to follow.

Rolke’s orange marmalade chicken was delicious. Chicken breasts are marinated in a blend of marmalade, soy sauce, garlic and lime juice. However, following her instruction to broil them for 20 minutes left them scorched. Twelve minutes was fine.
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Some practical advice for the wanna-be wino

By Haley Edwards
The Seattle Times

We'll make it easy for you to expand your wine repertoire beyond Boone's Farm.

If you've ever chosen a bottle of wine because of the cute animal on the label, this story is for you. Let's be honest: The whole wine world is really confusing. There are vintage years, aging techniques and prestigious boutiques — but, to most of us, it just gets down to something red or something white, right?

The good news is, you don't have to be able to spout off wine-speak to hold your own with a Bible-length wine list. The bad news? You do have to brush up on the basics.

So, in the spirit of combating complete oenology ignorance, Jen Doak, co-founder of The Tasting Room in Seattle, and David LeClaire, a certified sommelier who hosts a wide variety of wine-tasting events around the state, waxed on about Ordering Wine at a Restaurant 101.

Here's the resulting top-10 list of advice:

There's no such thing as peanut greg-io

Learn how to pronounce the big names, or you're going to sound like a big geek. You don't need to know everything — and it's OK to stumble on the obscure French boutiques — but do yourself a favor and take "Gewurztraminer" out for a spin before your big date.

Take notes from Sammy Sosa"n

Corked = not good. One of every 30 bottles of wine is "corked," which means that bacteria have gotten into the wine, making it taste musty or vinegary. So, when a waiter opens a bottle at the table, you're supposed to taste it to make sure it isn't corked. It's easy: Just swirl it around in your glass for a moment, take a whiff and a few sips. If it's gone bad, "You'll know. It'll be nasty," promises Doak.

Vegas, baby, Vegas!

Ordering a bottle of wine at a restaurant is a little bit of a gamble. If you don't like it (but it's not corked), you're out of luck. You can try to sweet-talk the waiter into swapping for a cheaper bottle of a different wine, or you can ask for a decanter (one of those classy carafes), which will help air out a cheap wine and make it taste better.

I like my wine like I like my men...

Uh, fruity and full-bodied, with a big nose? Of all the varietals in the wine world, here are a few must-knows: Wines aged in wooden barrels (instead of stainless steel) have an "oaky" taste. A "tannic" wine is sharper and often darker in color. (A white wine cannot be tannic). Wines that cost your mouth and have a lot going on in terms of taste and texture are called "full-bodied." Talk of a wine's "nose" or its "bouquet" simply refers to the way a wine smells.

Match point

Matching food and wine is a serious science, but don't stress: "There's food pairing, and then there's mood pairing," explains LeClaire. "Order whatever you're in the mood for." If you want to try to pair your wine and food, the basic adage is true: Red wine for spicy, bold meals; white for milder foods. When in doubt, opt for a pinot noir (red), a viognier (white) or a dry riesling (white). They go with anything.

'Be color blind! Don't be so shallow'

En Vogue had it right: Why get into a color rut? If you've traditionally stuck to white wines, try a smooth pinot noir to mix it up. If red is your go-to favorite, give a dry riesling a shot. If you're trying something new, ask the waiter to taste one or two of the wines sold by the glass, then buy a bottle of whichever one you like better.

Move over, Scrooge

More expensive wine is not always better, especially in the store (bottom-shelf shoppers, rejoice!). But, since a bottle of wine in a restaurant is marked up, by up to three times its retail price (four times for wines by the glass), the cheapest bottle you'll want to buy in a restaurant is $30, says LeClaire. If you're watching pennies, go for wines from Spain, Chile, Argentina or Australia — they're good and half the price.

Double trouble

Syrah and shiraz are made from the same grape. So are pinot gris and pinot grigio. And fume blanc and sauvignon blanc. The name changes depending on where they're grown. Try not to be That Guy Who Says, "I don't like shiraz. Let's try a syrah instead."

