5-1-2006

Arbiter, May 1

Students of Boise State University

Although this file was scanned from the highest-quality microfilm held by Boise State University, it reveals the limitations of the source microfilm. It is possible to perform a text search of much of this material; however, there are sections where the source microfilm was too faint or unreadable to allow for text scanning. For assistance with this collection of student newspapers, please contact Special Collections and Archives at archives@boisestate.edu.
Stay stress-free during finals

By MEGAN BARNSSEN
Special to The Arbiter

This final exam week, you may find that you are not ready for some of the material you need to study. If so, you should not feel anxious because it is normal to feel stressed during the last few weeks of a semester. However, you should also know that there are ways to cope with stress and anxiety.

One way to reduce stress is to find activities that you enjoy doing. For example, you could try going for a walk, listening to music, or practicing deep breathing exercises.

Another way to reduce stress is to get enough sleep. It is important to get at least 7-8 hours of sleep per night in order to be able to function at your best.

Finally, if you are feeling overwhelmed, you should consider seeking help from a professional. There are many resources available on campus that can help you cope with stress, such as counseling centers and mindfulness groups.

Remember, it is normal to feel stressed during the last few weeks of a semester, but there are ways to cope with it. Take care of yourself and do your best.

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Cover the Uninsured Week highlights Idahoans’ health risks

The “Cover the Uninsured Week” is being held on campus from May 4-10. The week is being held to raise awareness about the number of Idahoans who are uninsured.

This week, the Arbiter will be highlighting some of the events that are taking place on campus.

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Students, faculty, organizations honored at awards ceremony

The Boise State Student Activities Awards Ceremony was held on May 3. The ceremony honored the outstanding student organizations and faculty members on campus.

The award winners included the Boise State University Student Activities Board, the Boise State University Student Government, and the Boise State University Athletics Department.

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Senate hears complaint, makes amendments

By DUSTIN LAPRAY

In the final meeting of the Spring semester, the Associated Student of Boise State University held a hearing to hear a complaint filed by a student.

The complaint was filed by a student who claimed that the university was not providing adequate support for their mental health.

The university representatives denied the complaint, stating that they provide adequate support for mental health.

The complaint was then dismissed, and the university representatives were congratulated for their efforts.

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The Arbiter
Boise State's office is designed to connect prospective students with campus representatives who can help them develop individualized "Return to Learn" plans that will aid them in degree completion.

An arm of representatives will be available at the open houses, including undergraduate and graduate admissions, College of Applied Technology, National Affairs, Women's Center, Distance Education, Center for New Directions, Adult Basic Education, Center for Professional Development, Career Services and the Career and Workforce Training.

No, Dave's not here

To get some answers after a final exam, a man in Weirton, W.Va., went to his former friend's apartment building near the top of his head.

Think, man, for the love of God, think.

After a night of heavy drinking, a man in Weirton, W.Va. went to his former friend's apartment building and set fire to his car.

Think, man, for the love of God, think.
To say multi-culturalism and diversity is racist and communist in nature is, well, very racist and fascist.

Senators afin of diversity don’t represent me

BY WOODY HOWARD
Guest Opinion

The language of advertisers and politicians is short-sighted

BY JACOB GOOD
Guest Opinion

PC jargon distills all the issues from the actual issue

BY DEVIN BORLAND
Guest Opinion

Uh, ASBU, we have a problem here

Sen. Wilson is overstepping his power as Senate Pro-temp

BY DINA BOINE
Guest Opinion
**CELEBRITY NEWS: Stone streaks**

The new secret is a new line of dance that can be an art, flexibility and toning workout while新娘 having an armpit free of dyes, imprings, soaps, antiperspirants, deodorants.

From a episode of the CBS comedy, "The King of Queens," in which the male companion" at a London restaurant paring himself to Babe Ruth and "on instinck 2," has reached a .900 mark in his career.

"If you are unsure of what size bra is the best for your bust, give it a try. But no fear, Victoria's secret is here to save the day and to get you your full figured women - this bra has it all."