Use a lifeline

At most nice restaurants, someone is paid to help you navigate the wine list, so asking for advice makes you look savvy. If the server isn't knowledgeable, ask to speak to the restaurant's wine buyer or wine expert, called a "sommelier." (And hey, big shot, that's pronounced suh-uhn-ihn-yay).

Independent women, throw dem hands up!

Frankly, ladies, Beyonce was onto something: In a world of power lunches and business dinners, deferring to the man at the table to order and taste your wine for you just isn't going to cut it. If need be, just open up that wine list and hazard a guess. "It does help to know what you're supposed to do," says Doak. It makes you look classy and educated. "But in the end, don't stress. Just relax, order and enjoy 'some wine!"

New leader hopes to bolster wine industry

Caldwell (AP) — The incoming director of the Idaho Grape Growers and Wine Producers Commission hopes to make Idaho a wine destination for tourists, much like the wine regions of California, Washington and Oregon.

Sherise Jones, a consultant with five years of experience touting Idaho agricultural products, has been hired as the commission's new private contractor-director.

They really wanted someone with a marketing background and focus to help them really put Idaho wines on the map nationally, to raise awareness for the quality of wines that are being produced here," Jones said.

Tourists could be directed to Idaho's wineries through a proposed Snake River Canyon Scenic Byway that would include signs and maps to the local viticultural areas, Jones said.

The Department of the Treasury last month declared

the Snake River Valley in southwestern Idaho and southeastern Oregon as an A mer ic a n Viticultural Area. The designation is for grape growing regions that produce wines with a distinctive style and taste, stemming from factors ranging from climate to soil composition to geography.

The Snake River Valley is the first such area for Idaho's growing wine industry, and encompasses 15 wineries and 46 vineyards stretching from Twin Falls into Oregon.

The Idaho Grape Growers and Wine Producers Commission requested the designation in 2005.

So far, 172 areas have been designated in the United States, 93 of them in California. Jones plans to expand Idaho's wine festivals and other events, with an increased emphasis on sales.

"That really is the bottom line," she said. "You can market all you want, but you've got to sell the wines. And so, whether it be a very small winery or any of our larger ones, our focus is on a marketing program that raises the profile of the whole industry and encourages sales at the level that those wineries choose to participate in."

The commission is also working on bringing a wine tasting room to Caldwell, along with a possible wine cop and bus tours of wineries in Caldwell, Sunny Slope, Nampa, Kuna and Eagle.

Make gardening time an entire family experience

Associated Press

Going out to play in the yard in spring is a joyful release, especially if there's a family tradition of gardening to combine with play. Spending time in the back yard has purpose and longer-term meaning — just think of the satisfaction of setting seeds and watching them grow.

Family Fun magazine's April issue develops this idea, in a 10-point feature on ways to make gardening more fun for children as they learn about plants on home ground.

"The basic thing is, anytime you have a growing thing, it's a magical experience," said Sam Mead, Family Fun senior editor, speaking by phone from his office in Northampton, Mass.

He says he has two children, a daughter, 5, and a son, 3, and last fall they planted bulbs. "Just last week we saw the crocus shoots coming up and my son was so excited."

He described himself modestly as a recreational gardener, who grew up on a farm in New Hampshire and recalls weeding their extensive vegetable garden as a boy. "I remember there was a lot of work involved," he said. But families can make weeding a game, he pointed out.

"What is so great about gardening is that you never quite know what is going to come up, so sometimes it's a big surprise," he said. "One fun thing to plant is sunflowers — they just go on growing, up and up, and that's great for kids to see."

Gardening traditions come from repeating things, season by season, he said.

"We have some neighbors who always put in peas on St. Patrick's Day — they do every year, and then later they go out and pick the peas off the vine. That's their tradition."
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Mother’s Day: a century-old mix of sentiment, commercialism

By Mindy Pollack-Fusi
Associated Press

If Mother’s Day for you evokes thoughts of overblown commercialism as well as warm, fuzzy feelings for Mom, not only aren’t you alone but you’re expressing similar frustrations as the holiday’s founder a century ago.

Anna Jarvis began working tirelessly back in 1905 to create a government-decreed day for mothers to rest. She envisioned that people would attend church and write notes to Mother, living or deceased.

“It was not a day to go to dinner or buy presents or anything else,” says Olive Badisman, director of the Anna Jarvis Birthplace Museum in Grafton, W.Va.

Jarvis was trying to honor her recently deceased mother, Ann Maria Reeves Jarvis, who had founded “Mothers Day Work Clubs” to improve health and sanitation conditions and lower children’s mortality rates. (Anna Jarvis was one of 11 children, only four of whom made it to adulthood.)

Over the next decade, the Mother’s Day campaign caught on, with many influential people joining. One year at her mother’s church, Anna Jarvis distributed 500 white carnations — her mother’s favorite flower and one that “never dies, it just withers,” says Badisman.

Finally, the 1914 Congress and President Woodrow Wilson established a day to emphasize women’s roles in the family.

To Jarvis’ outrage, florists, card and candy companies and other businesses moved quickly to capitalize on the holiday’s moneymaking potential. Jarvis unsuccessfully petitioned them to donate a small percentage of profits back to underprivileged women and children forced to live on “poor farms.”

“They were making money of her name and efforts,” says Badisman, and for the rest of her life, Jarvis worked to de-commercialize and even rescind Mother’s Day.

The holiday continues to be both a day to honor mothers, and a top-selling day for florists, restaurants and other businesses. Modern-day mothers celebrate it — or not — in their own ways.

For Kelly Donovan, 41, of El Cajon, Calif., the day is “way too commercialized.” Too many people, she says, including her husband, “buy into the attitude that you need to give gifts to everyone who is some type of a mother.”

Since her mother died, Donovan spends Mother’s Day with her husband’s mother and sister, but she’d prefer a day of “peace and quiet,” a break from the stress of caring for her 8-year-old daughter and four stepchildren.

Exactly what Jarvis had in mind.

Likewise, new mom Christy Belisle, 33, of Spokane, Wash., would like a day to herself. She dreams of wandering around a mall, visiting a spa, sipping wine and eating on her own schedule, not the baby’s. Instead, she says, “I’ll do the same old thing: probably get together with my grandma, mom, auntie, sister-in-law, and daughter and nieces, because my family dictates certain special occasions must be spent together or it is considered rude.”

Others treasure the day and the time spent with family. Says Lois Mirsky, 74, of Plymouth, Mass.: “I pay special attention to my daughters-in-law because they take care of my sons and are bringing up my grandchildren.”

Lynne Hickox, 44, of Bedford, Mass., loves Mother’s Day. She starts at Mass, has breakfast with her husband and three children, then takes off for a “fun-filled afternoon of dining shopping, walking or sightseeing” with her mother and sisters.

Some people continue Jarvis’ carnation tradition, wearing pink carnations to honor living moms, and white ones to honor the dead. Charlotte Christen, 67, and her daughter, Linda, 42, have breakfast every Mother’s Day with Linda’s children at the American Legion Hall in Bedford, Mass., which makes flowers available for guests.

“After breakfast, everybody is free for the rest of the day to do whatever they want to do,” says Charlotte Christen.

Allie Thornbrue, 28, a mother of three in Sahuarita, Ariz., doesn’t mark Mother’s Day.

“A mother never stops being a mother, so the day is never exceptionally different from others. I’m still going to be washing dishes, changing diapers, etc.,” she says. “Frankly, Mother’s Day is a day when my husband can kiss me goodnight and thank me for all the hard work I do for the family.”
Mothers grow flowers, love with garden traditions

By Dean Fosdick
Associated Press

Two very special women who enriched Teri Pellitteri’s life are gone now, but she’s looking forward to sharing time with them again while she works in her garden on Mother’s Day.

“I do a little gardening and spend some spiritual time with them (late mother and mother-in-law),” said Pellitteri, an occupational therapist from Madison, Wis. “I ask for their guidance on a variety of things, often things that extend beyond the horticultural. But I really connect with them through the garden.”