**Contribution Essence of Life reflect beauty of living**

BY LINDSEY PARKER

A new exhibit celebrating the "Contribution Essence of Life" is being displayed in the Boise State University Student Union Gallery until May 15. This exhibit is one of many displays in the University that serves as a celebration of life. All proceeds from the sale of the artwork benefits suicide prevention and awareness in Idaho. The creator of this exhibit, Anne Merkley, is a member of the Boise Valley Artists Network. The exhibit is open to the public.

**Get lost in Edwin's new CD**

BY APRIL RUMORE

**Sparks' best - the No. 1 song**

Neil Sedaka's new book, "Lost in a World of One," tells the story of how a woman with a 35-year-old keyboardist and heaven-high-voiced crooner whose lyrics and strong vocal performance is coming to a close. The best of his future releases will include songs from "The S Factor: Strip Workouts for Men" and "Pole Dancing for Real Women: The Ultimate Workout for Women." The book also includes a chapter on the health risks inherent in wearing the wrong size bra.

**The "Contribution Essence of Life" exhibit currently being displayed at the Boise State Student Union gallery features art designed to diminish life.**

**EDITOR'S PICK:**

New album release for the group

"Hello Young Lovers"

Bruce Springsteen's "The Promise," in which the music scene with his band "The Promise," is coming to a close. The best of his future releases will include songs from "The S Factor: Strip Workouts for Men" and "Pole Dancing for Real Women: The Ultimate Workout for Women." The book also includes a chapter on the health risks inherent in wearing the wrong size bra.

**The "Contribution Essence of Life" exhibit currently being displayed at the Boise State Student Union gallery features art designed to diminish life.**

BY MARIANA BEKKER

Culture Columnist

Sergey, you'll be taking about your future - or at least your current reasons. The last quarter of the day is in heaven, such as the people's talk about them (and start at 3), in hopes who were not on critic columns to them. When it comes to the famous from, become and proba bly the most important and valuable components of the female anatomy. Celeste Loa Dyan and Paula Abdul have made them enormously popular, and it seems that every woman who wears her pain either bigger or way smaller. Even though the women are always trying to change their breasts, these are not as simple a part of the female anatomy. However, this is not the only support they need. Most women - 90 percent of the female pop - don't wear the correct size bra, even after they buy it. This is so important not only for aesthetic reasons but for health reasons too. Big women who wear a bra can't get the support they used and may have a lot of health problems as a result. And with final week quickly coming, worrying about your less should be the last thing on your mind - but if one of your don't like it, eventually, it might be the only thing on your mind.

**Sorry gentlemen, you'll be taking about your future - or at least your current reasons. The last quarter of the day is in heaven, such as the people's talk about them (and start at 3), in hopes who were not on critic columns to them. When it comes to the famous from, become and probably the most important and valuable components of the female anatomy. Celeste Loa Dyan and Paula Abdul have made them enormously popular, and it seems that every woman who wears her pain either bigger or way smaller. Even though the women are always trying to change their breasts, these are not as simple a part of the female anatomy. However, this is not the only support they need. Most women - 90 percent of the female pop - don't wear the correct size bra, even after they buy it. This is so important not only for aesthetic reasons but for health reasons too. Big women who wear a bra can't get the support they used and may have a lot of health problems as a result. And with final week quickly coming, worrying about your less should be the last thing on your mind - but if one of your don't like it, eventually, it might be the only thing on your mind.

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MELTING DOWN MY EX-BOYFRIEND'S JEWELRY: WHY I'M GLAD I DIDN'T FLUSH IT INSTEAD

BY ADLEY RUSCH
Culture Writer

It was just yesterday morning. I was sitting at my dressing table, engrossed in the thought of melting down my ex-boyfriend's jewelry. I had just found the perfect opportunity to do so, and I knew I had to act quickly. I started by gathering the pieces together, placing them in a box, and then carefully packing them up in my car. As I drove to the local jeweler, I couldn't help but feel a sense of satisfaction. But then, as I approached the shop, I suddenly had a change of heart. I thought about all the memories we had shared, the moments we had spent together, and I knew I couldn't bring myself to do it.

Exhibit

Ann Robinson has always had a passion for beauty. She spent her childhood exploring the world of fashion, and her interest in beauty only grew stronger as she got older. She started her career in the industry as a model, and later went on to become a successful makeup artist and designer. Her work has been featured in numerous magazines, and she has won several awards for her innovative approaches to beauty.