Her father was an avid gardener but mostly from the need to feed a large family. He used equipment to get things done, taking something of a distant approach, she said. By contrast, her mother seemed to enjoy getting her hands dirty.

“Maybe that my mother would have gardened even if we did not need the produce for survival. While she attended to many different kinds of fruits and vegetables, she brought flowers into the garden, that was simply for beauty. Having her hands in the dirt seemed important to the process. She understood the therapeutic use of gardening.”

Pellitteri is not alone in cherishing a connection with gardens that she credits to her mother’s influence.

Statistics are lacking, but it’s generally conceded most people are taught how to garden by their mothers, said Charlie Pellitteri, a horticulturist with the National Gardening Association in South Burlington, Vt.

“I don’t have any research to confirm that, but I’d guess if you asked most gardeners, it was the female in the family who passed down the knowledge.”

That may explain why so many families on Mother’s Day enjoy strolling together to gaze at emerging flowerbeds or inhaling the fragrance of early blooming lilacs.

Aside from the immediate seasonal attraction, plants are welcome Mother’s Day gifts. You can ensure valued multigenerational memories by planting a family tree or holiday ornamental, Nardozzi said.

“... I’ve given my mother miniature roses, daylilies, Lilium lilies and small shrubs for Mother’s Day. That’s really nice that you then can spend some time planting it with your Mom, too. She gets a lasting gift, plus some time with you.”

Monika E. de Vries Gohike and her mother, Ellie, learned how to garden together as adults. She was born in wartime Berlin. “No gardens were left when the war ended,” de Vries Gohike said. “It was cold and all the trees had been cut down.”

All that changed when the family immigrated to the United States in the mid-1950s. They bought a brownstone home near the Brooklyn Botanic Garden where mother and daughter cultivated new creative interests.

“Gardening was introduced to us there,” she said. “After my mother retired from work, she started embroidery – hats and flowers. I started to paint botanical subject matter. She influenced me as much as I influenced her.”

Her artistic skills grew strong but de Vries Gohike continues building on many of the experiences they shared.

“On Mother’s Day now, I visit the graveyard and then stop in at the garden. I dedicated one of the benches there to my mother.”

Pellitteri, meanwhile, says several loving elements have been added over time to her private Mother’s Day garden ritual.

“Each year, on or before Mother’s Day, my husband helps me open a new section of garden. This is his gift to me. When my daughter and son lived at home, their Mother’s Day gift was to give me some quiet time in the garden.”

“I think watching me garden helped them remain close to their grandmother, even though my mother died when my children were in elementary and middle school.”

No one walks to pass on her mother’s love even beyond her family circle. Part of her job includes leading group sessions, often with people who have lost loved ones to suicide.

“I tell them that, like me, they can build rituals after people pass to help keep them in their lives,” she said. “My practice is to do it on Mother’s Day.”

On this Mother’s Day, one daughter and mom looks forward

By Sheila Norman-Culp
Associated Press

My family never really celebrated Mother’s Day when I was growing up. That completely un-American falling surprises me now, but didn’t faze me at the time.

According to Dad, who orchestrated the boycott, there are plenty of good reasons to say “No” to Mother’s Day: It’s crass and commercialized, plugged by businesses trying to cash in on our collective guilt. It’s a fake holiday, no day off work, not sanctioned by religion. Children should honor their mothers all the time, not just once every 365 days.

Besides, Mother’s Day always fell a week or so before my Mom’s birthday, which we did celebrate. And we skipped Father’s Day too — for all the same reasons.

Apparently, behind his facade of beloved dentist, my Dad was just a rabble-rousing libertarian, determined that no outside forces tell him what to do. We four kids always knew that despite his no-celebrations policy, he loved my mom so much that the family were stuck in a lifeboat, he would toss us out in a minute to save her.

Now a mom myself for 19 years, I think Mother’s Day should last a full month and include daily foot and back massages. Funny how your perspective can change.

Of course I had no idea how much my mother did for me, how many sacrifices she made, until I became a mother myself. The mind cannot take in a task so vast as helping a child reach 18. It has to break it down into tiny, digestible bites.

So we move from milestone to milestone, from potting training to the ABC’s, from the first soccer goal to the first SAT test. Hundreds and hundreds of tasks mastered, each one leaving an indelible point in a mother’s heart.

The kids themselves are so focused on the future, the next big challenge, they can’t see us watching from the car after they have slammed the door, or peering out the window as they venture off on their first date. They can’t feel the march of time that resonates in our bones, in the gray that invades our hair. They don’t understand why we drag out the baby pictures for prom photos to see, or talk about their third grade friends like it was yesterday.

It was yesterday, to us.

Looking forward, looking back, I think about myself, as a mother and a daughter, and wonder how I have measured up.

On the “good daughter” scale, I gave my mother her first grandchild, young enough to last from decades together, baking cookies and shopping, gleefully ignoring bedtimes and other rules of daily life I had imposed.

On the “bad daughter” side, I lived 350 miles away. It pained my mother to watch neighbors who got to see every play, every concert, every game their grandchildren had, and to realize she would not.

Working in the news business, I did not honor the holidays as much as I should have. It was too hard to fight to get Thanksgiving and Christmas and Fourth of July off, easier to collect the time-and-a-half holiday pay and put it toward some other vacation. Now I can’t give those missed family times back to her.

Elsewhere in the family, my mother-in-law died recently and the tsunami of grief that has walloped my husband is shocking to see. I fear that the path he treads waits for all of us.

He and his mom battled for years when he was in his 20s — over girlfriend and other control issues — and even had some tiffs in his 30s. But in the last decade, they had become close confidants, talking several times a week, especially as he faced his own family struggles, including a long custody battle. Her support and advice — “Let it go!” — This too shall pass — buoyed him like nothing else.

Whenever our three college kids act up (getting kicked out of the dorm for partying, ignoring parking tickets until a traffic violation) I remind my husband that he did not even invite his mother to his first wedding.

Ouch, that’s a bull’s-eye — but at least it gives us hope. Even if I want to strangle the kids, there’s a chance we can become closer in 10 years.

I worked for nine years on The Associated Press’ foreign desk, and the most enduring image I had of the first Iraq war was Kurdish mothers carrying their 3-year-olds on their backs, fleeing over the mountains to Turkey to escape Saddam Hussein’s forces. At the time, I could barely carry my 3-year-old four blocks.

Now, I’m staggering with the load of paying for three college educations. I speak for every mother in America — not just mine — when I say that college tuitions are sucking the marrow from my bones and no one in government is really doing anything about it.

But that’s just part of being a mother, now isn’t it? Thought for a rainy night, trying to figure out another way to kill checks so the mortgage and the tuition don’t bounce.

Amid all this, you would like to think your children are busier with appreciation. Nah, they are still too young. Did I think it was any big deal when my mom went back to law school with four kids under 12? I think I wished having to babysit more.

So as you struggle to avoid the poorhouse, these over-18-but-not-yet-adults do stupid things like breaking your heart with casual lies, trying to hide this or that from you. They don’t understand that the lies themselves are what rip you apart.

On this Mother’s Day, I wish my daughter was kinder to me. I wish I was a better daughter to my own mother.

It’s five months past New Year’s but as good a time as any for a new resolution; Appreciate your mother more — only she and God know how much she did to raise you.
The healthy plate: A primer to baking with whole wheat

By Jim Romanoff  
For The Associated Press

(AP) — The problem with whole-wheat flour is that despite its good-for-you image, it doesn't always do good things for the palate.

Whole-wheat flour tends to produce baked goods with a heavy, dense texture as well as a bitter taste, especially when used in recipes developed for all-purpose flour. And while some people love and can tolerate (or at least tolerate) this, most have not.

But it's worth finding a way to make whole wheat work. The American diet is sorely lacking in whole grains, which have been found to play key roles in overall health and disease prevention.