In her latest exhibit, "The Bling of the Century," Robinson has taken a new approach to beauty. She has created a series of pieces that combine traditional jewelry with modern technology. The result is a stunning collection that is both stylish and functional. The exhibit is on display at the Museum of Fine Arts in Boston until the end of the month. If you're in the area, be sure to check it out.

The Hope Hotline available 24-7 at 1-800-SUICIDE. The number for the 24-Hour Crisis Line in Boise available at 1-800-600-6474.

BY THOM GARZONE
Culture Writer

The Thesis Exhibition is showing at the Boise State University Center. The exhibition features a wide range of works, including photography, painting, and sculpture. The pieces are all in the process of being created by talented high school students. The exhibition is open to the public and is free of charge. It is a great opportunity to see the future of art in action.
Men's Golf hosts WAC tournament

College football adds at least three new bowls

Men's golf hosts WAC tournament

Hedberg considers season a success

College Packs his bags
Eleni Kafourou breaks Bronco long jump record at YMCA Invite

Boise, Idaho -- Freshman Eleni Kafourou broke one of the older Bronco records by winning the YMCA Invitational long jump, with a leap of 19-6.50 (5.81m). The former record of 19-3.75 set in 1997.

Kafourou came within inches of breaking the record of 192-8 set by Nataucha Lowry in the men's 100-meter dash at 21.50 (6.50m), which was set in 1987.

On the men's side Saturday, Ashley Echols and Roger White both finished fourth in the 400-meter relay.

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BOISE, Idaho -- Freshman Eleni Kafourou was two events and eight feet away in the Boise State University women's record in the long jump during Saturday's (April 28) with a throw of 19-6.50 (5.81m) in the first day of competition at the YMCA Invitational.

A javelin from Spring Plymouth broke the record of 192-8 set by Nataucha Lowry in the women's 100-meter dash at 21.50 (6.50m), which was set in 1987.

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NEW WAYS TO TURN THAT CLUTTER INTO CASH

If you’ve got a lot of clutter in your house, you’re not alone. Millions of homeowners discover this either when they’re getting ready to move or at the start of spring cleaning.

In the past, clearing out homes resulted in low-revenue garage sales and multiple trips to the consignment store.

But today, the latest trend in home organization is to clear out and cash in by dropping off unwanted items at eBay drop-off stores.

Organizational expert Peter Walsh, from “LC’s “Clean Sweep,” confirms the trend. “eBay drop-off stores like isold It are really the hot new trend in home organization,” he notes. “For occasions such as that yearly cleaning, they provide an easy way for you to get that clutter out of your house and earn some extra cash.”

For the other 83 percent, eBay drop-off stores offer a fast and easy way to sell online. eBay drop-off stores professionally photograph the item, write descriptive copy, list it online, collect payment and then pack and ship the item. Once the transaction is complete, the seller receives a check in the mail. For many drop-off stores there are no up-front charges; instead, commission is charged once the item sells.

Here’s a typical reaction from a customer when dropping off items.

“I was determined to clean out my garage—I had old car parts, a vintage train set, you name it,” said Bernie Dodyk, Novi, Michigan customer. “I took the whole lot to a drop-off store and made over $5,000. Now I can park my car in the garage again.”

As the world’s leading drop-off store, iSold It provides customers with an easy, hassle-free way to sell items online.

For more information, visit www.i-soldit.com or call (877) I-SOLD-IT. You’ve made a clean sweep when you not only clear out the unwanted clutter, but turn it into cash.