Start by understanding your terms. White flour (often called all-purpose) starts from the same grain as whole wheat, but has been refined. This process strips away the nutrient-rich, and some say bitter-tasting, germ and reddish-colored bran.

Whole-wheat flour, which has five times the fiber of all-purpose, retains the bran and the germ as well as all the beneficial folate, thiamin, magnesium, vitamins B6 and E, and healthy phytochemicals that go with them.

When baking with whole-wheat flour — especially when using recipes intended for all-purpose — try these tricks for getting better results.

Start by replacing only part of the all-purpose flour with whole-wheat. This significantly ups the recipe's whole grain content, but prevents the baked good from becoming too dense. If you also minimize the astringent flavors that some people dislike about whole wheat.

The editors at Vermont flour company King Arthur Flour say another trick for reducing that whole-wheat flavor is substituting a bit of orange juice for the liquid in the recipe. In their recent book, "King Arthur Flour Whole Grain Baking," they say the juice tempers the tannic flavors of the flour without adding any detectable orange flavor.

Once you've made the recipe with a 50-50 ratio, tinker with it to tilt the balance in favor of whole wheat. Be aware that if you replace all of the white flour with whole wheat, you may need to adjust the liquids, too. Whole wheat flour absorbs more liquid than white, though this shouldn't be a problem with 50-50 ratios.

Also consider trying different varieties of whole-wheat flours, some of which lend themselves to sweet baked goods better than others.

For example, for 100 percent whole-wheat cakes, cookies, quick breads or muffins, try whole-wheat pastry flour, which is made from soft wheat. This flour (found in grocers' natural foods section) is low in gluten, the protein that gives dough elasticity. High gluten is great for yeast breads (think sandwich), but can make cakes and cookies too chewy.

The shelf life of whole-wheat flour is much shorter than all-purpose. Oils retained along with the germ can cause the flour to go rancid, which will affect the flavor of baked goods. To prevent this, store whole-wheat flour in the freezer.
By Ann Levin
Associated Press

Elise Smith and her daughter, Angie Hammill, were considering going on a vacation together to Guatemala to study Spanish. But when the two Canadian women contemplated all the planning such a trip would require, they decided instead to do their mother/daughter getaway at a spa in Mexico.

"Here everything is laid out and easy," Smith said on a cool, sunny morning in January at Rancho La Puerta. "We have the opportunity to focus on ourselves and still have time for each other."

The spa industry is booming, and mother/daughter combinations make up a significant part of the business.

Some so-called destination spas—where guests stay overnight for as long as a week or more—say that at certain times of year, mother/daughter combos comprise a quarter or more of their clientele.

The percentage of mother/daughter pairs is far smaller at the thousands of day spas all over the country, including in hotels, resorts and on cruise ships, mostly because of the sheer number of visitors.

But all spas see a lucrative opportunity in marketing services to mothers and daughters, with some designing packages for moms with kids barely out of kindergarten.

The Spa at Pinehurst in North Carolina opened a KidSpa in 2004 for children ages 6-11. For $250, little girls can get a kid's facial, "fancy fingers" manicure and "twinkle toes" pedicure while their mothers enjoy the grown-up version.

Sea Island Resorts in Georgia suggests that girls as young as 8 get a facial to learn basic skin care.

As might be expected in California, Tea Garden Springs in Mill Valley offers a mother/daughter package with a New Age flavor: Its Zen Garden Suite for Two includes 30-minute aromatherapy baths in side-by-side hot tubs with facing headrests, followed by side-by-side massages.

If such amenities strike you as embarrassingly self-absorbed, you can be relieved to find out it's really nothing new. Mothers and daughters have been engaging in such intimate "backstage activities" for generations and across all cultures, according to Deborah Tannen, a linguistics professor at Georgetown University and expert on gender differences in communication.

Mother/daughter spa visits are "a new upscale version of the oral history that mothers and daughters go to hear songs or going shopping," said Tannen, author of the bestselling book "You're Wearing That? Understanding Mothers and Daughters in Conversation."

"If you look at any culture, mothers are responsible for the daughter's life being the best it can be, and part of that is expecting a partner," she said.

If, as Tannen suggests, mothers are virtually hard-wired to be attuned to their daughters' appearance, there couldn't be a better place to go together than a spa, with its mind-boggling array of body scrubs, herbal wraps, scalp treatments, massages, manicures, pedicures, facials, nutrition lectures, makeup lessons, hair styling, healthy meals—not to mention fitness, meditation, Pilates and yoga.

It was, in part, that focus on appearance that prompted 22-year-old Emily Hearn, a recent graduate of the University of California at Davis, to visit Rancho La Puerta in January with her mother, Dorothy.

"I just graduated from college, I'm working from 9 to 5, I don't have time to work out and she noticed that," Emily said with a smile at her mother.

Losing weight, getting in shape, planning a wedding, celebrating a graduation, taking time off between jobs—are just a few of the reasons mothers and daughters say they go to spas.

Typically, it's the mothers, who may be retired and with more disposable income, who pick up the tab, and sometimes expand the planning stage to include their own mothers or daughters-in-law, too.

The Spa at Norwich Inn in Connecticut boasts of having had a reunion of four generations of mothers and daughters.

Many spas offer mother/daughter discounts, with up to 50 percent off the second person staying in the same room.

Diane Krause, a stem-cell researcher at Yale University, is grateful that her mother has invited her, her partner and her two sisters to join her on several occasions at Canyon Ranch in the Berkshires, in western Massachusetts. "It's something I would not do for myself," she said. "It's not how I would spend my money because it seems too self-indulgent, too decadent."

Some spas, however, are noticing another trend: adult children introducing their aging parents to spa treatments.

"We find these first-time spa-goers are most comfortable enjoying a hand or foot treatment and facial are very popular too. After that, they often return without the daughters to experience the therapeutic benefits of massage and body treatments," said Carla Minsky, a spokeswoman for Sundara Inn & Spa in Wisconsin Dells, Wis.

Droubi of San Francisco brought her two daughters to Rancho La Puerta earlier this year for a multiple celebration: She was turning 60 in March, daughter Lamasie (with a January birthday) was expecting her first child in April, and daughter Christina (February birthday) was planning a July wedding.

"I wanted to do a nice birthday gift for all of us and I thought a gift of health would be the best," Droubi said one evening as the three were finishing dinner at the spa, in Tecate, Mexico.

Though more and more men are visiting spas, and some spas make a concerted effort to woo them by offering special fitness classes and amenities like golf, the world of spas is still predominantly a female one—and many women go say they like it that way.

Christina Droubi said her fiancé, a "meat-and-potatoes guy" who likes to watch TV and play video games, would not be a good fit at Rancho La Puerta, which serves largely vegetarian meals, has no televisions in guests' rooms, and discourages cell phones. In a place where women don't hesitate to show up for meals in sweat pants, "I would feel more self-conscious, more inhibited with him," she said.

The Droubis had come looking for a place of "absolute, complete, unconditional love—no judgments." Droubi said. "You know you have that with your mother and sister."
Travels with mom: Life lessons and memories

By Tania Fuentes Associated Press

NEW YORK — For as long as I can remember, my mother has loved to travel. When I was small, she often took me — her only child — along. Trips to Puerto Rico, Virginia and Washington, D.C., are all part of my childhood memories.

Then, as a young adult, I traveled on my own or with friends to places like the Yucatan and Canada.

But in recent years I started traveling once again with my mother. And I’ve grown accustomed to the raised eyebrows when I tell friends or colleagues I’m planning yet another vacation with Kay S. Queally, my 64-year-old mom.

On more than one occasion, people have mistaken us for sisters exploring ancient ruins, hiking along nature trails, enjoying a spa day or swimming with dolphins in the Caribbean. And we’ve grown closer because of our travels, despite our fair share of parent-child bickering.