Party planning can crank your shindig up a notch

Here’s something to celebrate: A little planning can make your next party more fun and less work—there’s even a way to make it profitable. Here are a few hints on how:

• Have a creative dress code or make the party black-tie formal.
• Think outside the dining room. Try drinks on the patio or dessert in the garden. The unexpectedness of an unlikely location can add flavor to the meal.
• Make interesting place cards by writing each guest’s name on a leaf, a cookie or a lottery ticket.
• Make your centerpiece unique. Use potted plants or a goldfish bowl. Cluster candles around it.
• Background music and ambient lighting help create an inviting setting.
• Keep party favors in the same theme as the rest of the party—such as seed packets for a garden party.
• Take advantage of convenience items such as pre-chopped vegetables or rotisserie chickens.
• To inspire conversation, give guests cards labeled with topics, such as “Favorite Vacation” or “Best Childhood Memory.”
• Make the house smell festive. I always put a few cups of inexpensive red wine in a pot and simmer with cinnamon, ginger, rosemary and black pepper.
• Appoint party photographers. Use a digital camera and download the pictures while the fun is still going on.
• Have a party that’s practical and even profitable. Make it a direct-selling soirée. That is, join the long-standing American tradition of the one-on-one sale of a product or service in someone’s home, especially as part of a party.

You and your guests can browse through the latest books, cookware, cosmetics, toys, games, financial services, pet items or scrapbooking supplies, just to name a few products and services. Hosts receive plenty of perks, free merchandise and discounts. Often, the products are hard to find anywhere else—even on the Internet. Many people appreciate the “service” aspect. They can shop at their leisure and there’s no need to seek a salesperson. The idea appeals to you, you can learn more from the associations that many sellers belong to. For example, The Direct Selling Association (DSA) is a major trade industry group. Members adhere to rigorous ethical and professional conduct guidelines.

If you like giving parties and meeting new people, you may even want to make it your career.

With a little planning, a party can be fun and much more for guests and hosts alike.

For more information and a list of DSA members, you can visit www.dsa.org.
Insurance tips for homeowners and renters

COURTESY NORTH AMERICAN PRECIS SYNDICATE, INC.

Homeowner’s insurance protects your home’s physical structure and your personal property. In contrast, renter’s insurance only protects your personal property.

Everyone-homeowners and renters-needs liability coverage to provide financial protection in case others are injured on your property or by your actions.

You have the option to insure your home and belongings for either their replacement cost or their actual cash value.

Actual cash value is the amount it would take to repair your home or replace damaged possessions after factoring in depreciation.

Replacement cost is the amount it would take to repair your home with materials of similar kind and quality, or to purchase new possessions without deducting for depreciation.

It’s a good idea to make an inventory of all of your personal belongings and save receipts for major items, along with a photograph or video of each room.

Store copies of the documentation in a safe-deposit box or another off-site secure location in case your home is destroyed.

Following are some helpful considerations provided by The National Association of Insurance Commissioners, a voluntary organization of state insurance regulatory officials:

- **Important Considerations**
- If you have expensive valuables—such as jewelry, antiques or art—you’ll probably want to purchase a “rider” to your policy, as these items are subject to coverage limitations in basic policies.
- Damage to your home or belongings caused by flooding is NOT typi-

- **At different stages, you’re likely to have different insurance needs.** Here are a few insurance tips for different life stages:
  - Young singles who are sharing an apartment with unrelated roommates each need their own individual renter’s policy to protect their own possessions.
  - Young families that add a swing set or trampoline for their kids should consider additional liability insurance.
  - Established families that may be remodeling or building an addition should update their homeowner’s policy to reflect these enhancements.
  - Seniors should ask if they are eligible for discounts. And if you’ve just paid off your mortgage—and your homeowner’s insurance was previously paid through your mortgage company—be sure to assume direct responsibility for the premiums so that your policy doesn’t lapse.

Remember, before you sign an application for insurance, take a few minutes to stop, call your state Insurance department. There, you can confirm that the company is legitimate and authorized to sell insurance in your state.

For more useful information about insurance for your home or apartment, take a few minutes to visit the NAIC’s new consumer education Web site called Insure U Online at www.InsureUonline.org.

"It’s a good idea to make an inventory of all of your personal belongings and save receipts for major items, along with a photograph or video of each room."

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Apartment Features
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- Custom Book Shelves
- In-Suite Washer/Dryer
- Gourmet Kitchen Pantry with European Cabinetry
- Walk-in Kitchen Pantry
- In Select Homes
- Storage Space - Spacious Closets
- Cable Ready - Vaulted Ceilings
- Private Patio and Balcony
- Decorator Color Schemes
- Dual In-Bathroom Sinks

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