We laugh now at the memories of getting lost in a cramped rental car in Aruba as goats crossed a dusty road; ignoring jet lag and frigid temperatures to visit nightclubs in Reykjavik, Iceland; and trying to decipher a Dutch film in hard-to-read subtitles.

But at the time, the scenarios produced heated arguments and frazzled nerves. Thankfully, they also led to some soul-searching. Now we regard the incidents as sources of both comic relief and wisdom.

“We have our ups and downs, but it makes us respect each other’s ways and who we are,” my mother reflected recently.

Photos have helped cement our travel memories, though we’re not always seen together. Since I’m usually behind the scenes while mom tolerates my umpteenth attempt at “getting the money shot.”

What were we thinking when we donned those massive sombreros to pose next to a donkey in Mexico? And when it started raining in the Arizona desert, we ducked under a giant umbrella and a cousin took our picture.

Then there’s the shot I insisted on taking as we crossed the Queen Emma pontoon bridge in Curacao last year. It was a blustery, overcast day, and we swayed in the wind along with the bridge’s wooden planks. A blaring horn had signaled pedestrians to pick up the pace; the gate was closing and the bridge was about to swing open to let a cruise ship through.

There was a moment of panic as I raced to capture the moment, and get us across the bridge in time.

I admired her sense of adventure that day. The wind, she said, “makes me nervous, because the first thing I think about is the hurricane.”

Twelve years earlier, Hurricane Marilyn had struck the U.S. Virgin Islands, destroying our home; she’d huddled alone there for hours, listening to the wind howl. I was away in grad school, but shortly after that, our travels together — which seemed to have been suspended when I was in my 20s — resumed. In one sense, it was a way of connecting with her again, or even protecting her after the storm.

One of the best things about going places with my mother is her ability to connect with strangers. I have dozens of newfound “brothers and sisters” from our travels who insisted on adopting her as their own. We’ve been invited to home-cooked meals while abroad and have been given firsthand tours, simply because my mom struck up a conversation when I would have rather chilled, out and kept to myself. Nice to know someone in all corners of the world, she says.

In Curacao, for example, we were treated like long-lost relatives by a retired teacher, Gene van der Hilt, who’d only met us once before, on our first visit to the island. She welcomed us into her home, spent much of her free time escorting us around and prepared an incredible flapjack when we invited her for brunch at our vacation rental.

On that same trip, we got a chance to tour much of the island’s countryside and historic landmarks. At the Kura Hulanda Museum, which left an indelible impression, we looked at artifacts like rusted shackles and other exhibits related to the trans-Atlantic slave trade. Though my mother doesn’t like confined spaces, she gingerly held on to the railing of a narrow, steep stairwell leading to a replica of a ship that brought enslaved Africans to the Caribbean.

As she led the way, I followed closely into the darkness. Then, we stood in silence.

“To go all the way down in the hull of that ship put me in tune with what our ancestors went through,” she later said.

A few weeks ago I asked my mother what she likes about traveling with me now, compared to when I was a child.

“I feel more comfortable with you because I know you’re going to look out for me,” she said after thinking about it for a moment. “You know me better than anyone.”

Funny thing, I was thinking the same about her.

Making dinner with ‘No Fuss’

By J.M. Hirsch

Associated Press

— “No Fuss Dinners” by Caroline Marson (Ryland Peters & Small, 2006, $24.95)

Simple and sensual. This is food that is easy to pull together and looks and tastes good enough to serve company. As in, blackened salmon salad, Spanish sausage and butter bean tagine, and Mediterranean chunky fish stew with cheese toasts.

Especially nice is the chapter on no-cook deli dinners. Though the title is misleading (some recipes involve cooking, but it is minor, such as boiling pasta or baking pizza), this chapter helps you make the most of all those luscious prepared items at the deli.

For example, making pizza from prepared crusts topped with oil-packed canned tuna, marinated artichoke hearts, roasted bell peppers, thinly sliced red onion and buffalo mozzarella cheese. The quick Thai chicken curry was simple to assemble and utterly delicious. Those with a sensitive palate will want to ease up on the thai green curry paste.

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